

# *School of Cooking*

Martin's

## **Luau Specialties**

**Hosted by Chef Greg Beachey**

**May 25, 2006**

**Martin's on Bashor Road**

**Goshen, Indiana**

### **Seafood LauLau**

#### **Ingredients**

2 pieces Scallop

3 ounces Fish

3 pieces Shrimp

#### **Sauce:**

1 teaspoon Sherry Wine

1 teaspoon Worcestershire sauce

1/2 Kumquat Skin

1/2 juice of lemon

2 teaspoons Mayonnaise

Pinch Green Onions

Pinch Ginger, minced

1/2 teaspoon Fish Boullion

Salt and Pepper, to taste

#### **Wrap:**

3 pieces Romaine lettuce

2 pieces Ti Leaves (or foil)

#### **Instructions**

Mix sauce ingredients in a bowl. Add scallops, fish and shrimp.

Add salt and pepper. Wrap mixture in romaine leaves. Make one pouch for each serving. Wrap pouches in ti leaves. Steam for 12-15 minutes.

## **Lomi Lomi Salmon**

### **Ingredients**

1 pound Salmon, canned  
4 tomatoes, peeled and diced  
1 medium onion, chopped  
Green onions

### **Instructions**

Rub salmon with a small amount of Kosher salt. Shred salmon. Combine salmon, onions and tomatoes in a large bowl and massage until thoroughly mixed. Chill well. May be served in tomato shells, garnished with green onions.

## **Kalua Pua'a**

### **Ingredients**

3 pounds Pork Butt  
3 tablespoons Sea Salt  
1/2 gallon Water  
1 teaspoon Ginger  
1 teaspoon Garlic

### **Instructions**

Place pork butt in a roasting pan. Make several slashes into the meat about 1/2" deep. Rub salt, ginger and garlic on pork. Add water. Cover pork with ti leaves, wrap it if you have enough. Cabbage leaves can be substituted, but it's not quite the same. Bake at 350 for 2-3 hours. Remove leaves, shred pork, add salt if needed.

## **Haupia**

### **Ingredients**

12 ounces Coconut Milk  
5 tablespoons Sugar

5 tablespoons Cornstarch  
3/4 cup Water

### **Instructions**

Combine ingredients in a saucepan. Stir well until all are completely mixed. Bring mixture to a boil, then simmer over low heat until mixture thickens, stirring constantly. Pour thickened mixture into an 8 inch square pan. Refrigerate until firm. Cut into squares and serve.

## **Nutritional Information**

### **Seafood LauLau**

Per Serving: 440 Calories; 13g Fat (22.0% calories from fat); 46g Protein; 58g Carbohydrate; 41g Dietary Fiber; 37mg Cholesterol; 351mg Sodium. Exchanges: 1 Lean Meat; 12 Vegetable; 1/2 Fat; 0 Other Carbohydrates

### **Lomi Lomi Salmon**

Per Serving: 672 Calories; 17g Fat (23.4% calories from fat); 96g Protein; 32g Carbohydrate; 7g Dietary Fiber; 236mg Cholesterol; 352mg Sodium. Exchanges: 12 1/2 Lean Meat; 6 Vegetable

### **Haupia**

Per Serving: 1177 Calories; 81g Fat (59.2% calories from fat); 8g Protein; 118g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 61mg Sodium. Exchanges: 2 1/2 Grain (Starch); 1 Fruit; 16 1/2 Fat; Other Carbohydrates

### **Kalua Pua'a**

Per Serving: 10 Calories; trace Fat (9.3% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 16978 mg Sodium. Exchanges: 0 Grain (Starch); 0 Vegetable; 0 Fat