

THE MALIHINI GUIDE to Hawaiian Food

HAWAIIAN FOOD IS DISTINCTIVE, delicious and rich in history. This Malihini (newcomer) Guide will help you understand and appreciate the traditional flavor of our food.



1 POI | *poy* | is mashed taro root. Whether served room temperature or cold, locals often eat it with a bite of lomi salmon or kālua pig.

2 SQUID LŪ'AU | *skwid loo-ow* | A wonderful, tasty melange of steamed lū'au leaves (taro leaves), coconut milk & squid.

3 LAU LAU | *rhymes with "wow-wow"* | Pieces of pork & butterfish wrapped in lū'au leaves & steamed for several hours.

4 CHICKEN LONG RICE | Made of mung bean noodles, chicken, broth, ginger, garlic & green onions, this soupy lū'au staple has its roots in Hawai'i's Asian immigrant heritage.

5 KĀLUA PIG | *kah-loo-ah peeg* | Traditionally cooked in an imu (underground oven) where a whole pig slowly roasts, this smoky shredded pork dish is the centerpiece to any lū'au.

6 LOMI SALMON | *low-me sam-min* | A side dish made of diced tomatoes, raw onions & salt-cured salmon—its flavor punch makes it a perfect pairing for poi.

7 'UALA | *ooh-ah-lah* | is purple sweet potato. Mild and starchy, it's a favorite side dish with rich & salty lū'au foods.

8 HAUPIA | *how-pee-ah* | is a sweet Hawaiian dessert. A cross between coconut pudding & gelatin.

PIPIKAULA | *pee-pee-cow-lah* | was a favorite snack among paniolo (Hawaiian cowboys). It is often compared to beef jerky, but ours is a bit different—seasoned, dried & then grilled.

TRIPLE / HUMBUG STEW | Made from the inner lining of the cow's stomach, ours has a thin, tomato soup base. If you like a thicker consistency, try our Humbug, which adds some of our beef stew gravy.

NA'AU PUA'A | *nah-ow poo-ah-ah* | Chitterlings & lū'au leaves in a soupy base. The literal translation is gut (na'au) of the pig (pua'a). It's on the saltier side, and easier to eat than to pronounce.

DESSERTS

HOUSE-BAKED DESSERTS 7.99

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HAUPIA SAMPLER 17.99

Haupia, Chocolate Haupia Shortbread, 'Uala Haupia Shortbread

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WAIPAHU

BEVERAGE, PŪPŪ
& DESSERT MENU

Mālama i ka Wai

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