



# *New Recipes for Ancient Crops*



## Returning to Our Roots

‘Ulu, or breadfruit, is a gift of the Hawaiian god Kū, who fell in love with a Hawaiian woman and had a large family. When famine struck, Kū told his wife that in order to supply food for their ‘ohana he would have to leave her. Heartbroken, she said goodbye, watching Kū stand on his head and disappear into the ground. Her tears began to water the earth where he vanished. The following day, a green sprout appeared. The plant quickly grew into an ‘ulu tree and produced enough fruit to feed her family. When hungry neighboring ‘ohana heard about the tree, they came asking for fruit. Kū’s wife dug up the keiki shoots surrounding the tree and gifted one to each ‘ohana, who then planted their own trees, saving the families from famine.



Illustration by Caren Loebel-Fried, "The Gift of Kū"

‘Ulu continues to represent abundance, resilience, and preparedness in Hawai‘i today. In addition to ‘ulu, the traditional Hawaiian diet consisted of diverse foods grown and gathered within the ahupua‘a – land divisions that stretched from mauka to makai, or from the mountaintops into the sea. Primary staple crops included kalo (taro), ‘uala (sweet potato) and ‘ulu, depending on where you lived. These important starches were brought to the islands many hundreds of years ago in Polynesian voyaging canoes and lovingly cultivated throughout Hawai‘i. Pre-contact Hawaiians also ate lots of seafood, including dozens of seaweeds or limu, as well as bananas, mountain apples and ferns. Occasional meats included domesticated chickens, dogs and pigs.

The shift from traditional, sustainable food systems with year-round production that allowed nearly one million Hawaiians to fully subsist from the foods they grew, to widespread sugar and pineapple export agribusinesses, has had detrimental effects not just on how the land was cultivated but also on the native diet. With water being diverted from taro patches to sugar plantations and land adversely possessed by powerful sugar companies, Hawaiians lost not only the lands they used to cultivate, but also access to their traditional staples. Moreover, the import of large numbers of Asian workers, whose primary staple was rice, caused a shift away from foods like kalo, ‘uala and ‘ulu.

Today in Hawai‘i, imported grains, primarily rice, make up the majority of our diet. Yet there is a growing movement to reverse this trend and restore staple food self-sufficiency. This movement is galvanized by a grassroots community of small, diversified farmers, chefs, educators and community members working together to revitalize locally-grown crops in order to reestablish sustainable food systems and create a more resilient future for the islands. This movement is led by the Hawai‘i ‘Ulu Cooperative (HUC), which looks to traditional Hawaiian crops and production practices as a way to improve present day food security challenges.



## About the Hawai'i 'Ulu Co-op (HUC)



HUC was founded by nine farmers in summer 2016 with a mission to revitalize 'ulu as a viable crop and dietary staple for Hawai'i. Since then, the co-op's membership has grown to over 100 farmers (and counting!) across three islands.

While 'ulu was the original focus and continues to be the co-op's primary crop, other locally-grown staples have followed, including kalo, 'uala and pala'ai (pumpkin).

Like the early Hawaiians, today's HUC farmer-members understand that in order to maintain balance, diversity is needed. They are dedicated to growing food that can replace imports in a sustainable way, with many implementing agroforestry – a system of cultivating trees in combination with other plants



and animals. One of its founding members, Māla Kalu'ulu, works to restore the ancient breadfruit agroforest of South Kona, known as kalu'ulu, which spanned 10 square miles from Honaunau to Ka'upulehu along Hawai'i Island's western coast and helped sustain Kona with an estimated 33 million pounds of 'ulu produced each year.



In order to enable farmers to focus and succeed at what they love and do best – farming! – HUC provides aggregation, processing and marketing services. Crops are collected from growers, consolidated to reach economies of scale, and then washed, cut, steamed, frozen, and distributed to grocery stores for the home cook or wholesale for chefs, restaurants, and institutions. The Hawaiian practice of mālama 'āina (respect and care for the land) guides our work at HUC, while the authors of these recipes help us to bring it full circle – filling your bellies with the (bread) fruits of our labor. Use this recipe book as a starting point. There are endless ways to enjoy Hawai'i-grown staples, so let's get cooking!



For more information on how to cook with and purchase 'ulu, kalo, 'uala and pala'ai, as well as a variety of value-added products, visit [eatbreadfruit.com](http://eatbreadfruit.com).

*Mahalo to Aunty Kū of Kū-A-Kanaka & Sarah Burchard of Under My Umbrella for your invaluable support bringing this cookbook to fruition.*

# New Recipes for Ancient Crops

This recipe book was created by a group of enthusiastic **'Ulu Ambassadors** aiming to inspire Hawai'i residents to cook with Hawai'i-grown staples. We hope you enjoy our recipes and that they support you on the journey to incorporate more locally-grown crops into your daily diet.



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# kalo

*“When you have plenty water you have waiwai. You have wealth. You have plenty taro, you have plenty food. Water, taro, wealth all goes together.”*

*- Paul Reppun (Kalo farmer and community leader)*

Kalo, or taro, is the favorite dietary staple of Native Hawaiians – even regarded as an older sibling that must be cared for as it nurtures us. The most common way to enjoy the corm, or root, of the kalo plant in Hawai‘i is by steaming and pounding it with water into poi, or by eating it in large chunks (kalo pa‘a). In addition, there are many other ways to enjoy kalo, as demonstrated by chefs and ‘Ulu Ambassadors Mark “Gooch” Noguchi and Harrison Ines, who turn to various cuisines around the world for inspiration. Mark transforms kalo into a fluffy flatbread, delicious grilled on its own or as a vessel for spreads or sandwiches and Harrison creates a crispy fried mochi, lightly glazed with Japanese tare for a salty, sweet snack.





## Kalo Flatbread | Mark "Gooch" Noguchi

- 3 ½ cups all-purpose flour, plus extra for dusting
- 2 Tbsp instant yeast
- 1 ¼ cups cornstarch
- 1 Tbsp + 2 tsp sugar
- 2 cups water + extra if needed
- 1 ¼ cups HUC Recipe-ready Kalo, defrosted and grated
- 1 Tbsp + 2 tsp kosher salt
- ¾ cup extra-virgin olive oil

1. In the bowl of a stand mixer, combine flour, yeast, cornstarch and sugar. Using a dough hook, mix on low speed for 30 seconds.
2. Add kalo and mix another 30 seconds, until mixture resembles clumpy sand.
3. With the mixer running on low speed, slowly add the water and mix another 4-5 minutes. Let dough rest in the bowl for 10 minutes.
4. Add salt and mix another 5-7 minutes, until the dough can pass the windowpane test.\* If the dough is too dry add a touch more water.
5. Remove hook from the mixer. Keep dough in the bowl and drizzle oil all over the top (don't

mix it into the dough). Let proof 30 minutes, loosely covered, until doubled in size.

6. Scoop dough out of bowl and deflate by folding in half. Place back in bowl, cover loosely and proof again for 30 minutes. Repeat once more, so that the total proofing time equals 1 ½ hours.
7. Turn dough onto a lightly floured surface and divide into 8-10 portions. Roll each portion ¼" thick. If the dough is tight/keeps shrinking up when rolled out, let it rest until relaxed and holds its shape when rolled out.
8. Preheat oven to 500°F for 45 minutes with a cast iron skillet, pizza stone or heavy sheet pan inside. Remove the pan and add your dough to the hot surface (dry, no oil). Place back in the oven and cook for 2 minutes. Remove from oven, flip and cook another 2 minutes on the other side. Flatbread is ready when it is golden brown and blistered.

*\*Windowpane test: stretch a small ball of dough into a square until it becomes a thin film in the middle without breaking. If light passes through, you're good!*

Yield: 8-10 pieces





## Glazed Crispy Kalo Mochi | *Harrison Ines*

- 12oz HUC Recipe-ready Kalo, frozen
- ½ tsp white miso
- 3 Tbsp soy sauce
- 7 Tbsp potato starch
- ½ cup water
- ⅛ tsp salt
- Canola oil, as needed
- 1 large nori sheet, cut into 4 equal pieces
- Tare, see next column

1. Set up a medium-sized steamer pot. Fill bottom with water and place over high heat. When the water reaches a boil, steam kalo for 10 min. until very hot. Hold in steamer until ready to use.
2. In a large bowl, combine the potato starch, water, salt, white miso and soy. Add the hot kalo and mix it in using a potato masher or fork for about 5 minutes, until thoroughly combined.
3. Line the bottom of a 9"x5" pan with parchment and spray it with non-stick cooking oil.
4. Place mashed kalo mixture into pan and cover with greased side of another sheet of parchment sprayed with cooking oil. Gently press down to flatten the mixture, until it evenly reaches all edges and corners of the pan. Weigh it down with another pan, or something that will evenly fit over the top, press firmly down and refrigerate for 4 hours, until cold and firm.

5. Once cold, invert the kalo mixture onto a cutting board and remove all parchment. Trim the edges and cut into 4 equal pieces.
6. Fill a large sauté pan with a ¼ inch of canola oil. Turn heat to medium. When the oil is hot, carefully add kalo slices, making sure they do not touch each other.
7. Fry, flipping over every 2-4 minutes, until golden brown on both sides. Transfer to a plate lined with paper towels to drain.
8. Brush all sides of each kalo mochi with tare while they are still hot. Cover each portion with a strip of nori and serve immediately.

### Tare

- ½ cup sake
- ½ cup mirin
- ½ cup soy sauce
- 2 Tbsp granulated sugar
- ½ cup corn syrup
- Clove garlic, smashed

1. In a small pot, combine sake and mirin and boil until reduced by half.
2. Add soy sauce, sugar, corn syrup and garlic, stir well, reduce heat to low and simmer until reduced by half again. Skim off the foam, remove the garlic and transfer to a container.

Yield: 4 servings



# pala'ai

*"The beautiful thing about growing pumpkins is you really don't have to do anything. The pumpkins just show up in my compost piles. I don't fertilize them, I don't water them, I don't have to do anything - they just grow."*

*- John Caverly, Sweet Cane Farm*

Pala'ai, (pumpkin or winter squash), was grown by Native Americans over 10,000 years ago, before corn or beans, and varieties were brought to Hawai'i during the plantation days, mostly by Filipino and Japanese immigrants. Pala'ai is in the same plant family – Cucurbits – as ipu, an important canoe crop introduced to the islands at least one thousand years ago. Ipu is not grown for food; the hard gourd is instead used as a rattle or drum for chant and dance as well as a vessel for carrying water and food, storing dyes, and as a burial receptacle. Ipu gourds, with expansive leaves that often hide the fruits growing underneath, are traditionally planted in the 'Huna' moon phase when the sharp tips of the moon hide, or 'huna'. Pala'ai is an ideal crop to strengthen food security in Hawai'i today, due to its long shelf life and ability to grow year-round. It provides hearty sustenance and adds sweetness to any dish. In this section, chef and 'Ulu Ambassador Harrison Ines shares his family's recipe for Filipino Pinakbet, while 'Ulu Ambassador Sarah Burchard whips up a frothy spiced latte using coconut milk, warm spices and pureed pala'ai.







## Pinakbet | *Harrison Ines*

- 2 Tbsp canola oil
  - 3 cloves garlic, chopped
  - 1 each yellow onion, sliced
  - 2 in. piece ginger, sliced thick
  - 2 cups long squash, diced large
  - 1 Japanese eggplant, sliced thick
  - 1 bunch long beans, sliced into 3-inch pieces
  - 3 tomatoes, large dice
  - 2 cups wing beans, halved vertically
  - ¼ cup fish sauce
  - 1 lb roasted pork belly, cut into bite size chunks
  - 2 cups HUC Recipe-ready Pala'ai, defrosted and diced large
  - Steamed rice as needed
1. In a large pot, warm the oil and garlic together over medium heat, until the garlic is golden brown. Add the onion and ginger and sauté a couple of minutes until the onions are soft.
  2. Add the long squash, eggplant, long beans, tomatoes, wing beans and pork, reduce heat to medium-low and cook covered for 45 minutes untouched.
  3. Season the vegetables and pork with fish sauce, add the pala'ai, give one stir, cover and steam another 5 minutes until squash is warmed through.
  4. Serve with steamed rice and add more fish sauce if needed.

Yield: 4-6 servings



## Spiced Pala'ai Latte | Sarah Burchard

*(Inspired by "Sarah's Spicy Milk" at TRY Coffee)*

- ½ cup coconut sugar (or brown sugar)
  - 1 tsp powdered ginger
  - ½ tsp powdered turmeric
  - ¼ tsp cardamom, ground
  - ⅛ tsp clove, ground
  - ¾ tsp salt
  - ⅛ tsp black pepper, ground
  - ½ tsp vanilla extract
  - 2 cups water
  - 1 cup (50z) HUC Recipe-ready Pala'ai, diced
  - 1 - 13.5 oz can of coconut milk, unsweetened
1. In a medium saucepan, bring all of the ingredients except milk to a boil, reduce to medium-low heat and simmer 5 minutes.
  2. Add the coconut milk, simmer another 5 minutes until warmed through.
  3. Pour into a blender, blend until smooth and strain. Serve hot or over ice.

Yield: 3 drinks



**‘uala** *“He ‘uala ka ‘ai ho‘ola koke i ka wi. The sweet potato is the food that ends famine quickly.”*

*– Mary Kawena Pukui, ‘Ōlelo No‘eau No. 946*

‘Uala, or sweet potato, is another staple of the Hawaiian diet loved by many locals. While Hawaiians traditionally had many varieties of ‘uala, the one most commonly consumed these days is a pretty purple sweet potato brought to Hawai‘i by Okinawan plantation workers. This purple variety shows up everywhere from coconut infused pies to lū‘au plates. Looking for a special meal to serve at brunch? Chef Emily Perkin’s ‘Uala and Kalo Hash, studded with salty bacon, earthy mushrooms and local kale, makes an impressive base for over-easy eggs. What about a dessert that is vegan and gluten-free? ‘Ulu Ambassador Sarah Burchard fills this order with an easy-to-make ‘Uala-Almond cookie, spiced with cardamom and ginger and topped with crunchy turbinado sugar.





## ‘Uala & Kalo Hash | *Emily Perkins*

- ½ lb bacon, diced
  - ½ lb mushrooms, chopped
  - Salt and black pepper, to taste
  - 1 yellow onion, diced
  - 1 lb local starch (can be any mix of Recipe-ready Kalo, ‘Ulu and/or ‘Uala), steamed and cubed
  - 1 bunch kale, torn into bite sized pieces
  - 1-2 Tbsp fresh herbs (thyme, rosemary, sage, or whatever you've got), chopped
  - Cooking oil of choice as needed (coconut oil, avocado oil, butter, lard or extra bacon fat)
  - 8 eggs, fried or poached
1. In a heavy bottom skillet (preferably cast iron), on medium heat, cook bacon, stirring occasionally, until it starts to brown and crisp and much of the fat has rendered out.
  2. Remove the bacon and set on paper towels to drain, leaving the bacon fat behind. Reserve some of the bacon fat in a heat-safe dish, leaving just enough left in the pan to cover the bottom.
  3. Increase heat to medium-high. Add mushrooms and a sprinkle of salt. Let them sit for a minute and start to brown. Stir and let sit a few more minutes, until browned all over. Remove from the pan and set aside.
  4. Add more bacon fat, or other cooking oil, to the pan and add onions and a sprinkle of salt. Cook, stirring occasionally, until they are soft and golden brown.
  5. Add more fat if needed (you want the whole bottom of the pan coated to reduce sticking), add starches and a sprinkle of salt. Cook until the bottom is browned before stirring. Stir, scraping the pan if necessary, and continue to cook until the outsides of the starches are all crisp.
  6. Add kale and sauté for a couple of minutes until it softens. Add the bacon, mushrooms, herbs, salt and pepper, and cook until everything is warmed through.
  7. Divide amongst 4 plates and top each dish with 2 fried or poached eggs.

Yield: 4 servings





## GF Vegan 'Uala-Almond Cookies | Sarah Burchard

- 1 cup (127 g) almond meal
  - 3 Tbsp sugar
  - ½ tsp cardamom, ground
  - ¾ tsp powdered ginger
  - ¼ tsp baking soda
  - ¼ tsp kosher salt
  - ⅓ cup (105g) HUC Recipe-ready 'Uala, defrosted and finely mashed
  - 1 ½ Tbsp water
  - 5-6 drops ube extract
  - Turbinado sugar as needed
1. Preheat oven to 350°F and line a sheet pan with parchment paper.
  2. In a medium bowl, combine almond meal, sugar, spices, baking soda, and salt.
  3. In a tiny bowl, stir together water with ube extract. Add this purple water and 'uala to the bowl and mix with your hands until thoroughly combined. If the dough is too crumbly and won't stick together when pressed, add a sprinkle of water until you can do so.
  4. Divide the dough into 12 even portions and roll into balls. Place 2 inches apart on the prepared sheet pan, lightly press each one down and sprinkle with turbinado sugar.
  5. Bake about 25-30 minutes, until golden brown at edges, and centers of cookies feel firm to the touch. Set the sheet pan on a cooling rack and cool completely before removing cookies.

Yield: 12 cookies



**‘ulu** “The Rev-ULU-tion has begun and the future of ‘ulu is ripe for the picking!”

- Christopher “Kamalu” Fujimoto (HUC ‘Ulu Ambassador)

‘Ulu, or breadfruit, grows on a perennial tree that has the ability to provide food for multiple generations. Getting more people to grow and eat ‘ulu is the reason we formed HUC. Although most commonly used today as a substitution for potatoes, the ‘ulu fruit has many uses. Traditionally ‘ulu was roasted in the fire or steamed in an imu or underground oven. Today it is baked, boiled, steamed or grilled, and then mashed, fried, pureed or milled into a gluten-free flour. In fact, our enthusiasm about ‘ulu shows no end, as does our effort to find new ways to prepare this ancient Polynesian staple. In this section chef and ‘Ulu Ambassador Mark “Gooch” Noguchi takes a traditional Mexican dish and localizes it by incorporating ‘ulu and lū‘au leaves. For dessert, sink your spoon into an elegant parfait layered with fresh poi and sweet ‘ulu custard created by Christa Collins of FLIK Independent Schools.





## 'Ulu Tamales | Mark "Gooch" Noguchi

- 1 lb masa harina
- 2 cups water
- 2 ¼ tsp salt
- 2 ¼ tsp saimin dashi
- 2 ½ sticks (1 ¼ cups) butter
- 2 ¼ tsp baking powder, sifted
- 2 lbs HUC Recipe-Ready 'Ulu, steamed/graded
- 1 lb jack cheese, grated
- 30 ti leaves, deboned

### Optional garnishes:

- Salsa
- Crema
- Hawaiian sea salt
- Crispy garlic
- Negi, sliced thin and soaked in ice water (so it curls)

1. In a large bowl, thoroughly combine the masa, water, salt and saimin dashi. Let rest covered for 10 minutes.
2. In a separate large bowl, beat butter and baking powder until fluffy.

3. Beat masa mixture slowly into the butter mixture, adding 2-4 Tbsp water if necessary to achieve a slightly tacky texture, similar to raw pizza dough.
4. Add the 'ulu and cheese and mix until the texture resembles chunky hummus.
5. For each tamale, place a ti leaf horizontally on the counter, place ½ cup of filling in the center of the leaf with a 1 cm border on the top and bottom. Fold the top of the leaf down, fold the bottom of the leaf up, fold the right side of the leaf over and the left side of the leaf over that. Then wrap the entire packet in parchment.
6. Stack the tamales in a large steamer pot and steam for 45 minutes.
7. Serve with salsa, crema, Hawaiian sea salt and crispy garlic or negi curls.

Yield: 30 tamales





## 'Ulu Haupia Bars | Christopher Fujimoto

### Shortbread Crust

- ¼ lb. unsalted butter, softened
  - 1 cup granulated sugar
  - 1 tsp vanilla extract
  - 3 ½ cups all-purpose (AP) flour (or you can do 2 ½ cups AP flour and 1 cup HUC 'Ulu Flour)
  - ¼ tsp salt
  - 1 Tbsp water (if needed)
1. Grease an 8" x 12" baking pan (up to 4" high) and set aside. Preheat oven to 350°F.
  2. Cream together the butter and sugar. Add vanilla and mix to combine
  3. Add the flour little at a time, mixing with hands until a soft but dry dough is formed. If the dough is too dry, add water 1 Tbsp at a time to create a soft, semi crumbly dough. Turn into the baking sheet and then flatten to create an even layer on the bottom about ¼" – ½" high.
  4. Bake 9-11 minutes or until the top is lightly browned and a toothpick inserted comes out dry. Remove and set aside.

### 'Ulu Filling Layer

- 1 ¾ lbs ripe, pre-cooked 'ulu
  - 11 oz cream cheese (1 ½ packs) softened to room temp
  - 1 Tbsp ground cinnamon
  - 1 tsp ground ginger
  - 1 tsp ground nutmeg
  - 1 Tbsp vanilla extract
  - ¾ cup evaporated milk (or condensed milk)
  - 1 cup brown sugar
  - 2 whole eggs
1. Preheat oven to 375°F. Warm 'ulu in a steamer, or microwave with some water in 2 minute increments until soft.

3. In a large bowl, mash 'ulu so it's smooth (think mashed potatoes). Mix in cream cheese until smooth and combined.
4. Add spices, vanilla, and evaporated milk and mix well. Taste and add more spices if you want it stronger. Add in the eggs and mix until incorporated, then pour over crust.
5. Bake 45-50 minutes or until a toothpick inserted comes out clean. Remove from oven. If the top has slightly risen in the center, feel free to press down and flatten with a small cutting board to even the surface.

### Haupia Layer

- 1 ½ cups coconut milk (1-2 cans)
  - ½ cup granulated sugar
  - 1 cup water (divided into ½ and ½)
  - ⅓ cup cornstarch
1. In a medium sauce pot, combine coconut milk, sugar, and first ½ cup of water and bring to a light boil. Continue to stir until boiling so the mixture doesn't burn or curdle.
  2. Once boiling, mix the other ½ cup of water with cornstarch in a small bowl to form a slurry, and add to the mixture using a whisk. Stir until a loose, smooth and thick haupia mix forms. Remove from heat and set aside to cool slightly.
  3. To test, scoop a spoonful into a small bowl and refrigerate to make sure that your haupia becomes firm/jelled once cooled.
  4. Remix your haupia in the pot to make smooth any lumps, then pour over the 'ulu layer. Shake the pan a little to disperse haupia evenly, refrigerate uncovered and chill until the haupia layer is solid (or overnight).
  5. Cut and serve in desired portions. It can be drizzled with chocolate if desired for an extra rich touch.

Yield: 1 - 8"x12" pan or 30 cut pieces, serves 12-20





## 'ulu hummus

When we began looking at ways to create value-added products from 'ulu, hummus was first on the list. This creamy dip made with local 'ulu, 'inamona (roasted kukui nuts), homemade macadamia nut butter and sea salt, in lieu of garbanzo beans and tahini, makes for a delicious and healthy snack. For those with allergies, we also have a nut-free version. Spread it on crackers or toast, enjoy it with crunchy raw vegetables or do what 'Ulu Ambassador Sarah Burchard does and put it in a burrito.





## Big Greek Vegetarian Burrito | Sarah Burchard

- 1 wrap-sized tortilla (I like the 10” wrap from Indian Life that Down To Earth carries)
  - 2 Tbsp HUC ‘Ulu Hummus
  - 2 Tbsp crumbled feta cheese
  - 2 Tbsp kalamata olives, pitted and halved
  - 3-4 slices tomato
  - 2 thin slices red onion
  - 1 sprig fresh dill, chopped
  - ¼ cup cucumber, sliced
  - ¼ each green bell pepper, sliced
  - ¼ tsp dried oregano
  - ⅓ tsp chili flakes
  - ½ cup (packed) arugula
  - ½ tsp red wine vinegar
  - 1 tsp extra-virgin olive oil
  - Salt & pepper, to taste
1. Lay the wrap down flat on a cutting board and spread a line of hummus down the center.
  2. Sprinkle feta and olives over the hummus, top with tomato, onion, dill, cucumber and bell pepper. Season with oregano and chili flake.
  3. Toss the arugula with vinegar, oil, salt and pepper and scatter over the top of the rest of the ingredients.
  4. Spin the wrap a quarter turn so the ingredients are horizontal. Fold the edges of the tortilla in on the left and right side and roll up from the bottom, tightly, making sure all of the arugula and other ingredients stay tucked in. Cut in half and serve.

Yield: 1 burrito





## *'ulu mousse*

Along with 'Ulu Hummus, our gluten-free 'Ulu Lā Chocolate Mousse was among the first value-added products created in 2016 with local 'ulu. To make this mousse we combine ripe 'ulu with certified organic/fair-trade 72% dark chocolate, pure coconut milk, and local honey. It's heaven eaten right out of the cup with a spoon, but can also be used in other ways, too. In the following photos, HUC employees utilize it like chocolate frosting to complete a luxurious cake and decadent brownies. 'Ulu mousse can also be used as a creamy dip for strawberries, sandwiched in between cookies or hand-rolled in cacao to make decadent truffles.



*Top with it, spread it, scoop it  
or just eat from the cup!*



**‘ulu flour** “‘A‘ohe ‘ulu e loa‘a i ka pōkole o ka lou. No breadfruit can be reached when the picking stick is too short. There is no success without preparation.”

– Mary Kawena Pukui, ‘Ōlelo No‘eau No. 213

‘Ulu can be dried and milled into a naturally gluten-free, high fiber flour. HUC first began making ‘ulu flour at a small scale in 2018 when Aunty Berta, one of its farmer-members, donated a tabletop mill and taught co-op staff her method. In 2020, HUC was able to procure a larger mill and scale its production to several thousand pounds per year in partnership with Voyaging Foods and the Hawai‘i Farmers Union Foundation. Through this partnership, the 30% by ‘30 Initiative was launched, encouraging locals to replace 30% of the imported staples they currently consume with those locally grown by 2030. A portion of all flour sales now go to support this initiative through dissemination of delicious recipes and consumer education on how to use these products.

Although ‘ulu flour cannot be substituted cup for cup with all-purpose wheat flour in most baked goods, it can be used on its own for breading and as a thickener for soups and stews, or in a 30-50 percent ratio with all-purpose flour in most baking applications. On the baking front, ‘Ulu Ambassadors Sarah Burchard and Abigail Langlas have found innovative ways to use ‘ulu flour. Sarah combines ‘ulu flour with local kiawe flour and cornmeal for a delicious homestyle cornbread, while Abi substitutes half of the all-purpose flour in her lavosh recipe with ‘ulu flour for a sesame seed coated cracker perfect for scooping up your favorite dip.





## ‘Ulu Lavosh | Abigail Langlas

- 1 lb bread flour
- 1 lb HUC ‘Ulu Flour
- 3 large eggs
- ½ cup (1 stick) butter, cut into 20 pieces and softened
- 2 Tbsp granulated sugar
- 2 cups milk
- 2 Tbsp salt

### Optional seasonings:

- Cumin seeds, sesame seeds, caraway seeds, poppy seeds

1. Preheat oven to 325° F. Line two sheet pans with parchment.
2. In a stand mixer, using the dough hook, stir together the flour, salt, sugar, butter, eggs and 1 ½ cups milk. Knead for 6-8 minutes on low speed.
3. Check to see if the dough has passed the windowpane test; stretch a small ball of dough into a square until it becomes a thin film in the middle

without breaking. If light passes through, you’re good! Add the rest of the milk if needed.

4. Place dough in an oiled bowl and roll it around, so it becomes lightly covered in the oil. Let rest for 30-60 minutes.
5. Divide dough in half. Roll out with a rolling pin, until as big as your pans.\*
6. When ready to bake, brush with water and sprinkle with kosher salt, and any or a combination of the optional seasonings. Use a pizza cutter to cut into squares and then triangles within the pan.
7. Bake for 10-20 minutes or until golden brown and crisp all the way through.

\*Can be frozen at this point to bake later.

Yield: 2 sheet pan-sized Lavosh.





## ‘Ulu-Kiawe Cornbread | Sarah Burchard

- 12 cups cornmeal, Counter Culture Organic Farms’ ‘Nalo Orange Cornmeal
  - 2 cups whole milk
  - 1 can creamed corn
  - 1 ½ oz Wai‘anae Gold kiawe flour
  - 5 oz HUC ‘Ulu Flour
  - 1 Tbsp baking powder
  - 2 tsp sea salt
  - ¾ cup monk fruit sugar
  - 2 eggs
  - ½ cup coconut oil, plus more for greasing your pan
1. Pre-heat oven to 400°F.
  2. In a small bowl combine cornmeal, creamed corn and milk; let stand for 15 minutes.
  3. Grease a cast iron pan with 1-2 Tbsp coconut oil and place in the oven while it’s pre-heating.
  4. In a large bowl whisk together flours, baking powder, salt and monk fruit sugar. Whisk in cornmeal mixture.
  5. In a separate bowl, whisk together the eggs and coconut oil until well incorporated, and then whisk this into the rest of the cornbread batter.
  6. Remove the cast iron pan from the oven, pour in the batter, level it out with a spatula and place back in the oven. Bake for 25 minutes or until a toothpick inserted into the center of the cornbread comes out clean.
  7. Let the bread cool in the cast iron pan for at least 30 minutes. Invert onto a cutting board to remove the bread. Continue to let it cool on the cutting board for another 30 minutes, and then slice into 16 pieces or as desired.
  8. Serve with soft butter, honey, and jam, or all on its own.
- Yield: 16 servings.

