

HAWAIIAN LŪ'AU

STORAGE & PREPARATION INSTRUCTIONS FOR MULTIPLE DISHES



KAU KAU TIME! KĀHEA 'AI!

Time to eat! Come and get it!

EACH 4-PERSON SET INCLUDES: LAU LAU (2 PORK & 2 CHICKEN), KĀLUA PIG (2 LB), SQUID LŪA'U (1.5 LB), 'UALA (2 LB)

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HAWAIIAN FOOD

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instructions and
alternate prep ideas!

TO STORE: All product ships vacuum sealed or in heat-sealed zip-top bag; do not remove from bag until ready to prepare. Product may arrive partially thawed; refreezing is not recommended if product has thawed partially or fully. Refrigerate or freeze immediately upon receiving. May be stored in the refrigerator up to 3 days or freezer 1 month.

TO THAW: Thaw product in bag; keep refrigerated while thawing. (May take up to 2 days to completely thaw from fully frozen. Product may be reheated while frozen but will impact reheating time significantly.)

LAU LAU

Ingredients (Pork): Pork butt, pork belly, taro leaf, butterfish (sablefish) (fish) collar, sea salt, ti leaf

Ingredients (Chicken): Chicken, taro leaf, sea salt, ti leaf

Preparation:

instructions are for one bag containing two lau lau

Stovetop (using steamer):

Step 1: Thaw (see instructions above)

Step 2: Add one to two inches of water to a large pot that can accommodate a steamer insert (water level should remain below the steamer insert) and bring to a boil, or use a steamer appliance and follow appliance instructions. Remove lau lau from bag and arrange in a single layer on the steamer insert, cover with lid, and cook for 15 to 20 minutes (until center reaches 160°F. Do not allow water to boil off completely.

Step 3: Remove lau lau from pot.

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Step 4: Remove outer ti leaf wrapping (cut through the knot and peel leaves away); do not remove the inner spinach-like lūa'u leaf (taro leaf).

Microwave:

Step 1: Thaw (see instructions above)

Step 2: Cut a vent slit (approx. 1 inch) in vacuum bag.

Step 3: Set bag on a microwave-safe plate

Step 4: Microwave on high for 18 minutes. Use vent slit to insert thermometer and check temperature; center of lau lau should be 160°F. If not fully reheated, continue microwaving in two-minute increments until 160°F in center.

Step 5: Carefully cut bag open (watch out for escaping steam) and remove contents.

Step 6: Remove outer ti leaf wrapping (cut through the knot and peel leaves away); do not remove the inner spinach-like luau leaf (taro leaf).

KĀLUA PIG

Ingredients: Pork butt, sea salt

Preparation:

instructions are for one bag

Step 1: Thaw (see instructions above)

Step 2: Cut a vent slit (approx. 1 inch) in vacuum bag.

Step 3: Set bag on a microwave-safe plate

Step 4: Microwave on high for 10 minutes. Use vent slit to insert thermometer and check temperature; center of meat should be 160°F. If not fully reheated, continue microwaving in two-minute increments until 160°F in center.

Step 5: Carefully cut bag open (watch out for escaping steam) and transfer contents to a serving dish, including any juices. Meat may be compacted together when removed from the bag; separate with tongs or two forks before serving.

SQUID LŪA'U

Ingredients: Taro leaf, octopus (shellfish), coconut (tree nut) milk, granulated white sugar, Hawaiian sea salt

Preparation:

instructions are for one bag

Stovetop (recommended):

Step 1: Thaw (see instructions above)

Step 2: Empty contents of bag into a saucepan.

Step 3: Heat over medium, stirring constantly, until it comes to a gentle simmer. Simmer until temperature reaches 160°F.

Step 4: Transfer contents to a serving dish.

Microwave:

Step 1: Thaw (see instructions above)

Step 2: Empty contents of bag into a microwave-safe bowl.

Step 3: Microwave on high for 4 minutes. Stir and check temperature; temperature should be 160°F. If not fully reheated, continue microwaving in two-minute increments until 160°F.

Step 4: Transfer contents to a serving dish.

'UALA

Ingredients: Okinawan sweet potato

Preparation:

instructions are for one bag

Step 1: Thaw (see instructions above)

Step 2: Bring to room temperature OR Microwave on high for 3 minutes until center of largest piece reaches 160°F.

Step 3: Remove from bag and serve.