

FAST SEAFOOD LUAU

Contributed by: Arthur and Michelle Chow

Ingredients

Luau leaves -200 cooked
64 oz. Vegetable stock
4 tbsp Vegetable base
1/2 lb Shrimp peeled and cleaned
1/2 lb Tako chopped
1 lb Mahi-Mahi
1/2 lb Scallops any size, smaller ones are better
2 tbsp Vegan butter
1 tbsp Garlic
1 piece Ginger
2 tbsp Oyster Sauce
Salt to taste



This recipe is not exact measurements, but eye test and taste test. You can always add more or less of what I've listed based on your taste buds or dietary restraints. I'm personally on a low sodium intake due to high blood pressure.

Luau leaves (main ingredient) what you can obtain, we have our own patch so I put about 200 leaves in our pressure cooker and cooked for about 2 hrs, our pot has a line in it for how much water to put in, (roughly about 64oz you can always put more in it). The longer you cook it the more it breaks down, since this will be more on the soupy side, I cooked it less to have that more leafy look vs cooking longer and having that thicker mushy texture. Once done cooking, in a colander strain out liquid and rinse with cold water. Next squeeze out all the water, and you'll end up with this ball of condensed luau leaf. In a pot I now add my cooked luau leaf and I added 64 oz of vegetable stock with 3-4 tablespoons vegetable base... again I'm more on a plant based diet so I use vegetable based ingredients. You can also substitute with either beef or chicken broth and add the same amount of beef or chicken base, but your soup will take on that flavor. Cook until mixture boils. Taste to see if any more flavoring or salt is needed.

In a separate pan, I cook my seafood separately as to not over cook the different types of seafood used. Some people prefer to cook them in the luau, but I have people with allergies to certain seafoods so they can add theirs in separately without having to worry about their allergies. Since this batch I didn't have to worry about anyone with allergies, I used frozen shrimp, and tako, and fresh mahi-mahi and scallops. Again you can use whatever else you want seafood wise and adjust to your liking. I cooked my seafood in a pan, I put 2 tablespoons of vegan butter, 1 tablespoon chopped garlic, and 1 smashed thumb sized ginger so you can take it out later... sauté tako and shrimp for about 2 minutes, and then add mahi-mahi and scallops, I did this as to not over cook the later... once all seafood is cooked add 2 tablespoons oyster sauce to mixture, and mix. Now as for plating, scoop luau into bowl, and top with sautéed seafood mixture, eat with poi or rice!!!!!!

\$23 million in additional housing subsidies to help people seeking employment.

\$9 million to improve facilities at the Kaua'i Veterans Memorial Hospital and the Samuel Mahelona Memorial Hospital.

\$2.5 million for improvements for the Waimea Canyon State Park Complex.