

## LAU LAU (PORK OR CHICKEN)

**KAU KAU TIME! KĀHEA 'AI!**

*Time to eat! Come and get it!*



**WE'VE BEEN COOKING THIS ICONIC DISH FOR 75 YEARS.**

Years of practice makes our lau lau extra 'ono!

**Highway Inn**  
— Since 1947 —

**HAWAIIAN FOOD**  
"A Taste of Old Hawaii"

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Scan for online  
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.)

*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 lū'au 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 lau lau (taro leaf).

**IMPORTANT NOTE:** Meat may have a pink color even after reheating; this is not indicative of doneness, but a factor of the myoglobin content and pH of the meat. Lau lau are cooked thoroughly to safe temperature.



### WHAT GOES INTO MAKING OUR MOUTH-WATERING LAU LAU?

It starts with a bed of lū'au leaves. Lū'au leaf is a Hawaiian staple and similar in texture and taste to spinach or collard greens, with a deep, savory taste. Pork shoulder and a cut of salted butterfish (or succulent chicken thigh pieces, for our chicken version) are placed inside. It's all wrapped in two ti leaves with the stems tied in a traditional Hawaiian way with a knot at the top. It takes a lot of dexterity and practice to do it right!