

Hawaiian Style Grinds

Mango Pineapple Slaw

By Chef Hillori

Serves: 6 – 8

Ingredients:

1 large bag cabbage slaw or
1/2 medium green cabbage head, cored and finely shredded
1/4 medium red cabbage head, cored and finely shredded
2 medium carrots, grated
1 mango, cut into bite size pieces
1 cup pineapple, cut into bite size pieces

For the Dressing:

2 whole limes, zested and juiced (lemons work too)
2 small clove garlic, minced
1 small jalapeno pepper, minced, seeds removed*
4 tablespoons mayonnaise or 4 tablespoons coconut cream for a vegan version
1 tablespoon honey
Sea salt, to taste

Garnish with:

1/2 cup cilantro, finely chopped
1/2 bunch green onions, chopped

Instructions:

Toss the cabbage, carrots, mango and pineapple in a large bowl.
In a separate bowl, combine lime juice, lime zest, garlic, jalapeno pepper, mayonnaise or coconut cream, honey and salt and whisk to combine. The taste should be a little tart from the limes, a little spicy from the jalapeno and a little sweet from the honey.
Pour the dressing over the slaw and toss well.
Fold in your cilantro, and green onions.
Enjoy atop your Shredded Kahlua Pork and Sticky Rice
*Note: the spicy comes from the jalapeno and sometimes they can be a little on the tame side. If you need more heat, add a Serrano pepper or some cayenne instead.

Slow Braised Shredded Kahlua Pork & Sticky Rice

By Chef Hillori

Serves: 8

Ingredients:

3 ½ - 4 lb. pork shoulder (bone-in or bone out)

1 – 2 Tbsp. Hawaiian Sea Salt, Smoked Salt or Kosher Salt

1 ½ - 2 Tbsp Liquid Smoke (if using smoked salt, do not use liquid smoke)

1 – 1 ½ cups chicken broth or water

Oven Directions:

Preheat oven to 325 degrees.

Add 1 ½ cups broth to your roasting pan.

You may need to cut your roast into 2 – 3 smaller pieces. Trim fat from the roast if there is any excess and score with a knife in a crisscross fashion about ¼” deep.

Pour liquid smoke over the top and rub the smoke over the entire roast (do not use liquid smoke if you are using smoked salt).

Season on all sides with the Hawaiian red salt or smoked salt.

Place in your roasting pan with a lid, fat side down.

Slow roast for 2 ½ to 3 hours, rotating halfway through.

You will know the pork is done when the meat is fall-apart tender.

Shred and serve with Sticky Rice and Mango Pineapple Slaw.

Instant Pot Directions:

You may need to cut your roast into 2 – 3 smaller pieces depending on how big your cut of meat is.

Repeat directions above by seasoning with smoke, salt and adding 1 cup of broth or water to the bottom of the instant pot.

Use your trivet and place the pork on top, then seal the lid onto the instant pot.

Pressure cook on high for 90 minutes and let the IP depressurize once it's finished cooking.

Remove the lid and check to make sure the pork is fork tender.

Slow Cooker Directions:

Follow the seasoning instructions above and place the roast in your slow cooker or crock pot, with 1 cup of broth, cooking on low for 6 - 8 hours until it is fall-apart tender. You can rotate halfway through the cooking time and braise your meat with the cooking liquid.

Hawaiian BBQ Sauce:

Grab your favorite BBQ Sauce at the grocery store and add these ingredients to give it a bit of an Asian Flair. Here are a few of my favorites that have clean ingredients: Primal Kitchens Classic BBQ Sauce, The Date Lady's BBQ Sauce, The new Primal Classic BBQ Sauce, Organicville BBQ sauce. You can usually find a good one at Whole Foods, Sprouts or Natural Grocers.

Ingredients:

1 ½ cups sauce

3 - 4 Tbsp Tamari or Coconut Aminos

1 clove garlic minced

1 tablespoon toasted sesame oil

Directions:

Combine all the ingredients in a small saucepan and simmer for about 15 minutes.

Serve with Kahlua Pork as is or on a bun for a Kahlua Pork Sandwich.

Easy Pineapple Upside Down Cake

This is a quick hack you can use to make a delicious dessert that tastes like it came straight out of the Islands. I like to use a Simple Mills Vanilla Cake/Cupcake Mix because it has clean ingredients, is grain free and is probably one of my favorite go to cake mixes when I'm in a time crunch, but you can use whatever vanilla cake mix you like.

Ingredients:

1 cake mix (Simple Mills is delicious and has better ingredients) plus the ingredients used to make the cake (usually eggs, oil, etc.)

1 tsp almond extract (optional but gives the cake a great flavor)

About ½ pineapple cut into wedges (enough to cover the bottom of a 9 inch round cake pan.

Coconut or Brown Sugar to sprinkle on the bottom of the pan

Directions:

Line a 9 inch round pan with parchment paper.

Prepare your cake batter and add in the almond extract. Set aside.

Sprinkle sugar over the bottom of the parchment paper, then arrange the pineapple to cover as much of the bottom as possible.

Pour your cake batter over the pineapple and place in the oven, cooking until a toothpick placed in the center of the cake comes out clean (look at the box directions for cooking times).

Let cool, then run a knife down the sides of the pan to loosen the cake.

Place a large plate over the cake pan. Flip the plate and pan over so that the cake falls onto the plate.

Serve the Cake with A coconut Caramel Sauce.

Coconut Caramel Sauce

Ingredients:

1 cup coconut milk or coconut cream

½ stick butter

¼ tsp sea salt

¼ - ½ cup pure maple syrup

Instruction:

Combine the ingredients in a heavy bottomed saucepan and let come to a rolling boil. Cook until the caramel thickens. Serve over the cake with a dollop of ice cream or whipping cream.

Sticky Rice

Serves: 4 – 6

Ingredients:

2 cups short-grain white or brown rice

2 cups water

Instructions:

In a bowl, rinse rice in cold water until the water runs clear.

Then refill the bowl to cover rice and let it soak for 30 minutes or overnight.

Strain the water from the rice after soaking (rice should go from being opaque to a bright white color).

Place this rinsed and soaked rice and 2 cups of water into a pot with a lid.

Bring the rice to a boil and then reduce the heat down to medium and cook for 5 minutes.

Reduce again to a simmer and cook for another 10 minutes.

Then turn the heat off and let rest for 5 more minutes.

It should be about 25 minutes of cooking time.

