



ucla's

Hawai'i Faves

Local Style

The title is presented in a playful, hand-drawn style. 'ucla's' is in a black script font inside a yellow circle. 'Hawai'i Faves' is in a large, light blue script font with a red dot on the 'i' and yellow dots on the 'H' and 'F'. 'Local Style' is in a pink script font. The entire title is decorated with small yellow and red dots and stylized blue and pink flourishes.

By: The 2020-2021 Hui O 'Imiloa Internship
Members

ALOHA!!

Howzit! We hope you enjoy this compilation of some of our local Hawaii favorites. If you recreate any of these recipes, please feel free to share it with us!

DA LOCAL FAVES...

Table of Contents:

1. **Pupus: Side Dishes/Appetizers - Page 4**

- a. Garlic Edamame - Page 5
- b. Poke (Spicy Ahi) - Page 6
- c. Poke (Shoyu Ahi) - Page 7
- d. Mac Salad - Page 8

2. **Da Grindz: Main Dishes - Page 9**

- a. Kalua Pig - Page 10
- b. Loco Moco - Page 11
- c. Spam Musubi - Page 12
- d. Shoyu Chicken - Page 13

3. **Dessert - Page 14**

- a. Haupia - Page 15
- b. Gummy Bears with Lemon Peel and Li Hing - Page 16
- c. Butter Mochi - Page 17

4. **Local Small Businesses - Page 18**

- a. Lōkahi Local Made - Page 19
- b. Uncle Bo's - Page 20

5. **About Us - Page 22**





Pupus

Side Dishes/Starters

Recipe #1: Garlic Edamame

Ingredients

- Bag of Edamame
- 1 tbsp olive oil
- 2 sliced garlic gloves
- Pinch of salt
- Garnishes

Directions

- Depending on the directions labeled on your bag of edamame, microwave for the given amount of time or boil the pods in salted water until tender
- Heat the olive oil and garlic gloves in a skillet over medium heat for 1-2 minutes
- Garnish with desired toppings (salt, sesame seeds, etc)



Recipe #2: Poke (Spicy Ahi)

Ingredients

- 1 lb yellowfin tuna steak (sushi or sashimi grade)
- 1 Tbsp shoyu
- ½ Tbsp sesame oil
- 2 scallions, chopped finely
- ¼ onion, sliced
- 2 Tbsp mayonnaise
- 2 Tbsp sriracha
- 2 tsp tobiko

Directions

- Slice tuna into 1 in cubes
- In a bowl, combine tuna, shoyu, sesame oil, and 1 chopped scallion. Chill mixture for ~30 mins.
- Whisk together mayo, sriracha, remaining scallions, and tobiko to combine
- When tuna is chilled, add spicy mayo and mix gently until fully coated
- Top with more tobiko and scallions and serve within 24 hours



Recipe #3: Poke (Shoyu Ahi)



Ingredients

- 1 lb sashimi grade boneless tuna
- 4 oz Maui onion, sliced thin
- 2 green onions, sliced thin
- $\frac{1}{2}$ cup shoyu
- $\frac{1}{4}$ cup sesame oil
- $\frac{1}{2}$ Tbsp sugar
- 1 large pinch red alae sea salt
- 1 Tbsp inamona

Directions

- Slice tuna into $\frac{3}{4}$ in cubes
- Mix fish with sliced onion and green onions
- In a separate bowl, mix together shoyu, sesame oil, and sugar until dissolved. Pour mixture over poke.
- Sprinkle on salt and mix well.
- Transfer to a serving vessel and sprinkle with inamona.
- Serve within 24 hours.

Recipe from:
<https://www.hawaiianairlines.com/sharing-aloha/learn-how-to-make-shoyu-ahi-poke>

Recipe #4: Mac Salad

Ingredients

- 1 pound macaroni
- 2 tbsp apple cider vinegar
- 2 carrots shredded
- ¼ cup onion shredded
- 2½ cups mayonnaise
- ¼ cup milk
- 2 tsp sugar
- Salt and pepper to taste

Directions

- Cook macaroni and drain well
- Mix vinegar, carrot, and onion with macaroni while the pasta is still hot
- In a separate bowl, mix mayo, milk and sugar together, then combine with macaroni
- Add salt and pepper to taste
- Cover and refrigerate for at least 4 hours. Before serving, stir and add more milk if needed.



Recipe from:
<https://www.favfamilyrecipes.com/authentic-hawaiian-macaroni-salad/>



Da Grindz

Main Meals

Recipe #5: Kalua Pig

Ingredients

- 1 (6 pound) pork butt roast
- 1 ½ tablespoons Hawaiian sea salt
- 1 tablespoon liquid smoke flavoring



Directions

- Pierce pork all over with a carving fork. Rub salt then liquid smoke over meat. Place roast in a slow cooker.
- Cover, and cook on Low for 16 to 20 hours, turning once during cooking time.
- Remove meat from slow cooker, and shred, adding drippings as needed to moisten.

Recipe from:
<https://www.allrecipes.com/recipe/24035/kalua-pig-in-a-slow-cooker/>

Ingredients

- 2 cups white rice (uncooked)
- 2 cups water
- 1 lb ground beef
- 2 tsp kosher salt
- 2 tsp black pepper
- 1 tbsp olive oil
- 1 tbsp flour
- 1 ½ cup beef broth
- 1 tbsp soy sauce
- 1 tbsp butter
- 2 tsp olive oil
- 2 green onions (sliced)



Recipe #6: Loco Moco

Directions

- Rinse the rice under cool water. Place the rinsed rice and 2 cups water in a rice cooker and cook.
- Shape the ground beef into four patties. Season both sides with salt and pepper.
- Heat olive oil in a cast iron skillet over medium-high heat. Add the patties. Sear for 4 minutes. Flip. Cook for 4 more minutes. Remove the patties and set aside.
- Reduce heat to medium-low. Add the flour to the skillet. Cook for 1-2 minutes, stirring continuously.
- Add 1/2 cup beef broth to the skillet, and stir to combine.
- Add the remaining beef broth and soy sauce. Cook until thickened, about 5 minutes. Whisk in butter. Season with salt and pepper to taste.
- In another skillet, heat 2 teaspoons olive oil over medium-high heat. Crack the eggs into the pan and fry for 3-4 minutes, until the whites are cooked through. The yolks should remain loose.
- Place a large circle cookie cutter on a plate. Fill with a spoonful of rice. Remove the cookie cutter.
- Place a cooked patty on top of the rice. Spoon on a ladle of gravy. Top with a cooked egg, and garnish with green onions.





Recipe #7: Spam Musubi

Ingredients

- 1 can of Spam
- 2 tbsp shoyu
- 2 tbsp light brown sugar
- ½ tsp mirin (optional)
- 3 sheets roasted sushi nori
- 2 tsp furikake
- 5-6 cups cooked short-grain white rice
- Spam musubi maker

Directions

- Whisk shoyu, sugar, and mirin
- Cook sliced spam in a pan until browned and coat slices with shoyu glaze
- Place strip of nori rough side up and put spam musubi maker over it. First, place a slice of spam into the mold, sprinkle furikake over the top, fill the musubi maker with rice and then press firmly to compact everything together. Release musubi mold and wrap nori around the musubi



Recipe #8: Shoyu Chicken

Ingredients

- 5 lb box chicken with bone and skin
- 2- $\frac{1}{4}$ cup low salt shoyu
- 1- $\frac{1}{2}$ cups water
- 1 cup brown sugar packed
- 7 pieces garlic
- 2 pieces ginger
- 2 tsp sake
- Dash of mirin

Directions

- Place chicken on the side
- Combine ingredients in a bowl and stir until sugar is dissolved
- Pour mixture over chicken and stir
- Cook in Instapot for 10 minutes
- Enjoy!





Dessert

Now dis is what I'm talking about

Ingredients

- 1 can (13 oz) coconut milk
- 1/4 cup granulated sugar
- 5 tablespoons cornstarch
- 1/2 cup water



Recipe from Keeping It Relle

Recipe #9: Haupia

Directions

- Lightly grease an 8x8 pan with non stick cooking spray and set aside.
- In a medium mixing bowl add water, cornstarch, and sugar. Whisk until well combined. Set aside.
- Add coconut milk to a medium sized pan over medium high heat and heat until the liquid just starts to bubble. Stirring frequently so the milk does not burn.
- Then add the cornstarch mixture to the pan and continue to stir. Heat until the mixture starts to thicken and resembles pudding. Remove from heat.
- Pour the haupia into the prepared 8x8 pan and allow to cool. Then place pan in the refrigerator until set, about 2 hours or you can leave it overnight.
- Cut into squares and ENJOY!



Recipe #10: Gummy Bears with Lemon Peel and Li Hing

Ingredients

- 14 ounces gummy bears
- 1.5 ounces lemon peel strips
- 1 tablespoon lemon juice
- 1 tablespoon granulated sugar
- 1 teaspoon li hing mui powder

Directions

- Finely chop lemon peel strips in food processor and set on the side
- Add and mix lemon juice, granulated sugar, and li hing powder in a bowl
- Add gummy bears to bowl mixture and stir
- Add lemon peel to gummy bear and stir
- ENJOY!



Recipe #11: Butter Mochi



Ingredients

- 1 box mochiko
- 3 cups sugar
- 1 Tbsp baking powder
- 1 tsp vanilla extract
- 2 cups milk
- 1 can coconut milk
- 5 eggs
- ½ cup unsalted butter (melted)

Directions

- Preheat oven to 375F
- Combine dry ingredients (mochiko, sugar, baking powder)
- Add wet ingredients to dry ingredient mixture (vanilla, milk, coconut milk, eggs, butter)
- Pour mixture into 9in x 13in pan
- Bake for 1hr
- Let cool before serving



*Local Small
Businesses...*

Lōkahi Local Made

Get some of your
fave Hawaii snacks



our values

community

integrity

responsiveness

756 Moowaa St.

Honolulu, HI 96817

Phone: 808-479-5036

contact@lokahilocalmade.com

Order at <https://lokahilocalmade.com/>

Uncle Bo's Pupu Bar & Grill

Enjoy some local classics with a mix of Italian and American foods.



Kapahulu Location:
559 Kapahulu Ave, Honolulu, HI 96815



Haleiwa Location
66-111 Kamehameha Hwy #101, Haleiwa, HI 96712

K, den!! Hope you
enjoy!!



About



us

Kacie, Eri, Tiffany, Annelise, Madi,
and Mira



Kacie

First Year

Biology Major
Honolulu, HI

~Eri~

First Year

Biology Major
Honolulu, HI

~Tiffany~

First Year

Statistics Major
Fremont, CA





Madi

Second Year

Physiological Science Major
Honolulu, HI

Mira

First Year

Biology Major
Honolulu, HI

Annelise

Second Year

Public Affairs Major
Santa Cruz, CA

