







Native Ingredients

	Ingredients	Image	History	Preparation	Additional Notes
Shoreline Fish	Akule		Ancient Hawaiians consumed a lot of fish, but instead of deep-sea fish like ahi, their diets were rich in the shoreline fish that were plentiful in their day.	Shoreline fish such as the Akule and Halalū could be prepared many different ways. Today, Dr. Hoe demonstrates lawalu fish or poaching the fish. Other methods of preparation include steaming or grilling the wrapped fish.	While modern cuisine removes the bones and even skin, our kupuna would chew down and swallow the bones and skin to get all the nutrients and healthy fats.
	Halalū				
Seasoning	‘Inamona		‘Inamona was made by grounding the innards of roasted kukui nuts and was often mixed with Pa‘akai (sea salt).	Together, ‘inamona and pa‘akai are the perfect seasoning for our lawalu.	
	Pa‘akai				
Plants	‘Ōlena		‘Ōlena, kalo, and the ti leaf were brought to Hawai‘i by our ancestors and were a staple of health in the traditional Hawaiian diet. These plants also had medicinal uses and were considered sacred for their spiritual power. Kalo grew from the stillborn son of Wākea (sky father) and Papa (earth mother).	The ti leaf has a nice smell and flavor. Our kupuna were extremely innovative in the way they utilized the leaf in their cooking. Like the shoreline fish, starches like the kalo, uala and ulu could be prepared many different ways and could be incorporated into any meal.	The fiber provided by these beautiful plants are great for the digestive system and have been proven to be beneficial for our colons, including against colon cancer. For all the meat consumed today, it lacks the high fiber that kept our ancestors so healthy and strong.
	Kalo				
	Kī (ti leaf)	