

## SQUID LŪA‘U

**KAU KAU TIME! KĀHEA ‘AI!**

*Time to eat! Come and get it!*



**DON'T LET ITS HUMBLE LOOKS FOOL YOU.**

The ideal accompaniment for lau lau or kālua pig.

**Highway Inn**

— Since 1947 —

**HAWAIIAN FOOD**

“A Taste of Old Hawai‘i”

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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: 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.*

**CONTINUES ►►►**

*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.



### **HUMBLE TARO LEAF**

In Hawaiian culture, kalo (taro) is considered a literal brother to the Hawaiian people. Hāloa was the stillborn son of Wākea (Father Sky) and Papa (Mother Earth). From Hāloa came the first taro plant, which nurtured the first people and continues to do so today. Kalo leaves are an essential component of Hawaiian food. Called lau or lūa'u (when referring to the young tops), when cooked, they have an earthy taste and texture similar to spinach or collard greens. Raw taro leaves should never be eaten; they contain oxalic acid which can irritate your skin, throat and stomach.