



From the kitchen of:
Aunty Shirley Kauhahao



LOMI 'ULU

Ingredients:

- 2 cups mature, cooked ulu, ¼ to ½-inch cubes
- 1 Tbs. rock or sea salt
- ¼ cup sweet onion, chopped
- ¾ cup tomatoes, chopped
- 1 Tbs. inamona
- 2 stalks green onion, finely sliced
- 2 chili pepper (chopped) or chili pepper water to taste, optional

Directions:

- In a large bowl, combine ulu with salt, toss contents and set aside.
- In a separate bowl, combine the remaining ingredients, except chili pepper. Toss or fold to blend.
- Add ulu to the mixture and chili peppers (optional) and mix well.
- Add more salt to taste.
- Serve as a salad or as a dip with crackers or chips. Enjoy!

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