



Hawaii Tasting Tours
808.359.8159

Luau Foods of Hawaii

Main Dishes:

- Kailua Pua'a (pig)-typically baked in ground for 6-9 hrs. Extremely tender and addictive.
- Teriyaki Beef or Chicken
- Shoyu Chicken-shoya is Hawaiian soy sauce.
- Huli Huli Chicken (huli is the type of seasoning, tastes sweet and salty and usually has soy sauce, brown sugar, ginger, garlic and other spices)
- Baked Mahi-Mahi-Mahi is a very prevalent fish here. Tender, delicious and not fishy.
- Lau Lau, rarely served at luau's as it's expensive but will look like green bundles. Inside is pork and fish. Don't eat the banana leaves and you can eat the taro leaves but I find they are gritty. Use the poi with lau lau.)
- Chicken Long Rice (simple, chicken, lemon, ginger and bean threads, so ono!) Bean threads are clear noodles.
- Molokai sweet potatoes which are deep purple. Eat as much of this as you can as they are the best in the world. Bold statement, yes, but honestly....so ono!

Side Dishes:

- Hawaiian Poi-ground taro bulb from the taro plant also known as kalo. Don't listen to what others say, eaten right and fresh, it's incredible. Poi is used to dumb down salty foods much like a white rice to a curry. It's not meant to be eaten plain but in addition to other foods such as lau lau. Put some fish & pork on your fork with a little poi, and it's a perfect mouthful!
- Poke-raw tuna, many different kinds. Foodland lets you sample for free. Poke is pronounced Po-kay, not poke and is raw aku tuna, sesame seeds, sesame oil, green onions, wakame or some kind of seaweed and shoyu just before service. No acids so not like a ceviche.
- Lomilomi Salmon, smoked salmon salad, saltier dish, good with poi. It's tiny cubes of salmon with cucumbers, tomatoes, herbs and looks almost like a bruschetta topping.
- Pipi Kaula-Hawaiian beef jerky.
- Potato Salad
- Squid Luau (salty but worth trying, squid called he'e in Hawaiian with taro leaves and coconut milk. Dish can look dark green or black.)
- Baked Sweet Potato
- Taro Roll-see below.
- Molokai Sweet Potato rolls, purple bread,
- Strawberry Guava bread, pink bread



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Kalo=Taro in Hawaii

Kalo in Hawaii is a traditional staple of the [native cuisine of Hawaii](#). Some of the uses for taro include [poi](#), table taro, taro chips, and [luau](#) leaf. In Hawaii, taro is farmed under either dryland or wetland conditions. Taro farming in the [Hawaiian Islands](#) is especially challenging because of difficulties in accessing fresh water. Taro is usually grown in pondfields known as *lo'i* in Hawaiian. Cool, flowing water yields the best crop. Typical dryland or upland varieties (varieties grown in watered but not flooded fields) in Hawaii are *lehua maoli* and *bun long*, the latter widely known as Chinese taro. *Bun long* is used for making taro chips. *Dasheen* (also called "eddo") is another dryland variety of *C. esculenta* grown for its edible corms or sometimes just as an ornamental plant. The contemporary Hawaiian diet consists of many tuberous plants, particularly [sweet potato](#) and taro.

Important aspects of [Hawaiian culture](#) revolves around *kalo* cultivation and consumption. For example, the newer name for a traditional Hawaiian feast, luau, comes from the *kalo*. Young *kalo* tops baked with [coconut milk](#) and chicken or [octopus](#) arms are frequently served at luaus. By ancient Hawaiian custom, fighting is not allowed when a bowl of poi is open. It is also considered disrespectful to fight in front of an elder, and one should not raise one's voice, speak angrily, or make rude comments or gestures. An open poi bowl is connected to this concept because [Hāloa](#) (taro) is the name of the first-born son of the parents who begat the human race. Hawaiians identify strongly with *kalo*, so much so that the Hawaiian term for family, *ʻohana*, is derived from the word *ʻohā*, the shoot or sucker which grows from the *kalo* corm. As young shoots grow from the corm, so people, too, grow from their family.^[22]



lau or lū'au
(leaf)

'ao lū'au or mahola
(unexpanded, rolled leaf blade)

mahae
(leaf sinus)

a'a lau
(midrib and veins)

piko
(junction of
petiole and
blade on
upper surface)

ka'e lau
(edge of leaf)

hā
(petiole or
leaf stalk)

lihi māwae
(sheath edge)

māwae
(petiole sheath)

kōhina
(top of corm;
cut to form huli)

'ohā
(bud of corm)

'ili kalo
(skin of corm)

'i'o kalo
(flesh of corm)

'a'a'a
(fibers)

huluhulu
(roots)

kalo
(corm)

cross-section
of kalo