

Poi Fa'I, Banana Pudding (serves 2)

1 lb ripe (500g) peeled ripe bananas
Zest of 1 lemon or 2 lautipolo/laumoli
1/2 can (200ml) coconut milk
1 teaspoon vanilla
Sugar to taste
Ice for serving

Mash or blend the peeled bananas until smooth. Add the lemon zest or lautipolo/laumoli. Pour in the coconut milk and vanilla. Mix until well-combined. Taste for sweetness. Add sugar if desired. Chill for at least 30 minutes.

Immediately before serving, stir the discolored top layer into the rest of the poi. Serve over ice in small bowls or wide-mouth glasses.

* If you find your poi is too thick, add 1/2 cup of cold water to dilute it.

* Keep refrigerated for up to a day, but best eaten with a few hours.

Alaisa Fa'apopo, Coconut Rice

- 2 cups long grain rice
- 2 cups water
- 1 cups coconut milk

Bring rice and water to a boil in a sauce pan.

Once boiling, reduce heat and cover. Let rice cook for 16-20 minutes or until soft. When rice is cooked, remove it from the heat and stir in the coconut milk.

Poi Mago, Mango Pudding (serves 2)

1 cup mango flesh

Juice and zest of 1 lime or 2 lautipolo/laumoli

1/2 can (200ml) coconut milk

1/2 teaspoon vanilla

Sugar to taste

Ice for serving

Blend all ingredients until consistency is smooth.

If the *poi mago* is too thick, add 1/2 cup of cold water.

Chill for at least 30 minutes.

Serve well-chilled or over ice.

Mango Salsa

1 medium red onion
2 tsp salt
2 firm mangoes
1 orange bell pepper
4 red jalapeños
5 tbs finely chopped cilantro
Juice of 1 lime
Juice of 1 orange
1 tsp cumin

Dice and mix together all the ingredients in a bowl. Put in refrigerator for approximately 30-45 minutes to chill. Stir once more before serving. Serve cold with chips, or any way you like!

Pineapple/Mango Cupcakes (makes about 16 cupcakes)

1/2 cup Butter
1 1/3 cup Sugar
3 Eggs (separated)
2 1/4 cup Flour
2 1/2 tsp Baking powder
1/2 tsp Salt
1c Milk
1/3 cup Crushed pineapple, drained
1/3 cup Finely chopped mango

1 Container of vanilla frosting (not to be mixed in with the batter)

Blend together butter, sugar and egg yolks, then add the remaining ingredients, folding the egg whites last. Bake at 375 degrees for about 18 minutes. They will be moist.

Allow the cupcakes to cool and then frost. If you would like, you can add some coconut to the top!

Samoan Coconut Shortbread Cookies

1 stick of butter	1 tsp
vanilla essence or extract	
4 cups flour	3 tsp baking powder
2/3 cup white sugar	2 eggs
pinch of salt	200ml full coconut milk
coconut milk – not lite! (7 fl oz)	

Heat the oven to 350 degrees. Cream the butter and sugar together well. Add the eggs one at a time mixing well. Add the coconut milk and vanilla, again mixing well.

Mix in the dry ingredients (flour and baking powder). If the dough is still sticky, add little pinches of flour.

Cover your kneading surface with a generous amount of flour so the dough does not stick. Knead until dough is nice and even consistency. Pinch off about 1/3 of the dough and roll out onto lightly floured baking paper. Roll out the dough until it is about 1/4" thick, and cut into 3" squares. Dip the knife in flour every so often to keep it from sticking to the dough.

Pick up baking paper at the edges and place it onto oven tray and

Shoyu Chicken

1 cup soy sauce	1 cup brown sugar
4 cloves garlic, minced	1 cup water
1 onion, chopped	1 tbsp. grated
fresh ginger root	
1 tbsp. ground black pepper	1 tsp. ground
paprika (optional)	
1 tbsp. dried oregano	1 tsp. ground
cayenne pepper (optional)	
5 lbs. skinless chicken thighs	1 tsp. crushed red pepper (optional)

Whisk together the soy sauce, brown sugar, water, garlic, onion, ginger, black pepper, oregano, red pepper flakes, cayenne pepper, and paprika in a large bowl. Add the chicken thighs, and toss to evenly coat. Cover the bowl with plastic wrap, and marinate the chicken in the refrigerator for at least 1 hour.

Preheat an outdoor grill for medium heat, and lightly oil the

Surimi Salad

1/2 pound surimi (imitation crab meat)
1/2 head lettuce, shredded
1/4 medium onion, finely diced
1 cucumber, thinly sliced
2 medium tomatoes, roughly chopped
1 stick celery, sliced
4 tablespoons mayonnaise
salt and pepper, to taste

Shred the surimi and put in a medium bowl. Add the rest of the ingredients, seasoning to taste, and toss well. Cover the salad and place in the refrigerator for at least an hour. Toss once more before serving.

*Serves 4

Creamy Coconut Sauce over Sweet Potato

2 large sweet potatoes
1 onion, diced finely
2-3 cloves garlic, crushed
1 x 400 ml can coconut cream
1/2 cup vegetable stock
1/4 tsp salt (or to taste)

Peel and cube the sweet potato and place in a large saucepan.

Add the onion, garlic, coconut cream, vegetable stock and salt and cover with a lid. Bring to the boil.

Once boiling, remove the lid and reduce the heat. Simmer, uncovered, until the sweet potato is cooked through. This should take about 10 minutes. Stir gently every now and then to ensure even cooking.

* Serve with green vegetables and coconut rice or fresh coconut bread.

Serves 4