Niu Ideas



Introduction

This cookbook was devised to faithfully serve volunteers through feast and famine, meat or none, from first palango to the last senili of the month.

Rest assured that all recipes were prepared and personally tasted by our hard-core samplers and authors, the degree of success inversely dependent upon the amount left over. This painstaking process involved all of 1976, twelve months of dedicated attendance to weekly meetings during which recipes were tested and selected.

Many thanks must be extended to the dishwashing staff - the happy husbands - who, without Carlos Castaneda to keep their minds attuned and good natured hen-pecking, would never have completed their chore. A special mālō to Cinderella Foseta, our typist, who managed to decipher our various array of arrows, abbreviated codes and directions.

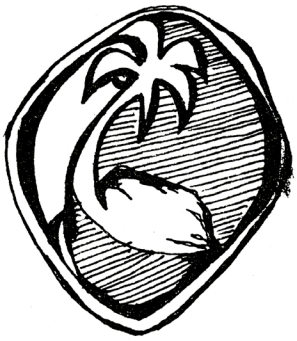
May the contents enclosed provide as much enjoyment to those who leaf through these pages, as it has given to those of us who brought them together.

Jan Basile — Artistic Endeavors:
Jerry Contant — Vicki Fish
Rajean Fifore — Ed Wong
Vicki Fish — Jackie Russum
Jackie Russum — Bill Dunn

Contents

Exasperation Extinguishers ____ 1
- Cooking and baking terms ____ 1
- Oven temperature conversion ____ 4
- Common equivalents ____ 5
- Substitutions ____ 6
- Helpful hints ____ 7

Local Foods and Seafoods ____ 14-48
Tongan Treasures ____ 49-53
Appetizers ____ 54-58
Beverages ____ 59-63
Soups ____ 64-68
Salads ____ 69-77
Salad Dressings ____ 78-81
Sauces ____ 82-86
Accompaniments ____ 87-92
Bread ____ 93-107
Pasta and rice ____ 108-112
Eggs and cheese ____ 113-119
Meats ____ 120-130
Poultry ____ 131-132
Seafood ____ 133-143
Vegetables ____ 144-164
Desserts ____ 165-194
Dietary Allowances ____ 195-203
Index ____ 204

Exasperation  Extinguishers

COOKING AND BAKING TERMS

Baste - Moisten by spooning a liquid over a roast or other food as it cooks.

Batter - A mixture of flour and a liquid, which is thin enough to pour.

Beat - Make a mixture smooth by a vigorous over and over motion with a spoon.

Binding - Adding a liquid, egg or melted fat to a dry mixture, to hold it together.

Blanch - Dip in and out of boiling water to loosen the skins of fruits or vegetables.

Blend - Thoroughly combine all ingredients until very smooth and uniform.

Boil - Heat until bubbles rise continuously and break on the surface of the liquid (rolling boil -bubbles form rapidly)

Braise - Cook tightly covered, in a small amount of liquid, at a low temperature, either in the oven or over direct heat. When braising meat, brown it in the fat before adding the liquid.

Brown - Cook until food changes color, usually in a small amount of fat over moderate heat (meat).

Chop - Cut into pieces with a knife or other sharp tool (hold knife tip on the board with one hand; move the blade up and down with the other.)

Coating - 1) Covering food, which is to be fried, with batter of flour, egg and bread crumbs.
2) Covering food, which is cooked or ready to serve, with a thin layer of mayonnaise or sauce.

Cook and Stir - Cook food in small amount of shortening until tender, stirring occasionally (onion).

Cool - Allow to come to room temperature.

Cream - Beat just until smooth, light and fluffy (the combination of sugar and shortening).

Creaming - The beating together of fat and sugar to resemble whipped cream in color and texture - until pale and fluffy. This method of mixingis used for cakes and puddings containing a high proportion of fat.

Crush - Press to extract juice with side of knife (garlic).

Cube - Cut into cubes $\frac{1}{2}$ inch or larger.

Dice - Cut into small cubes less than $\frac{1}{2}$ inch.

Double-boiler - A pan consisting of a bottom pot which contains boiling water and a top pot in which food is placed. The food is then heated by the steam from the boiling water.

Dredge - Coat with flour or sugar.

Dredging - The action of sprinkling food lightly and evenly with flour or sugar.

Dust - Sprinkle lightly with flour or sugar.

French-frying - (Deep-fat fry) Heat fat in pan with sides at least 5 inches deep. Have fat at least 1 inch deep.

Glaze - Cover with a transparent coating of jelly, meat juices or caramel.

Grate - Cut into tiny particles using small holes of grater.

Grilling - The process of cooking food by direct heat under a broiler, grill or over a hot fire.

Julienne - Cut into match-like sticks.

Kneading - Working a dough firmly, using the knuckles for bread-making and the finger-tips in pastry-making. In both cases the outside of the dough is drawn into the center.

Lukewarm - Moderately warm; about blood heat, approximately $100^{O}F$.

Marinate - Cover with a liquid and let stand to season or to become tender.

Mince - Cut into very small pieces (onion, garlic).

Pan-boiling - Cook in a shallow, heavy pan over direct heat.

Pan-frying - (Sauteing) Heat cooking oil or fat in a frying pan large enough to hold the food in a single layer. Have fat about $\frac{1}{4}$ inch deep.

Parboil - Partially cook in preparation for further cooking.

Pare - Cut off outer covering with a knife or other sharp tool.

Peel - Strip off outer covering.

Poaching - Cooking in an open pan, at simmering point, with sufficiently seasoned liquid to cover.

Reduce - Cook a liquid until some has been carried off as steam.

Reducing - The process of boiling a liquid (especially when making a soup, sauce or syrup) in an uncovered pan, in order to evaporate surplus liquid and give a more concentrated result.

Scalding - The process of pouring boiling water over food to clean it, to loosen hair, or to remove the skin. The food must not be left in the boiling water or it will begin to cook. The term also refers to the heating of milk to just below boiling point, to retard souring.

Scallop - Bake in a sauce with crumbs on top.

Score - Make a series of shallow cuts on the surface of a food.

Sear - Cook at a high temperature over direct heat until the surface is browned.

Shred - Cut into thin pieces using large holes on grater or shredder.

Sieving - Rubbing or pressing food through a sieve; a spoon is used to force it through.

Sifting - Shaking a dry ingredient through a sieve or flour sifter, to remove lumps and to aerate dry ingredients.

Simmer - Cook in liquid just below the boiling point. Bubbles form slowly and collapse below the surface.

Sliver - Cut into long thin pieces.

Snip - Cut into very small pieces with scissors (parsley, chives).

Sponge - A batter to which yeast has been added.

Steeping - The process of pouring hot or cold water over food and leaving it to stand, either to soften it or to extract its flavor and color. (tea)

Sterilize - Boil for 20 minutes.

Stewing - Cook in liquid deep enough to cover.

Stock - The liquid produced when meat, bones poultry, fish or vegetables are simmered in water with herbs and flavorings for several hours, to extract their flavor.

Thickening - To give body to soups, sauces or gravies by the addition of flour, cornflour or arrowroot.

Toast - Brown in oven or toaster.

Whip - Beat rapidly in order to incorporate air.

OVEN TEMPERATURE CONVERSION

Degrees F	Gas Mark	Description	Test
150	1		
200	¼	very slow	White paper or white flour in a tin will still be white after a few minutes in the oven
250	¾		
300	2	slow	
350	4	moderate	paper or flour will be light brown
400	6	moderately hot	
450	8	very hot	paper or flour will be dark brown

COMMON EQUIVALENTS

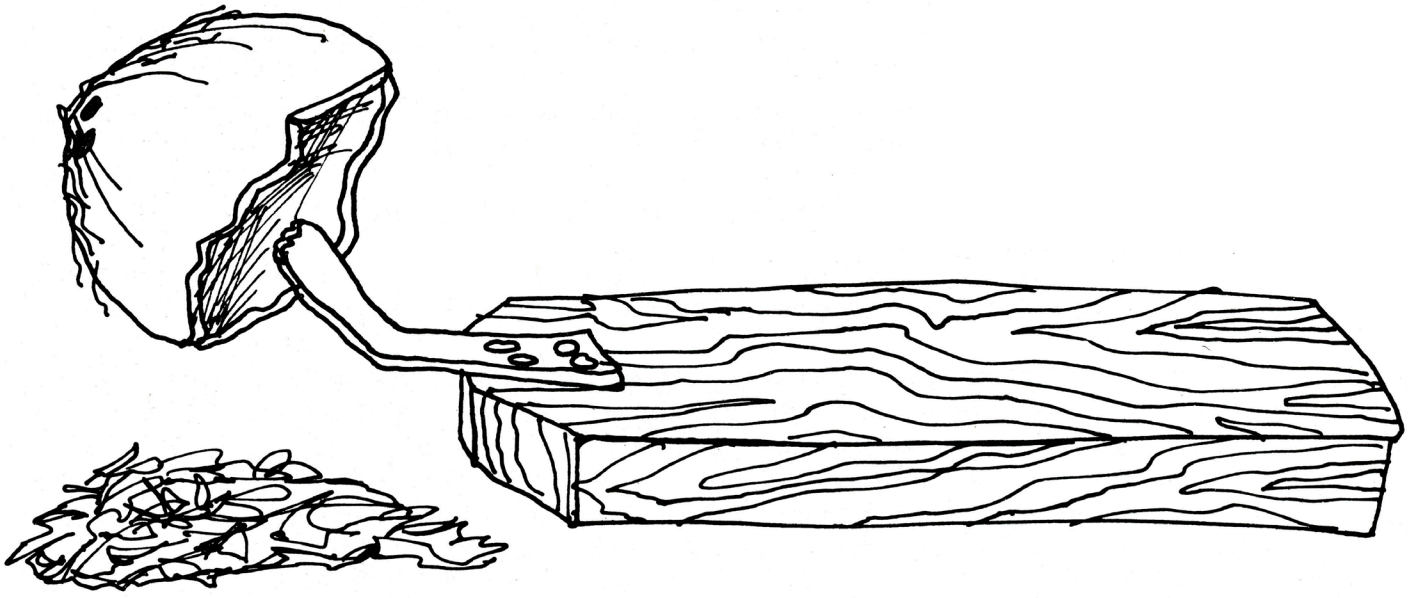
	Amount	Approx. Measure
Butter or other shortening	1 pound	2 cups
Cheese	4 ounces ($\frac{1}{4}$ lb.)	1 cup shredded
Chocolate		
chips	6 ounces	1 cup
unsweetened	8 ounce pkg.	8 sq. (1 oz. each)
Coconut		
shredded	4 ounces	1 1/3 cups
Coffee		
ground	1 pound	80 T.
Cream		
sour	8 ounces	1 cup
Flour		
all-purpose	1 pound	about $3\frac{1}{2}$ cups
cake	1 pound	about 4 cups
Lemon		
juice	1 medium	2 - 3 T.
peel, grated	1 medium	1 1/3 - 3 tsp.
Nuts		
peanuts	1 lb. in the shell	$2\frac{1}{4}$ c. nutmeats
Orange		
juice	1 medium	1/3 - $\frac{1}{2}$ cup
peel, grated	1 medium	1 - 2 T.
Sugar		
white	1 pound	$2\frac{1}{4}$ c.
dark brown	1 pound	$2\frac{1}{4}$ c. (firmly packed)
icing	1 pound	about 3 c.
raw	1 pound	2 cups

SUBSTITUTIONS

FOOD	AMOUNT	SUBSTITUTION
Baking powder	1 tsp.	¼ tsp. baking soda plus ½ tsp. cream of tartar.
Buttermilk	2 cups	2 c. milk 2 T. vinegar, let stand 5 minutes.
Cake flour	1 cup	1 c. plain flour minus 2 T. plus 2 T. cornflour
Cheese for sauces or cooking	1 c.	Campbell's Cheddar Cheese soup
Chocolate (unsweetened)	1 square or 1 oz.	3 T. cocoa plus 1 T. oil or butter OR ¼ c. sweetened cocoa and reduce sugar in recipe by 1 T.
Chocolate chips or Semi-sweet chocolate	1 c.	1 - 300 g. Cadbury Energy bar, coarsely chopped
Cream of Chicken Soup (for cooking)	1 can	1¼ c. of white sauce plus 2 chicken bouillon cubes
Eggs in Baking	1	1 tsp. baking powder or 2 egg yolks
Flour for Thickening	1 T.	½ T. cornflour
Graham Crackers for Crumb Crust	as required	crush either Arrowroot, Vanilla Wine or Golden Krispies cookies.
Karo syrup, dark or light		Golden syrup
Mustard Seed	1 tsp.	½ tsp. dry mustard
powdered sugar	1 c.	1 c. Castor sugar
Sour cream	1 c.	1-8 oz. can of reduced cream and 1 to 2 T. vinegar. Let stand 5 minutes
Spinach	as required	silverbeet, pele

MAKE YOUR OWN

Bean Sprouts	Use a light green bean from a green bean. Place beans in a baking pan; add water to the level of beans. Place pan in sunlight. Sprouts will be usable in two days.
Juice (other than citrus)	Mash fruit; squeeze through cheesecloth. Add sugar and water to taste.
Self-raising Flour	For 1 cup, mix together 1 cup all-purpose flour, $1\frac{1}{2}$ tsp. baking powder, $\frac{1}{2}$ tsp. salt.
Tabasco Sauce	Crush about 50 little chillies with $\frac{1}{4}$ c. vinegar, 1/3 c. water, and 2 T. salt. Strain and mash.
Wine Vinegar	Uncork a bottle of red wine, cover with a piece of foil, and let stand for a weeks.



HELPFUL HINTS

- Don't peel breadfruit before baking them in an 'umu.

- To soften brown sugar, place a perfect lime, lemon or apple in a sealed jar with the mouth wide enough to accommodate the whole fruit. In twelve hours, the sugar will be soft. Or place the sugar in a low oven for several hours; then use immediately.

- If you don't have brown sugar, use raw.

- By adding one tablespoon of corn syrup to candy mixtures, you will prevent their becoming granular.

- To test baked custard to see if it's done, insert a dry knife vertically in the center.

- To test an egg for freshness, place egg in glass of water:
  1. If egg falls to bottom and lies on its side, it's fresh.
  2. If large end rises slightly, it's somewhat old. Use in baking.
  3. If egg stands on end or floats, beware - it is very old.

- Put a little vinegar in the boiling water when you poach eggs. The egg will not run all over.

- When adding eggs to a hot mixture, best results are obtained by adding a bit of the hot mixture to the eggs, first; mix well. Then blend this egg mixture in with the rest of the hot mixture.

- Eggplant bitter? Soak sliced eggplant in salt water 10 minutes. Dry between dish towels and cook as planned.

- To prevent fish from sticking to fry pan, add 1 tsp. salt to fat, before frying.

- Add one egg yolk to frosting to keep it soft.

- Pile the salt called for, in your recipe, on your cutting board before you mince or crush garlic. Place garlic on salt pile; mince. The juice will not penetrate the board.

- To remove skin of garlic clove, crunch individual section (clove) until a crack is heard. This will loosen skin.

- To chop garlic, place clove on salt (part of the amount called for in recipe) and chop. When $\frac{3}{4}$ finished chopping, turn blade of knife sideways, and mash garlic. This allows garlic to be broken down almost completely, forming a paste. (Be sure to use this salt in recipe)

- To remove the white membrane from oranges for special salads or desserts, let orange stand in boiling water for five minutes before peeling.

- For best results when making pickles, use enameled pans, and stir with a wooden spoon.

- Cut drinking straws into short lengths and insert through slits in pie crust to prevent juice from running over the oven and to permit steam to escape.

- To prevent filling from soaking into pie crust, dust over bottom crust with a mixture of flour and sugar before adding fruit or other filling.

- For flakier pie crust add a teaspoon of vinegar to the cold water when preparing the dough.

- Use spatula to lift pie crust to put in pan.

- Put a layer of marshmallows in the bottom of a pumpkin pie, then add the filling. You will have a nice topping, as the marshmallows come to the top.

- Put a handful of rice in your salt to absorb the moisture, so it won't stick together.

- For clearer sauce without lumps, substitute cornflour mixed with water for regular flour.

- A potato dropped into a pot absorbs the grease from the top of the soup. Remove the potato and throw it away as soon as it has served its purpose.

- Add one Tablespoon of cooking oil to water when cooking spaghetti noodles. They won't stick together when served.

- To simplify the peeling of tomatoes, toss them in boiling water (blanch) for 2 minutes.

- To crisp tomatoes, remove stems with shallow cuts. Soak tomatoes in water for 1 hour; refrigerate.

- White vinegar (made from apples) is highly distilled, and therefore much strong than malt vinegar (made from grain). Each may be substituted for the other, but carefully flavor to taste.

- Use powdered sugar in whipping cream instead of granulated. It will stand much longer without separating.

- Put a little vinegar in the water and soak slightly wilted vegetables if you want them crisp and fresh.

- A pan can oiling water on the top shelf while baking yeast breads prevents nts ir drying out.

- Do not keep eep ', or bread in an air-tight container unless you want to grow row h.

- If you have a fr fr store your flour in it. Flour in it. Flour will keep almost ist fer without the bugs.

- Ants and other pests sts an uncanny ability to gnaw their way through any kind of pac pa of foil packet. Keep foods sold in such packets in glass or or perware containers.

- Use an empty, clean fish or oretable can to make cakes, etc. for one person.

- Short of bowls? Use your empty oty outs, lesi, pineapples, passion-fruit, watermelons and clam shellhell.

- Always keep an extra bottle of kerosenerosion hand so your stove won't run out in the middle of cooking.

- Place a marble in your teapot to prevent ent fr om forming on the inside. If you already have lime in your our , wipe out as much as possible; then boil vinegar inside.

- To clean food encrusted pans, fill them with wah wa Heat to boiling, and allow water to boil for at least 15 15utes.

- Collect some coconut ribs (as found on a Tongan bro brocut them so they are 6-8 inches long then tie them together. r. makes a useful whisk for de-lumping gravy or whisking eggs. .

- If your test proves the soup too salty, add a piece of pot pov The potato will absorb the salt, remove the potato before sre sing soup. Or counter the salt with a little sugar. For over-sa-sal vegetables, add a bit of lemon juice, cream or sugar.

- If your gravy or sauce is lumpy, put it through a fine strainer, er, then reheat it in a clean pan (double- boiler style), stirring constantly.

- If your soup or gravy is flavorless, add wine, tomato paste, mustard or lemon juice to taste.

- Gelatin will set without a refrigerator in 1½ days when the liquid is reduced to 1¼ cup.

- To prevent lumpy gravy, add a little salt to the flour before adding the water.

- When you need ground nuts, crush them between sheets of wax paper or in a 'Baggie' with your 'rolling pin'.

- To keep a layered cake from sliding while icing, insert uncooked spaghetti instead of toothpicks.

- To keep lettuce fresh, wash and drain well. Put in a plastic container or plastic bag.

- Papaya can be used as a meat tenderizer. Smother a tough piece of meat in slices of green papaya, cover and cook for ¾ of the cooking time called for in recipe. Remove the papaya and continue cooking meat, uncovered, until finished.

- Meat can be kept quite a number of days if you re-cook it each day.

- To measure molasses or honey, grease cup in which it is to be measured.

- Keep the tears away while peeling onions. Pour cold water over onion when peeling. Or place a piece of bread, or crackers, in your mouth.

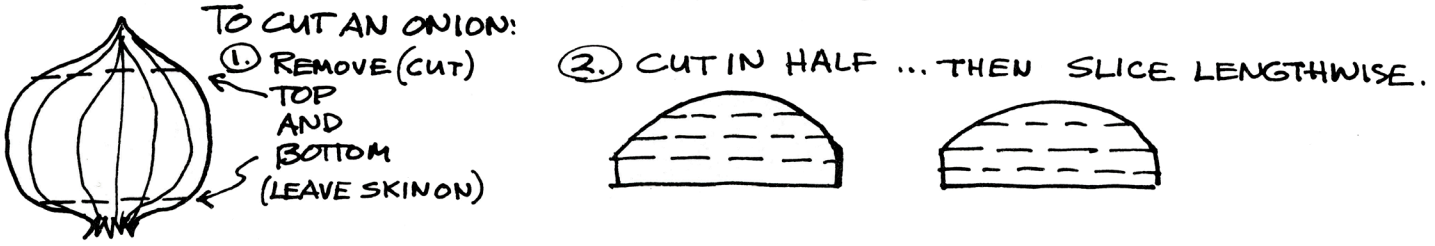
- Even if part of an onion has gone bad, the rest is still suitable for use.

- The best onions are bulbous, with no bumps.

- Lavender-colored onions are sweeter than white onions.

- How to cut an onion:

Remove top, leaving skin on.



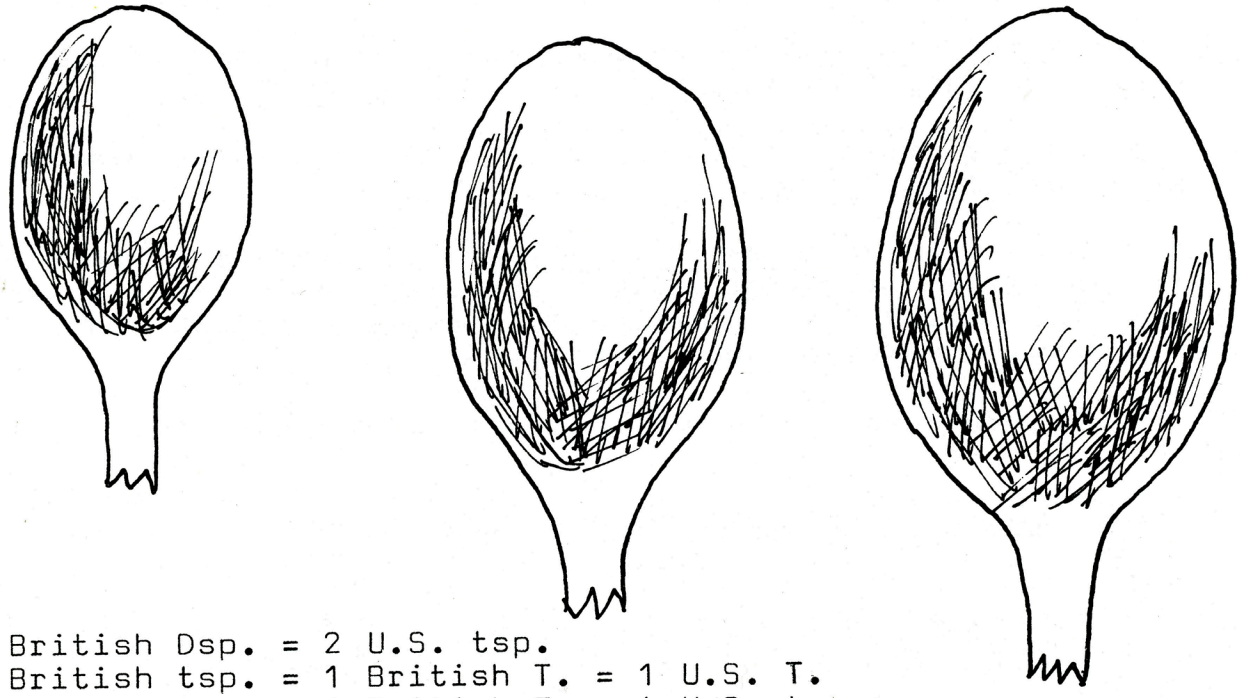
Remove bottom end.
Make cuts as shallow as possibble.
Two membranes deep, run knife down each side, from top to bottom. Lay onion half flat side down.

Make cuts (top tp bottom) from left to right.

KIWI CONVERSIONS

Measuring Spoons

Teaspoon (tsp.) Dessertspoon (Dsp.) Tablespoon (T.)



1 British Dsp. = 2 U.S. tsp.
4 British tsp. = 1 British T. = 1 U.S. T.
2 British tsp. = 1 British T. = 4 U.S. tsp.
1 American Pint = 2 cups (16 ounces)
1 Breakfast Cup = approx. 1 1/8 - 1¼ U.S. measuring cup (9-10 ounces
1 English Pint = 2½ cups (20 ounces)
1 Tea Cup = approx. 7/8 U.S. measuring cup (7 ounces)

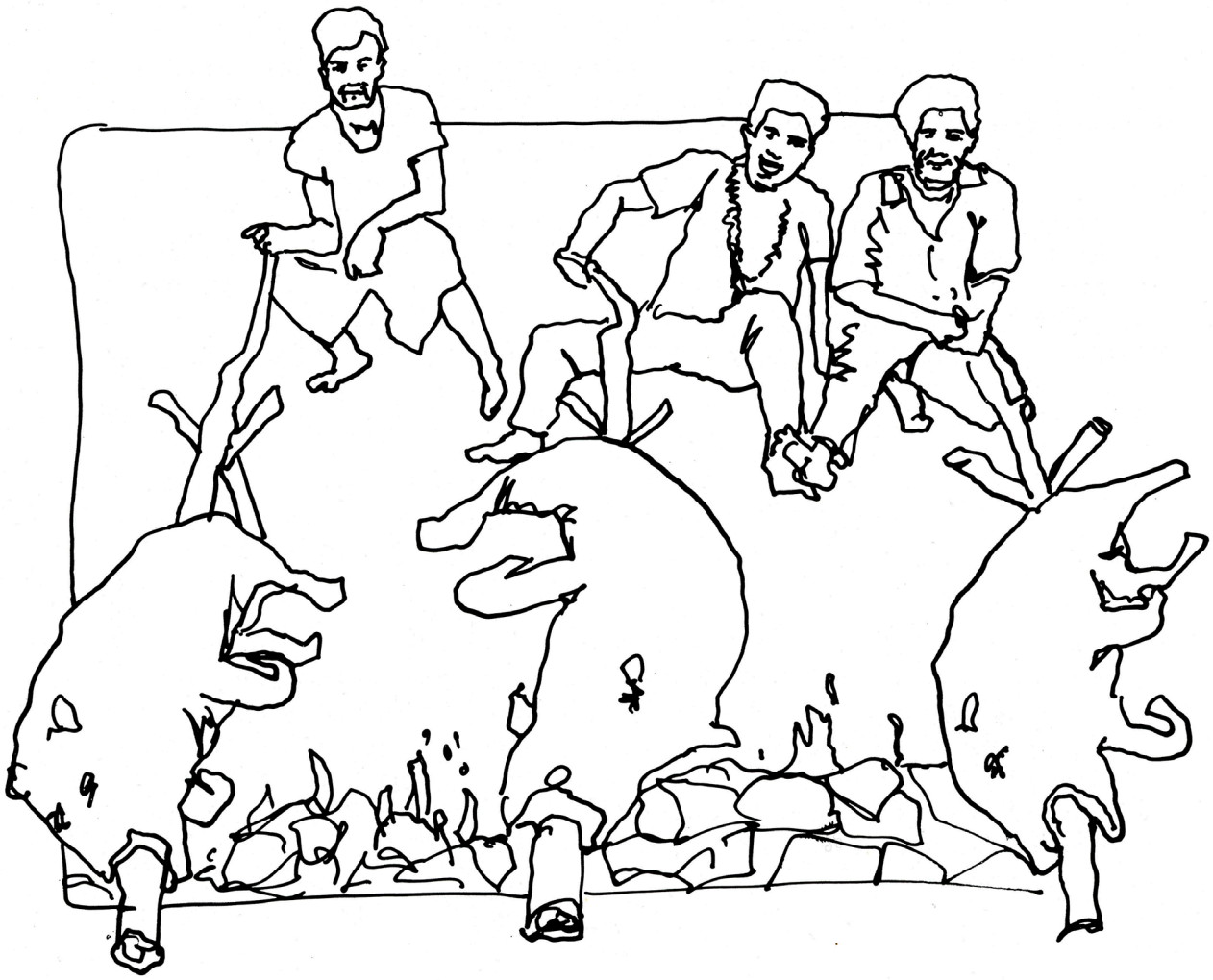
Cookies = Biscuits
Corn Syrup = Golden Syrup
Cornstarch = Cornflour
Crisco = Kremelta
Eggplant = Aubergine
English Muffins = Crumpets
Extract = Essence
Fine whole meal flour = Sharps or Atta
Flaps = Ribs of mutton (sipi), primarily bone, lots of fat, little meat
Ghee = Butter made from water buffalo milk
Green Pepper = Capsicum
Ground Beef = Mince or Mince Meat
Jello = Jelly
Ketchup = Tomato Sauce
Lard = Drippings (Ngako)
Molasses = Treacle

Pikelets = Silver Dollar pancakes
Raisins = Sultanas
Red Food Coloring = Cochineal
Scones = Similar to a baking powder biscuit
Serviettes = Napkins (napkins in N.Z. are diapers)
Tomato sauce = Tomato Puree
Unprocessed Rice = Broken Rice
Whipping Cream = Thick Cream
Broiler = Griller
Coffee Pot or Pitcher = Jug
Stove = Cooker

Milk Types and Substitutes
- Reduced Cream
- Evaporated Milk
- Sweetened Condensed Milk
- Full Cream Milk Powder
- Skim Milk Powder (in plastic bags)



Local Foods and Seafoods



AVOCADO (U.S.) - 'AVOKA (TONGAN) - AVOCADO PEAR (N.Z.)

Types available:
Avoka Mata - green skin when ripe
Avoka Kula - reddish-black skin when ripe, juicy and tasty

When available: December to May.

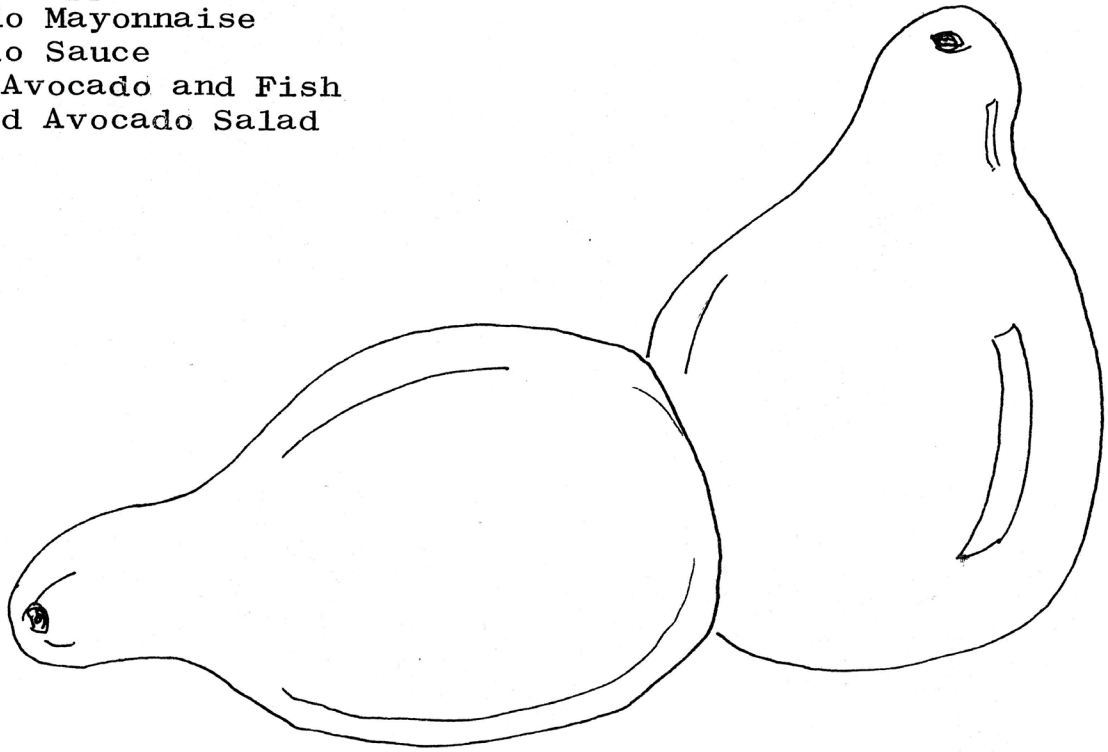
Where available: Talamahu market.

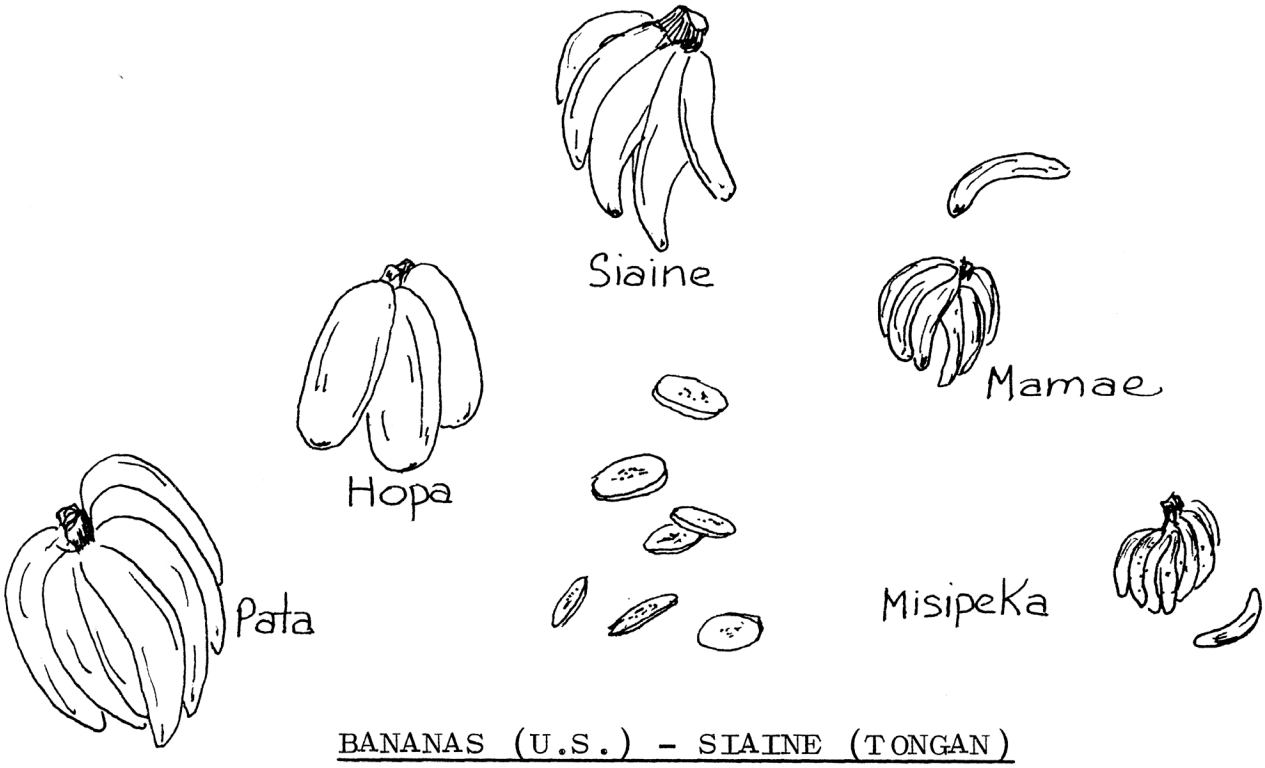
How used: A most versatile fruit, the avocado can be used in everything from appetizer to dessert. Select fruits which yield slightly to thumb pressure, but are not mushy.

How to store: To prevent browning, sprinkle avocado with citrus juice. If using only half an avocado, keep unused portion unpeeled, with the seed still embedded in it, and store it at 40° - 70°, wrapped in foil. Avocadoes ripen quickly; the ripe fruit will keep no longer than two days at room temperature, and approximately one week in a refrigerator.

Growing your own: Although it takes years for an avocado plant to mature to a fruit-bearing tree, you can grow an attractive house plant very easily.

Recipes:
Avocado Appetizer
Avocado Mayonnaise
Avocado Sauce
Baked Avocado and Fish
Stuffed Avocado Salad





BANANAS (U.S.) - SIAINE (TONGAN)

Types available: Banana types may be distinquished by shape and size of the fruit.

Siaine - ordinary bananas
Hopa - fat and stocky, pink flesh, fairly sweet
Pata - very large banana (actually a plantain) with large seeds and a slightly starchy flavor when ripe
Misipeka - small, lady-finger banana, lemony flavor
Mamae - large lady-finger banana

When available: All year round.

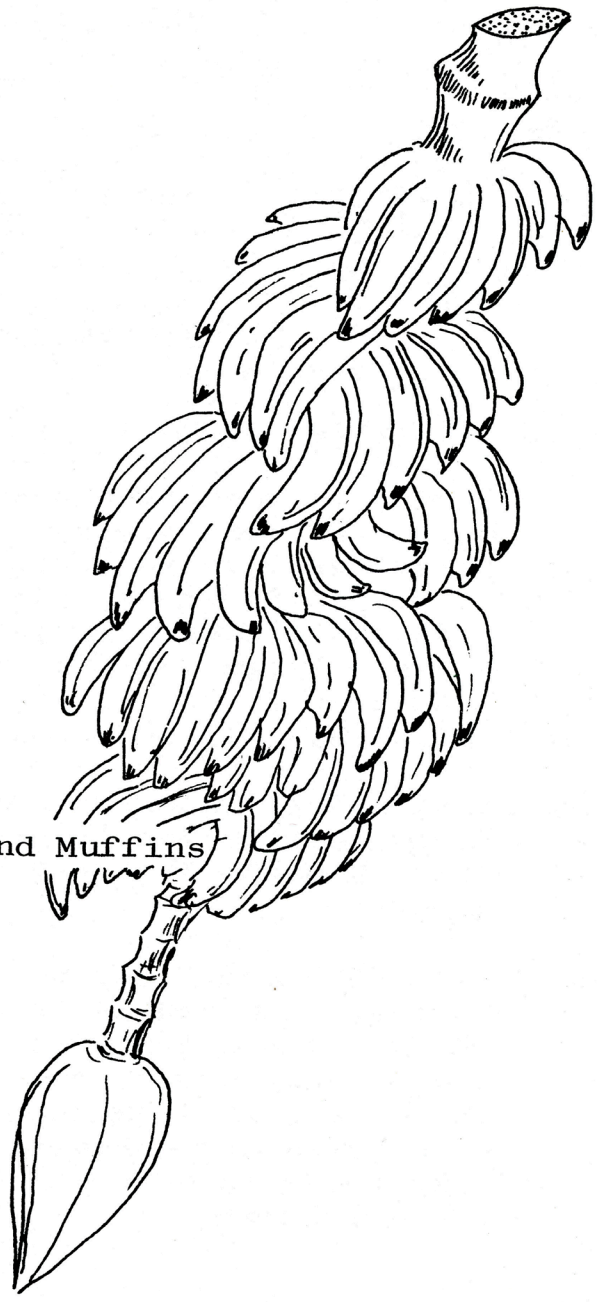
Where available: Talamahu market and occasionally at the Produce Board (across the corner from Tonga High.) The Produce Board bananas are very cheap because they are too ripe for export.

How used: When fully grown, but still green, bananas can be cooked boiled, or baked in an 'umu, and served as a starchy vegetable. If they are allowed to ripen (skins become yellow with brown spots) they become sweet, and are delicious eaten raw, baked in their skins, sauteed in butter, or used in salads, casseroles and desserts. Banana leaves are often used to wrap foods to be cooked in the 'umu, but the leaves themselves are not eaten.

Growing your own: Bananas grow from suckers, not from seeds. Suckers are the baby plants you see growing around a big banana plant. Carefully remove the sucker from the mother plant, using a hoe. Plant the sucker in a two-foot hole, add fertilizer, and fill in the hole. It will take from six to nine months for a new plant to produce a bunch. Each plant produces only one bunch of bananas in its lifetime. The plant will alos produce several new suckers which can be left to mature. It is best to cut back or transplant excess suckers to allow enough room for the plants to grow. (A single fruit is called a finger, each cluster of fingers is called a hand, and a stalk of hands is called a bunch.)

Recipes:

Banana and Bacon
Banana Bread
Banana Cake
Banana Casserole
Banana Cocktail
Banana Cream Pie
Banana Ice Cream
Banana Milkshake
Banana Meat Casserole
Banana Mold
Banana Nut Bread
Banana Pancakes
Banana Peanut Butter Cookies
Banana-Plus Chutney
Banana Radish Dressing
Banana Soup
Banana Tuna Curry
Fried Bananas
Glazed Fruit with Crumb Topping
Green Banana Porridge
Hawaiian Banana Pie
Honeyed Banana Scones
Hopped-Up Hopa
Master Mix Banana Coffee Cake and Muffins
Oatmeal Banana Cookies
Peanut Butter Bananas Pancake
Pilgrims Yammunition
Sweet Potato Casserole
Tropical Omelete
Vai Siaine



BREADFRUIT (U.S.) - MEI (TONGAN)

Types available: All types are green and taste the same.
Mafala - small rounded fruit with smooth skin.
Loutoko - elongated fruit with bumpy skin.
Kea - large round fruit with bumpy skin.
Puou - large round fruit with smooth skin.

When available: In season from December through April.

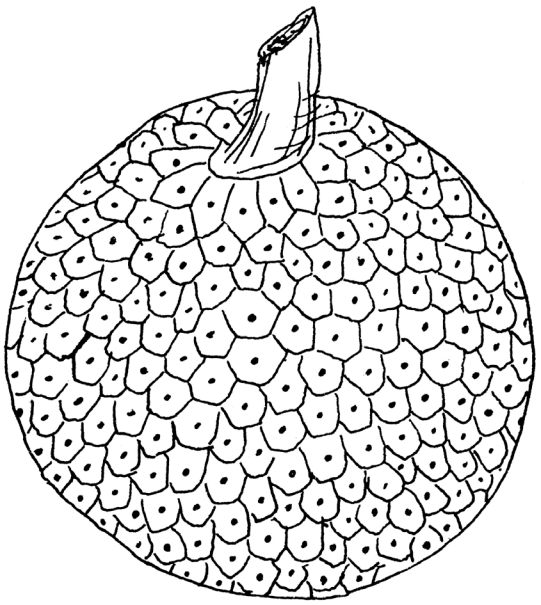
Where available: Talamahu market.

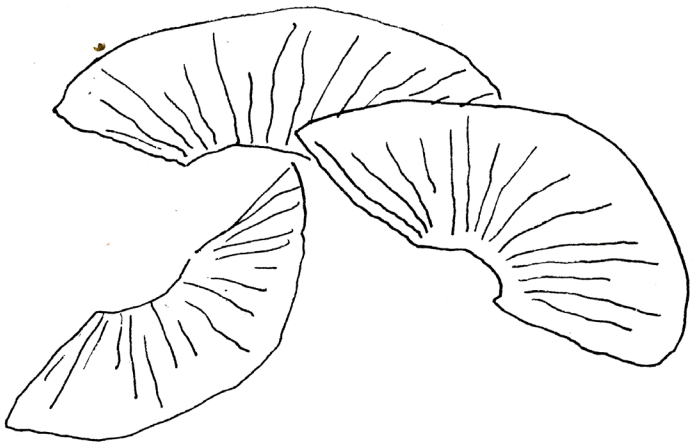
How used: Use as you would potato, i.e. boil, bake, boil in coconut milk, fry, roast, curry, stew, scallop, stuff, make into French fries, etc.

How to store: Cover with water when fruit begins to ripen, and it will keep 4 days longer. Refrigerated fruit will keep about a week and a half.

Growing your own: Not recommended as it takes six years for the tree to bear fruit.

Recipes:
Baked Breadfruit
Breadfruit Fritter
Breadfruit in Rice Ring
Breadfruit Patties
Breadfruit Salad
Breadfruit Soup
Buttered Breadfruit
Candied Breadfruit
Creamed Breadfruit
Faikakai
Fried Breadfruit
Haka
Sauteed Breadfruit
Scalloped Breadfruit





CASSAVA (U.S.) - MĀNIOKE (TONGAN)

Types available: All manioke has the same taste.
Manioke Kula - reddish-brown skin
Manioke Hiha - brown skin with white inside
Manioke Fisi - yellow inside and brown skin

When available: All year round.

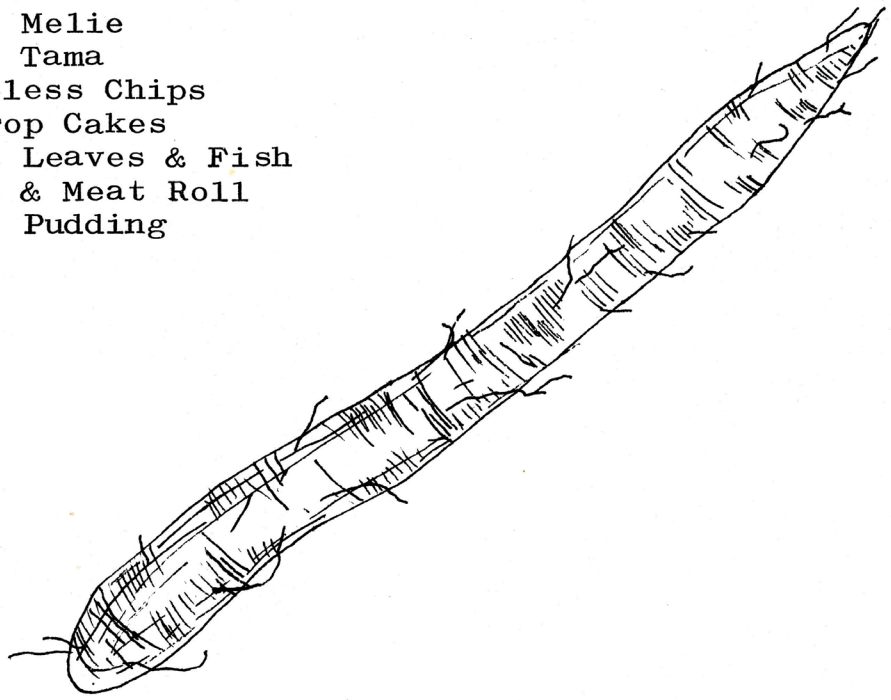
Where abailable: Talamahu market

How used: Use as you would potato, ie. boil, bake, boil in coconut cream, fry, roast, and scallop.

How to store: Cover manioke with burlap bags and keep bags wet. The manioke will keep about 2 weeks this way. OR Dig a hole and bury the manioke under ground covering it with soil. The manioke will keep about 1 month this way.

Growing your own: Cut a 12" stick from existing manioke stem and plant it about 4" in the ground; in 8-9 months the vegetable is ready.

Recipes:
Basic Lote Supreme
Boiled Tapioca
Cassava Drops
Haka
Manioke Melie
Manioke Tama
Potato-less Chips
Root Crop Cakes
Tapioca Leaves & Fish
Tapioca & Meat Roll
Tapioca Pudding



CHINESE CABBAGE (U.S) - KAPISI SIAINA (TONGAN)

Types available: Only one type is available. It is tall and has light green leaves with small prickles.

When available: May - September

Where available: Talamahu market

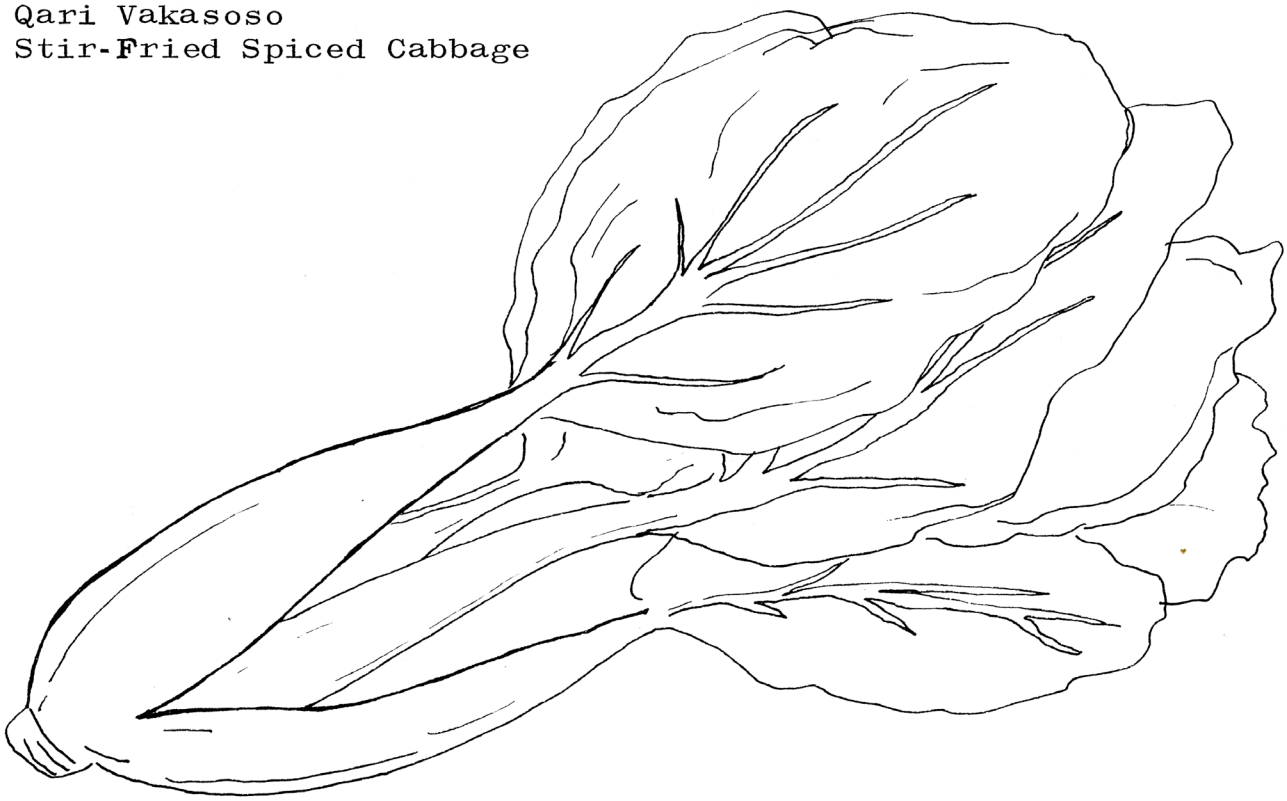
How used: Boil in salted water or coconut cream, fry in butter, fry with soy sauce or shred finely for salads.

How to store: Chinese cabbage can be kept 2-3 days without a refrigerator, if you place it in about an inch of water as if it were growing. If you have a refrigerator you can keep it for 1-1½ weeks.

Growing your own: It is relatively easy to grow and should be planted in March or April. You will need to spray it with insect and fungus spray. Chinese cabbage is ready to eat in about 2 months if your soil is fertile. Seeds are usually available from M.H., B.P., the Farm Store, and Jones.

Recipes:

Beef and Chinese Cabbage Soup
Cabbage in Sweet and Sour Sauce
Chinese Cabbage and Carrot Salad
Fried Chinese Cabbage
Kim Chee
Qari Vakasoso
Stir-Fried Spiced Cabbage



CITRUS (U.S.) - FA'AHINGA MOLI (TONGAN)

Types available:
orange - moli
mandarin - moli pele (juicier & larger than tangerine)
tangerine - moli vaikeli
grapefruit - moli tonga
lemon - lemani
lime - laimi
kola - kola (same color as lime but smaller and orange flesh inside)

Where available: Available at Talamahu market and in the bush.

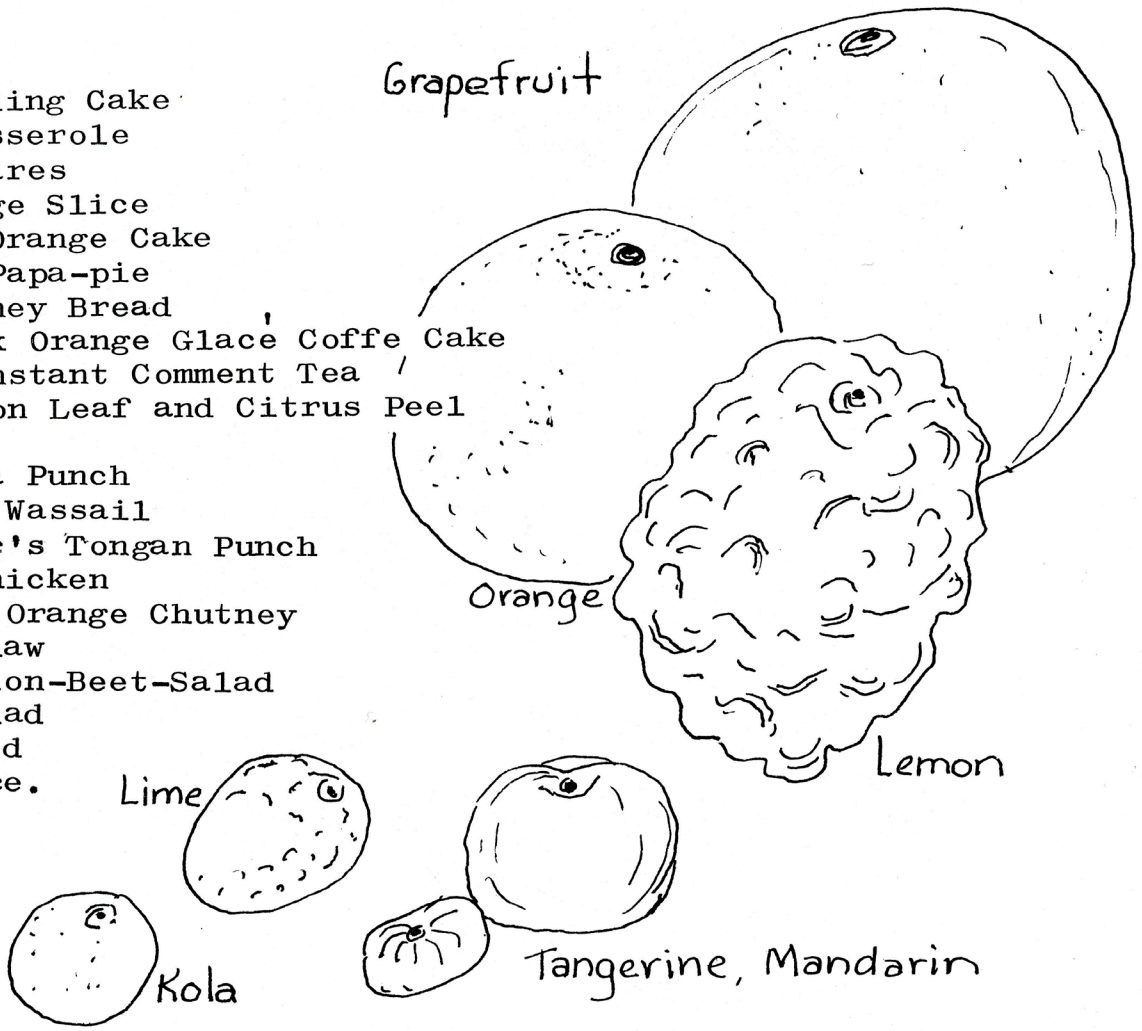
When available: The summer months of December, January & February are the peak of the season.

How to grow: Dry the seeds from the plant and plant in a hole about 6" deep. Planting your own tree is not recommended as it takes 3 to 5 years to bear fruit.

How to use: Can be eaten raw as a fruit, in fruit salad, squeezed for juice, in otai or in marmalade.

Recipes:

Lemon Pudding Cake
Banana Casserole
Lemon Squares
Jaffa Fudge Slice
Mandarin Orange Cake
Tropical Papa-pie
Orange Honey Bread
Master Mix Orange Glace Coffe Cake
Vava'u Constant Comment Tea
Tea - Lemon Leaf and Citrus Peel
Tea Punch
Citrus Tea Punch
Christmas Wassail
Trader Vic's Tongan Punch
Oranged Chicken
Pineapple Orange Chutney
Cabbage Slaw
Orange-Onion-Beet-Salad
Orange Salad
Fruit Salad
Lemon Sauce.



COCONUT (U.S.) - NIU (TONGAN)

The nut of the coconut tree is eaten in all stages of development. available all year round at the market and in the bush.

VERY IMMATURE COCONUT - NIU NGONO

Its husk is green, and when tapped it sounds empty. It doesn't contain much meat and its liquid is not very sweet.

GREEN DRINKING COCONUT - NIU MATA

Its husk is green, and when tapped it sounds solid. At this stage the liquid is very refreshing. It seems slightly carbonated and may squirt out when the nut is opened by poking a hole through the 'mouth'. (Looking at the end of the husked nut, you'll see a 'face' - 2 eyes and a mouth.) The flesh is like custard and quite tasty. When you've finished drinking the liquid, crack the nut against a rock to open it, and eat the flesh.
These will keep for several days if husked, and about a week if not husked.
Tongans use this stage coconut to make veifua, a hot beverage often drunk by mothers with young babies. They husk the nut, and bake it in the 'umu for about an hour.

ALMOST MATURE (ADOLESCENT) COCONUT - NIU MOTOMOTO

When you shake this stage of coconut you can hear the liquid slosh around. The outside of the husk may still be green or turning bronze. The shell will have dark brown or black veins. The nut at this stage is used for making a relish for dipping Tongan foods (meat and root crops), called vai polo. To make it, cut the meat of a niu motomoto into chunks and fill a beer bottle about $\frac{1}{4}$ full with them. Add 10 to 15 whole chillies, then fill the bottle with sea water. Close bottle tightly and let sit 3 to 5 days.

MATURE COCONUT - NIU MOTU'U

The mature coconut is brown and has many uses: for copra, for food, and in the making of cream and oil. It will keep for about a month if kept in a cool dry place. There is some confusion about the name of the liquid contents of the coconut. Within the nut is a liquid called water. Botany books also call this milk. On the other hand, cookbooks refer to 'milk' or 'cream' as the result of extracting juice from the grated coconut meat. Sometimes this involves the addition of water.

FRESH COCONUT MILK:

Grate the meat of a fresh mature coconut. To each cup of coconut meat add 2 cups hot water. Let it soak 30 minutes. Then squeeze through a piece of cheesecloth to extract all of the liquid. Tongans traditionally use coconut husks in place of the cheesecloth.

FRESH COCONUT CREAM:

For each 2 cups grated coconut, add 1 cup hot water. Let stand 30 minutes, then squeeze through cheese cloth to extract all liquid.

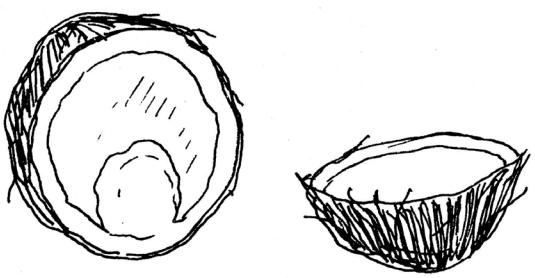
You can get a 'hakalo' (Tongan coconut grater) made for you at the Ministry of Works, or you can remove the meat from the shell with a knife, and grate it on a kitchen grater.

Finely grated coconut for toppings, cakes and confections may be prepared as follows: Remove husk. After draining water from the coconut, place the whole coconut in an oven at a temperature between 250 and 275 for one hour. This causes the meat to shrink slightly from the shell and also facilitates removal of the meat in large pieces. The coconut may crack in the oven. Remove from oven and cool. Tap the shell over the entire surface with a hammer to help loosen the meat. Crack and break into two to four large pieces. Pry out kernel with a screwdriver. (Do not use sharp-edged knife as the knife may break.) Peel off the brown skin, wash and drain. Grate on a medium grater and use at once or freeze for future use. Grated coconut may be successfully frozen by packing firmly to press out the air and sealing in airtight containers. For convenient use, wrap the grated coconut in $\frac{1}{2}$ cup portions before placing them in a large package. Freeze with or without sugar.

A side product of the mature nut is its husk, which makes very good charcoal for your barbeque pit.

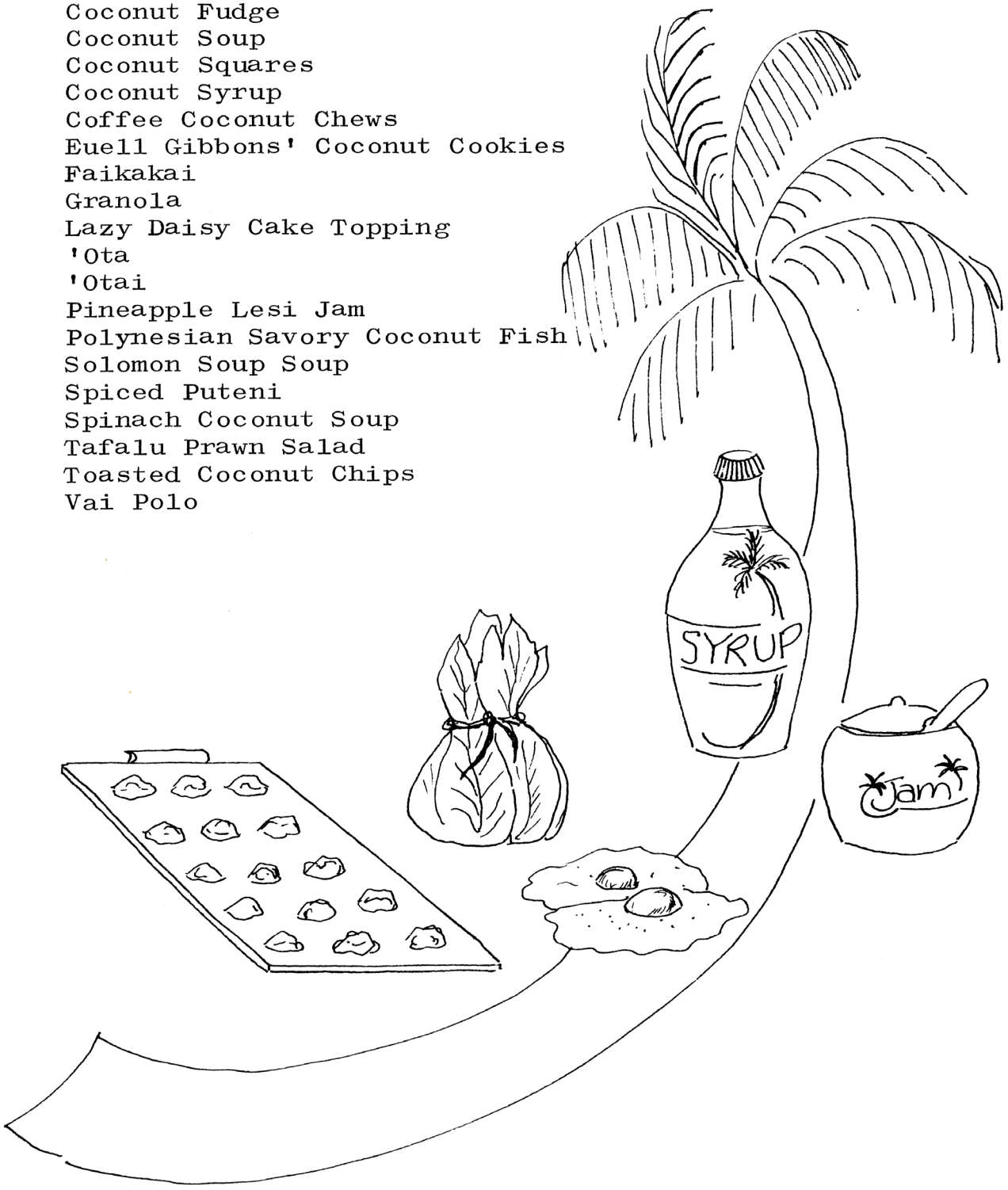
SPROUTING COCONUT - 'UTO

When a mature coconut is allowed to sprout, the milk in the interior gradually transforms into a cottony mass beginning as a small button at one end of the nut. This cotton eventually expands and occupies the whole nut. This styrofoam-like meat is rather tasteless, but is a choice food for some. It is sometimes called 'coconut candy'.



Coconut Recipes:

- Baked Coconut
- Coconut Bars
- Coconut Candy
- Coconut Chews
- Coconut Cream Sauce
- Coconut Crumb Crust
- Coconut Curried Eggs
- Coconut Fudge
- Coconut Soup
- Coconut Squares
- Coconut Syrup
- Coffee Coconut Chews
- Euell Gibbons' Coconut Cookies
- Faikakai
- Granola
- Lazy Daisy Cake Topping
- 'Ota
- 'Otai
- Pineapple Lesi Jam
- Polynesian Savory Coconut Fish
- Solomon Soup Soup
- Spiced Puteni
- Spinach Coconut Soup
- Tafalu Prawn Salad
- Toasted Coconut Chips
- Vai Polo



EGGPLANT (U.S.) - PAINGANI (TONGAN) - AUBERGINE (N.Z.)

Types available: There is one type available here.

When available: April - September

Where available: Talamahu Market

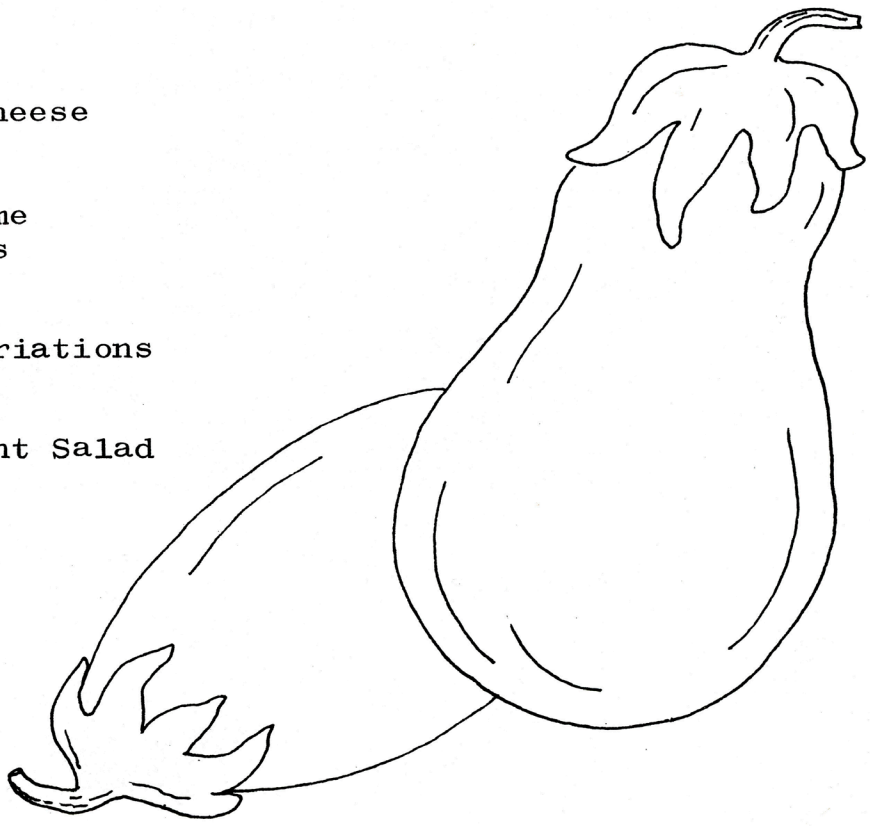
How used: Eggplant can be prepared in a variety of interesting ways: boiling, baking, frying, sauteing, or grilling over the coals. Eggplant lends itself well to appetizer and side dish recipes. Select firm, heavy eggplant with shiny purple, uniformly smooth skins, which are not hard at the ends.

How to store: Store in a cool place. Fully ripened eggplant will keep for a couple of days at room temperature, and for about a week if refrigerated.

Growing your own: Eggplants grow well in Tonga, and one bush produces many fruits. Seeds are available locally.

Recipes:

Breaded Fried Eggplant Sticks
Curried Eggplant
Curried Rice
Eggplant a la Greque
Eggplant Baked in Coconut Cream
Eggplant Caviar Spread
Eggplant Istanbul
Eggplant Lasagna
Eggplant Parmesan
Eggplant - Pepper - Cheese
Eggplant Ragout
Eggplant Salad
Eggplant Squash Supreme
Eggplant with Tomatoes
Fried Eggplant
Greek Goddess Salad
Grilled Eggplant & Variations
Scalloped Eggplant
Stuffed Eggplant
Sweet and Sour Eggplant Salad



GINGER ROOT (U.S.) - SINISA (TONGAN)

Types available: No special varieties. Ginger root is a light brown semi-woody root with a very pungent flavor and smell.

When available: It is available occasionally all year round intthe market.

How used: It is used minced as a spice in many Chinese and Indian style dishes. You can substitute 1/3 as much powdered ginger for minced fresh ginger root in recipes. It can be preserved for use in sweets and chutney as candied ginger.

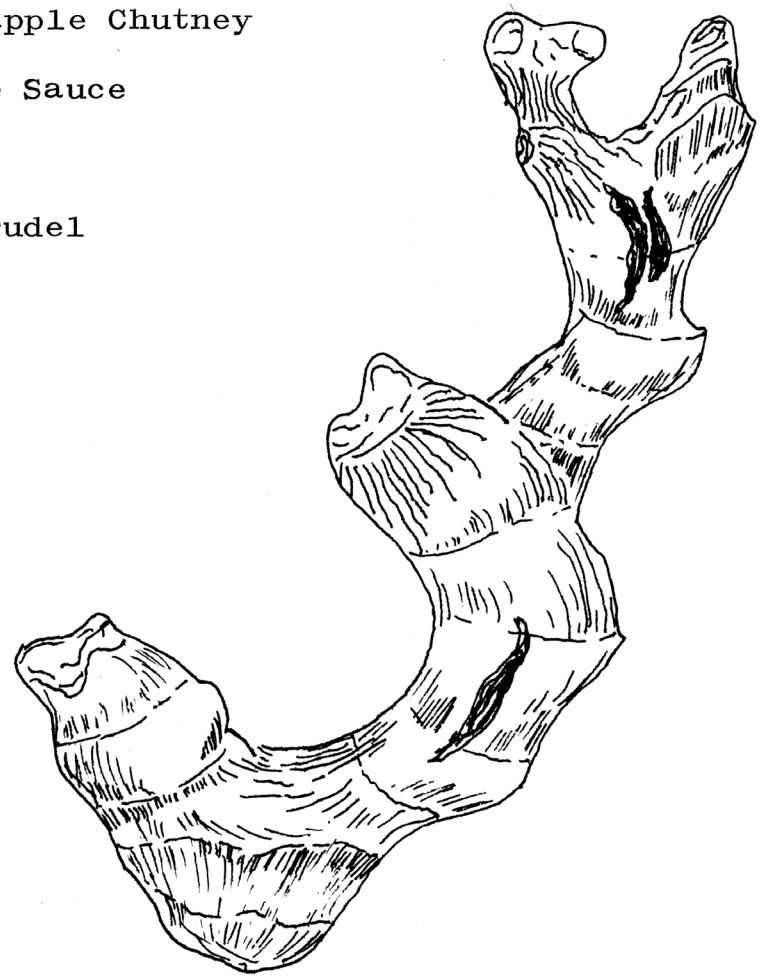
How to choose: Ginger root should be firm with no soft or mold spots.

How to store: Unpeeled fresh ginger root will keep on a rack in a cool dry place for several weeks. If you peel it and cover with dry sherry it will keep indefinitely in the refrigerator.

Growing your own: Plant a piece of the root with a sprout, and you can have your own ginger plant.

Recipes:

- Banana Plus Chutney
- Euell Gibbons' Pineapple Chutney
- Ginger Beer
- Ginger Root Barbeque Sauce
- Ginger Wine
- Green Mango Chutney
- Kim Chee
- Pineapple Ginger Strudel



GUAVA (U.S.) - KUAVA (TONGAN)

Types available: Only one type available. It is green to yellow on the outside and pink on the inside.

When available: November - March

Where available: Talamahu Market

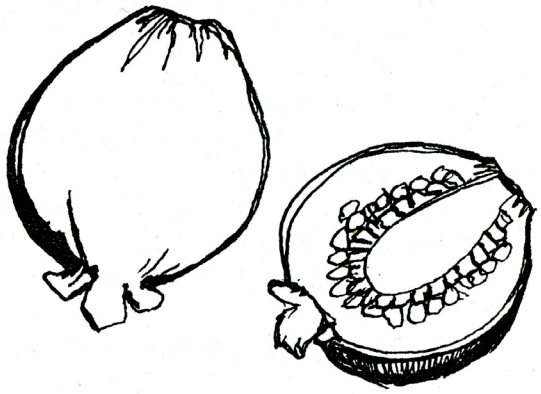
How used: Select fruit that is yellowish-green, but not yellow. The fruit fly lays its eggs under the skin and they hatch into small white worms when the fruit turns yellow. Wash and eat fruit fresh, stew it, or make jam, jelly or juice.

How to store: Guava will keep in the refrigerator a week or so without ripening.

Growing your own: Not recommended as the tree takes 5 years to bear fruit. But if you want to plant a tree; cut a branch off an existing tree, prune as you would a usual transplant, and plant in the ground.

Recipes:

- Euell Gibbons' Guava Butter
- Guava Candy
- Guava Jam
- Guava Jelly
- Guava Juice
- Guava Ketchup



TAVA (TONGAN)

Types available: Only one type available. It is dark green on the outside with a thin brown membrane on the inside of the peel. The inside is a soft, white, sweet fruit which contains one brown nut in the center.

When available: Usually available during the summer months from November to February.

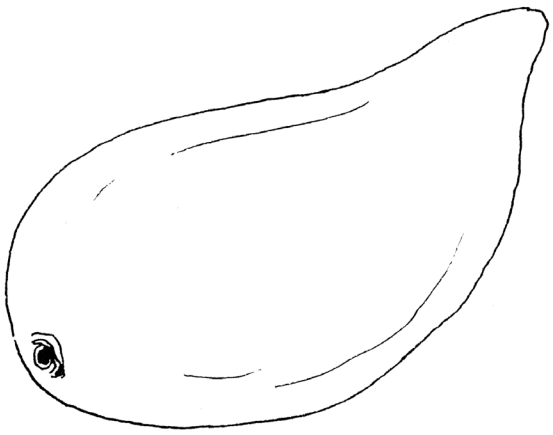


Where available: Talamahu market

How used: It is eaten generally as a hand fruit. It can be used in any recipe which calls for litchi. The tava should be soft but not squishy.

How to store: Tava ripens very quickly. You can keep it 1-2 days at room temperature in a food cupboard, or 3-4 days in a refrigerator.

Growing your own: Not recommended due to the long time the tree requires to bear fruit.



MANGO (U.S.) = MANGO (TONGAN)

Types available:
Mango lesi - rounded and juicy
Mango 'akau - very sweet, thick skin, long oval shape
Mango 'apele - crisp and sweet
Mango kalasini - smells like kerosene but is still good to eat
Mango kaimata - 'eat it green', as it is sweet even when green.

When available: Mango season is during the hot months, especially November and December.

How used: Green mangoes are often used in chutneys and can be substituted for cooking apples in many recipes. Peel ripe fruit and use it raw in salads; or add sugar or syrup, and use as a dessert.

How to choose: Ripe mangoes should be firm and yellow to orange in color.

How to store: They will keep for about 2 days on racks in a cool dark place.

Growing your own: Unless you already have a mango tree on your 'api or plan to stay here a long time, you can't grow your own mangoes.

Recipes:
Euell Gibbons' Mango Sauce
Green Mango Chutney
'Otai
Papaya Mango Cocktail

OKRA (U.S.)

Types available: Only one type available. It has medium to light green pods with prickly hairs on the outside.

When available: May - September

Where available: Sometimes Talamahu market; but it is best to grow your own.

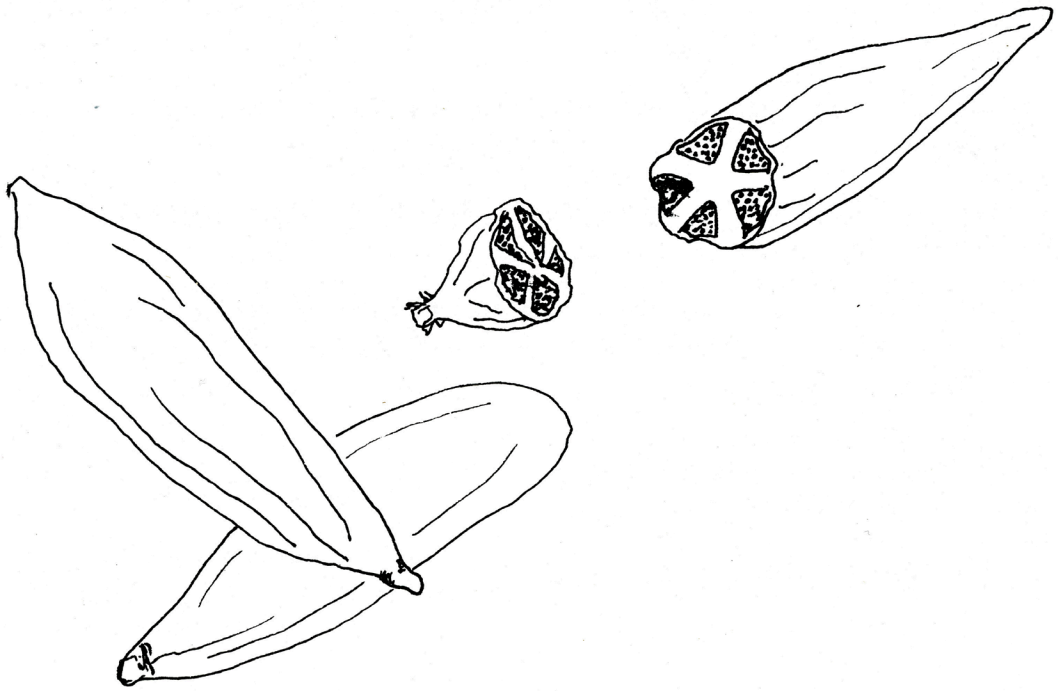
How used: Select pods which are about 2-3". The pods will grow very large, but then they are tough, stringy and woody. Wash and use okra whole, or slice it. It can be fried, boiled or steamed. Use in soups, curries, salads, etc.

How to store: Okra will not keep a long time after it is picked; usually after 3 days at room temperature, it withers. In a refrigerator it will keep about 1 week.

Growing your own: Okra grows and produces fruit rapidly. Approximately 6 to 8 weeks after you plant the seed, it will bear fruit.

Recipes:

Indian Okra
Okra and Rice
Okra Gumbo



PAPAYA (U.S.) - LESI (TONGAN) - PAWPAW (N.Z.,AUST.)

Types available:
Lesi Tonga - round, with sweet orange flesh
Lesi Initia - long and skinny with orange flesh
Lesi Meleni - large and long, with very juicy pink flesh; not too sweet

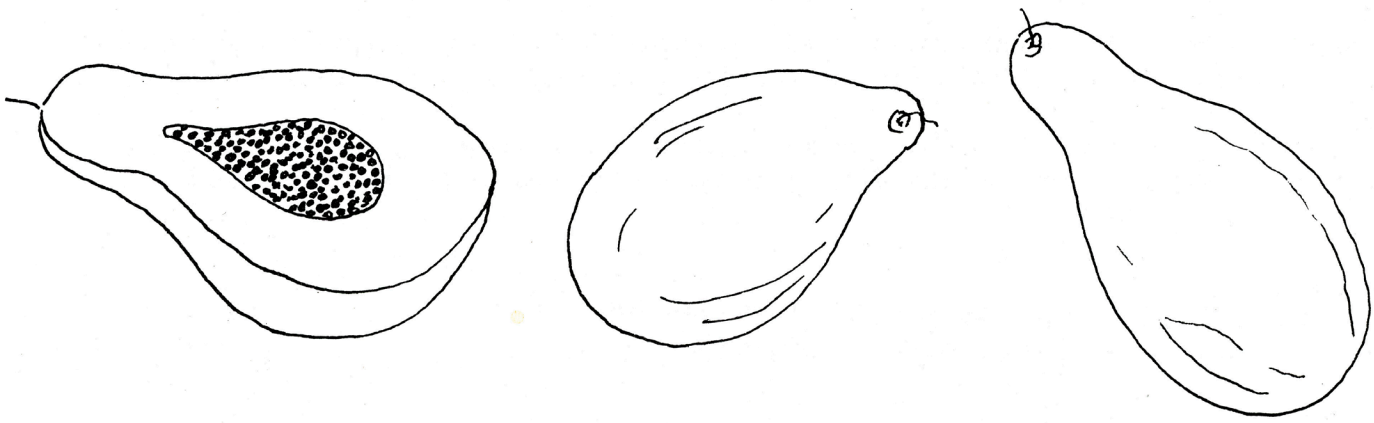
When available: All year round

Where avaiable: Talamahu market

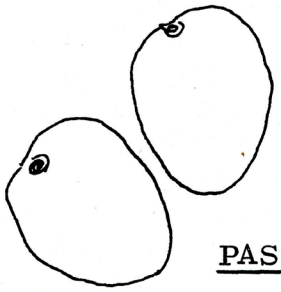
How used: If cooked like a vegetable, all three varieties of lesi can be eaten while still green. The flesh may be pale green, white, or just turning orange, and the lesi will be as crisp as a carrot. Simply cut the fruit into cubes and boil in salted water until tender. An enzyme present in the immature fruit tenderizes meat, making green lesi a great addition to stews, curries, and baked meats, if the meat is tough. (When using lesi as a tenderizer, be sure to cover baking dish or pan, as moist heat assists the tenderizing action of the enzyme). When the fruit ripens the skin turns from green to yellow, and the flesh becomes soft. In the hollow at the center of the fruit you'll find small black seeds which are edible, but are usually discarded. Ripe lesi is a colorful addition to fruit salads, its rather mild flavor enhanced by the flavor of other fruits.

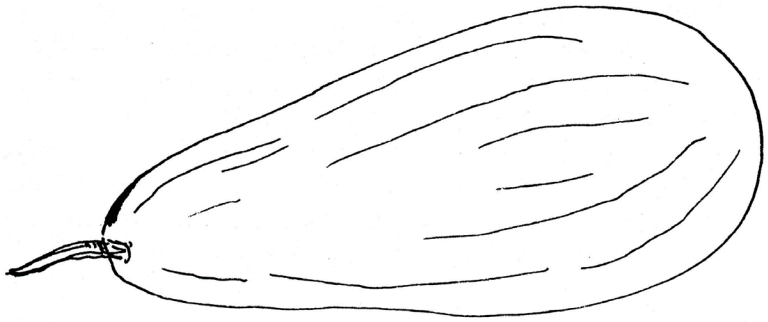
How to store: Ripe fruit will keep several days at room temperature, and for one week if refrigerated.

Growing your own: Lesi trees grow very well here, requiring little care. The lesi tree bears fruit all year round, if its growing in good soil. To plant, take the seeds from a ripe lesi, and plant them under several inches of soil. In about six months, the first fruits will appear. Lesi trees are either male or female. Male trees have small flowers which grown in clusters on long drooping stalks. Female trees have large single blooms immediately above each leaf stalk. Only the female trees produce fruit, but the male trees are needed for pollinization purposes.



Papaya Recipes:
- Basic Meat Curry
- Fruit Salad
- Glazed Fruit with Crumb Topping
- Green Lesi Pickles
- Hawaiian Sweet and Sour Meatball
- Papaya - Mango Cocktail
- Papaya Oatmeal Bars
- Papaya Upside Cake
- Pat's Papaya Jam
- Paw Paw Drink
- Pineapple-Lesi Jam
- Solomon Soup Soup
- Tropical Papapie
- Vailesi





PASSIONFRUIT (U.S.) - PASIONE (TONGAN)

Types available: There are three types available:
Grenadilla - A large, greenish-yellow, oblong fruit.
Vaine - A medium-sized, oblong yellow fruit.
Passionfruit - A small, round, yellow fruit.
Each type is filled with seeds. The smaller the fruit, the less juicy and sweeter it is.

When available: Available in the summer months from November to February.

Where available: Talamahu market

How used: Use the larger fruits for juice. Use the small passionfruit in fruit salad and desserts. You can use the shells for decorative bowls.

How to store: Passionfruit will wither in 3 or 4 days at room temperature. It will keep in the refrigerator over a week.

Growing your own: Passionfruits grow on vines which grow very rapidly. Dry seeds and plant - you should have fruit the next season.

Recipes:
- Euell Gibbons' Passion Cake Icing
- Passionfruit Marshmallow Whip

PELE (TONGAN)

Types available: There are two types of pele in Tonga, identical except for the color of their leaves. Pele lanu mata is green; pele kula has red leaves.

When available: All year round

Where available: Talamahu market

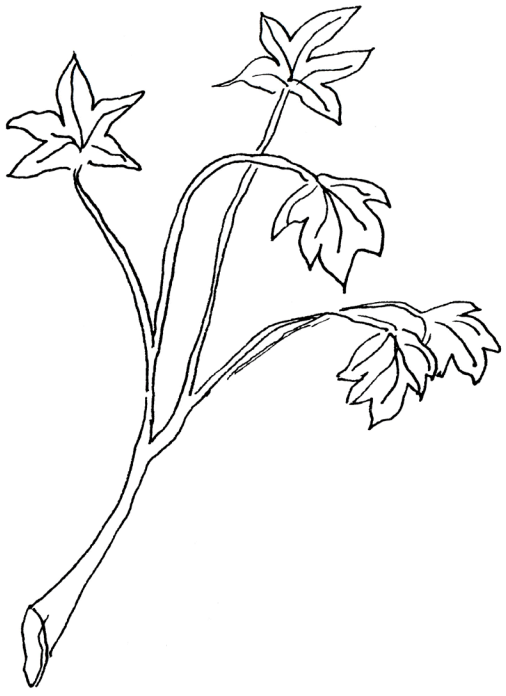
How used: Pele is a leafy vegetable, similar to spinach, which grows on a bush. It is best to pick the young top leaves. Buy or pick pele just before using, as it does not keep well. Cook whole leaves in boiling water for 2 minutes, turn and for 2 minutes longer. Serve as a vegetable with butter or coconut cream.

How to store: Place rinsed and drained leaves in a covered container store in a cool place. Use as soon as possible. Pele will keep in plastic bags, in a refrigerator, for 24 - 48 hours.

Growing your own: Plant a cutting from a mature plant.

Recipes:

Green Jade Fried Rice
Lolo'i Pele
Savory Spinach Dish



PINEAPPLE (U.S.) - FAINA (TONGAN)

Types available:
Tongan Pineapple - small and sweet with prickly skins.
Samoan Pineapple - large and juicy with relatively smooth skins.

When available: Fresh pineapple is available in the market during most of the year, but it is most plentiful, and cheapest, during December and January.

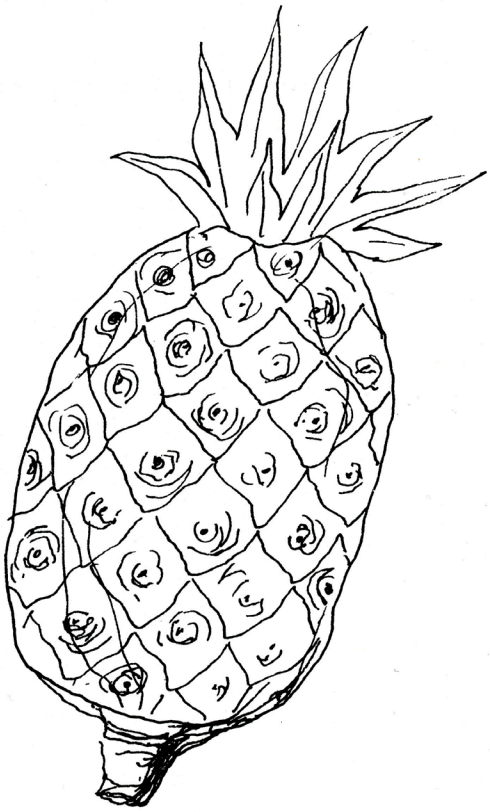
How used: Peel off outer skin with a sharp knife. Remove black eyes by cutting a wedge $\frac{1}{4}$ inch deep diagonally across fruit. They are delicious just sliced or cubed, and make a nice addition to a fruit salad. Be sure not to use fresh pineapple in a gelatin salad, as it will prevent it from setting.

How to choose: A pineapple's skin turns from green to yellowish-orange when it ripens. Choose one which is firm with no soft spots.

How to store: An already-ripe pineapple will keep for several days on a rack or longer in the refrigerator.

Growing your own: Pineapples can be grown by cutting off the crown of leaves found on top of the fruit, placing them in water to root, then planting in soil. This method takes a long time (about 18 months). It's better to plant the suckers which form around the mature plant, as they take about 6 months to produce fruit.

Recipes:
Euell Gibbons' Pineapple Chutney
Fruit Salad
Glazed Fruit with Crumb Topping
Hawaiian Sweet and Sour Meatballs
'Otai
Pineapple Carrot Cake
Pineapple Fish
Pineapple Ginger Strudel
Pineapple Lesi Jam
Pineapple Orange Chutney
Pineapple Pie
Pineapple Slaw with Mustard Dressing
Sela's Pineapple Pie
Tomato, Pineapple and Peanut Salad



PUMPKIN (U.S.) - HINA (TONGAN)

Types available:

Tongan pumpkin - Mustard gold pumpkin which is more watery than the Queensland blue. Resembles the squash family.

Queensland blue pumpkin - Green-grey pumpkin with a stronger flavor.

When available: Pumpkin is available all year, though you may have to take a walk in the bush to find it. It is most prevalent during November - January.

Where available: Talamahu market

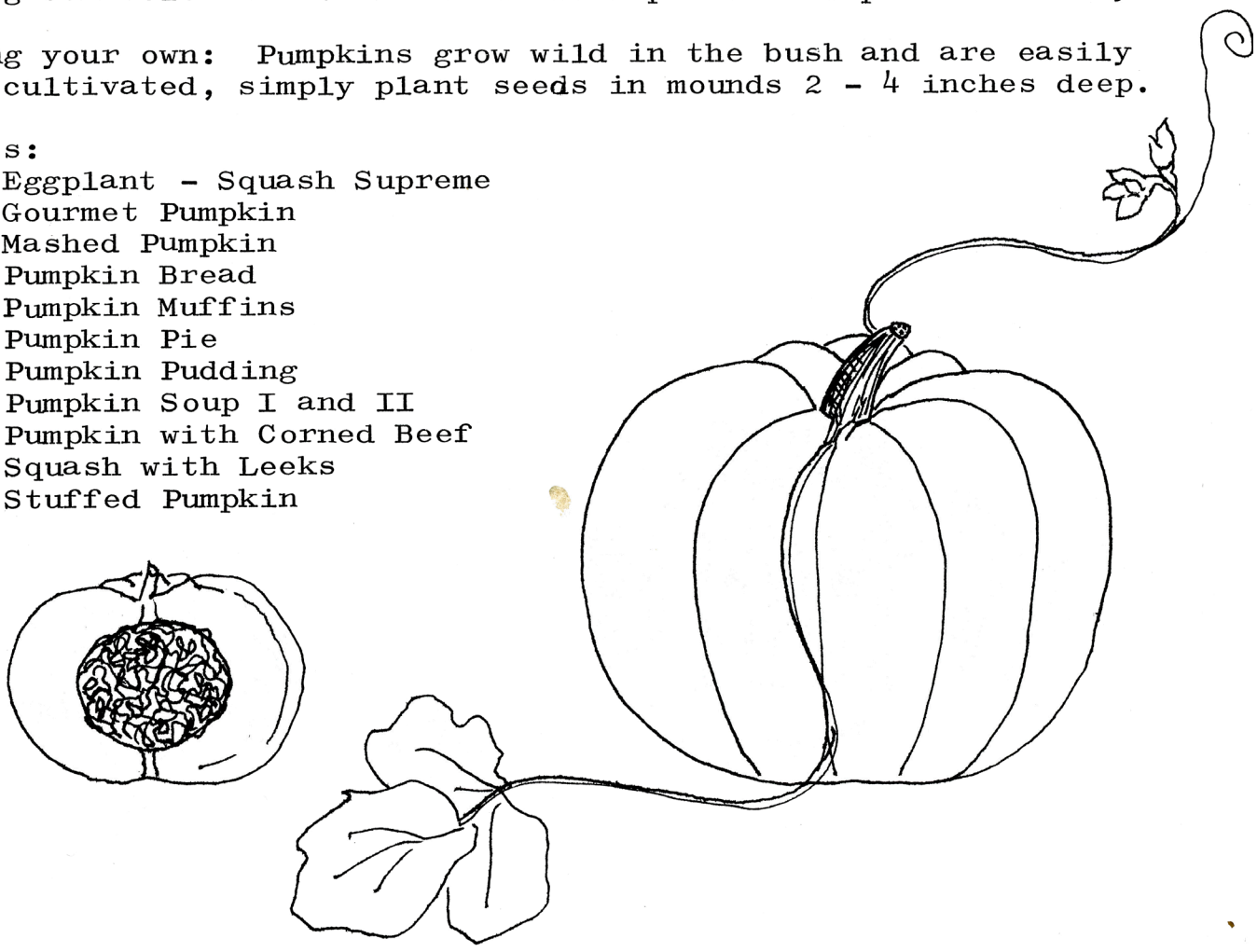
How used: Pumpkin may be used as a vegetable or as a base for sweet dishes. Peel or leave the skin on. Cut into slices or dice. Steam boil in salted water. Drain well and mash and use as starchy vegetable or for pies, breads, scones. Pumpkin may also be sliced and baked in the oven. Dot with butter and sprinkle with nutmeg. Use in curries, stews and soup. Another method is to slice thinly (about $\frac{1}{4}$ - $\frac{1}{2}$ inch) and fry. OR Cut off top, scoop out center and stuff with meat, vegetables and rice mixtures, and bake.

How to store: Choose pumpkins of uniform shape, golden or dark green color firm. Store in cool place. Keeps several days.

Growing your own: Pumpkins grow wild in the bush and are easily cultivated, simply plant seeds in mounds 2 - 4 inches deep.

Recipes:

Eggplant - Squash Supreme
Gourmet Pumpkin
Mashed Pumpkin
Pumpkin Bread
Pumpkin Muffins
Pumpkin Pie
Pumpkin Pudding
Pumpkin Soup I and II
Pumpkin with Corned Beef
Squash with Leeks
Stuffed Pumpkin



ROSELLA (U.S.) - LASIPELLI (TONGAN)

Types available: Only one type available. It is a dark red fruit which looks similar to a tulip sitting on a circular base of points.

When available: June to September

Where available: Talamahu market

How used: Wash fruit and remove from seed pod in the center. It helps to soak the fruit a few minutes to be sure that all the dirt and insects are removed. Drain off water. Break or cut fruit into a suitable size for eating. For stewed rosellas, place fruit in a saucepan with a 2:1 ratio of sugar and fruit. Add a small amount of water and cook on medium to low heat until tender. Taste to make sure the mixture is sweet enough - if not, add more sugar while still cooking. Stewed rosellas are good over shortcake, custard, ice cream; almost any desserts.

How to store: Rosellas will keep best if not picked from the branch. Put the long branches in a bucket of water and the rosellas will not wither for about a week.

Growing your own: If a rosella branch is planted in September or October and is well established, you can have rosellas the next season. To plant, take a cutting from an existing rosella bush, prune it, and plant it in the ground. Or dry the seeds from the rosella pod, and plant. The seed will not bear as rapidly as the cutting.

Recipes:

Rosella Jelly
Rosella Juice



SOURSOP (U.S.) - 'APELE (TONGAN) - CUSTARD APPLE (N.Z.)

Types available: There are two types available in Tonga. The most common is a large, green, almost kidney-shaped fruit. It has slender thorn-like protrusions which do not prick. The flesh is white and very juicy. The second type is small, about the size of an apple. The entire fruit is made up of small sections. Each section contains a seed. The small 'apele has a lighter yellowish-green color than the large one. The taste and consistency of the two fruits are slightly different.

When available: The large fruit is available year round, but is most plentiful in the summer months. The small 'apele is usually available during only the summer months.

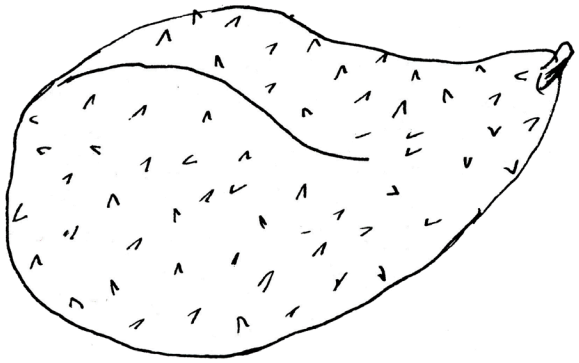
Where available: Talamahu market

How used: Cut in half and scoop out soft flesh. Sieve to remove fiber and seeds. Use in drinks and desserts. It combines well with bananas and avacado. Choose a fruit that is green and soft but not mushy.

How to store: Depending on ripeness, the fruit will last 1-3 days in a food cupboard and up to a week in a refrigerator.

Growing your own: Not recommended due to the long time the tree requires to bear fruit.

Recipes: Soursop Drink



SWEET POTATO (U.S.) - KUMALA (TONGAN)

Types available: Many varieties are available, the principle difference being in the coloration of the root crop. Kumala Vai has white skin and white flesh. It is less sweet, and more moist than the other varieties. Other varieties of kumala have a red-orange skin. This variety is sweeter and has a dry texture. This type of kumala has a greater nutritive food value than the other variety.

Tongamai - skin is white like kumala vai, but flesh is firmer.
Palu - exterior is red-orange in color. The flesh is yellow, firm and dry. Similar to sweet potato found in the States.
Silika - skin is white also. Flesh is firm drier than kumala vai.
Kumala Vai - White smooth, exterior. White moist flesh.

When available: Kumala is available throughout the year.

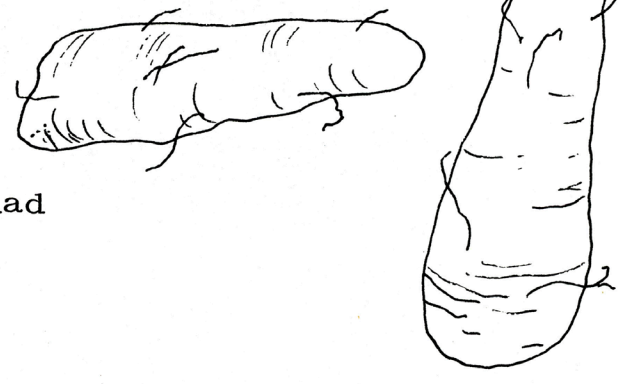
Where available: Talamahu market

How to store: Choose roots that are round and free from insects. Store on open wire shelves. Kumala keeps for 3 - 4 weeks or more.

How used: Kumala is generally eaten as a starchy supplement to meals. Use as you would sweet potatoes. Scrub the skin well, then steam, boil, bake or fry. Fry in hot fat or oil and serve as chips with salt. Steamed or boiled kumala may be served with melted butter and chopped parsley.

Growing your own: The recommended way to plant this crop is on mounds of good soil 3-4 feet apart. Four or five cuttings are planted in each mound. The crop does not need much attention and is harvested after about six months. When the tubers are nearing harvest time, the leaves begin to turn yellow. The best way to propagate sweet potatoes is to use tip cuttings. These are the tips of the stems - about 8 - 12 inches long. They are planted at an angle with 1/3 of their length below the ground. It is best to plant them during a spell of rainy weather.

Recipes:
Fish and Yam Fritter
Haka
Peanut Butter Ham Rolls
Pilgrim's Yammunition
Solomon Soup Soup
Spiced Kumala and Banana Salad
Stuffed Kumala
Sweet Potato Casserole
Sweet Potato Pie



TARO (U.S.) - TALO (TONGAN)

Types available:

Talo Tonga - flesh of a blue-grey color and a cheese-like texture. It is spherical in shape, grey exterior.

Talo Futuna - flesh of a violet hue and a soft moist texture. It is brown in color, shaped like a potato. The skin is rough and hairy.

Talo Tea - Exterior is brown and rough like Talo Futuna. The flesh is firm and white.

When available: All year round.

Where available: Talamahu market

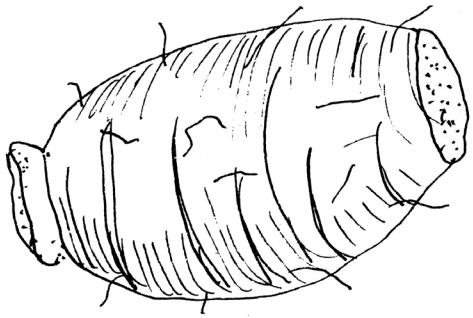
How to store: Keep in a cool dry place. Roots stay in good condition for 3-4 days.

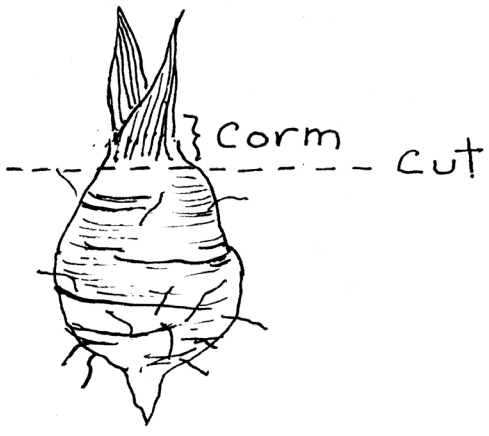
How used: Taro is another of the root crops which are a staple of the Tongan diet. Serve as you would a potato. Peel and bake whole in an 'umu; cut in half and bake in an oven; cut in slices and steam or boil, and serve with butter; fry to make chips. The leaves can be used in preparing lu, and also as a substitute for spinach.

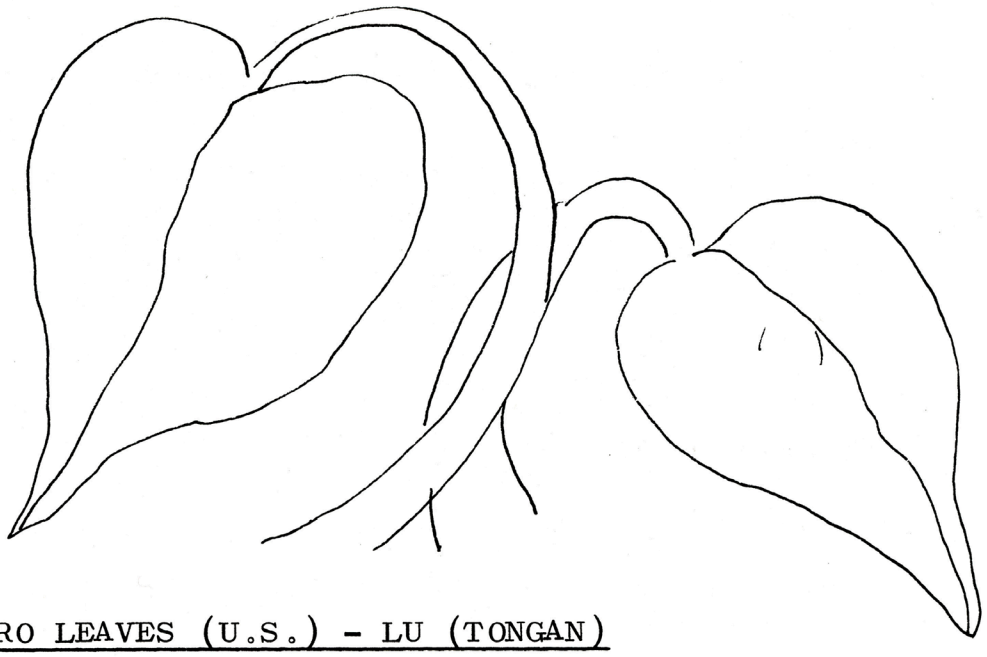
Growing your own: Dig a hole 1 - 2 feet in diameter. Place taro cutting in hole, and cover. The best method of propagation is to use a young side shoot. The top of the 'corm' (see illustration) may be cut off and used to start the new plant. For taro to grow properly, it must be harvested 6 - 8 months after planting.

Recipes:

Faikakai
Haka
Root Crop CAkes
Taro Soup







TARO LEAVES (U.S.) - LU (TONGAN)

Types available:
Lu Kula - green leaves and red stems
Lu Tonga - oval-shaped green leaves and stems
Lu Tea - green leaves and green stems (lu tea is the only one that burns your mouth if not cooked properly.)

When available: All year round

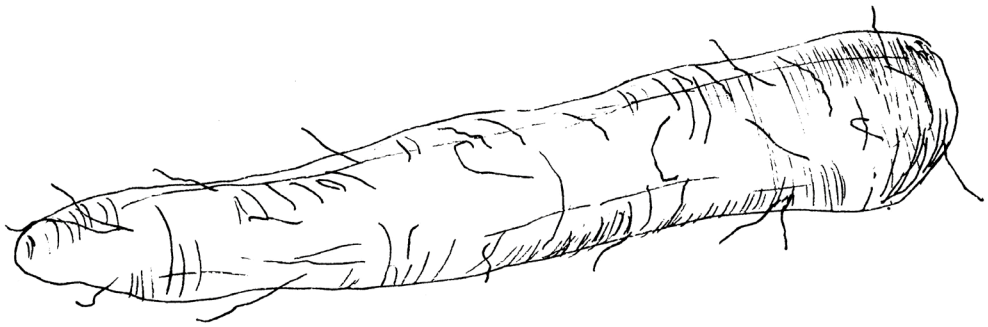
Where available: Talamahu market

How to use: All lu must be boiled before consumption, to remove the oxalic scid which will make the inside of your mouth and throat burn and itch. Use lu as a leafy green vegetable and in place of spinach.

How to store: If you keep taro leaves for more than two days at room temperature, they will wilt and turn yellow. Lu can be kept up to two weeks in a refrigerator.

Growing your own: A sucker planted in new ground will produce lu in 2 to 3 days. A piece of taro 4" x 4" will yield lu in about a month.

Recipes:
Creamed Young Taro Leaves
Lu Pulu
Lu Salad
Savory Spinach Dish
Spinach-Coconut Soup
Taro Leaves and Coconut Cream
Tropical Vegetable Soup



'UFI (TONGAN) - YAM (N.Z.)

Types available:
Mahoa'a - oblong, white inside
Pahalo - round, purple inside
Voli - round, white inside
'Ufilei - small about the size of potatoes with a sweeter flavor.

When available: January to October

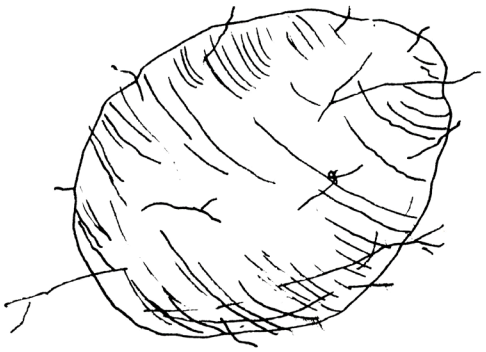
Where available: Talamahu market

How used: Use as you would a potato; boil, bake, fry, deep fry, or in soups and casseroles.

How to store: 'Ufi will keep for months in a basket or cupboard if unpeeled. After you have cut a piece from the end, turn the 'ufi upside down and place on a plate.

Growing your own: 'Ufi can be grown without difficulty but it takes approximately 9 months. Cut an 'ufi into approximately 4" x 4" squares. First dig as many 2' deep holes as you want 'ufi. Let the holes set about 2 weeks to ensure that all the insects, etc. have left. - You can soak them in Benelate (an insecticide) if you want, but it isn't necessary. Plant the piece of 'ufi in a mound of dirt built over the hole. When the plant begins to vine, insert tree branches or stakes in the patch, so that the vines will crawl on the sticks. (If the vines crawl on the ground they will burn, and the plant will die.)

Recipes:
'Api Fried 'Ufi
Easy Scalloped 'Ufi
Faikakai
Fish and Yam Fritter
Haka
No - Bake 'Ufi Au Gratin
'Ufi Au Gratin



WATER CHESTNUT (U.S.) - IFI (TONGAN)

Types available: There is one type available. It is usually seen split in half and strung on a coconut rib. It has a thin brown coating on the outside and a white meaty nut on the inside.

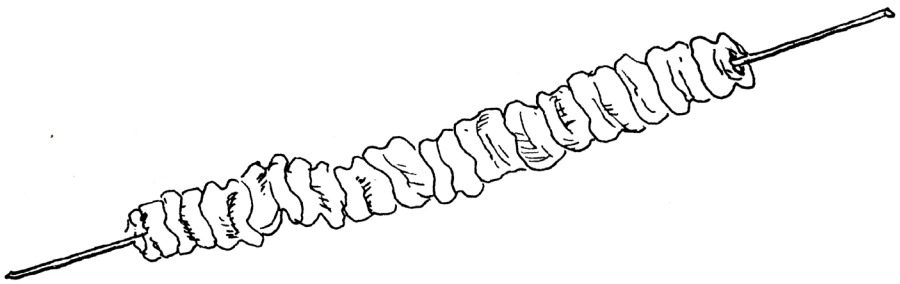
When available: In the summer months, usually from November to February.

Where available: Talamahu market

How used: Eat as a finger food or use as you would water chestnuts.

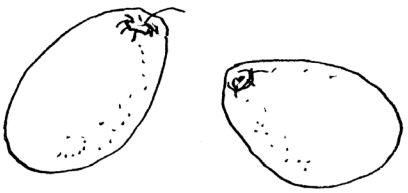
How to store: Ifi will keep in a food cupboard for a day or two, and in a refrigerator for up to a week.

Growing your own: Not recommended, due to the length of time the tree requires to bear fruit.



WI (U.S) - VI (TONGAN)

Types available: One type available. Small, hard, green fruit, with a white core in the center.



When available: November to February

Where available: Talamahu market

How used: Vi is generally eaten as a hand fruit. You can substitute it for apples in recipes, but it doesn't have exactly the same flavor.

How to store: Vi will keep 3-4 days in a fruit bowl at room temperature, before withering.

Growing your own: Not recommended as it takes a long time to bear fruit.

Recipes:

'Otai

FISH (U.S.) - IKA (TONGAN)

Types available:

'One (Barracuda)	Dark gray upperside, gray belly, mouth and scales. Has good flavor, fine texture and little fat.
Ngatala (Rock cod)	Color varies from red to brown. Spots vary in color with blue to brown scales. Has very fine white flesh. Good flavor and medium fat.
Menenga Sikatoki (Parrot fish) Menenga Kalia Hapatu	Greenish-blue scales. Has very white soft flesh. It must be used soon after catching. Flesh has a fine flavor and texture. A fatty fish.
Kanahe (Mullet) Te'evela (Baby) Te'ekona Te'efo 'Unomoa Kanahe Kanahe fau (full size)	Gray with silver belly and scales. White flesh, fine flavor and good good texture but is bony, fairly fat, and has scales.
Fai kili Fai mona (Stingray) Fai pola Fai tala Ngatae Fat toho	Flat with long tail, smooth skin and no bones. The white flesh has a good flavor. It is moderately fat.
Hoputu (Snapper) Koango Kulapo Mohuafi	All fish in this family are similar in appearance but vary greatly in blue, color, from green red, to white and has scales. It is a reef fish with good flavor and firm, white, flaky flesh. It is not a fatty fish.
Lupo (Trevally) Lupolupo Matamea Tafa'uli 'Ulua	Gray, silver, black, or gray with yellow fins and no scales. The flesh is white and has a fine texture and is of low fat content. Inclined to be a dry fish and best cooked in liquid.
Atu Tuna (skip jacks & bonito) Heleta Valu Nga'a	Silver and black fish, some with white stomachs. Has dark flesh with a strong flavor.
Valu (Spanish Mackerel)	Silver belly with dark gray sides and no scales.

'Anga tea (shark)
Latea
Fakahiku'ulua
'Anga'anga mofai
Matai
'Aho
'Alova
Kavakau hingano
Neiufi

All sharks have gray-silver sand-paper-like skin with no scales. The skin must be removed before cooking. The flesh is soft and ranges from light to dark. Shark is best fried slowly in butter.

Where available: All varieties are available from the sea. You can usually find them beside the government market or at Faua wharf.

When available: Available year round.

How to choose: Always buy fish that the eyes are bright and full and the flesh is firm. Fish deteriorates very quickly and it is best to get already gutted fish if possible. The head is usually the part that will go bad first, so if in doubt, don't eat it.

How to prepare: To scale a fish, scrape with a blunt knife or large spoon from tail to head (against the grain). To gut the fish, cut from the anus to the fish's head, remove the entrails and wash throughly. To skin a fish, first remove the fins by cutting horizontally along the fin, and pulling up. Remove the head by slipping the knife under the lateral fin and cutting down. Insert the top of a sharp knife under the skin at the head end and around the sides. With a piece of cloth, pull the skin from head to tail. To fillet: scale and gut first. Score flesh fish at all fins and at the head. Sever flesh at tail and run knife horizontally toward the head along the bone removing as much flesh as possible.

How to cook: Fish with scales must be scaled and then thoroughly washed. All varieties are suitable for frying, baking or steaming. Varieties which are suitable raw or for 'ota include snapper, parrot fish, mullet and spanish makerel. Fatty fish are best rolled in flour and fried.

Recipes:

Baked Fish
Fish and Fritters
Grilled Mahimahi
Mahimahi Sesame
Pineapple Fish
Polynesian Savory Coconut Fish
Root Crop Cakes
Sauteed Seafood and Cucumber
Savory Fish Hash
Seafood Jambalaya
Sweet and Savory Fish

SHELLFISH (U.S.) - FINGOTA (TONGAN)

Types available:

kukukuku - small clam
tokanoa - vary large clam
matahele - similar to clam
matahekeheka - shellfish
tavatave - shellfish
kekeho - shellfish
poto - cockle
tava'amanu - large cockle
kaloa'a - oval cockle
angaanga -
angaanga moana -
fole - scallop
fotu'ohua - oyster
fuhu - conical shellfish
hihi - like hard shelled snail
kahi
kaokaoleleva
keke'a - conch shell
kivikivi
mehingo
pa'ikea
pipi
potupatu
pule
pulepule
fakaniko
tofe
tofetofe
topulangi
to'o
tuahi
tui
tu'e
'elili
'ohule

Where available: All available from the sea, and often beside the government market.

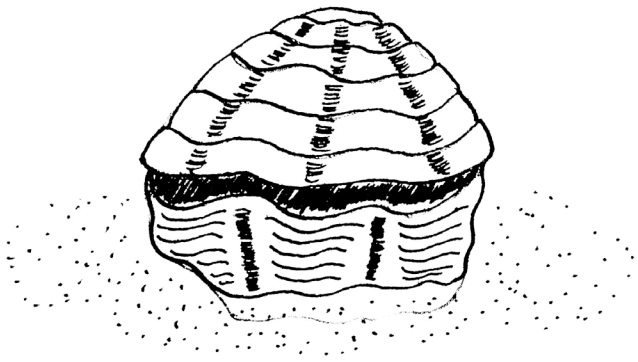
When available: Year round.

How to prepare: Wash shells and soak in fresh water for 3-4 hours to remove any sand from the inside of the shells. To open the shell if you want to use it raw: slip a knife in and cut the muscle. Cut the black sack from the flesh and discard it.

How to use: All varieties except kekeho, pule, keke'a, kivikivi, pulepule, kahi, and poto can be eaten raw. 'Ohule and topulangi are O.K. raw if made into 'ota. All varieties are good steamed or cooked in coconut cream or water.

Recipes:

Deviled Clams
Clam Cocktail
Clam Chowder
Italian Scampi
Seafood Jambalaya
Sauteed Seafood and Cucumber



MUSSELS (U.S.) - KUKU (TONGAN)



Types available:
kuku - pink fleshed
kukua - lives inside rocks

Where available: Both available from the sea, and often beside the government market.

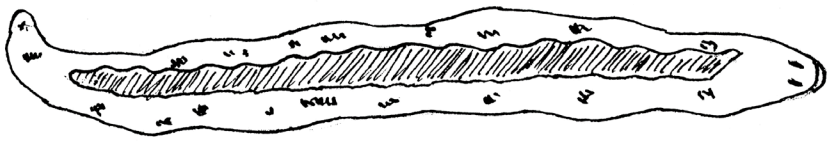
When available: Year round

How to prepare: Follow the same as for shellfish.

How to use: Best eaten raw or in 'ota. Can be cooked the same as shellfish.

Recipes: See recipes listed under 'shellfish'.

EEL (U.S.) - TUNA (TONGAN)



Types available:
tuna
toke ngatala
toke moana
toke poila
toke pokulu

Where available: All available from the sea, and often beside the government market.

When available: Year round

How to use: All eel must be cooked. They can be prepared the same as fish or other sea foods.

LOBSTER (U.S.) - 'UO (TONGAN)

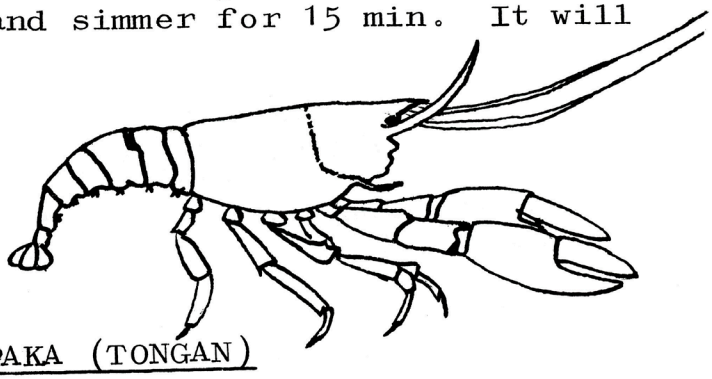
Types available:
'uo fisi - spotted
'uo tavake - striped
'uo motapatapa - broad head
'uo fakavaingatutu - broad and flat body; small tail

Where available: All available from reefs in the sea and often beside the government market.

When available: Year round

How to use: Wash to remove sand and mud. Drop into boiling salted water, cover, return to boil and simmer for 15 min. It will turn bright red.

Recipes:
Bengali Lobster Ball Curry
Lobster Newburg
Seafood Jambalaya
Sauteed Seafood and Cucumber



CRAB (U.S.) - PAKA (TONGAN)

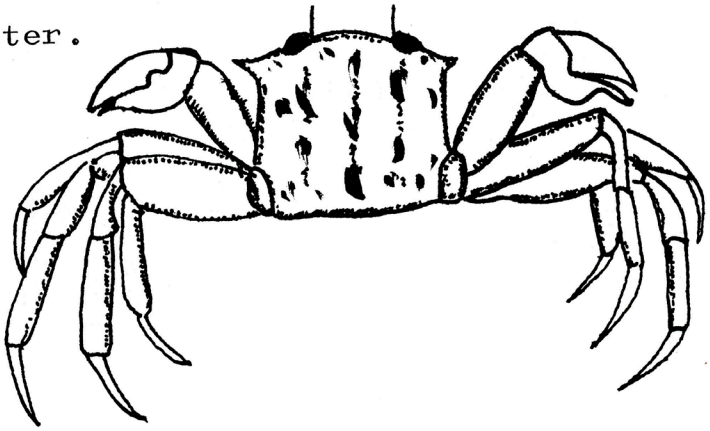
Types available:
pakatea
kuka
kakafatu
kalamihi
kamakama
keviki
pesiloa
pesiluku
polupolu
popotu
sovini
tafola
tata'uha
tolitoli
tulunghehe
tupa
tupaolelangi
tutu
'unga
'unga kikiva
'u'u
huhutefua

Where available: All available from sea and often beside the government market.

When available: Year round

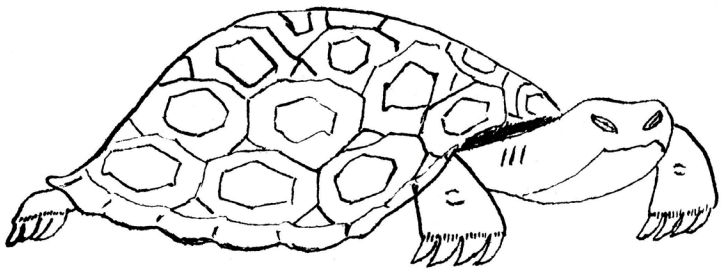
How to use: Prepare the same as lobster.

Recipes:
Tafolu Prawn Salad
Crabmeat Dip
Seafood Jambalaya
Sauteed Seafood and Cucumber
Qari Vakasoso



TURTLE (U.S.) - FONU (TONGAN)

Types available:
fonu foloa
fonu tongotongo
fonu tangange
fonu tu'akula
fonu tu'apolata
fonu tu'a'uli
tufonu



Where available: All available from the sea, and often beside the government market.

When available: Year round.

How to prepare: Cut meat from shell. Remove most of the green fat and cartilage.

How to use: Cook just as you would beef, or in coconut cream on the stove. Turtle is best marinated and then baked.

WHALE (U.S.) - TOFUA'A (TONGAN)

Types available:
tofua'a hamupaka - humpback whale
tofua'a sipamuelo - sperm whale.

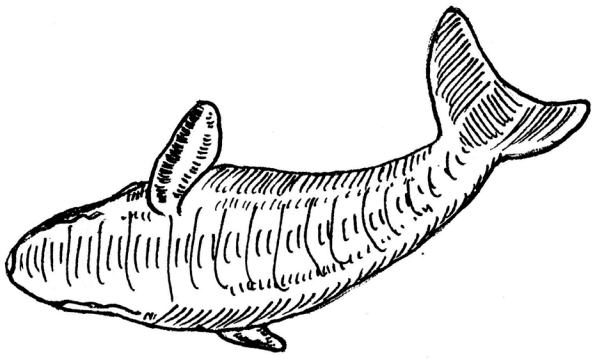
Where available: Available out at sea, sometimes at the government market and from whaling boats which are flying a black flag in the harbor.

When available: Available several times a year, during the winter months.

How to prepare: The whale is usually cut into big chunks. If the piece has skin on it, remove the skin and blubber, then cut whale into desired size pieces, which can be baked, fried, or steamed.

How to use: Cook as you would beef, but it is best cooked in very little liquid. Too much liquid brings out the 'fishy' taste.

Recipes:
Baked whale



JELLY FISH (U.S.) - KOLUKALU (TONGAN)

Types available:
kolukalu
ma'anu
lepoaki

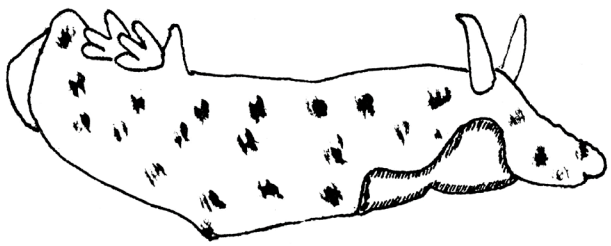
Where available: All available from the sea and lagoon, and often available beside the govenment market.

When available: Year round.

How to use: All jelly fish can be cooked in coconut cream on the stove, or wrapped in a banana leaf and put in the oven. Ma'anu and lepoaki are the only varieties you should eat raw.

SEA SLUGS (U.S.)

Types available:
finemotu'a
hulali
hulihuli
lomu
mama
matamata
mula
muli'one
ngaito
ngoua'a
tekiato
telehea
te'epupulu
umana
mokohunu



Where available: All available from the sea, and often available beside the government market.

When available: Year round

How to use: All seaslugs can be cooked in coconut cream on the stove, or wrapped in a banana leaf and put in the oven. You can eat the following varieties raw or in 'ota:

hulihuli
lomu
mama
matamata
muli'one
ngaito
ngoua'a
tekiato
te'epupulu

OCTOPUS (U.S.) - FEKE (TONGAN)

Types available:
ngufeke - squid
pilipili - squid
tonapata - large squid
'atalava - squid with 7 tentacles
fekemoana - large octopus

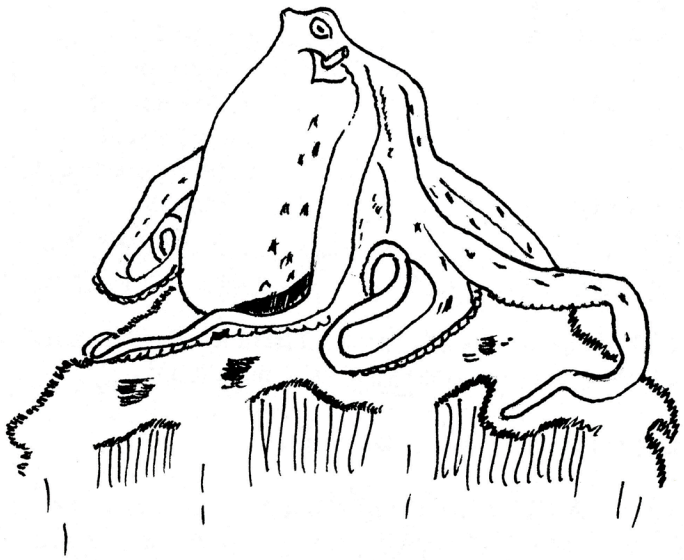
Where available: All available from sea and lagoon often beside the government market.

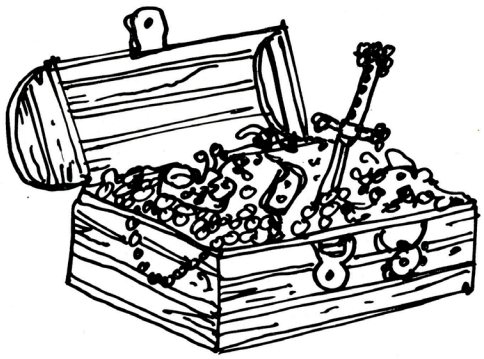
When available: Year round

How to prepare: For fresh octopus wash well to remove the ink. Beat both fresh & dried - octopus until soft.

How to use: Cook in coconut cream either wrapped in a banana leaf in the 'umu or in a pan on the stove.

Recipes: Curried Octopus



Tongan  Treasures

The following recipes have been carefully invented and collected by the authors. Though the original recipes were from a genuine Tongan source, they had to be translated and revised for the recipe scheme. The recipes here are not guaranteed to taste as good as the real Tongan homecooked equivalent, as most Tongans do not follow a recipe. The best method for producing an authentic Tongan Treasure is to make it together with a Tongan.

LU PULU

Serves 2-4

banana leaf
8-12 young taro leaves
½ 12 oz. can of corned beef
½ chopped onion
½ c. concentrated coconut cream

Spread out banana leaf. Overlap taro leaves on top of banana leaf. Place the corned beef in the center of the leaves. Add chopped onion. (a chopped tomato is good also.) Hold taro leaves together so a cup is formed. Pour in coconut cream. Close the taro leaves around the meat mixture. Fold banana leaf around the taro leaves. This is 'lu'. Tie a banana leaf rib around the lu to hold it together. Bake in an 'umu or in an oven for 1 hour.
* Lu may be made with ½ lb. of any type of meat: beef, fish lamb (sipi) or chicken.

'UMULESS LU

8-12 young taro leaves
½ tsp. salt
½ onion chopped
½ c. coconut cream

Cut taro leaves into small pieces; place in a pot with salt, onion, and coconut cream. (chopped tomato may also be added). Cook 10 - 15 minutes. If meat is desired, add ½ can of corned beef, canned fish, beef, chicken, fish or sipi before cooking.

OTAI

1 pineapple
¼ med. watermelon
Fresh coconut from one nut
2 T. sugar or more to taste
1 c. water

Grate the pineapple into a large container. Finely chop the watermelon, or scrape the melon and the juice into the pineapple. Sprinkle with sugar. Otai made either by simply adding the coconut directly to the fruit or by making a rich coconut cream from the grated coconut and adding the cream to the fruit juices. Dilute the mixture with 1 c. water. Chill and serve. Otai may be made with any fruit, although vi, mangos and mandarins adapt to this recipe particularly well.

BAKED COCONUT (Veifua)

Serves 1

1 drinking coconut

Husk the nut and scrape the outer shell clean. Place the coconut into the 'umu and bake it along with the rest of the meal. Drink while warm. The flesh has a custard-like taste.

VAI POLO

2 coconuts
1 c. seawater or
1 c. water with 1 T. salt
2-3 red chilies, chopped
juice from 2-3 lemons

Grate the coconut and squeeze out the cream. Mix the grated flesh with the salt water; add the red chillies. Add the juice from the lemons and onion. Pour into a bottle and cover. Leave in a warm place for at least one week, stirring daily. Use as you would Tabasco sauce.

SELA'S PINEAPPLE PIE.

Serves 10 - 12

3 c. crushed fresh pineapple
6 T. flour or
3 T. custard powder
1 c. sugar
pinch of salt
2 T. butter
1 c. sugar
½ c. butter
2 c. flour
2 tsp. baking powder
4-5 eggs, separated
5 T. sugar
½ tsp. cream of tartar

Heat the crushed pineapple in a saucepan. Mix in the flour. Add 1 cup of sugar, and the salt. Cook until thick, stirring constantly. Remove from heat; add the butter. Cool. Prepare pastry: Cream sugar, butter and egg yolks; add sifted dry ingredients. Stir well. Roll out pastry and place in 13" x 9" pan or a large casserole dish. Bake 20-25 min. or until browned in 350° oven. Pour in pineapple mixture. Beat the egg whites until frothy; add cream of tartar and sugar. Beat until stiff. Pie and bake until lightly browned in 375° oven. Spoon over.

BAKED FISH WITH CHILLI PEPPER

Serves 2-4

1 fish (parrot, small snapper or any reef fish may be used)
2-3 small red chili peppers, depending on size of fish
½ lemon
¼ onion, sliced

Clean and scale the fish. Insert peppers, lemon and onion into the body cavity. Wrap in banana leaf. Place fish in the 'umu and bake. The fish will have a spicy flavor. (Chili peppers may be inserted into an incision made in the skin instead of within the cavity.)

FISH IN COCONUT SAUCE

Serves 2-4

1¼ c. coconut cream
1 medium fish or 1 can mackerel
1 tsp. salt
1 small onion
1 chili (opt.)

Pour a little coconut cream into the pot. Cut the cleaned, filleted fish into 2-3 pieces. Add the rest of the coconut cream. If tinned fish is used, drain off oil. Add the onion, chili, salt, and slowly bring to the boil. Cook slowly until fish is cooked, 15-20 min. Serve hot with lemon juice.

SPICED PUTENI

1½ c. sugar
½ c. butter (may be omitted)
4 coconuts
2 c. flour
2 tsp. baking powder
1 tsp. vanilla
1 tsp. cinnamon
½ tsp. nutmeg
¼ tsp. cloves
sultanas or fruit mix
clean cloth

Heat the sugar until melted and brown. If using butter, add at this time. Make a thick coconut cream from the coconuts adding only a little water. Add cream to sugar and butter. Stir well and allow to cool. Sift liquid into the dry mixture and mix well. Wrap in floured cloth. Boil for 1 hr., or pour into a greased pan and bake in a 300° oven. Serve with custard or whipped cream.

FAI KAKAI

Sauce:
2 c. rich coconut cream
2 c. sugar

Melt sugar over low heat. Slowly add coconut cream. Boil for 9 min. or until very thick. Cool. Use for fai kakai or serve over ice cream, cake, or pancakes.

Pudding: Roast a breadfruit, taro or yam with the skin still intact. Bake for 1 hr. Pound the root crop until a paste is formed. Cut into small pieces and serve. Dumplings may be used instead of a root crop. This is called 'fai kakai topai' by the Tongans. Cut the dumplings into pieces and pour sauce over all.

VAI LESI (Papaya)

Serves 4-5

1 papaya

½ c. coconut cream

Peel papaya and remove seeds. Chop into small pieces. Place papaya in a saucepan; add coconut cream and cook for 25-30 min. Serve warm or cold. Grated nutmeg may be sprinkled over the top. (¼ c. chopped onion may be added to papaya if a savory dish is desired.)

VAI SIAINE

Serves 4

4 bananas, ripened

½ c. coconut cream

Slice bananas into pan; add coconut cream. Cook 25-30 min. May be served warm or cooled. Serve with cake or garnishwwith whipped cream.

MANIOKE TAMA

2 c. grated manioke
½ c. sugar
½ c. cream from a grated coconut

Taro leaf, banana leaf, or Breadfruit leaf

Mix together grated manioke, sugar and coconut cream. Form into a roll, and wrap in leaf. Bake in an 'umu or oven for 1 hr. The prepared wrapped roll may also be steamed in boiling water.

Variations: The mixture may be molded around a ripe banana and baked. ½ c. ripe papaya may be added to the grated manioke and baked.

'OTA

Serves 4

1 lb. or 2 c. fish (tuna is best or use parrot or snapper)
juice of 2-3 lemons
1 tsp. salt
½ tomato
½ cucumber
½ medium carrot
½ onion
3 coconuts, grated
dash papper

Clean the fish, removing all the bones, skin and any dark flesh. Cut the fish into small pieces. Cover with the juice of the lemons and 1 tsp. of salt or more. Allow the fish to marinate approximately 1-1½ hrs. or until it is tender and white. Meanwhile, chop the tomato, cucumber, and onion finely. Grate the carrot. Make coconut cream from the 3 grated coconuts. Drain off the salt and lemon juice form the fish. Add the coconut cream to the fish. Add more lemon juice to taste. Chill. Just before serving, add the prepared vegetables and dash of pepper.



How to make an 'umu:

1. Dig a hole in the ground, one foot deep and three feet in diameter.
2. Collect rocks (about baseball-size) in sufficient quantity to cover the bottom of the hole. Lava rocks are best, and can be found on Kao, Late, Tofua and the Niuas. Coral rocks, from any beach, are also suitable.
3. Assemble wood. 'Toa' is best, but sialemohemohe or coconut husks also work well.
4. Using the wood collected, build a large fire in the hole. Place rocks on top of fire. When rocks are RED HOT, pull out any unburned wood.
5. With a stick or pole, spread the hot rocks over the bottom of the 'umu. Cover the rocks with one of the following: Kapa bark, banana leaves, or split banana stumps.

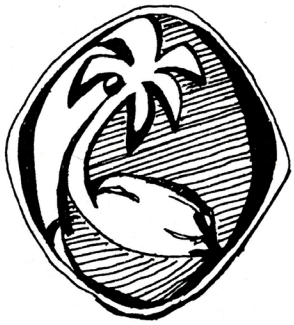
Now the 'umu is ready for use:

If meat is cut in pieces:
On top of leaf-covered rocks, pile the root crops which will be baked. Top with a layer of sticks, for ventilation. Place meat slices over sticks. Add another layer of sticks; then cover with banana leaves. Cover all with empty flour sacks, and then fill in hole with earth, making sure that no steam escapes.

If meat is whole (such as a puaka), a larger 'umu will be needed. Follow directions for cut up meat, but place several hot rocks inside the animal. Cover animal with sticks; follow with layers of root crops, banana leaves, flour sacks, and earth.

Depending on the type of meat, 'umu baking requires $1\frac{1}{2}$ - 5 hours. Be sure to protect hands when removing hot foods from 'umu.

Appetizers



Punufaraí

CREAM CHEESE DIP

Makes 1 cup

1 c. cream cheese
½ pkg. French onion soup mix
1 tsp. curry powder
1 hard boiled egg chopped

Mix cream cheese and onion soup; add curry powder, then add chopped egg. Serve with crackers or chips.

CHEESE WAFERS

1 c. flour
1¼ c. grated sharp cheddar
¼ lb. butter

Mix flour and cheese; cut in butter. Roll dough in long sausages, the diameter of quarters. Chill overnight. Slice into thin wafers. Bake at 325° on greased cooky sheet for 10 min. You can add 1 T. finely chopped parsley or chives, or sprinkle with caraway or celery seed before baking.

CHEESE SPREAD

Makes 3 cups

1 lb. cheese
1 c. beer
¼ c. soft butter
1 tsp. caraway seed
1 tsp. dry mustard
½ tsp. celery seed
salt

Let cheese stand at room temperature until soft. Grate cheese on fine grater. Add beer, butter, caraway seed, mustard, celery seed, and salt; mix until well blended. Serve with crackers.

TOASTED COCONUT CHIPS

Ripe coconut
Salt

Remove meat from fresh coconut and slice paper thin with knife or potato peeler. Spread on cooky sheet and sprinkle with salt. Bake at 300° until golden brown (about 20 min.), stirring twice to ensure even cooking. Cool and store in an air-tight container. Serve as an appetizer and with beverages.

RED BEAN SPREAD

Makes 1½ cups

½ onion, finely chopped
1 clove garlic, crushed
1 T. oil
1 c. kidney beans, cooked
1 T. tomato paste
1 tsp. fresh basil, chopped
salt to taste

Sauté onion and garlic in oil until soft. Stir in kidney beans, add tomato paste (or substitute 2 T. tomato puree), and fresh basil (or substitute ½ tsp. dried basil). Simmer for 3 min. Puree in a blender or rub through seive. Add extra liquid from the beans to produce a creamy spread of the right consistency. Season to taste with salt.

EGGPLANT CAVIAR SPREAD

Makes 1 cup

1 large eggplant
1 T. oil
1 clove garlic, crushed
1-2 tsp. lemon juice
salt
pepper

Bake eggplant; scoop the flesh out of the skin. Heat oil and sauté garlic. Simmer a few minutes. Season with lemon juice, salt and pepper. Sautéed onions, tomatoes and green peppers may be added.

YOGURT AND CUCUMBER DIP

½ medium cucumber
½ tsp. salt
1 c. thick yogurt
½ clove garlic, crushed
½ tsp. salt
1 tsp. fresh dill

Peel and grate cucumber. Sprinkle with salt and leave to drain in a strainer. Mix with yogurt and garlic. Add salt and dill or chives. Chill well.

MUSHROOM DIP

Makes 1 cup

1 pkg. mushroom soup mix
1 250 g. reduced cream
pinch of salt
crushed nuts

Mix all ingredients together. Serve.

ONION - GARLIC DIP

Makes 1½ cups

1 250 g. tin of reduced cream
1 T. vinegar or lemon juice
1 pkg. dry French onion soup mix
2 cloves garlic, crushed

To cream, add vinegar or lemon juice, blending well. Add soup mix and garlic. Let stand 2-3 hrs., or refrigerate 2 hrs. to thicken. Good with breadfruit and manioke chips, avocado slices and carrot sticks, as well as with traditional dippers.

ORIENTAL DIP

Makes about 2 cups

½ c. minced scallion
½ tsp. cumin or dill seed
¼ c. chopped parsley
2 tsp. chopped crystallized ginger
2 T. minced water chestnuts (ifi)
1 c. cottage cheese
1 T. mayonnaise
1/3 c. heavy cream

Thoroughly combine all ingredients. Serve with crackers or raw mushrooms, cauliflower, and other raw vegetables as dippers.

AVOCADO APPETIZER

½ avocado
½ small onion, chopped
½ small tomato, chopped
Thyme
salt to taste
French dressing

Halve avocado lengthwide, clean out hollow where stone has been and fill with mixture of tomato and onion. Sprinkle with thyme and salt, then pour on dressing until hollow is almost full. Spoon out segment of avocado from other half and add as a 'lid' if desired.

CURRIED EGGPLANT

4 appetizer servings or
2 side dish servings

1 small eggplant, about 4 oz.
Oil for frying
6-7 T. fine yellow cornmeal or flour
½ tsp. salt
1 tsp. crushed red pepper flakes or
⅛ tsp. chili powder
1 tsp. curry powder
2 egg whites, beaten until stiff

Cut eggplant into 1½ cubes. Heat oil in medium saucepan to 375°. Mix cornmeal, salt, and spices. Coat eggplant cubes with egg white; roll in cornmeal mixture. Fry eggplant until golden, about 1 min. Drain on paper toweling. Sprinkle with salt. Serve immediately..

SEAFOOD DILL

Makes 2 cups

3 T. butter
3 T. flour
½ tsp. salt
dash pepper
½ tsp. dry mustard
1 c. milk
½ c. cooked prawns or white fish
1 tsp. dill, chopped fresh
½ tsp. dry dill
2 tsp. lemon juice
dash pepper
chili or Tabasco sauce
1 T. cucumber, finely chopped
salt

Melt butter in pan. Stir in flour, salt, pepper and dry mustard. Slowly stir in milk and cook over low heat until thick and smooth. Allow to simmer for 3 min. Chop prawns or fish. Season sauce with dill and lemon juice. Further season with pepper and chili. Stir in prawns or white fish. Just before serving, add cucumber and season to taste with salt.

BANANA AND BACON

Bananas

Bacon

Cut just ripe, but still firm, bananas into 1 pieces. Wrap with 2 pieces of bacon and fasten with toothpicks. Grill until bacon is crisp, turning frequently, or bake until golden. Drain and serve immediately. (Can substitute pineapple chunks for bananas)

BANANA COCKTAIL

Serves 6-8

½ c. ketchup
3 T. lime or lemon juice
1 T. finely chopped scallion (or onion)
2 T. finely chopped celery (or green lesi)
2 tsp. Worcestershire sauce
⅛ tsp. Tabasco sauce
3 c. diced bananas

Mix together the ketchup, lime juice, scallion, celery, Worcestershire sauce, and Tabasco. Fold in bananas. Chill 30 min. Serve in lettuce cups or sherbet cups.

DEVILED CLAMS

Makes about 24

1 kato clams
2 T. oil
2 c. bread crumbs
2 cloves garlic, minced
3 T. chopped parsley
1 tsp. oregano
2 hard-cooked eggs
3 T. parmesan cheese
paprika

Steam clams, remove from shell and chop finely. Heat oil in frying pan, saute bread crumbs with garlic. Cook until bread crumbs are lightly browned; add parsley and oregano. Grind eggs, mix with breadcrumb mixture and chopped clams. Add parmesan cheese and enough clam juice to make a moist mixture. Stuff back into shells and sprinkle tops with paprika. Heat until hot in a very hot oven.

CLAM COCKTAIL

Minced clams, pre-steamed
Fresh grated coconut
ketchup
lemon juice

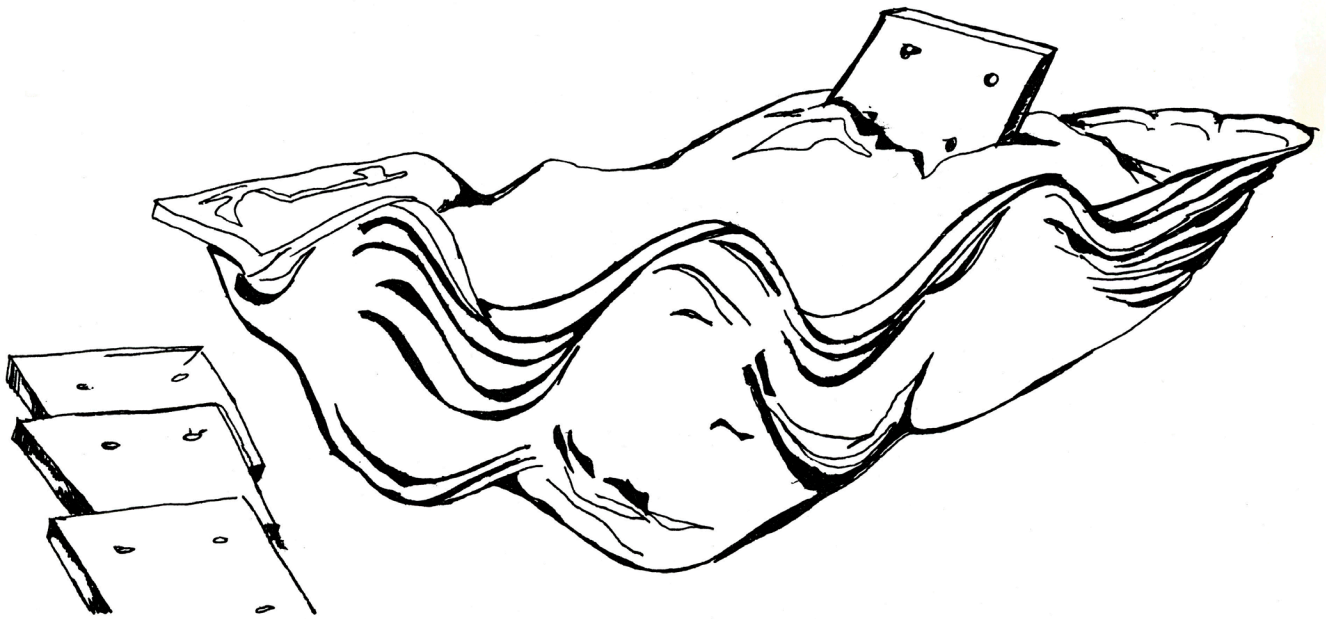
Adjust proportions according to your own taste. Mix together clams and coconut. Add ketchup and lemon juice to desired consistency. Serve as you would shrimp cocktail.

CRABMEAT DIP

Makes about 4 cups

2 8 oz. pkg. cream cheese
10 oz. cooked crabmeat (1 to 1½c.)
½ c. mayonnaise
2 tsp. onion juice
½ c. sour cream
2 tsp. dry mustard
3 T. white wine
4 tsp. icing sugar
salt to taste

Combine all ingredients, mixing until smooth. Heat in ovenproof serving dish until bubbly. Serve hot with crackers.



Beverages



Fia'ahinga Inu Inu

BANANA MILK SHAKE

Serves 1

1 ripe banana
1 tsp. sugar
1 c. milk

Mash banana and sugar together. Mix with milk.

PAPAYA DRINK

Serves 1

½ c. mashed papaya
2 tsp. sugar
½ c. milk
1 tsp. lemon juice

Combine ingredients and serve.

PERK UP YOUR COFFEE!

To one serving of coffee, add any of the following:
-- ⅛ tsp. cinnamon and ⅛ tsp. nutmeg
-- 2 tsp. cocoa
-- 1½ tsp. 'MILO'
-- 1½ tsp. brown sugar
-- ⅛ tsp. cloves

HOT CINNAMON COCOA

Serves 4

4 T. sugar
4 T. cocoa
½ tsp. cinnamon
Few grains salt
1/3 c. water
4 c. milk
¼ tsp. vanilla

Mix sugar, cocoa, cinnamon, salt and water together in a 2 quart sauce pan. Heat quickly to a boil; lower heat; cook for 3 min. Stir in milk and vanilla. Keep hot but don't boil.

VAVA'U CONSTANT COMMENT TEA

2 T. orange peel, diced and dried
1 T. lemon leaves, diced and dried
8-10 whole cloves
1 T. cinnamon
¾ c. tea leaves

Dry the orange peel and lemon leaves in low oven. Mix all ingredients together. (Use in place of tea leaves) When preparing tea, steep for 3-5 min., to attain full flavor.

TEAS

Serves 8

- Lemon Leaf:

2 c. lemon leaves
8 c. boiling water

Add washed leaves to boiling water and allow to steep until the desired strength is achieved. (about 5 min.)

- Cinnamon:

Serves 8

1 or 2 sticks cinnamon
8 c. boiling water

Add cinnamon stick (s) to boiling water and allow to steep until the desired strength is achieved.

- Citrus Peel:

Serves 6

1 c. dried citrus peel
6 c. boiling water

Dry citrus peel in sun. Add peel to boiling water and allow to steep until the desired strength is achieved.

SPICED TEA I

½ c. instant tea
1 tsp. grated lemon rind
2 c. Tang
2 c. sugar
1 tsp. cloves
1 tsp. allspice
¼ tsp. ginger

Blend together all ingredients. Store in an air-tight container. Use 2 tsp. per cup of boiling water.

SPICED TEA II

2 c. instant tea
2 c. orange Tang
1 c. sugar
1 tsp. cinnamon
½ tsp. ground cloves

Combine ingredients and keep in an airtight container. Add 2 tsp. mixture to 1 c. hot water. Use the same proportions for iced tea.

TEA PUNCH

Makes 4 quarts

2 c. sugar
3 c. strong tea
juice of 2 lemons
juice of 6 oranges
9 c. water
2 cans ginger ale (optional)

Mix together all ingredients except gingerale. Chill. Add chilled gingerale just before serving. Extra nice if you add mint for garnish (and flavor).

CITRUS TEA PUNCH

Serves 4-6

½ c. sugar syrup
1 c. tea
½ c. pineapple juice
1 c. orange juice
1½ c. water
½ c. lemon or lime juice

Make sugar syrup with ½ c. water and ½ c. sugar. Mix all ingredients together, chill and serve.

FOR THE COMMON COLD

Serves 4

4 c. hot tea
juice of 1 lemon
honey to taste

Mix all ingredients together, then pour into mugs. Serve with a grain of salt.

PAPAYA MANGO COCKTAIL

1 part papaya juice
1 part mango juice
1 part lemon or lime juice
honey
cherries to decorate

Mix all juices, preferably in an electric blender. Sweeten with honey to taste, blend again and chill slightly. Serve each glass decorated with a cherry on a stick. This cocktail, high in digestive enzymes, it known as an antidote to over-eating and is served at Christmas in some of the Leeward Islands of the Carribean.

TOMATO JUICE

Wasn ripe tomatoes. Three to four pounds yield 1 quart juice. Cut out stems, white cores, and any soft spots. Cut into small pieces and simmer until tomatoes are soft enough to put through sieve. Add 1 tsp. salt for each quart of juice. Fill sterilized jars. Vary seasoning by adding sugar, bay leaf or a few cloves to taste, while juice is heating.

GUAVA JUICE

guava, sliced
water
sugar

Wash and slice guavas. Put in a large pot and half cover the fruit with water. Bring the mixture to a boil and cook until the fruit is soft. Strain mixture through a muslin bag. If you prefer your juice weaker, just add water.

SOURSOP DRINK

¾ c. strained soursop pulp
¼ c. water
1 T. sugar

Mix all well together. (Try one soursop and add water and sugar according to taste using above as approximate proportions.) Try mixing soursop with lemonade, pineapple juice, orangeade, coconut milk, etc.

CHRISTMAS WASSAIL

Serves 12

2 qt, apple cider
2 c. orange juice
1 c. lemon juice
1½ c. pineapple juice
4-6 whole cloves
sugar or honey to taste
½ fifth of vodka (opt.)

Combine ingredients and bring to a simmer. Strain and add vodka. Serve hot. Nice and decorative with clove-studded oranges added to punch bowl.

TRADER VIC'S TONGA PUNCH

Makes 2 gallons

60 oz. orange juice
40 oz. lemon juice
20 oz curasao (orange liqueur)
10 oz. grenadine
60 oz. rum (light bacardi)
84 oz. water
sugar to taste

Mix all ingredients together. Cool and serve.

HOT BUTTERED RUM BATTER

Served 12

½ c. butter
1 lb. brown sugar
½ tsp. nutmeg
½ tsp. cinnamon
½ tsp. ground cloved
pinch of salt

Cream butter and sugar together until smooth and fluffy. Add spices and salt. Roll the batter into balls the size of large walnuts. You can keep these in the refrigerator indefinately. Put one ball in a 6 oz. mug. Add 1½ oz. dark Jamacian rum. Add hot water. Stir with a cinnamon stick as a swizzle stick.

DRAMBUIE

1 bottle scotch
1 bottle clover honey

Use 1½ parts scotch to 1 part honey. Simply stir and place in bottle or decanter. Don't worry about aging.

KAHLUA HOME BREW

1 vanilla bean
4 c. sugar
1 small jar instant coffe
2 c. boiling water
1 fifth cheap vodka

Put vanilla bean in half gallon jar. Using a funnel, pour in sugar and coffee. Add boiling water to dissolve coffee and sugar. Mix and shake well, then add vodka. Set aside in a dark closet for 30 days.

GINGER BEER

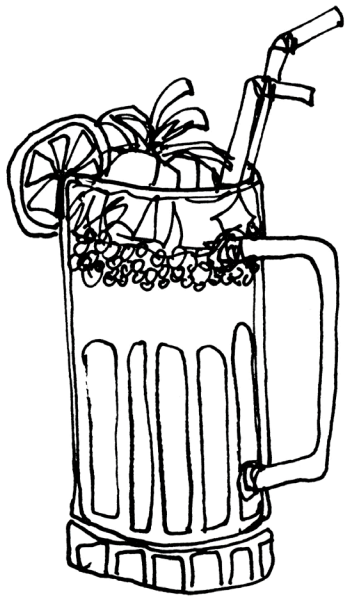
2 oz. green ginger root
1 gallon boiling water
juice and rind of 2 small lemons or limes
2 oz. cream of tartar
$\frac{3}{4}$ oz. brewer's yeast, dissolved in a little warm water
$1\frac{1}{2}$ lb. sugar

Wash and pound ginger and pour boiling water over. Add juice and rind of limes and cream of tartar. Cover jar with several thicknesses of cloth, but stir frequently. When liquid is lukewarm, add dissolved yeast and stir very well. Cover again and allow to stand for 6 hours. Stir in sugar until dissolved, then bottle. Allow to stand for at least 3 or 4 days before using.

GINGER WINE

1 lb. raisins
2 oz. ginger, well bruised
1 gallon water
$2\frac{1}{2}$ lb. sugar
3 limes or 2 lemons, peeled and thinly sliced

Add raisins and ginger to water and bring to the boil. Boil for 30 min. Pour on to sugar and lemons and stir. Cool, strain into a jar and cover. It will be ready for use in a week.



Soup  Supo

BEEF AND CHINESE CABBAGE SOUP

Serves 4

¼ lb. rump steak, thinly sliced
1 tsp. cornflour
½ tsp. soy sauce
½ tsp. dry sherry
2 tsp. oil
3 c. water
2 c. chinese cabbage, shredded
1 tsp. salt
¼ tsp. monosodium glutamate

Marinate steak in cornflour, soy sauce, dry sherry and oil. Bring water to boil and add chinese cabbage. Return to boil and add salt and msg. Cover and simmer for 10 min. and serve immediately.

NOODLE SOUP

Serves 5-6

½ lb. ground beef
1 small grated onion
¼ tsp. cinnamon
¼ tsp. pepper
½ tsp. salt
4-5 c. water
¼ c. black-eyed peas
1½ tsp. salt
¼ c. lentils
1 c. noodles
½ tsp. pepper
½ c. parsley, chopped
1 T. dried mint
¼ t. pepper
¼ t. cinnamon

Put meat in a bowl. Add grated onion, ¼ tsp. cinnamon, ¼ tsp. pepper and ½ tsp. salt. Mix well and make meat balls the size of walnuts. Put the water in a 3 qt. pot. Add 1½ tsp. salt and black-eyed peas, and let cook for 15 min. Add meat balls, lentils, noodles, ½ tsp. pepper and parsley, and let simmer over medium heat for about 35 min. Rub dried mint in the palm of your hands to make it powdery. Add cinnamon and pepper to the mint. Add this to the soup just before removing it from the heat.

CLAM CHOWDER

Serves 8

3 c. fresh clams, steamed
3 c. diced potatoes
1 c. diced carrots (opt.)
1 large onion, chopped
2 c. white sauce
salt and pepper to taste

Steam clams, remove from their shells and wash. Cook vegetables until almost done and drain. Retain water. Add clams and vegetables to white sauce. Add salt and pepper. Simmer, add milk or vegetable water if the soup gets too thick.

CHICKEN VELVET SOUP

Serves 6-8

1 whole raw chicken breast
2 egg whites
½ tsp. salt
1 tsp. sesame oil
6 c. chicken broth
1 can cream-style corn
1½ tsp. salt
2 tsp. sugar
3 T. cornstarch in ¼ c. water
1 scallion, chopped

Skin and bone chicken breast, then mince it. Combine chicken, egg whites, ½ tsp. salt, and sesame oil and mix well. Bring broth to boil, add corn, salt, sugar, and cook for 1 to 2 min. Add dissolved cornstarch and stir until thickened. Add chicken mixture to soup, then add chopped scallion. Serve immediately.

FRENCH ONION SOUP

Serves 6

4 c. beef stock
1½ c. finely sliced onion
3 T. butter
2 T. parmesan cheese

Bring beef stock to a boil, Simmer gently. Fry onion in butter until transparent. Add to stock and simmer 10 min. Just before serving, add parmesan cheese. Toasted garlic croutons sprinkled on top are delicious.

TOMATO MINT SOUP

Serves 5-6

2 lb. tomatoes or 1lb. 15 oz. can
1 clove garlic, minced
1 small onion, chopped finely
1½ T. oil
½ tsp. fresh basil
1 tsp. parsley, finely chopped
½ tsp. marjoram
1 tsp. mint, finely chopped
3 c. beef stock
2 tsp. sugar
salt
1 T. cornflour & 2 T. water, blended

Chop tomatoes, mince garlic and chop onion finely. Fry onion and garlic in oil. Add tomatoes and stir well. Season with herbs. Simmer gently for 5 min. Add 3 c. beef stock, sugar and season to taste with salt. Cover and simmer for 45 min. Strain and thicken with cornflour paste. Bring to the boil. Serve hot with a spoonful of cream and chopped green onions if desired.

CHINESE TOMATO SOUP

Serves 4-6

1 lb. tomatoes
1 T. peanut oil
1 scallion, chopped
5 c. chicken or beef broth
1 egg, slightly beaten
1¼ tsp. salt
dash of pepper

Peel tomatoes, cut into wedges and remove seeds. Heat oil in saucepan over high heat. Add tomato wedges and chopped scallion; stir-fry 2 min. Add broth; bring to boil and slowly stir in egg, salt, and pep Cook until egg is lightly set (about ½ min.).

TROPICAL VEGETABLE SOUP

Serves 6

1 medium onion
2 T. oil
1 c. potato, diced
4 medium tomatoes, chopped
1 bunch spinach
1 sprig of mint
5 c. water
1½ tsp. salt
1½ c. green beans, sliced
1 c. cucumber, finely chopped
1 bunch parsley, finely chopped

Chop onion and fry in oil until golden. Add potato, tomato, spinach and mint. Stir fry for 3 min. Add water and salt. Simmer until tender. Add beans and cucumber. Simmer until just tender. Chop parsley and add to soup just before serving. Excellent served with cheese.

RED BEET SOUP

Serves 6

12 oz. beets, canned
1 med. onion
2 stalks celery
5 c. beef stock
salt and pepper
2 medium tomatoes, chopped
3 T. lemon juice
1 T. vinegar
1 T. sugar
2 egg yolks, well beaten

Chop finely beets, onion and celery. Heat stock, stir in prepared vegetables and season to taste. Cook until celery is soft. Add tomatoes or 1T. tomato paste. Simmer for 5 min. or until tomato is mushy. Rub stock through a sieve. Season with lemon juice, vinegar and sugar. Bring soup to a boil. Slowly pour soup over egg yolks in a bowl. Beat well. Chill soup throughly. Serve with sour cream flavored with chives.

PUMPKIN SOUP I

Serves 4

2 T. butter
2 T. chopped onion
½ tsp. ginger
1 T. flour
2 c. prepared pumpkin
2 c. chicken stock (2 chicken boullio
cubes in 2 c. water)
2 c. milk
salt to season

Saute butter, onion and ginger. Stir in flour. Add pumpkin and cook 5 min. Gradually add chicken stock and milk. Simmer 5 min. Season with salt.

PUMPKIN SOUP II

Serves 4

2 lbs. (about 3 to 4 c.) prepared pumpkin
3 c. scalded milk
1 T. butter
1 T. sugar
dash nutmeg
dash cinnamon

Place pumpkin in scalded milk, add butter, sugar and spices. Season. Heat but do not boil.

TARO SOUP

Serves 4

1 c. grated taro
1 small onion, chopped
2 c. boiling water
2 tsp. salt
¾ tsp. pepper or chili
2 c. milk or coconut cream

Grate taro and chop onions. Put in boiling salted water and add pepper. Cook until tender (about 15 min.) Add the milk or coconut cream.

BREADFRUIT SOUP

Serves 4

2½ c. water
1½ t. salt
½ med. breadfruit
1 can corned beef
½ onion
1 tsp. curry
½ ripe papaya
½ ripe coconut

Bring salted water to a boil. Add breadfruit, meat, onion, curry, and papaya. Grate coconut and squeeze in cream just before serving.

SPINACH - COCONUT SOUP

Serves 2

2 c. coconut milk
2 cubes beef boullion
½ c. finely chopped, cooked spinach

Disslove boullion cubes in a little water. Combine all ingredients and warm, stirring constantly.

COCONUT SOUP

Serves 4

2 T. butter or oil
3 T. flour
2½ c milk
salt and pepper
½ tsp. curry
1 T. tomato sauce
thick cream from two coconuts

Melt butter, add flour and cook for 2 or 3 minutes or until it begins to bubble. Gradually add milk. Add salt, pepper, curry and tomato sauce. Stir constantly over fire until boiling. Boil a few minutes. Just before serving add the coconut cream.

PEANUT SOUP

Serves 4

2 c. peanuts
4 c. milk
2 tsp. salt
pepper to taste

Put peanuts in hot oven for 10 min. Remove shells and rub off skins. Finely dice nuts: Add milk, salt and pepper. Stir until boiling. Simmer gently about 10 min.

IRANIAN YOGURT SOUP

Serves 4-6

3 c. yogurt
2 cucumbers
3 green onions (appro. 4T. onion)
2 sprigs mint
2 sprigs basil (½ tsp. dried)
2 sprigs savory (½ tsp. dried)
½ c. raisins
½ tsp. salt
¼ c. walnuts (opt.)

Beat yogurt till smooth. Chop cucumber and green onions fine. Mix all ingredients together and chill. May be diluted with milk if desired.

SOLOMON SOUP-SOUP

Serves 4

1 or 2 kumalas (raw)
1 small unripe lesi (just turning orange but still firm)
6-12 spring onions to taste
some water
other vegetables ie., tomatoes, beans, etc. (optional)
2 coconuts
tinned meat can also be added to make it into stew
salt and pepper to taste

[redacted]

GRILLED TOMATOES

To slices of crisp tomatoes add any of the following:

parsley, minced
oregano
grated cheese
minced onion
garlic salt or powder
bacon bits

Place under hot grill until browned.

STEWED TOMATOES

Serves 4-6

6-8 tomatoes
2 T. vinegar
2 T. lemon juice
1 tsp. sugar
1 onion, diced
1 tsp. garlic salt
1 tsp. basil
1 tsp. marjoram
½ tsp. pepper

Simmer all ingredients in saucepan until the tomatoes fall apart.

'APIʻ FRIED 'UFI

Serves 4-6

1/3 c. butter
2 or 3 onions, chopped
1 small cooked 'ufi (may be left over from the 'umu or baked.)
salt and pepper to taste

In a large skillet, sauteʻ the onions in butter for several minutes. Slice the 'ufi into pieces about 2" x 2" and ¼" thick, add them to the skillet and cook over medium heat until 'ufi becomes golden brown. Stir often to prevent burning. If the 'ufi begins to stick add more butter. Add salt and pepper to taste.

'UFI AU GRATIN

Serves 4

1 small 'ufi (5-6" diam.) peeled and sliced thinly
1 small onion, chopped
½ tsp. pepper
1¼ tsp. salt
1¼ tsp. oregano
4 T. flour
1¼ c. milk
½ lb. cheese, grated

In baking dish layer half of the 'ufi slices. Follow with half the onion, pepper, salt, oregano, flour, and cheese. Repeat to form second layer. Just before adding cheese to the second layer, pour milk over all. Top with cheese. Bake for about an hour at 350°, or until 'ufi is cooked through. Most of the moisture will be absorbed by the 'ufi by the time it's finished. (You can also use potatoes.)

NO BAKE 'UFI AU GRATIN

Slice up cooked 'ufi, place in boiling water (just enough to cover) with enough milk powder to make normal-strength milk. Boil covered, until it becomes creamy. Add some small quartered onions, salt, pepper, and shredded cheddar. (Proportions are up to the individual.) Stir constantly until cheese is melted and mixed.

SCALLOPED 'UFI

Serves 6-8

4 small 'ufi
1 T. flour
1 T. salt
½ tsp. pepper
1 c. hot milk
1 T. butter
1 onion, chopped

Peel and slice 'ufi thinly. Place a layer in buttered baking dish. Sprinkle some of the flour, onion, salt, and pepper over this layer, and repeat the same way until all the 'ufi and flour are used up. Pour the hot milk over all, dot with butter. Bake at 350° for 30 min. until tender. Taro, potatoes, breadfruit, etc., can also be made this way.

EASY SCALLOPED 'UFI

Serves 4-6

1 medium 'ufi
1 tsp. salt
1 tsp. oregano
1 tsp. basil
1 T. onion, chopped
1 T. green pepper, chopped
1 10 oz. can cream of mushroom soup
1 c. milk

Peel and slice 'ufi. Layer ingredients in buttered casserole; mix soup and milk together and pour over all. Bake for one hour at 375°.

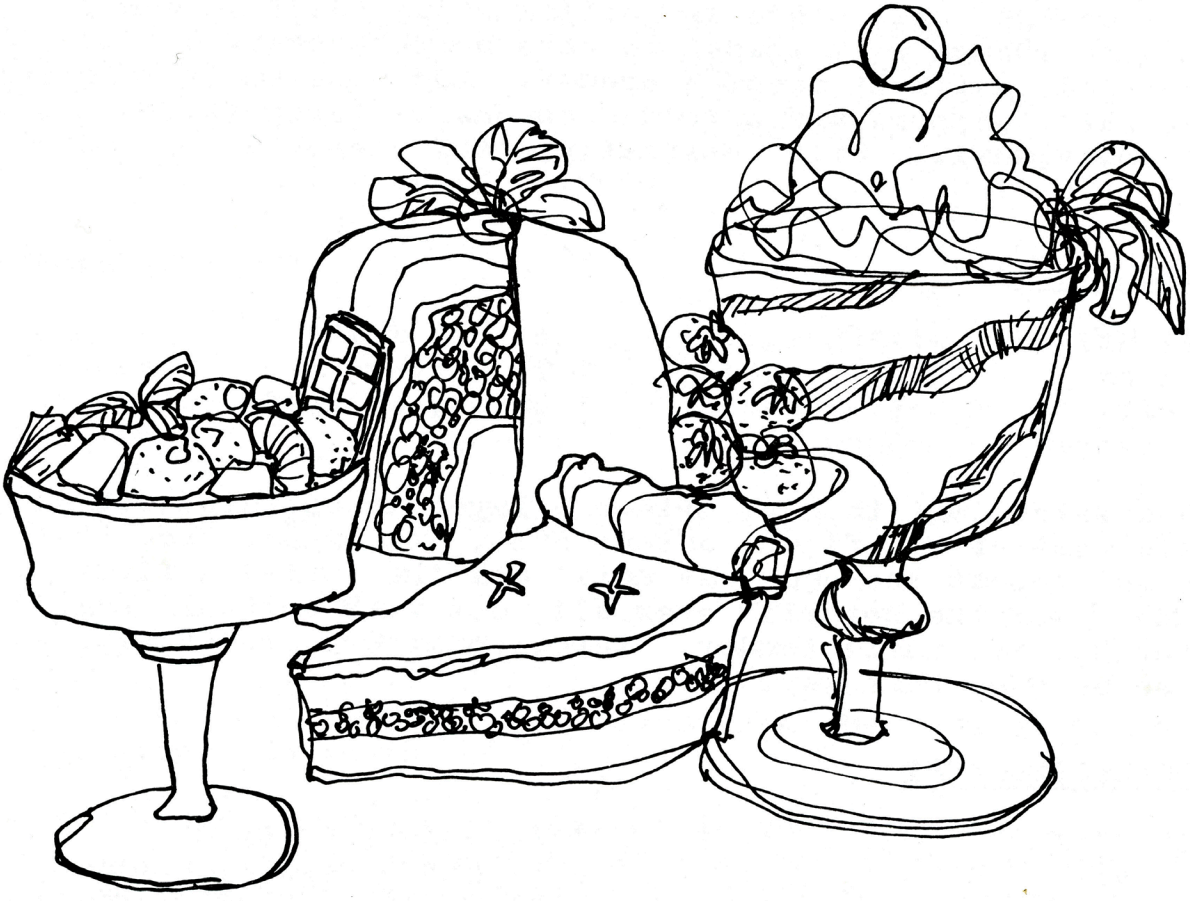
SAUTEED VEGETABLES

Prepare vegetables in quantities that you want. Suggestions: Chinese cabbage, eggplant, peppers, onions, carrots, tomatoes, parsley, radishes. Use all or as many as you wish. Put vegetables in large pot. Set aside.

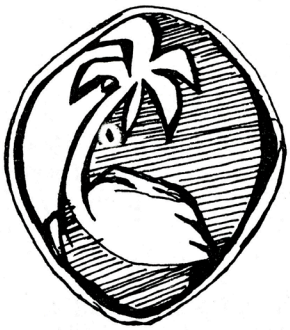
Sauce:
For 2-3 servings, use the following. For 4 or more double the quantities.

2 T. oil
1 T. soy sauce
¼ c. water
1 tsp. curry
¼ tsp. salt
1 tsp. thyme

Mix the above ingredients in a small pot until boiling. Pour over vegetables and cover. Cook over medium high heat until vegetables are done. Serve with Fried Rice and Beef Teriaki.



Desserts Hikinga Ua



DENVER CHOCOLATE PUDDING

Makes 9" x 9" pan dessert

Sift together:

- ¾ c. sugar
- 1 c. flour
- 2 tsp. baking powder
- ¼ tsp. salt

Melt together over hot water:

- 2 T. butter
- 1 oz. unsweetened chocolate or 3 T. cocoa

Add butter mixture to flour mixture. Stir in:

- ½ c. milk
- ½ tsp. vanilla

Pour into buttered baking dish about 9" x 9" . Over the top scatter:

- 1 c. sugar
- 4 T. cocoa

Pour over the top 1½ c. cold water or coffee. Bake 40 min. at 350°. Let stand at room temperature and serve cold, but not chilled.

TAPIOCA PUDDING

Serves 4

- 3 c. milk
- ¾ c. finely grated manioke
- 1 egg
- ¼ c. sugar
- 1 tsp. salt
- 1 T. butter
- 1 tsp. vanilla

Heat 2½ c. milk and add manioke. Cook until manioke disolved. (20-30 min.) Beat egg with ½ c. milk, sugar, salt. Slowly add to manioke mixture, mixing well. Cook 2-3 min., remove from heat, add butter and vanilla and stir.

Variations:

Add ½ c. cocoa and ¼ c. sugar.
Add 2 mashed bananas.
Add 1 T. lemon rind, grated and leave cut vanilla.
Add ½ c. grated coconut.

PUMPKIN PUDDING

Serves 4-6

½ large or 1 small pumpkin
½ - ¾ c. milk
1 tsp. custard powder
sugar (to taste)
1 tsp. allspice
1½ tsp. cinnamon
¼ tsp. salt

Peel and slice pumpkin. Steam until soft. Mash. Mix a little of the milk with the custard powder to make paste; mix in rest of milk. Add rest of ingredients to the pumpkin. Simmer until thick (appr. 10 min.)

LEMON PUDDING CAKE

Serves 6

2 eggs, separated
1 tsp. grated lemon rind
¼ c. lemon juice
2/3 c. milk
1 c. sugar
¼ c. all purpose flour
¼ tsp. salt

Heat oven to 350°. Beat egg whites until stiff peaks form; set aside. Beat egg yolks. Blend in lemon peel, juice and milk. Add sugar, flour, and salt; beat until smooth. Fold in egg whites. Pour into ungreased 1 quart casserole. Place casserole in pan of very hot water 1 inch deep. Bake 45 - 50 min. Serve warm or cool, with whipped cream.

BREAD PUDDING WITH LEMON SAUCE

Makes a 1 ½ quart casserole

2 eggs
½ c. sugar
⅛ tsp. salt
2 c. milk
1 tsp. vanilla
2 slices of bread, buttered, cubed

Mix eggs, sugar and salt to dissolve sugar. Add milk, vanilla, and bread. Sprinkle ½ tsp. nutmeg on top. Put casserole into pan with 1" hot water. Bake at 350° for about 1 hr. Test with knife comes out clean. See sauces for lemon sauce.

EDMOND'S CUSTARD POWDER

2 T. powder
2 - 3 T. sugar
1 egg
2 c. milk
1 T. butter
1 tsp. vanilla

Add the powder, sugar, egg and milk together. Bring to a boil slowly. Stir until thick. Add the butter and vanilla.

Variation: Add 1/3 c. cocoa or 1 tsp. lemon extract or 1 tsp. almond extract.

PLUM CUSTARD SHORTBREAD

Serves 6-8

1¼ c. sifted flour
6 T. sugar
½ c. butter or margarine
1 pkg. vanilla pudding mix
2 c. milk
½ of a 20 oz. can of plums or other drained fruit
½ c. drained juice from plums
2 T. cornflour

Combine flour and 2 T. sugar. Cut in butter until mixture resembles cornmeal. Line greased baking dish with mixture. Bake in hot oven 400° for 25 min. Cool. Prepare pudding with milk according to package directions. Cool. Combine plums, plum juice, cornflour and sugar. Stir and cook until slightly thickened. Cool. Pour pudding into baked crust; top with plum mixture. Serve with canned whipped cream if desired.

PASSIONFRUIT MARSHMALLOW WHIP

Serves 4

1 c. marchmallow
juice of ½ lemon
2 T. water
¼ pt. cream
pulp of 4 small passionfruit

Place marshmallows in saucepan with lemon juice and water, and slowly melt. Remove from heat and allow to cool. Whip the cream and add to marshmallow mixture, and whip in the pulp of 4 passionfruit. Chill in parfait glasses in refrigerator.

CHOCOLATE FONDUE

Serves 6-8

12 oz. chocolate (any plain Cadbury will do)
¾ c. cream
1 -2 T. brandy, kirsh, or 2 tsp. instant coffee
Dippers (below)

In heavy saucepan, melt chocolate and cream over low heat, stirring until smooth. Remove from heat; stir in flavoring.

Dippers:
pieces of cake (pound or angel food)
sliced bananas
pineapple chunks
marshmallows
mandarin orange segments
apple wedges

JELLO WHIP PARFAITS

Serves 6-8

1 pkg. jello
1 c. boiling water
1 c. undiluted evaporated milk

Dissolve jello in boiling water. Allow to cool but not set. Whip chilled milk until thick and beat in jello mixture. Set in refrigerator.

GLAZED FRUIT WITH CRUMB TOPPING

Serves 6

Sauce:

1 c. sugar
3 T. cornflour
¼ tsp. salt
1¼ c. water
1 egg
1/3 c. lemon juice
½ tsp. lemon rind, grated
2 T. butter

Combine sugar, cornflour, salt and water. Stir and cook over medium heat for 5 min. or until thick and smooth. Beat egg. Slowly beat in with egg a little of the cornflour mixture, then add to remaining mixture in pan. Cook over low heat for 2 min. Remove from stove and cool slightly. Add lemon juice, grated lemon rind and butter; stir.

Fruit: Pineapple, pawpaw or banana.

Cut into pieces, place in bowl and pour sauce over it.

Topping:

1/3 c. brown sugar
½ c. flour
1 tsp. salt
2 T. butter

Mix sugar, flour, salt and butter together. Bake in 375° oven for 10 min. or until crisp and golden. Allow to cool; crumble and sprinkle over the top of dessert.

FRUIT CRUMBLE

Serves 4-6

1 1 lb. can pie apples, apricots, etc. or green lesi slices
¼ c. currants, raisins
1 tsp. cinnamon
2 T. sugar
¾ c. flour (2 crushed weet bix biscuits opt.)
½ c. sugar
3 T. milk powder
6 T. softened butter
¼-½ c. fresh grated coconut

Combine fruit, raisins, cinnamon and sugar. Place into greased baking dish. Combine flour, sugar and milk powder. Cut in butter, then add coconut, mix. Sprinkle mixture over fruit. Bake in moderate oven for 30 min. Good with yogurt or ice cream.

APPLE CRUMBLE

Serves 4-6

1 lb. can pie apples
1 tsp. cinnamon
2 T. sugar
¾ c. flour
½ c. packed brown sugar
3 T. milk powder
6 T. softened butter

Combine apples, cinnamon and sugar. Place in greased baking dish. Combine flour, brown sugar, and milk powder. Cut in butter. Sprinkle mixture over apples. Bake in moderate oven for 30 min. Serve with ice cream.

FRIED BANANAS

Serve 2-3

4 - 6 ripe bananas
½ c. butter
sugar
½ t. cinnamon
1 T lemon juice

Slice bananas into bite-size pieces. Melt butter in skillet and add bananas. Fry a few minutes and sprinkle with sugar mixed with cinnamon. Squeeze lemon juice on top. Serve with plain cake or ice cream.

BANANA MOLD

Serves 4-6

1 pkg. pineapple jello
¼ pt. cream
4 large bananas

Dissolve jello crystals in ½ pint hot water. When nearly cold, but before set, gradually stir in cream. Peel bananas; mash with fork, and beat until light and smooth. Stir lightly but thoroughly into jello and cream. Pour into a glass dish and allow to set. Note - if mixing is done before jello is sufficiently cool, the jello, banana and cream will separate into layers.

HOPPED - UP HOPA

Serves 1-2

2 hopas
2 T. sugar
½ coconut, grated
½ c. water

Cut one end off hopa. Make a hole in the hopa with a skewer. Stuff with coconut and sugar mixed together. Place in a steamer. Add water. Steam for 45 min.

BANANA CASSEROLE

Serves 4-6

6 ripe bananas
½ c. orange sections
1/3 c. sugar
2 T. orange juice
2 T. lemon juice
pinch of salt

Peel bananas, cut lengthwise and place in buttered dish. Remove membrane from oranges and arrange oranges on top of bananas. Sift sugar over bananas. Add fruit juice, to which salt has been added. Bake at 300° - 350° for 30 - 45 min.

BANANA ICE CREAM

Makes: 1 quart

4 large bananas
pinch of salt
½ c. sugar
½ pint of evaporated milk
¼ c. oat crisp

Mash bananas. Add the pinch of salt, sugar, and lemon juice. Thoroughly chill milk, then whip it until soft peaks form. Fold banana mixture into whipped milk. Next fold in oat crisp. Freeze.

OAT CRISP

3 T. butter
¼ c. sugar
1 c. oats

Melt butter; add sugar and oats. Spread on a cookie sheet and toast in oven for 10 min. Cool.

TRI-LEVEL BROWNIES

½ c. flour
¼ tsp. soda
¼ tsp. salt
1 c. oats
½ c. brown sugar
½ c. butter, melted
1 oz. unsweetened chocolate
¼ c. butter, melted
¾ c. sugar
1 egg
2/3 c. flour
¼ tsp. baking powder
¼ tsp. salt
¼ c. milk
½ tsp. vanilla
frosting

For bottom layer: sift together ½ c. flour, soda, and salt. Combine with oats and brown sugar. Stir in ½ c. butter. Pat mixture in bottom of 11" x 7" pan. Bake 350° for 10 min. For middle layer: Combine chocolate, butter and sugar. Add egg; beat well. Sift together 2/3 c. flour, baking powder, and salt. Add alternately with milk and vanilla to chocolate mixture. Spread batter over baked layer. Bake 350° for 25 min. longer. Spread with frosting after cool.

TONGAN BUTTERSCOTCH BROWNIES

About 16 thin 2" squares

¼ c. butter
1 c. sugar (brown)
1 egg
1 tsp. vanilla
½ c. flour
1 tsp. baking powder
½ tsp. salt
¾ c. desiccated coconut (or 1 c. nuts)

Melt butter. Stir in sugar until it's dissolved. Cool slightly. Add the egg and vanilla. Beat well. Sift and add the flour, baking powder and salt. Stir in the coconut and/or nuts. Pour into a greased 9" x 9" pan and bake at 350° for 20 to 25 min.

LEMON SQUARES

1 c. flour
½ c. soft butter
¼ c. icing sugar
2 eggs
1 c. sugar
½ tsp. baking powder
¼ tsp. salt
2 T. lemon juice

Mix together the flour, butter and sugar. Press in 8" x 8" pan and bake at 350° for 20 min. Beat the rest of the ingredients for 3 min. until they are light and fluffy. Pour over hot crust. Bake 25 min. longer.

GINGER CRUNCH

Makes: 1½ dozen

4 oz. butter
¼ c. sugar
1 tsp. baking powder
1 tsp. ginger

Cream butter and sugar. Add sifted dry ingredients; mix well. Spread into greased pan and bake at 350° until browned, 15-20 min.

TOPPING:

4 T. icing powder
2 T. butter
1 tsp. ground ginger
3 tsp. Golden Syrup

Place all ingredients in a saucepan. Stir over medium heat until butter is melted and ingredients are well mixed. Pour over biscuit layer while both are still warm. Cut into squares when cool.

MAGIC COOKY BARS

Makes 9" pan

½ c. butter
1½ c. crushed Arrowroot biscuits
1 c. chopped nuts (optional)
1 c. chocolate pieces
1 c. fresh grated coconut
1 can sweetened condensed milk

Melt butter in pan. Sprinkle crumbs evenly over butter. Sprinkle nuts over crumbs; chocolate pieces over nuts; coconut over chocolate. Pour sweetened condensed milk over all. Bake at 350° for 25 min. or until lightly browned. Cool in pan; set one hour before cutting.

FUDGE BROWNIES

Makes 8" pan

2 T. cocoa
1 c. brown sugar
1 egg, beaten
¼ c. melted butter
1 tsp. vanilla
1 c. chopped nuts
½ c. sifted flour

Mix all ingredients together, beating until smooth. Pour into a greased 8" x 8" pan and bake for 20 min. at 325°.

WEET BIX DELUXE

3 Weet bix
1 c. flour
1 c. fresh coconut
¾ c. sugar
1 tsp. baking powder
½ c. butter, melted
½ can sweetened condensed milk
1 T. butter
1½ T. Golden Syrup
1 T. cocoa
1½ c. icing sugar
hot water

Place all dry ingredients except the cocoa and icing sugar in bowl. Mix in the melted butter and press into a sponge roll tin. Cook in oven at 350° for 15 min. Stir condensed milk, 1 T. butter and Golden Syrup together in a saucepan until blended. Pour onto base and return to oven for 3-5 min. Frost while still warm with chocolate icing, made by mixing the cocoa with the icing sugar, and adding hot water until desired consistency is reached.

CARAMEL SHORTCAKE

Makes 10"x12" pan

½ c. butter
½ c. sugar
1 egg
2 c. flour
1 tsp. baking powder
pinch of salt
1 can sweetened condensed milk
¼ c. butter
1½ T. Golden Syrup

Cream together the butter and sugar; add the egg. Sift the flour, baking powder, and salt; then add to the egg mixture. Heat the condensed milk, butter, and Golden Syrup enough to blend. Set aside. Press into cake tin very thinly the first mixture. Pour over it the second mixture. Bake 30 min. in a moderate oven. Ice when cold.

COCONUT BARS

Makes 11" x 7" pan

1 c. flour
½ c. brown sugar
½ c. butter
1 c. brown sugar
2 eggs, beatened
1 tsp. vanilla
½ tsp. salt
2 T. flour
1 tsp. baking powder
1 c. chopped nuts
1½ c. fresh grated coconut

Cream together the flour, brown sugar and butter, and press in thin layer in the pan. Bake at 325° for 10 min. Mix other ingredients together, then pour onto first layer, and bake for 10 min.

PEANUT BUTTER BARS

1 c. brown sugar
1 c. shortening
3 T. peanut butter
2 c. flour
1 tsp. soda
½ tsp. salt
Chocolate Frosting, below

Cream sugar, shortening and peanut butter. Sift flour, soda and salt, and add to creamed mixture. Batter will be very thick. Press into an ungreased pan. Bake at 350° for about 25 min. cool. Prepare frosting.

CHOCOLATE FROSTING

2 T. shortening
1 T. butter
1 square chocolate
¼ c. milk
icing sugar (about 2 c.)

Heat all ingredients except icing sugar until mixture is smooth. Remove from heat and add icing sugar until thick. Frost cooled cake or any bar-type cooky. (If substituting for chocolate square, use 3 T. cocoa, and add ½ T. butter to recipe)

FUDGE SLICE

Makes 10" x 12" pan

½ lb. butter
1 T. Golden Syrup
1 c. sugar
2 T. cocoa
2 c. flour
1 tsp. baking powder
1 c. Fresh grated coconut

Melt together the butter, Golden Syrup, sugar and cocoa. Sift the flour and baking powder. Add the melted mixture to all the dry ingredients. Press into cake tin very thinly (¼"). Cook 25 min. in moderate oven. Ice and cut while warm.

COFFEE COCONUT CHEWS

Makes 3 dozen

1 c. butter
1 c. sugar
1 T. instant coffee
2 tsp. cinnamon
2 egg yolks
2 c. sifted flour
2 egg whites
¼ c. sugar
1 c. desiccated coconut

Cream butter. Combine sugar, coffee and cinnamon. Add sugar mixture to butter. Add egg yolks and blend. Add sifted flour and mix throughly. Press dough into two 8" x 8" greased pans. Beat egg whites until foamy throughout. Add sugar gradually, beating constantly until very stiff. Stir in coconut. Spread meringue mixture over cookie dough. Bake in 350° oven 20-25 min. Cool.

COCONUT CHEWIES

Makes about 2 dozen

½ c. butter
1 c. sugar
1 c. wheat or plain flour
1 fresh grated coconut

Mix all ingredients together, adding enough wheat flour to make a stiff dough. Pat into slab ½" thick. Cut into finger lengths. Bake on greased sheet until golden brown (5 min.), in a moderate (350°) oven.

COCONUT SQUARES

Makes about 3 dozen

2 eggs
2 c. brown sugar
pinch of salt
½ tsp. vanilla
2 c. fresh grated coconut
¼ c. broken nut meats
6 T. flour

Beat eggs until foamy. Beat in sugar, salt and vanilla. Stir in coconut and nut meats. Sift flour over batter and stir lightly. Spoon into a buttered pan. Bake 30 min. in a moderate oven. Cool and remove from pan.

PAPAYA OATMEAL SQUARES

1 c. flour
½ tsp. salt
½ tsp. soda
½ c. brown sugar, firmly packed
1/3 c. butter or margarine
1 c. rolled oats

Papaya Filling:
1 c. diced ripe papaya
1/3 c. sugar
2 tsp. lime or lemon juice
½ c. chopped nuts (optional)

Sift together first three ingredients. Add brown sugar. Cut in butter until mixture is consistency of cornmeal. Add rolled oats and mix well. Press half of mixture into oiled 6" x 11" or 9" round pan. Combine papaya, sugar, lime or lemon juice and nuts and spread over crumb mixture. Sprinkle remaining crumb mixture over fruit layer and press evenly with hands. Bake in oven at 350° for 40 min. Cool in pan. Cut in small squares, rectangles or triangles, according to personal preference.



JAFFA FUDGE SLICE (UNCOOKED)

½ c. butter
½ c. sweetened condensed milk
1 c. desiccated coconut
½ c. chocolate chips
1 orange rind, grated
Icing (below)

Melt the butter. Stir in other ingredients. Press into greased tin. Leave in a cool place to set.

ICING FOR THE JAFFA FUDGE SLICE

1 T. butter
1½ c icing sugar
2 tsp. sweetened condensed milk
1 T. orange juice
little fresh coconut

Soften butter and stir in other ingredients. Spread on cake and sprinkle top with a little coconut.

FUDGY OATMEAL COOKIES

2 dozen 1½" cookies

1 can sweetened condensed milk
2 sq. unsweetened chocolate or
or 6 T. cocoa and 2 T. Butter
1 tsp. vanilla
1 c. oats
½ c. coarsely chopped nuts

In top of double boiler combine condensed milk and chocolate (or cocoa and butter). Cook over rapidly boiling water, stirring constantly, until very thick. Remove from heat. Stir in vanilla. Blend in oats and nuts. Drop by teaspoonfuls, about 2" apart, onto greased cooky sheet. Bake at 350° for about 8-10 min. until set.

SUGAR COOKIES

Makes 6 dozen

1 c. icing sugar
1 c. granulated sugar
1 c. butter
½ tsp. salt
2 eggs
1 c. oil
2 tsp. vanilla
5 c. flour
1 tsp. soda
1 tsp. cream of tartar

Cream together the sugars, butter and salt. Add the rest of the ingredients mix well. Form into balls; flatten with a sugared glass, and watch for a delicate brown.

EUELL GIBBONS' COCONUT COOKIES

3-4 dozen

1 coconut, freshly grated
2 eggs, beaten
1 c. sugar
¾ c. flour

Add the fresh coconut to the eggs. Mix well. Add sugar. Add the flour and mix thoroughly. Form into 1" balls, and bake on ungreased cooky sheet for about 20 min. at 350°.

OATMEAL COOKIES

Makes 3-4 dozen

¾ c. shortening
1 c. brown sugar
½ c. white sugar
1 egg
¼ c. water
1 tsp. vanilla
1 c. sifted flour
1 tsp. salt
½ tsp. soda
3 c. uncooked oats

Beat together shortening, sugars, egg, water and vanilla. Sift together flour, salt, and soda; add to shortening mixture, mixing well. Blend in oats. Drop by teaspoon onto greased cooky sheets. Bake at 350° for 10-13 min.
For variety add: chopped nuts, sultanas, chopped Cadbury bar, ½ tsp. cinnamon and ¼ tsp. nutmeg, or fresh coconut.

MILK OATIE STRAWS

Makes about 2 dozen

1 c. flour
1 tsp. baking powder
1 tsp. salt
4 T. butter
½ c. sugar
1 c. oatmeal
1 tsp. vanilla
¼ c. milk

Sift flour, baking powder, and salt. Cut in butter using 2 knives. Add sugar and oats. Add vanilla and sufficient milk to make a stiff dough. Roll out on a lightly floured board to ½" thickness. Cut into 5" lengths, ½" wide. Place on greased baking tray and bake in a hot oven 15-20 min. Sprinkle with granulated sugar or minced nuts before baking.

MOLASSES SUGAR COOKIES

Makes about 3 dozen

¾ c. shortening
1 c. sugar
¼ c. molasses or treacle
1 egg
2 c. sifted flour
2 T. baking soda
1 tsp. cinnamon
½ tsp. ground cloves
½ tsp. ground ginger
½ tsp. salt

Cream shortening and sugar. Add molasses and egg; beat well. Sift together flour, soda, cinnamon, cloves, ginger and salt; add to first mixture. Mix well and chill. Form into 1" balls. Roll in granulated sugar and place on greased cooky sheets 2" apart. Bake in moderate oven (375°) for 8-10 min.

OATMEAL BANANA COOKIES

Makes 3½ dozen

¾ c. shortening
1 c. sugar
1 egg
1 c. mashed bananas
1 c. rolled oats
1½ c. flour
½ tsp. soda
1 tsp. salt
¼ tsp. nutmeg
¾ tsp. cinnamon

Cream shortening and sugar. Add egg and beat thoroughly. Mix in bananas, and rolled oats. Sift together remaining ingredients and add to the banana mixture. Drop by a teaspoon onto an oiled cooky sheet about 1½" apart. Bake at 400° for about 12 min.

CHOCOLATE CHIP COOKIES

1½ c. butter
1 c. raw sugar
2 eggs
1 tsp. vanilla
2½ c. flour
1½ tsp. baking soda
1½ tsp. salt
2 c. oatmeal
1-2 c. chocolate chips (diced energy chocolate bar)

Cream butter and sugar. Beat in eggs and vanilla. Stir in dry ingredients. Add chocolate chips. Drop by rounded teaspoons on ungreased cooky sheet. Bake a 350° until golden, approx. 8 min.

NO-BAKE COOKIES

Makes 3 dozen

½ c. butter
½ c. cocoa
2 c. sugar
½ c. milk
1 tsp. vanilla
½ c. peanut butter
3 c. oatmeal
½ c. fresh coconut
½ c. nuts

Boil first four ingredients at rolling boil for 5 min. Remove from heat; add dry ingredients. Drop by spoon onto a piece of waxed paper. The mixture should not be dry and stiff before spooning out cookies. If you cook it too long, and this happens, the cooky crumbs make an excellent crumb topping for custard or pudding.

HONEY - PEANUT CHEWS

½ c. sugar
½ c. honey, syrup or molasses
1 c. peanut butter
2 c. cornflakes

Boil sugar and syrup, add other ingredients. Drop by spoonful onto cooky sheet and let cool.

CHOCOLATE-PEANUT COOKIES

Makes about 3 dozen

½ c. butter
4 oz. sugar
1 egg
1 c. flour
2 tsp. baking powder
2 T. cocoa
½ lb. peanuts
½ tsp. salt

Cream butter and sugar. Add egg and beat well. Mix in sifted dry ingredients. Add peanuts. Put on greased cooky sheets by the spoonful. Bake 20 min. at 375°.

PEANUT WHIRLS

Makes 4 dozen

½ c. butter
½ c. peanut butter
1 c. sugar
1 egg
1 tsp. vanilla
1¼ c. flour
½ tsp. soda
½ tsp. salt
2 T. milk
6 oz. chocolate bar (or T. cocoa)

Cream butter, peanut butter, sugar, egg and vanilla. Sift flour, soda and salt. Add alternately with milk to creamed mixture. Depending on type of peanut butter, you may need to add 1-2 T. extra flour to get dough that can be managed for rolling. Chill for 1 hr. Roll out on floured paper to form a rectangle 12"x8". Melt chocolate over hot water, cool slightly and spread on dough. Roll up lengthwise and chill for 30 min. Slice into ⅛" slices. Place on ungreased cooky sheet. Bake at 350° for 8-10 min.

BANANA - PEANUT BUTTER COOKIES

Makes 4 dozen

1¼ c. sifted flour
½ tsp. baking powder
¾ tsp. baking soda
¼ t. salt
½ c. soft shortening
½ c. peanut butter
1 c. sugar
¼ c. mashed bananas

Sift dry ingredients. Cream shortening, peanut butter and sugar. Add banana, then flour mixture. Mix well. Roll into 1" balls and flatten with cris-cross of fork tines. Place on greased cooky sheet, and bake at 375° for 12 min.



PEANUT BUTTER CLUSTER COOKIES

Makes 4 dozen

2 c. sifted all-purpose flour
2 tsp. baking powder
½ tsp. salt
2/3 c. peanut butter
1 egg, slightly beaten
1 can (15 oz.) sweetened condensed milk
1 tsp. vanilla extract
½ c. finely chopped nut meats

Sift blended dry ingredients. In large mixing bowl, blend peanut butter and egg. Stir in half the sweetened condensed milk; blend in half the dry ingredients. Repeat. Stir in vanilla and nut meats. Drop by tablespoonfuls, about 2 apart, onto well-greased cooky sheet. Bake in 350° oven until cooky edges are lightly browned, 10 to 12 min. Remove from cookie sheet immdiately.

OATMEAL DROPS

Makes about 3 dozen

½ c. shortening
¾ c. sugar
1 egg
1 c. flour
1 tsp. cinnamon
1 c. oatmeal
nuts and coconut
2 tsp. baking powder
½ tsp. nutmeg
½ c. raisins
½ c, milk

Cream together shortening and sugar. Beat in egg. Add remainder of ingredients, mixing well. Drop by spoon onto cooky sheet. Bake in moderate oven (350°) for about 25 min.



CHOCOLATE OATMEAL COOKIES (NO BAKE)

Makes 3 dozen

½ c. milk
½ c. butter
2 c. sugar
4 T. cocoa
2¾ c. oatmeal
1 tsp vanilla

In a saucepan, mix first four ingredients and bring to a boil. Boil about five min.; remove from heat and stir in oatmeal. Add vanilla and beat mixture until well mixed. Drop by teaspoonfuls on waxed paper or a buttered plate, and let cool.

VALDA'S BRANDY BALLS

1 c. icing sugar
1 c. sultanas
2 T. cocoa
4 T. melted butter
1 tsp. vanilla
1 tsp. brandy (opt. but add more vanilla if omitted)
1 c. coconut

Mix together with hands and roll in coconut.

BANANA CAKE

½ c. butter
1½ c. sugar
2 eggs, slightly beaten
1 c. mashed bananas
1 tsp. vanilla or lemon extract
2 c. flour
½ c. milk or cream
½ tsp. baking soda
¼ tsp. salt
raisins and/or nuts

Cream the butter and the sugar. Add the eggs, banana pulp, and extract. Sift the flour, soda, and salt together and add to butter mixture alternately with the milk. Fold in raisins and/or nuts. Pour into a baking pan and bake for 40 min. at 350°. Frost with coconut frosting.

EGGNOG CAKE

2 c. flour
1½ c. sugar
3½ tsp. baking powder
½ c. butter
1 c. milk
1 tsp. vanilla or rum
3 eggs
1 tsp. nutmeg
¼ tsp. ginger
1 tsp. salt

Beat together all the ingredients. Pour into greased and floured 9"x13" pan or two round 9" pans. Bake at 350° for 40 min.

MANDARIN ORANGE CAKE

Makes 9"x13" pan

2 eggs
2 cans (11.5 oz.) mandarin oranges, well drained
2 c. sugar
2 c. flour
2 tsp. baking soda
½ tsp. salt
¾ c. brown sugar
3 T. milk
2 T. butter

Beat eggs; add the oranges. Sift together the sugar, flour, baking soda, and salt; then add to the first mixture. Beat for 4 min. Pour into a greased and floured pan. Bake in preheated 350° oven for 30-35 min. (If oranges are too juicy, it takes longer. Test with toothpick.) In the meantime bring to a boil the brown sugar, milk and butter. Pour over hot cake as soon as it comes from the oven.

GERMAN CHOCOLATE CAKE

Makes 3, 8" pans

Cake:
4 oz. German chocolate
½ c. boiling water
1 c. butter
2 c. sugar
4 egg yolks
1 tsp. vanilla
2½ c. cake flour
1 tsp. baking soda
½ tsp. salt
1 c. buttermilk
4 egg whites, stiffly beaten

Melt chocolate in boiling water. Can substitute Cadbury Crunch and/or Cadbury Nut bars. Cool. Cream butter and sugar until fluffy. Add egg yolks, one at a time, and beat well after each addition. Add melted chocolate and vanilla. Mix well. Sift together flour, soda and salt. Add alternately with buttermilk to chocolate mixture, beating well until smooth. Fold in egg whites. Pour into two deep 8" pans, lined on the bottom with paper. Bake at 350° for 30-40 min. Cool.

Frosting:
Makes 2½ cups
1 c. evaporated milk
1 c. sugar
3 egg yolks
½ c. butter
1 tsp. vanilla
1-1/3 c. desiccated coconut
1 c. chopped pecans

Cook and stir first four ingredients over medium heat until thickened, about 12 min. Add vanilla, coconut and pecans (can substitute oatmeal). Beat until thick enough to spread.

LAZY DAISY CAKE

2 eggs
1 c. sugar
1 tsp. butter, melted
1 c. flour
1 tsp. baking powder
1 c. milk

Topping:
1 c. desiccated coconut
2 T. milk
chopped nuts (opt.)
5 T. brown sugar
2 T. butter

Beat eggs and sugar. Add butter, flour, baking powder and milk. Simmer topping while cake is cooking. Bake cake at 350° for 30-35 min. When cake is baked, spread hot topping on and put cake back in oven for 2 min.

ONE EGG CAKE

1-1/3 c. flour
2 tsp. baking powder
¼ tsp. salt
¼ c. butter
¾ c. sugar
½ tsp. vanilla
1 egg, well beaten
½ c. milk

Sift together flour, baking powder, and salt; mix in butter with a fork. In another bowl mix together sugar, vanilla, and egg. Combine the two mixtures alternately with the milk. Pour batter into an 8" x 8" or 9" round buttered pan, and bake at 375° for 25 - 30 min.

OATMEAL CAKE

Serves 8-9

1¼ c. water (boiling)
1 c. oats
1½ c. flour
½ tsp. soda
½ tsp. salt
2 tsp. baking powder
1 tsp. cinnamon
½ c. butter
1 sugar
1 c. brown sugar
2 eggs

Pour water over oats; cool. In a medium bowl, sift together dry ingredients. In another bowl, cream butter and sugar. To butter mixture, add eggs one at a time, beating till fluffy. Stir in oats, then sifted dry ingredients. Bake in 9" square greased pan for 40 min. at 350°.

Topping:
½ c. butter, melted
1¼ c. coconut (fresh or desiccated)
½ c. brown sugar
¼ c. evaporated milk
1 tsp. vanilla

Mix together. Spread on cake and place under a broiler for 5 min. or until browned.

COCKEYED CAKE

Serves 6-8

1½ c. flour
1 c. sugar
1 tsp. soda
½ tsp. salt
3 T. cocoa
5 T. salad oil
1 T. vinegar
1 tsp. vanilla
1 c. cold water

Sift together flour, sugar, soda, salt and cocoa into a greased 9" x 9" x 2" pan. Make three holes in the dry mixture. Pour oil into one hole, vinegar in the next, vanilla in the next. Pour cold water over all. Beat with spoon until smooth. Bake 30 min. at 350°. (Option: Batter may be mixed in bowl, and poured into baking pan.)

1 EGG POUND CAKE

Serves 4-6

4 T. butter
½ c. unsifted powdered sugar
1 egg, separated
¼ tsp. vanilla
½ c. flour
1 tsp. baking powder
2 T. milk

Mix together butter and sugar with egg yolk. Add vanilla. Sift together flour and baking powder. Add to creamed mixture alternately with milk. Beat egg white until stiff; and fold into batter. Pour into small loaf pan 5" by 7". Bake at 350° for 30 - 35 min.

PINEAPPLE CARROT CAKE

Makes: 13" x 9" cake

2 c. flour
2 tsp. baking soda
1¼ tsp. salt
2 tsp. cinnamon
4 eggs
2 c. sugar
1 c. oil or melted butter
2 c. grated carrots
2 c. crushed pineapple (drained)
1 c. walnuts or fresh coconut

Sift together dry ingredients; set aside. Mix eggs, sugar, oil, stirring well. Add carrots, pineapple, and nuts, beating after each addition. Add sifted ingredients and stir well. Pour into greased and floured 9" x 13" pan. Bake 350° for 40 min. Frost with whipped cream icing or cream cheese icing.

FRUIT COCKTAIL CAKE

Serves 6

2 eggs
1 can fruit cocktail
1½ c. sugar
2 c. flour
½ tsp. salt
2 tsp. soda
1 tsp. vanilla
½ c. brown sugar
1 c. desiccated coconut

Mix together 2 eggs and fruit cocktail. Add sugar and mix well. Sift together flour, salt and soda, and add the egg mixture. Mix. Add vanilla. Put in 9" x 13" x 2" inch pan; sprinkle with brown sugar and coconut. Bake at 350° for 30 min.

PRINCESS ANN TART

Serves 6-8

Crust:

½ c. flour
1 tsp. baking powder
2 T. sugar
pinch of salt
6 T. butter
2 T. cold water

Combine flour, baking powder, sugar and salt. Work in butter until mixture resembles cornmeal. Add water and stir into stiff dough. Roll our dough on a floured surface. Place dough in 9" pie pan. Spread one 8 oz. can of raspberry jam (it may need to be melted) in the bottom crust. Pour on top of this a custard made of:

2 egg yolks
1 c. milk
1 T. sugar
1 tsp. flour
pinch of salt
1 tsp. vanilla

Combine all ingredients and beat well. Pour into prepared crust. Bake at 350 for 30 min. After filling has been cooked and cooled, pile on meringue and bake at 357° until browned.

Meringue:

2 egg whites
4 T. sugar
¼ tsp. cream of tartar

Beat egg whites and cream of tartar until soft peaks form, adding sugar gradually. Beat until stiff peaks form.

PINEAPPLE GINGER STRUDEL

Serves 6

8 oz. puff pastry
1 (15 oz.) can crushed pineapple
¼ c. chopped candied ginger
1 tsp. finely grated lemon rind
1 tsp. salt
¼ c. sultanas
2 T. sugar
beaten egg or milk
1 T. sugar
1 T. chopped almonds

Roll pastry to a 15" square.
Drain pineapple. Add ginger, lemon rind, salt, sultanas, and 2 T. sugar.
Spread fruit mixture over pastry leaving 1" uncovered at the edges. Dampen edges and roll up like a sponge roll. Brush with beaten egg or milk. Sprinkle with sugar and almonds. Bake at 400° for 20 minutes, than at 350° for 15 min. or until pastry is golden brown and cooked through.

PAPAYA UPSIDE-DOWN CAKE

2 c. papaya, sliced
2 T. lemon juice
1/3 c. brown sugar
1 T. butter
¼ c. fat
¾ c. sugar
1 egg
1¼ c. flour
2 tsp. baking powder
¼ tsp. salt
½ c. milk

Pour lemon juice over papaya and let it stand 15 min. Melt butter and brown sugar in saucepan. Pour mixture into baking dish. Layer papaya slices on top of sugar mixture. To prepare cake mixture, cream fat, and ¾ c. sugar and when well mixed add beaten egg. Sift salt, baking powder and flour together and add to egg; mix alternately with milk. Pour batter over papaya slices and bake in a moderate oven 50-60 min. When cake is done, invert it on to a large plate. Serve it hot.

SHORTCAKE

Serves 6-8

2 c. flour
4 tsp. cream of tartar
½ tsp. salt
few grains nutmeg
¼ c. butter
¾ c. milk
2 T. butter, melted
2 T. butter, melted
fruit

Heat oven to 425°. Butter a 9" cake pan. Sift together flour, cream of tartar, salt and nutmeg. With a blending fork or fingers, work in butter. Stir in gradually about ¾ c. of milk until the dough holds together, but is soft. Turn out on to a floured board and divide into two parts. Pat or or roll out into 9" rounds. Put one round in the pan. Spread lightly with 2 T. melted butter. Place the other half on top. Bake 12 min. Split carefully with a fork. Spread with 2 T. melted butter. Put prepared fruit between layers and on top. For a richer cake use 1/3 cup sugar and 1/3 cup butter, and reduce milk to 1/3 cup.

EASY PIE PASTRY

Sift directly into pie pan 1½ c. flour, 1 tsp. salt, 1 T. sugar, and cinnamon if desired. Mix in a cup ½ c. vegetable oil, 2 T. milk, and 1 tsp. vanilla extract. Pour over flour and blend thoroughly. Press evenly to sides and bottom of pan. Bake in hot oven for 20 min; fill and return to oven for desired baking time.

PIE CRUST — One 9" single crust

1½ c. sifted flour
½ tsp. salt
½ c. shortening or ngako
3 T. cold water

Sift flour and salt together. With a pastry blender or a fork, work in shortening until the grain in the mixture is pea size. Stir in the water, 1 T. at a time, until the mixture holds together when you gather it into a ball. Roll it out on a floured surface.

COCONUT CRUMB CRUST — One 9" single crust

1-1/3 c. flaked coconut
2 T, butter, melted
2 T. sugar
¼ c. arrowroot crumbs

Combine coconut and butter. Add sugar and crumbs, mixing thoroughly. Press firmly on bottom and sides of pie pan. Bake at 375° for 5 min. Cool thoroughly before filling. Good with all cream pies and Tropical 'Papa-pie'.

BANANA CREAM PIE — Makes one 9" pie

½ c. sugar
¼ tsp. salt
1/3 c. flour
1-1/3 c. milk
¾ c. water
3 egg yolks
1 c. bananas, sliced thinly
9" baked pie shell
3 egg whites
1/3 c. sugar
½ tsp. baking powder

Combine sugar, salt, flour, milk and water over low heat. Add small amount of this mixture to egg yolks, mix, and pour back into custard. Cook 3-4 min. longer. Add bananas and pour into baked pie shell. Top with meringue made of 3 egg whites, 1/3 c. sugar, and ½ tsp. baking powder, beaten until stiff. Spoon over pie and bake until lightly browned. Pineapple cream pie can be made in the same manner by substituting 1 c. chopped pineapple for the bananas.

PINEAPPLE PIE — Serves 8-9

2 c. pineapple (sliced)
¾ c. sugar
2 T. lemon juice
1 T. flour
½ tsp. nutmeg
1 tsp. cinnamon

To pineapple, add mixture of sugar, spices, and flour. Add lemon juice. Put in 9" pastry-lined pan, dot with butter add top crust. Bake 45 - 50 min. at 350°.

TROPICAL PAPA-PIE

¾ c. sugar
½ tsp. nutmeg
1 tsp. cinnamon
2 T. cornstarch
2 c. papaya
¼ c. orange or lemon juice

Mix sugar, spices, and cornstarch. Add papaya, then juice. Place in crust-lined pie pan. Bake at 400° for 15 min. ; lower heat to 350° and bake 20 - 25 min.

SWEET POTATO PIE

Serves 4-6

6 kumalas
boiling salted water
1 can crushed pineapple
butter
1 tsp. brown sugar
1 tsp. cinnamon

Cover sweet potatoes with boiling water and let boil until tender. Drain pineapple, reserving 3 T. liquid. Mash kumalas, and add pineapple and juice. Put into a 9" pie shell, dot with butter and sprinkle with brown sugar and cinnamon. Bake in 400° oven for 20 min.

SHOOFLY PIE

Serves 8

¾ c. dark molasses (treacle)
¾ c. boiling water
½ tsp. baking soda
1½ c. sifted flour
¼ c. butter
½ c. firmly packed brown sugar
Pastry for 1 crust 9-inch pie, unbaked

In one bowl mix together the first four ingredients. In another bowl use your hands to mix together the next three ingredients. Pour about 1/3 of the molasses mixture into pastry-lined pie pan. Sprinkle with one third flour mixture. Continue alternating layers, ending with the flour mixture. Bake in preheated moderate oven (375°) for 35 min. Serve warm or cold.

OATMEAL PIE

3 eggs
1 c. sugar
2/3 c. brown sugar (raw)
2/3 c. coconut
2/3 c. oatmeal
3 T. cream
2 T. milk
2 T. melted butter
1 t. vanilla
½ t. salt

Cream eggs and sugar. Add rest of the ingredients and bake at 350° for 45 min.

HAWAIIAN BANANA PIE

Makes 1 pie

4 c. sliced bananas, ripe but firm
½ c. pineapple juice
½ c. sugar
1 tsp. cinnamon
1 T. butter or margarine
Pastry for 2 crust pie

Soak sliced bananas in pineapple juice for 20 to 30 min. Drain, saving the juice. Place bananas in pastry lined pie plate, add sugar and cinnamon which have been mixed together. Add 2 T. of the pineapple juice. Dot with butter and cover with top crust. Bake at 400° for 30 to 45 min., or until crust is browned.

PUMPKIN PIE

2 c. prepared pumpkin
1 c. sugar
1 tsp. salt
1 tsp. cinnamon
½ tsp. ginger
½ tsp. nutmeg
1 egg
1¾ c. milk
1 9" pie crust

Mix together pumpkin, salt, sugar, cinnamon, ginger nutmeg, egg, and milk. Line pan with pastry. Bake as for a custard pie at 350° for 40 minutes or until knife inserted in the center comes out clean.

Preparation of pumpkin:

Skin pumpkin, slice into large pieces. Bring to boil water and add a teaspoon of salt. Place pumpkin into pot and steam until tender. Remove from pot and mash. Use this in other recipes calling for cooked pumpkin.

EGGLESS PUMPKIN PIE

1½ c. cooked pumpkin or squash
¾ c. powdered milk
1½ c. water
¾ c. sugar (white, raw or brown)
½ tsp. salt
1 tsp. cinnamon
½ tsp. ginger
⅛ tsp. ground cloves
5 T. custard powder
1 tsp. vanilla
1 9 baked pie crust

Mix first 9 ingredients together in a saucepan and boil gently for 3 min. Cool slightly and add the vanilla. Pour the mixture into the baked pie shell.

EUELL GIBBONS' 'PASSION CAKE ICING'

¼ c. butter
½ c. icing sugar
¼ c. passion fruit pulp
2 c. icing sugar

Cream butter with ½ c. icing sugar until smooth. Add passion fruit and beat until frothy. Then while still beating, gradually add the 2 c. of icing sugar, continuing the beating until the mixture is stiff enough to spread smoothly on a cake. Allow to set for several hours before serving.

CREAMY SMOOTH FROSTING

4 T. butter
2 T. shortening
1¾ c. icing sugar
1 tsp. vanilla
pinch of salt

Cream butter and shortening; add icing sugar. Add vanilla and salt; beat until fluffy.

Variations:

Spice-add 1 tsp. cinnamon and ½ tsp. nutmeg
Chocolate-1½ T. cocoa
Coconut-½ c. coconut, grated fresh

CHOCOMALT ICING

3 T. milo
2 - 3 T. milk
1 T. butter
2 c. icing sugar
pinch of salt

Place 'Milo' and 2 T. milk in saucepan; heat, stirring, over medium heat until smooth and thick. Remove from heat. Blend in butter, and add icing sugar and salt. Mix well, and add the remaining milk until spreading consistency is reached. Frosts one layer cake.

MARSHMALLOW ICING

For 1 cake

1 c. sugar
1/3 c. water
2 egg whites, stiffly beaten
1/3 tsp. cream of tartar
1½ tsp. vanilla

Boil sugar and water and add slowly to the stiffly beaten whites. While still warm add cream of tartar and vanilla. Beat the ingredients until the bowl is cool.

PEANUT BUTTER FROSTING

1/3 c. milk
2 T. butter
3 c. icing sugar
1/3 c. peanut butter

Combine milk and butter in saucepan; heat until butter has melted. Pour over sugar; blend. Add peanut butter. Beat until well mixed and of good spreading consistency. Frosts tops and sides of two 8" layers.

MOCK WHIPPED CREAM

Cream ½ c. sugar with ½ c. butter. Slowly add ½ c. milk, beating until light and fluffy. If mixture seems to curdle, continue beating until smooth. Flavor with vanilla.

NEW ZEALAND PAVLOVA

3 eggs, separated
1 T. cold water
6 T. white sugar
1 tsp. vinegar

To the three egg whites, add the cold water. Beat well, until soft peaks form. Gradually add the sugar, and beat until stiff. Add vinegar and blend thoroughly. With the back of a spoon, shape the paste into a nest on a cooky sheet, and bake at 300° for 30 min. Reduce heat to 250°, and continue baking for 1 hr. longer. Suggested toppings for pavlova include whipped cream, sweetened fruit, and chocolate sauce. (For a larger 'pav', add 2 T. sugar for each additional egg white. Don't increase amount of water and vinegar.)

TOFFEE SQUARES

2 c. brown sugar
¼ c. butter
1 T. vinegar
2 T. boiling water
few grains salt

In heavy saucepan, cook all ingredients over medium heat to hard-crack stage (290°), stirring as little as possible. Pour into buttered loaf pan, and cut into squares when cool. (To test for hard - crack stage, drop a small amount of mixture into cold water. The mixture will separate into hard, brittle threads).

COCONUT FUDGE

Makes about 3 dozen pieces

3 c. fresh grated coconut
½ c. milk
2½ c. sugar
1 T. ground cinnamon or ginger
7-8 cardamon, seeds, ground
1 tsp. vanilla

Mix coconut, milk and sugar in deep frying pan. Brown on low heat, stirring constantly. When golden brown and beginning to harden, quickly add ginger, or cinnamon, cardamons , and vanilla. Set candy on a greased tray. Cut into pieces and serve. May also be formed into balls.

TOFFEE

2 T. butter
2 T. sugar
2 T. milk
2 T. vinegar

Bring ingredients to a boil. Boil for 30 - 40 min. To test drop mixture from spoon into a cup of cold water; mixture will form a small hard ball. Pour into a flat greased pan. When nearly set, mark into squares. When cold, break into pieces and store in an air-tight jar. For Peanut Brittle - add ½ c. peanuts before pouring into pan to set.

COCONUT CANDY

1 coconut grated
3 c. sugar
1 c. water

Combine the sugar and water. Boil for 10 min. Add coconut. Cook slowly, stirring, for 15 min. Then let cool while stirring-shape as desired.

NUT BALLS

Makes ½ lb.

¼ c. syrup
1 T. vanilla
⅛ T. salt
½ c. powdered milk
¼ c. chopped nuts

Put syrup, vanilla and salt into bowl, mix together, then add powdered milk and chopped nuts. Stir with a knife until well blended. Pat into a ball and place on board sprinkled lightly with sugar. Knead until creamy. Let stand until firm enough to shape into 1" balls. Roll in sugar.

CHOCOLATE FUDGE

2 c. sugar
¾ c. cream or milk
2 T. corn syrup or Golden Syrup
2 oz. unsweetened chocolate
OR 4 T. cocoa & 2 T. butter
2 T. butter
1 tsp. vanilla

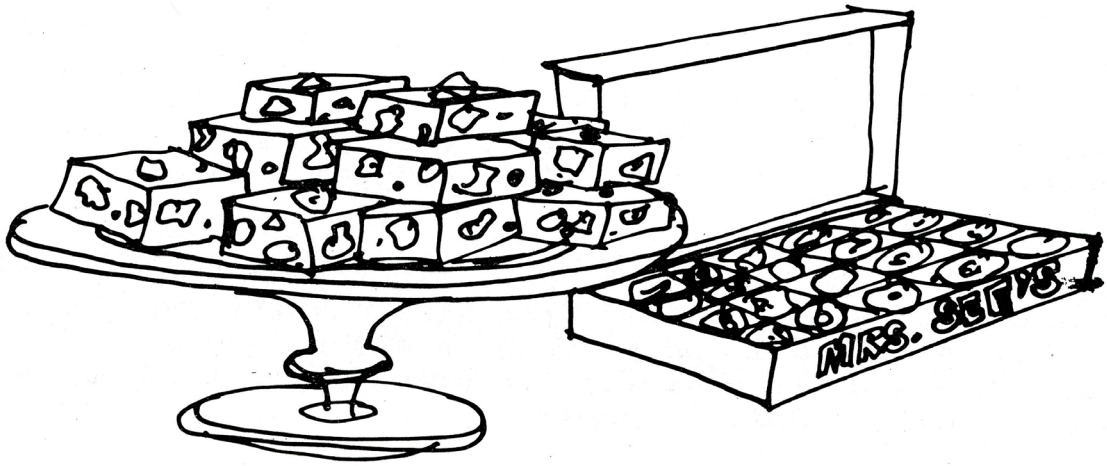
In heavy suacepan, over moderate heat, stir all ingredients until chocolate melts. Cook on low heat to softball stage (234°); remove from heat. Add, but don't stir, 2 T. butter. Let mixture stand until almost cold. Add 1 tsp. vanilla. Beat until no longer glossy, and fudge is thick and creamy. Pour into slightly butter loaf pan. To make CHOCOLATE PEANUT BUTTER FUDGE, substitute 1 T. peanut butter for 1 T. butter. (To test for softball stage, drop a small amount of mixture into cold water. Mixture will flatten but not disintegrate.)

CANDIED GINGER

Makes 1 cup

1 c. fresh ginger root
½ c. sugar
¼ c. sugar
¼ c. water

Wash, scrape and slice ginger root into thin slices. Cover with cold water and boil for 5 min. Drain. Repeat once more. Drain, then spread ginger pieces on clean dry towel. Prepare syrup by combining ½ c. sugar and ¼ c. water. Stir until sugar dissolves Cook over low flame until syrup thickens. Add ginger slices and cook over low heat until syrup is absorbed. Allow ginger slices to dry for at least an hour. Roll in sugar. Let stand until sugar crystallizes. Store in airtight jars.



CHOCOLATE FUDGE

Makes about 2 dozen pieces

½ c. milk
2 c. sugar
1 T. butter
1 T. cocoa
vanilla to taste
chopped nuts (optional)

Put milk, sugar, butter and cocoa in a saucepan and bring to a boil. Boil 4 min. Remove from heat and add vanilla. Beat until thick and pour into buttered dish. Cut when set. Chopped nuts should be added before beating.

FRENCH FUDGE

Makes 8" pan

3 c. semi-sweet chocolate pieces (chopped energy bar)
1 can sweetened condensed milk
pinch of salt
1½ tsp. vanilla
½ c. ground nutmeats optional

In top of double boiler melt chocolate over hot water; stir a few times. Remove from heat. Stir in sweetened condensed milk, salt, vanilla and nuts, if used. Stir only until smooth. Turn onto waxed paper lined pan; spread evenly and smooth. Allow to set (2 hr. in refrigerator or 5-6 hr. at room temperature). Turn candy onto cutting board, Peel off paper and cut.

GINGER FUDGE

Makes 9" pan

2 c. sugar
1 T. Golden Syrup
¼ can sweetened condensed milk
½ c. butter
½ c. milk
1 packet gingernut cookies, crushed
½ tsp. vanilla
½ c. chopped walnuts (optional)

Boil sugar, Golden Syrup, condensed milk, butter, and milk together over a very low heat for about half an hour, until light brown. All crushed biscuits, nuts, and vanilla. Beat until creamy. Pour into a buttered dish and allow to set.

Note: This fudge will keep for weeks in an airtight tin.

GUAVA CANDY

2 c. guava pulp
3½ c. sugar
1 tsp. unflavored gelatin
2 T. cold water
½ c. chopped almonds or other nuts

Combine guava pulp with sugar and cook over low heat until it's very thick, stirring constantly to prevent burning. Meanwhile, soak gelatin in cold water for 5 min., then melt over hot water. When the guava-sugar mixture becomes so thick that it seems to leave the sides of the pan, stir the gelatin into it and remove pan from heat. Allow the candy to cool until barely lukewarm; stir in the nuts and pour into a buttered dish to harden. When cold, it will have the consistency of smooth gumdrops and can be cut into squares.

CHOCOLATE SURPRISES

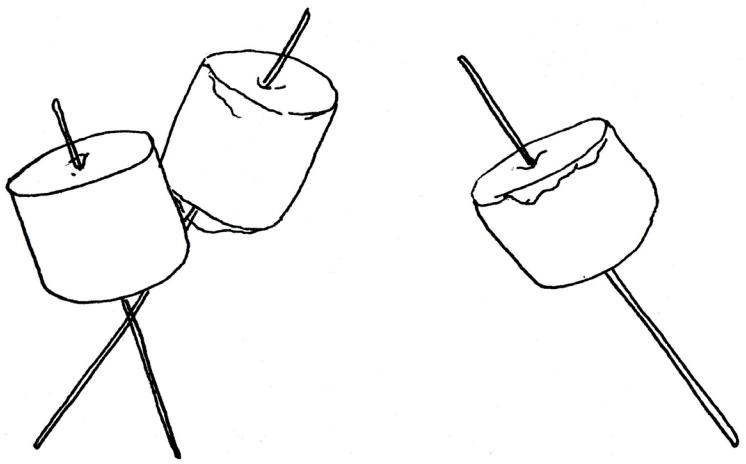
3 medium bars of Cadbury chocolate
boiling water
3-4 c. raisins
4 c. cornflakes

Melt chocolate in saucepan with boiling water; heat until smooth. In large bowl, mix raisins and cornflakes. Pour melted chocolate over the mixture in the bowl, and stir until well mixed. Let cool a few minutes. Then either roll into balls or drops by teaspoonfuls on plate. Refrigerate for a couple of hrs.

MARSHMALLOWS

1 c. sugar
1 c. hot water
1½ T. gelatin
½ tsp. cream of tartar
1 tsp. vanilla
powdered sugar

Mix together sugar, water, gelatin and cream of tartar; heat, stirring until sugar has dissolved. Boil for 3 min. Pour into bowl and leave to cool until skin forms on top. Then beat hard until mixture is thick and white. Add vanilla and pour into greased pan dusted with powdered sugar. When set, cut into cubes and roll in powdered sugar.



Recommended Daily Dietary Allowances

Age 1	Wt. (lb)	Ht. (in)	Cal.	Prot (Gm)	VitA (IU)	VitD (IU)	VitC (mg)	Niacin (mg)	Riboflavin (mg)	Thiamine (mg)	Ca. (mg)	Fe (mg)
Males												
18-22	147	69	2800	60	5000	400	60	18	1.6	1.4	0.8	10
22-35	154	69	2800	65	5000	-	60	18	1.7	1.4	0.8	10
35-55	154	68	2600	65	5000	-	60	17	1.7	1.3	0.8	10
55-75+	154	67	2400	65	5000	-	60	14	1.7	1.2	0.8	10
Females												
18-22	128	64	2000	55	5000	400	55	13	1.5	1.0	0.8	18
22-35	128	64	2000	55	5000	-	55	13	1.5	1.0	0.8	18
35-55	128	63	1850	55	5000	-	55	13	1.5	1.0	0.8	18
55-75+	128	62	1700	55	5000	-	55	13	1.5	1.0	0.8	10
Pregnancy			+200	65	6000	400	60	15	1.8	+0.1	+0.4	18
Lactation			+1000	75	8000	400	60	20	2.0	+0.5	+0.5	18

Abbreviations: Ca-Calcium; Fe-Iron; Prot-Protein; Cal.-Calories; Ht.-Height; Wt.-Weight; lb.-Pound; in.-inches; Gm-gram; IU-International Units; mg-milligram.

Symbols: - not determined
0 contains none
Ø contains too small a quantity to be significant in dietary evaluations.

As a rough guide the American Dietetic Association says that adult males require 21 Calories per pound of desirable weight.

For those who wish to either lose or grain weight please note: A pound of body weight represents about 3.500 Calories. To lose one pound per week you must decrease your Calories intake by 500 Calories per day. To gain one pound per week you must increase your Calories intake by 500 Calories per day.

CEREAL PRODUCTS (Per 1 oz.)	Cal	Prot (g)	Fat (g)	CHO (g)	Ca (mg)	Fe (mg)	VitA (IU)	Thiamine (mg)	Riboflavin (mg)	Niacin (mg)	VitC (mg)
Biscuits (Pacific Island)	101	2.8	.7	20.6	4	.2	-	.021	.02	ø	-
Biscuit plain Savoury	133	2.2	6.2	17.7	6	.3	0	.030	.01	.3	0
Biscuit plain Sweet	127	1.7	5.0	19.6	13	.3	0	.014	.01	.1	0
Bread white	72	2.1	.4	14.9	4	.3	0	.027	.01	.3	0
Breakfast food cornflakes	107	2.4	.2	24.1	2	.8	0	.003	.03	.5	0
Breakfast food rice bubbles	109	1.7	.1	25.0	6	.5	0	.006	.02	.3	0
Breakfast food weet bix	99	3.9	.7	21.1	10	1.4	0	.012	.05	1.3	0
Breakfast food, farex	96	4.0	.9	21.3	210	1.1	0	.150	-	-	0
Macaroni, vermicelli spaghetti	105	3.0	.6	21.8	7	.4	0	.048	.01	.3	0
Oats (uncooked)	110	3.4	2.1	19.3	17	1.4	ø	.142	.04	.3	0
Oats cooked	22	.7	.4	3.8	3	.1	ø	.028	.01	.1	0
Rice (polished)	100	2.0	.14	22.7	1	.3	ø	.017	.01	.3	0
Semolina	100	3.1	.5	22.1	5	.3	ø	.034	0	.6	0
LEGUMES											
Kidney bean	96	6.8	.5	16.0	31	2.3	ø	.142	.06	.6	ø
Lentil	96	6.8	.3	16.8	20	2.0	28	.142	.06	.6	ø
Lima bean	93	5.7	.4	16.5	26	1.7	ø	.142	.04	.4	ø
Pea (dried)	96	7.1	.3	16.2	20	1.4	28	.230	.06	.7	ø
Pigeon pea (yellow dhal)	93	5.7	.6	16.5	28	1.4	14	.140	.04	.6	ø

STARCHY VEGETABLES

	Cal	Prot (g)	Fat (g)	CHO (g)	Ca (mg)	Fe (mg)	VitA (IU)	Thiamine (mg)	Riboflavin (mg)	Niacin (mg)	VitC (mg)
Breadfruit pulp	32	.4	.1	7.4	7	.3	Ø	.028	.02	.3	6
Cassava - fresh	43	.2	.1	10.5	7	.3	Ø	.020	.01	.2	9
Cassava - flour	97	.4	0	23.9	16	.6	Ø	.011	.01	.2	0
Plantain (hopa, pata)	36	.3	.1	8.8	2	.1	28	.014	.01	.2	6
Potato Irish	21	.6	Ø	4.8	3	.2	Ø	.028	.01	.4	4
Sweet potato	32	.4	.1	7.4	7	.3	28	.028	.01	.2	8
Tahitian chestnut (Ifi)	68	1.3	1.3	11.4	-	-	-	.074	-	-	1
Taro (giant) (Kape)	31	.1	Ø	7.7	43	.3	Ø	.008	.03	.3	Ø
Taro (dalo)	32	.6	Ø	7.4	7	.3	Ø	.028	.01	.3	1
Yam fresh ('ufi)	29	.6	.1	6.8	3	.3	6	.028	.01	.1	3
VEGETABLES											
Bamboo shoots	10	.6	.1	1.7	8	.1	Ø	.043	.02	.2	1
Bean sprouts	8	.7	Ø	1.4	3	.2	Ø	.057	.06	.1	8
Green beans	10	.6	Ø	1.7	14	.4	57	.020	.03	.1	6.
Bean or peas (fresh, shelled)	29	2.0	Ø	5.4	11	.6	43	.085	.04	.4	7
Beet	13	.5	Ø	2.8	4	.3	Ø	.006	.01	.1	1
Carrots	9	.3	Ø	2.0	11	.2	852	.014	.01	.1	2
Cauliflower	9	.8	.1	1.4	8	.3	6	.028	.03	.2	23
Chillies (fresh)	29	1.3	.7	5.6	13	.7	3138	.070	.08	.6	20
Cucumber	3	.2	Ø	.6	4	.1	Ø	.011	.01	.1	3
Eggplant	6	.3	Ø	1.1	3	.3	Ø	.014	.01	.2	1
Garlic	39	1.7	Ø	8.2	8	.4	Ø	.070	.02	.1	3
Ginger root	18	.7	.2	3.1	6	.7	Ø	.006	.01	.2	1

VEGETABLES

	Cal	Prot (g)	Fat (g)	CHO (g)	Ca (mg)	Fe (mg)	VitA (IU)	Thiamine (mg)	Riboflavin (mg)	Niacin (mg)	VitC (mg)
Lettuce	5	.4	ø	.8	10	.3	85	.030	.03	.1	4
Okra	9	.6	ø	1.7	20	.3	43	.028	.03	.3	7
Onion, spring	10	.5	.1	1.7	11	.8	142	.014	.03	.1	14
Pepper-sweet, green, red	10	.6	.1	1.7	6	.3	179	.017	.02	.3	43
Pumpkin & squash	10	.3	ø	2.3	6	.3	99	.014	.01	.1	4
Radish	5	.3	ø	1.1	8	.3	ø	.008	.01	.1	8
Tomato	6	.3	ø	1.1	1	.1	71	.017	.01	.2	7
Turnip	9	.3	ø	2.3	8	.1	ø	.008	.01	.2	7
FRUITS											
Apple	17	.1	.1	4.0	1	.1	5.7	.010	.01	.1	1
Avocado pear	47	.4	4.3	1.7	3	.3	57	.020	.04	.3	4
Banana	33	.3	.1	7.7	2	.14	28	.014	.01	.2	3
Citrus (grapefruit)	10	.1	ø	2.5	6	.14	ø	.011	ø	.1	11
Citrus (lemon and lime)	10	.2	ø	2.3	6	.14	ø	.014	ø	.1	11
Citrus (orange and tangerine)	15	.3	ø	3.7	8	.14	8	.023	.01	.1	13
Citrus (lemon juice)	9	.1	.1	2.3	4	0	0	.011	0	0	11
Citrus (orange juice)	13	.2	.1	3.3	5	.1	85	.021	.01	.1	11
Guava	16	.3	.1	3.7	4	.3	57	.014	.01	.3	57
Litchi (tava)	20	.2	.1	4.5	1	.1	-	.011	.01	.1	14
Mango	18	.1	ø	4.3	3	.1	170	.008	.01	.1	8

FRUITS

	Cal	Prot (g)	Fat (g)	CHO (g)	Ca (mg)	Fe (mg)	VitA (UI)	Thiamine (mg)	Riboflavin (mg)	Niacin (mg)	VitC (mg)
Melon (sweet)	7	.1	Ø	1.7	3	.1	142	.008	.01	.1	8
Melon (water)	6	.1	Ø	1.4	1	.1	8	.006	.01	.1	1
Pandanus	22	.1	.1	5.4	3	.3	142	.008	.01	.3	1
Papaya (ripe)	11	.2	Ø	2.6	6	.1	284	.008	.01	.1	14
Papaya (unripe)	7	.6	Ø	1.4	14	.1	-	.006	.01	.1	Ø
Passion Fruit (Grendilla)	26	.6	.6	4.5	3	.3	6	Ø	.03	.4	6
Pineapple	16	.1	Ø	4.0	6	.1	28	.023	.01	Ø	8
Soursop ('apele 'Initia)	26	.3	Ø	6.5	7	.14	Ø	.028	.02	.2	8
Tamarind	68	.8	.2	17.7	21	.2	8	.096	.04	.3	1
MEAT PRODUCTS AND EGGS											
Bacon (fat)	167	2.8	17.3	Ø	2	.3	Ø	.100	.03	.5	0
Bacon (lean)	103	4.0	9.6	Ø	4	.4	Ø	.170	.06	.8	0
Beef (mod. fat)	74	4.5	6.2	Ø	3	.7	0	.020	.04	1.3	Ø
Beef (lean)	57	5.4	4.0	Ø	3	.8	Ø	.028	.06	1.4	Ø
Beef canned, corned	64	6.5	4.3	0	4	2.6	0	0	.06	1.0	0
Eggs - hens Whole	45	3.7	3.3	.1	16	.8	284	.034	.10	.03	0
Eggs - white	14	3.1	0	.2	2	.1	0	0	.07	Ø	0
Eggs - yolk	102	4.6	9.0	.2	42	2.0	910	.077	.10	0	0
				(Composition of an average egg. Edible portion)							
1¾ oz. eggs - hen whole one	80	6.4	5.8	4	27	1.4	570	.050	.15	0	0
Goat	41	4.5	2.5	0	3	.7	0	.057	.10	1.4	0
Kidney	36	4.5	2.0	0	3	2.8	284	.085	.57	2.0	3

FISH AND FISH PRODUCTS

	Cal	rot (g)	Fat (g)	CHO (g)	Ca (mg)	Fe (mg)	VitA (IU)	Thia-mine (mg)	Ribo-flavin (mg)	Nia-cin (mg)	VitC (mg)
Pilchards and Herrings Plain canned	57	5.9	3.5	0	28	.4	0	-	-	-	0
Pilchards in tomato sauce	50	4.5	3.0	1.0	28	.4	0	-	-	-	0
Sardines tinned	88	5.7	7.1	.3	114	.8	57	Ø	.06		0
Salmon tinned	48	5.7	2.8	Ø	57	.3	38	.008	.03	2.0	0
Sea slug	27	6.5	Ø	.3	34	.4	-	-	-	-	-
Sea weed - Lumi (Agar variety)	-	0	.1	0	-	-	-	-	-	-	-
Sea weed - Nama (Kelp variety)	-	0	.3	0	-	-	-	-	-	-	-
Turtle	22	4.5	.3	.6	28	.3	-	.057	.14	.8	-

MILK AND MILK PRODUCTS

Cheese, chedddar and processed	118	7.1	9.8	0	230	.2	368	.009	.12	0	0
Cream heavy	96	.7	9.9	.9	22	0	486	0	.03	Ø	0
Cream light	71	.7	7.1	1.1	24	Ø	347	0	.03	Ø	0
Ice cream	54	1.0	3.1	5.7	35	Ø	147	.011	.05	Ø	0
Milk - cow whole	18	.9	1.0	1.3	34	Ø	43	.011	.04	Ø	.3
Milk - goat whole	20	.9	1.3	1.2	37	Ø	34	.014	.03	.1	.3
Milk - evaporated	40	2.9	2.5	2.8	74	.1	91	.017	.09	.1	.5
Milk - condensed (sweet)	90	2.0	2.3	15.0	77	.1	99	.026	.09	.1	1.1
Milk - powder fullcream	142	7.2	7.8	10.6	256	.2	341	.085	.33	.2	3.7
Milk - powder skim	101	10.2	.3	14.5	358	.3	11	.130	.43	.3	4.8

MEAT PRODUCTS AND EGGS

	Cal	Prot (g)	Fat (g)	CHO (g)	Ca (mg)	Fe (mg)	VitA (IU)	Thiamine (mg)	Riboflavin (mg)	Niacin (mg)	VitC (mg)
Liver	39	5.7	1.1	1.4	3	2.8	5700	.085	.71	3.7	8
Luncheon Meat	51	4.1	3.1	1.4	7	.4	0	.009	.04	.8	0
Mutton (fat)	117	3.7	11.4	0	3	.6	0	.034	.04	1.1	0
Mutton (mod. fat)	71	4.3	6.0	0	3	.7	0	.043	.06	1.3	0
Mutton (lean)	42	4.8	2.5	0	3	.7	0	.057	.07	1.4	0
Pork (fat)	152	2.8	15.6	0	2	.4	0	.142	.04	.9	0
Pork (lean)	105	4.0	9.9	0	3	.6	0	.230	.06	1.1	0
Pork (salt fat)	222	1.1	24.1	0	0	.2	0	.050	.01	.3	0
Poultry	39	5.4	2.6	0	4	.4	0	.030	.04	2.6	0
Sausage-pork	64	3.0	4.9	1.9	2	.3	0	.105	.04	.9	0
Sausage-beef	59	3.4	4.0	2.2	3	.6	0	.020	.03	.9	0
Veal	52	5.4	3.4	0	3	.8	0	.040	.07	1.8	0
FISH AND FISH PRODUCTS											
Eel	46	5.3	2.6	0	5	.2	511	.080	.10	.4	-
Fish - sea fillet lean	21	4.8	.1	ø	6	.2	ø	.014	.03	.7	ø
Fish - sea fillet lean fillet fat	47	5.4	2.8	ø	8	.4	28	.014	.06	.8	ø
Fish - dried	88	17.9	1.8	ø	852	2.4	ø	.028	.06	.2	ø
FISH AND FISH PRODCUTS											
Lobster, crab, Prawns	27	5.0	.4	.6	28	1.4	ø	.014	.03	.7	ø
Octopus	22	4.7	.2	-	3	.1	-	.006	.03	.4	-
Oysters, Mussels, clams	26	2.8	.6	.8	43	2.8	57	.014	.04	.4	ø

SUGAR AND PRESERVES	Cal	Prot (g)	Fat (g)	CHO (g)	Ca (mg)	Fe (mg)	VitA (IU)	Thiamine (mg)	Riboflavin (mg)	Niacin (mg)	VitC (mg)
Sugar - white	114	0	0	28.4	0	0	0	0	0	0	0
Sugar - raw	112	ø	0	28.0	5	.2					
FATS AND OILS											
Butter	212	.14	23.4	0	4	.1	852	0	0	0	0
Fish liver oils	256	0	28.4	0	0	0	28400	0	0	0	0
Ghee	235	0	26.1	0	0	0	568	0	0	0	0
Lard and other animal fats	253	0	28.1	0	0	0	0	0	0	0	0
Margarine	217	0	24.1	0	1	0	852	0	0	0	0
Peanut butter	158	8.3	13.4	5.7	12	.5	0	024	.04	4.0	0
Vegetable oils	256	0	28.4	0	0	0	0	0	0	0	0
COCONUT PRODUCTS											
Coconut green Coconut water	3	.1	ø	.7(.5-.3)		.2	-	.001	.02	.1	.4
Green coconut flesh	30	.4	2.6	1.7	2	.3	-	.014-004	.01	.1	1.5
Mature coconut incl. skin	118	1.1	11.4	1.3	4	.6	-	.011	ø	.2	1.1
Mature coconut water								.001	ø	.1	ø
Mature coconut cream (without water)	98	1.2	9.9	2.0	3	.6	-	.008	.002	.2	.8
Mature coconut cream (with water)	72	.9	7.0	1.5	5	.4	-	.007	.001	.2	.8
Mature nut, 'uto	24	.4	1.3	2.8	6	.2	-	.004	.01	.3	1

MISCELLANEOUS

	Cal	Prot (g)	Fat (g)	CHO (g)	Ca (mg)	Fe (mg)	VitA (IU)	Thia-mine (mg)	Ribo-flavin (mg)	Nia-cin (mg)	VitC (mg)
Cakes and Buns	137	2.8	2.4	20.6	17	.4	0	.023	.06	.1	0
Cakes (plain)	108	1.6	3.4	17.8	27	.3	0	.017	.03	.3	0
Cake (fruit)	93	1.2	3.2	14.8	17	1.0	0	.040	.02	.3	0
Chutney	43	.3	ø	11.0	7	3					
Cocoa	128	5.8	6.6	9.9	15	4.1	6	.020	.09	.5	0
Custard	34	1.3	1.5	3.8	32	.1					
Fruit canned Stewed and sugar	19	.1	ø	5.1	1	.1	128	.003	.01	.2	1
Jello	23	.6	0	5.4	3	.2	ø	ø	ø	ø	ø
Oats rolled	22	.7	.4	3.8	3	.1	ø	.028	.01	.1	0
Roti - cooked	76	1.8	1.3	14.2	3	.3	140	.016	.01	.2	0
Rice - cooked	20	.4	.03	4.5	.3	.05	ø	.003	.002	.05	0
Soft drinks	7	0	0	1.8	0	0	0	0	0	0	0
Vegemite	0	0	0	0	0	0	0	1.701	1.70	12.8	0





Index

Appetizers, 54-58
  avocado, 56
  banana and bacon, 57
  banana cocktail, 57
  cheese waters, 54
  cheese spread, 54
  clam cocktail, 58
  coconut chips, toasted, 54
  crabmeat dip, 58
  cream cheese dip, 54
  curried eggplant, 56
  devited clams, 58
  eggplant caviar spread, 55
  mushroom dip, 55
  onion garlic dip, 56
  oriental dip, 56
  red bean spread, 55
  seafood dill, 57
  yogurt and cucumber dip, 55
Avocado, 14
  and fish, baked, 137
  appetizer, 56
  mayonnaise, 78
  sauce, 86
  stuffed salad, 72
'Apele (see soursop)
'Avoka (see avocado)
Accompaniments, 87-92
  banana plus chutney, 88
  dill onion rings, 92
  dill pickles, 91
  Euell Gibbons' green mango sauce, 89
  Euell Gibbons' guava butter, 90
  Euell Gibbons' guava ketchup, 90
  Euell Gibbons' pineapple chutney, 88
  guava jam, 88
  guava jelly, 87
  green lesi pickles, 91
  green mango chutney, 89
  ketchup, 90
  Kim Chee, 90
  Oriental vegetable pickles, 92
  Pat's papaya jam, 87
  pepper relisa, 92
  pineapple lesi jam, 88
  pineapple orange chutney, 89
  rosella jelly, 87
  watermelon pickle, 91
Banana, 15
  and bacon, 57
  bread, 98
  cake, 180
  casserole, 169
  cocktail, 57
  cream pie, 186
  fried, 169
  glazed fruit with crumble to topping, 168
  green porridge, 95
  Hawaiian pie, 188
  honeyed scones, 98
  hopped-up hopa, 169
  ice-cream 170
  in a blanket, 124
  kumala spiced salad, 70
  master mix coffee cake, 165
  master mix muffins, 107
  meat casserole, 130
  milkshake, 59
  mold, 169
  nut bread, 98
  oatmeal cookies, 177
  pancakes, 93
  peanut butter cookies, 178
  peanut butter pancakes, 94
  Pilgrim's yammunition, 162
  plus chutney, 88
  radish dressing, 79
  soup, 68
  sweet potato casserole, 162
  tropical omelet, 115
  tuna curry, 139
  vai siaine, 52
Bars
  carmel shortcake, 172
  coconut, 172
  coconut chewiewies, 174
  coconut squares, 174
  coffee coconut chews, 173
  fudge slice, 173
  ginger crunch, 171
  Jaffa fudge slice, 175
  lemon squares, 171
  magic cooky, 171
  papaya oatmeal squares, 174
  peanut butter, 173

Bars, con't
Weet Bix deluxe
Beans
cheesey salad, 73
green salad, 73
edible string, 144
hot, 144
Italian green, 145
refried, 144
spread, red, 55
three bean salad, 73
tropical salad, 73
Beansprout salad, 74
Beef
banana meat casserole, 130
barbeque sloppy joes, 125
basic meat curry, 121
BBQD meatballs, 125
cabbage meat pie, 130
chop suey, 121
corned beef, cabbage, peppers, 120
corned beef patties, 120
curry favorite, 122
easy skillet dinner, 128
easy spaghetti, 126
eggplant ragout, 129
enchilad s, 130
Greek and onion stew, 123
Hawaiian sweet and sour meatballs, 125
Irish spaghetti, 126
lasagne, 128
liver Italian style, 124
meat fingers, 129
meat loaf, 129
spaghetti sauce abruzzo, 127
stroganoff, 128
sweet and sour meatballs, 126
Tongan gravy meat over rice, 121
Tongan roast, 120
with tomatoes, 122
Beets,
Broadivar salad, 75
Harvar 145
orange, onion salad, 75
soup, red, 66
Beverages, 59-63
banana milk shake, 59
hristmas wassail, 62
citrus tea punch, 61
drambuie, 62
for the common cold, 61
ginger beer, 63
ginger wine, 63
guava, 61
hot buttered rum batter, 62
Kahlua home brew, 63
papaya drink, 59
papaya mango cocktail, 61
perk up your coffee, 59
soursop drink, 62
spiced tea, 60
tea punch, 60
teas, 60
tomato juice, 61
Trader Vic's Tonga punch, 62
Vava'u Constant Comment tea,59
Biscuits
cheese, 99
honeyed banana scones, 98
quick stir scones, 100
scones, 100
Bread
banana, 98
currant, 97
garlic quick, 99
orange honey, 97
pumpkin, 97
white, 96
Bread dressing, 131
Breadfruit, 17
faikakai, 52
fried, 160

salad, 70
soup, 67
Brawnies, also see bars
fudge, 171
Tongan butterscotch, 170
tri-level, 170

- C -

Cabbage
corned beef and peppers, 120
Fried, 145
hot slaw, 71
Indian, 145
meat pie, 130
noddles, 146
pineapple slaw with mustard dressing, 71
salad, 71
sausage-sauced, 146
slaw, 71
sweet and sour sauce, 146

Cake
banana, 180
cockeyed, 183
eggnog, 180
Fruit cocktail, 183
German chocolate, 181
lazy daisy, 182
Mandarin orange, 181
oatmeal, 182
one egg, 182
one egg pound, 183
papaya upside-down, 185
pineapple carrot, 183
Candies 190-194
candied ginger, 192
chocolate fudge, 192, 193
chocolate surprises, 194
coconut candy, 191
coconut fudge, 191
French fudge, 193
ginger fudge, 193
guava, 194
marshmallow, 194
nut balls, 191
toffee, 191
toffee squares, 190
Carrots
casserole, 148
Chinese cabbage salad, 72
glazed, 148
pineapple cake, 183
salad, 72
Tzimmes, 148
Cassava, 18
haka, 51
manioke melie, 155
manioke tama,
potato-less chips, 155
root crop cakes, 155
Cereals
cinnamon oatmeal, 95
granola, 95
green banana porridge, 95
Chapatis, 103
Cheese
biscuits, 99
cottage, 119
cottage salad, 76
cream cheese dip, 54
creamy macaroni, 118
enchiladas, 119
grilled sandwiches
and variation, 118
plain old macaroni, 118
Quiche Lorraine, 117
souffle, 117
spread, 54
'ufi au gratin, 164
Welsh Rarebit, 117
water, 54
Chicken 131-132
honey, 132
oranged, 132
pan-fried, 131
pie, 131
roast, 131
soup, velvet, 65
Chinese cabbage, 19
beef soup, 64
carrot salad, 72
ried, 147
Kim Chee, 90
qari vakasoso, 134
stir fried spiced, 147
sweet and sour sauce, 146
Chutney
banana-plus, 88
Euell Gibbons' pineapple, 88
green mango, 89
pineapple-orange, 89
Citrus, 20
Clams, also see shellfish
cocktail, 58
chowder, 64
deviled, 58
Italian Scampi, 135
Coconut, 21
baked, 50
bars, 172
Burmese rice, 110
candy, 191
chewies, 174
chips, toasted, 54
coffee chews, 173
cream sauce, 82
crumb crust, 186
curried eggs, 114
eggplant baked in coconut cream, 154
Euell Gibbon's cookies, 175
faikakai, 52
fudge, 191
granola, 95
lazy daisy cake topping, 182
'ota, 52
'otai, 50
pineapple lesi jam, 88
Polynesian savory fish, 136
Solomon soup soup, 68

Coconut con't
soup, 67
spinach soup, 67
squares, 174
syrup, 85
Tafaeu prawn salad, 69
vai polo, 50
Coffee Cake
master mix, 104
master mix orange glace, 106
master mix banana, 105
master mix chocolate swirl, 105
master mix up-side down, 105
streusel, 103
Conversions, kiwi, 12
Cookies
banana-peanut butter, 178
chocolate chip, 177
chocolate oatmeal (no bake), 180
chocolate-peanut, 178
Euell Gibbons' coconut, 175
fudgy oatmeal, 175
honey-peanut chews, 177
milk oatie straws, 176
molasses sugar, 176
no-bake, 177
oatmeal, 176
oatmeal banana, 177
oatmeal drops, 179
peanut butter cluster, 179
peanut whirls, 178
sugar, 175
Valda's brandy bars, 180
Cooking and Baking Term, 1
Corn
oysters, 149
pudding, 149
Crab, 45
dip, 58
qari vakasoso, 134
sauteed seafood and concumber, 134
seafood jambalaya, 134
tafolu prawn salad, 69
Cucumber
marinated and pepper salad, 74
salad with sour cream dressing, 75
salad with spicy dressing, 75
sauteed seafood,134
yoghurt dip, 55

- D -

Desserts, see puddings, cakes, and pies
apple crumble, 168
banana casserole, 169
banana ice cream, 170
banana mold, 169
chocolate fonclue, 167
fried bananas, 169
fruit crumble, 168
glazed fruit with crumble topping, 168
hopped-up hopa, 169
lemon squares, 171
New Zealand pavlova, 190
pineapple ginger strudel, 184
Princess Ann tart, 184
shortcake, 185
Dressing, bread, 131
Dumplings, 94
master mix, 104

- E -

Eel, 44
Egg and egg dishes
about, 113
and onion pie, 116
campbelled, 114
coconut curried, 114
deviled, 115
French omelet, 115
goldenrod, 116
Italian frittata, 116
Jim's scrambled, 114
tropical, 115
Eggplant, 24
ala Greque, 150
baked in coconut cream, 154
breaded fried sticks, 154
caviar spread, 55
curried, 56
curried rice, 111
fries, 151
Greek Goddess salad, 69
grilled and variations, 152
Istanbul, 150
lasagna, 154
parmesan, 150

Eggplant con't
pepper-cheese, 153
ragout, 129
salad, 74
scalloped, 151
squash supreme, 149
stuffed, 153
sweet and sour salad, 74
with tomatoes, 151
Enchiladas, 130
cheese, 119
Equivalents,
common, 5
Kiwi, 12

- F -

Faikakai, 52
Faina, see pineapple
Feke, see octopus
Fingota, see shellfish
Fish, 41
and avocado, 137
and yam fritters, 138
baked, 135
baked with chili peppers, 51
batter, 135
curried kapaika with rotis, 139
in coconut sauce, 51
kapaika biscuits, 139
kumala balls, 137
mahimahi, grilled, 136
mahimahi, sesame, 136
'ota, 52
pineapple, 138
Polynesian savory coconut, 136
root crop cakes, 155
sauteed seafo d and cucumber, 134
savory hash, 142
seafood jambalaya, 134
sweet and savory, 137
tuna and bread casserole, 140
tuna and macaroni a la Tonga, 141
tuna au gratin, 140
tuna banana curry, 139
tuna cakes, 143
tuna casserole, 142
tuna fish loaf, 142
tuna fish rice, 142
tuna hurry curry, 139
tuna easagne, 141
tuna pizza, 143
tuna, quick and easy creamed,141
tuna, salad, 70
Fondue, chocolate, 167
Fonu, see turtle
French toast, 94
Fritter batter, 96
Frosting
chocolate, 173
chocomalt icing, 189
creamy smooth, 189
Euell Gibbons' passion cake icing, 189
marshmallow icing, 189
mock whipped cream, 190
peanut butter, 190

- G -

Ginger root, 25
banana plus chutney, 88
barbeque sauce, 82
beer, 63
candied, 192
Euell Gibbons' pineapple chutney
green mango chutney, 89
Kim Chee, 90
pineapple ginger strudel, 184
wine, 63
Granola, 95
Green peppers
braised with tomatoes and onions, 159
casserole, 159
corned beef and cabbage, 120
eggplant-cheese, 153
grilled marinated, 158
marinated cucumber salad, 74
Spanish, 159
stuffed Guatemala, 158
Tehran casserole, 158
Guava, 26
candy, 194
Euell Gibbons' butter, 90
jam, 88
jelly, 87
juice, 61
ketchup, 90

- H -

Haka, 162
Ham
  baked ala Tonga, 124
  peanut butter rolls, 124
Hamburger, see beef
Helpful hints, 8
Hina, see pumpkin

- I -

Ice cream
  banana, 170
Ika, see fish

- J -

Jelly and jam
  guava, 88
  Pat's papaya, 87
  pineapple - lesi, 88
  rosella, 87
Jelly fish, 47

- K -

Kapisi siaina, see Chinese cabbage
Ketchup, 90
  Euell Gibbons' guava, 90
Kim Chee, 90
Kolukalu, see jellyfish
Kuave, see guava
Kuku, see mussels
Kumala, see sweet potato

- L -

Lamb, also see sipi
  Greek Goddess salad, 69
Lasagne, 128
  eggplant 154
  tuna, 141
Lasipeli, see rosella
Lemon,
  pudding cake, 166
  squares, 171
Lobster, 45
  Bengali ball curry, 133
  newburg, 133
  sauteed seafood and cucumber, 134
  seafood jambalaya, 134
Lo mein, 112
Lu, see taro leaves
  pulu, 49
  salad, 77
  savory spinach dish, 161
  'umuless, 49

- M -

Macaroni
  and tuna a ala Tonga, 141
  creamy and cheese, 118
  easy skillet dinner, 128
  plain old and cheese, 118
  tuna casserole, 142
Make your own, 7
Mango, 27
  Euell Gibbons' sauce, 89
  green chutney, 89
  'otai, 50
  papaya cocktail, 61
Manioke, see cassava
Marshmallows, 194
  icing, 189
Master Bisquit Mix, 104
  banana coffee cake, 105
  banana muffins, 107
  biscuits, 106
  chocolate swirl coffee
    cake, 105
  coffee cake, 104
  dumplings, 104
  muffins, 107
  oatmeal, 107
  orange glacé coffee cake, 106
  pancakes, 104
  short cake, 106
  short pie crust, 106
  top - over cake, 105
  up-side down, 105
Mayonnaise, 78
  avocado, 78
Mei, see breadfruit
Muffins
  English, 101
  ginger, 101
  master mix, 107
  master mix banana, 107
  master mix oatmeal, 107
  pumpkin, 100
  sugar apple, 101

Mushroom
dip, 55
Mussels, 44 also
see shellfish

- N -

Niu, see coconut
Noodles
home made, 111
lasagna, 112
soup, 64
Nutritional charts, 195-203

- O -

Oatmeal,
banana cookies, 177
cake, 182
chocolate cookies
(no bake), 180
cinamon, 95
cookies, 176
drops, 179
fudgy cookies, 175
master mix muffins, 107
milk oatie straws, 176
pancakes, 93
papaya squares, 174
pie, 187
Octopus, 48
curried, 135
Okra, 28
and rice, 156
gumbo, 156
Indian, 156
Omelet, 115
French, 115
tropical, 115
Onions
and egg pie, 116
braised sweet peppers with
tomatoes, 159
curried, 157
dilled rings, 92
French fried rings, 157
garlic dip, 56
Greek beef stew, 123
orange beet salad, 75
peanut casserole, 157
sausage stuffed, 157
soup, French, 65
Oranges
honeybread, 97
mandarine cake 181,
onion beet salad, 75
salad, 76
'Otai, 50
Oven temperature
conversion, 4

- P -

Paingani, (see eggplant)
Pancakes, 93
banana, 93
butter milk, 94
master mix, 104
oatmeal, 93
peanut-butter banana, 94
potato, 161
variations, 93
Papaya, 29
basic meat curry, 121
drink, 59
fruit salad, 77
glazed fruit with crumb
topping, 168
green lesi pickle, 91
Hawaiian sweet and sour meat
balls, 125
mango cocktail, 61
oatmeal squares, 174
Pat's jam, 87
pineapple-lesi jam, 88
Solomon soup soup, 168
tropical papapie, 187
upside down cake, 185
vai lesi, 52
Passion Fruit, 30
Euell Gibbons' passion cake
icing, 189
marshmallow whip, 167
Peanut
soup, 67
tomato pineapple salad, 72
Peanut butter,
banana cookies, 178
banana pancakes, 94
bars, 173
cluster cookies, 179
frosting, 190
ham rolls, 124
honey peanut chews, 177
salad dressing, 80

whirls, 178
Pele, 31
green jade fried rice, 109
lolo'i pele, 52
savory spinach dish, 161
Peppers, see green peppers
Pickles
dill, 91
dill onion rings, 92
green lesi, 91
Oriental vegetables, 92
pepper relish, 92
watermelon, 91
Pie, 185-188
banana cream, 186
eggpess pumpkin, 188
Hawaiian banana, 188
oatmeal, 187
pineapple, 1866
pineapple, Sela's, 50
pumpkin, 188
shoofly, 187
sweet potato pie, 187
tropical papa-pie, 187
Pie Crust,
coconut crumb, 186
crust, 186
easy pastry, 185
master mix short, 106
Pineapple, 32
carrot cake, 183
Euell Gibbons' chutney, 88
fish, 138
fruit salad, 77
ginger strudel, 184
glazed fruit with crumb topping, 168
Hawaiian sweet and sour meatba. meatballs, 125
lesi jam, 88
orange churney, 89
'Otai, 50
pie, 186
Sela's pie, 50
slaw with mustard dressing, 71
tomato and peanut salad, 72
Pizza, 102
stove top, 102
tuna, 143
Pork
baked smoked ham ala Tonga, 124
bananas in a blanket, 124
Outrigger's ribs, 123
peanut butter ham roll, 124
Poultry, (see chicken)
Pudding, 165-167
bread with lemon sauce, 166
Denver chocolate, 165
Edmond's custard powder, 166
Jello whip parfaits, 167
lemon cake, 166
passionfruit marshmallow whip, 167.
plum custard shortbread, 167
pumpkin, 166
puteni, spiced, 51
tapioca, 165
Pumpkin, 33
bread, 97
eggplant, squash supreme, 149
gourmet, 162A
mashed, 162A
muffins, 100
pie, 188
pudding, 166
soup, 66
squash with leeks, 162B
stuffed, 162A
with corned beef, 162A
Puteni, spced, 51

- Q -

Quiche Lorraine, 117

- R -

Relishes, see accompaniments
Rice
about, 108
Burmese coconut, 110
curried, 111
fried, 111
green jade fried, 109
Iranian method, 109
Oven - steamed, 109
pulao, 110
simple sweet pulao, 110
Spanish, 111
tunafish, 142
Rolls
Debbie's cinnamon, 99
Rosella, 34
jelly, 87

- S -

Salads, 69-77
  bean sprout, 74
  bing cherry,cake, 76
  breadfruit, 70
  broadway beet, 75
  cabbage, 71
  cabbage slaw, 71
  carrot, 72
  cheese bean, 73
  Chinese cabbage and carrot,72
  cottage cheese, 76
  cucumber with sour cream dressing, 75
  cucumber with spicy dressing,75
  eggplant, 74
  fruit, 77
  Greek Goddess, 69
  green bean, 73
  hot slaw, 71
  lu, 77
  marinated cucumber and pepper, 74
  orange, 76
  orange-onion-beet, 75
  pea, pickle, celery, 76
  pineapple slaw with mustard dressing, 71
  potato and sausage, 70
  spiced kumala and banana, 70
stuffed avocado, 72
  sweet and sour eggplant, 74
  Tafolu prawn, 69
  three bean, 73
  tomato, pineapple and peanut, 72
  Tropical bean, 73
  tuna, 70
Salad dressings, 78-81
  almost like miracle whip, 78
  avocado mayonnaise, 78
  banana radish, 79
  Cleveland, 80
  easy Thousand island, 78
  Hawaiian French, 80
  mayonnaise, 78
  peanut butter, 80
  sassy salad, 79
  sesame oil, 79
  spicy fruit salad, 80
  sour cream honey, 81
  sweet vermouth, 80
  tomato French, 79
  three fruit, 81
  vinegar and oil, 81
Sandwiches
  grilled cheese and variations,118
Sauces, 82-86
  avocado, 86
  barbeque, 83
  caramel, 86
  chocolate topping, 86
  coconut cream, 82
  dill, 82
  Euell Gibbon's green mango, 89
  garlic, 83
  ginger root barbeque, 82
  honey dessert, 85
  hot, 82
  hot fudge, 86
  ketchup lemon, 85
  mustard, 83
  royalty meat, 83
  tartar, 83
  white, and variations, 84
Scones, see biscuits
Sea slugs, 47
Seafood
  dill, 57
  prawn salad, 69
Shellfish, 43
  clam chawder, 64
  clam cocktail, 58
  deviled clam, 58
  Italian scampi, 135
  sauteed seafood and cucumber, 134
  seafood jambalaya, 134
Siaine, see banana
Sinisa, see ginger root
Sipi
  flaps, 123
  stuffed, 12
Sauffle, cheese, 117
Soup, 64-68
  banana, 68
  beef and Chinese cabbage, 64
  breadfruit, 67
  clam chowder, 64
  chicken velvet, 65
  Chinese tomato, 65
  coconut, 67
  French onion, 65
Soup
  Iranian yogurt, 68
  noodle, 64
  peanut, 67

Soup con't
pumpkin,66
red beet, 66
Solomon, 68
spinach-coconut, 67
taro, 67
tomato mint, 65
tropical vegetable, 66
Soursop, 35
drink, 62
Spaghetti
alla carbona, 112
easy, 126
lo mein, 112
Irish, 126
sauce abruzzo, 127
Spinach
savory dish, 161
Substitutions, 6
Sweet potato,36
casserole, 162
fish and yam fritter, 138
haka, 162
kumala fish balls, 137
peanut butter ham rolls, 124
pie, 187
Pilgrim's yammunition, 162
Solomon soup soup, 168
spiced kumala and banana salad, 70
stuffed kumala, 162
Syrup, 85
coconut, 85
hot apple, 85
salivacious, 85

- T -

Talo, see Taro
Taro, 37
faikakai, 52
haka, 162
root crop cakes, 155
soup, 67
Taro leaves, 38
and coconut cream, 162B
creamed, 162B
lu pulu, 49
lu salad, 77
savory spinach dish, 161
spinach- coconut soup,67
tropical vegetable soup, 66
Tava, 26
Tea, see beverages
Tofua'a, see whale
Tomatoes
baked with French d dressing, 163
braised sweet peppers with onions, 159
curried green, 163
filled with eggs and cheese, 162B
grilled, 164
juice, 61
marinated sliced, 163
pineapple, peanut salad, 72
soup, Chinese, 65
soup, mint, 65
stewed, 164
stuffed, 163
Tongan treasures, 49-53
with beet, 122
with eggplant, 151
Tortillas
flour, 102
Tuna
and bread casserole, 140
and macaroni a la Tonga, 141
au gratin, 140
banana curry, 139
cakes, 143
casserole, 142
Fish loaf, 142
hurry curry, 140
la sagna, 141
pizza, 143
quick and easy creamed , 141
rice, 142
salad, 70
Turtle, 46

- U -

'Ufi, 39
'api Fried, 164
au gratin, 164
easy scalloped, 164A
faikakai, 52
fish and yam fritter, 138
haka, 162
no bake au gratin, 164A
scalloped, 164A
'Umu, 53
'Uu,see lobster

- V -

Vai polo, 50
Vegetables, sauteed, 164A

- W -

Water chestnut, 40
Watermelon
  pickles, 91
Welsh Rerebit, 117
Whale, 46
  baked, 143
Wi, 40
  'otai, 50

- Y -

Yam, see 'ufi
  boiled, 51

Originally printed in 1975, this book was scanned and made into a PDF by
Thomas Riddle (Peace Corps Tonga 1975-1979) in 2015.

For sale by the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402



ACTION PAMPHLET NO. 4200.22 (4/77)