

Chicken & Fish Lau Lau Wrapped in Kale Recipe

Created by Lilikoi 01/28/11

Makes 10 Lau Lau

* There is an abundance of Organic Kale at the Farmer's Markets, Papaya's Natural Food Store, and Hoku Whole Foods.

Ingredients:

2 or more Big Bunches fresh Kale leaves picked off ribs (if it's easier to wrap, you can wilt the kale with hot water)

10 Boneless & Skinless Chicken Thighs

Salmon or butterfish, cut in 10 (1-2) inch pcs

Lightly sprinkle Rock Salt (or any Hawaiian Salt Mix) on top of chicken & fish

12 – 15 Large Ti leaves (cleaned and deboned) or use parchment

(with aluminum foil over it if you want to)

A drizzling of sesame oil & EVO is optional. Just depends if you decide to use the skin of fish & chicken. * I use Salmon or butterfish as they are oilier fish.

Directions:

Wash the Ti leaves thoroughly. Remove stem & fibrous part of veins by pulling gently with the tip of a knife from the stem out to the base of the leaves. (Those of you back home in the states can use parchment) Place chicken and fish on a flat tray. Sprinkle just one side with the salt. (Or you can place chicken in a bowl and work together). I tend to use less salt by just salting 1 side, especially for the fish. Optional: Drizzle with sesame & olive oil (I used Roasted Japanese Sesame Olive Oil). Arrange lots of Kale leaves, the largest on the bottom. Place chicken with fat side up if you leave the skin on. Place fish on top of chicken. Fold leaves over chicken & fish to create a bundle (puolo). Place lau lau on the end of a Ti leaf & wrap tightly. Wrap another Ti leaf around in the opposite direction, thereby forming a flat package. (or use parchment and form a bundle tucking it in Chinese butcher style) With Ti leaves you don't really need string as you can tuck the stem through the rib to secure it. Place all bundles in a steamer. As soon as water is boiling, turn heat to low. Steam lau lau 1.5 to 2 hrs. (It's really important to check the level of water in the pot as it boils down really fast) Remove string before serving. Serve hot with steamed rice or poi if you can find it .

Substitutions:

Use your imagination. You can substitute the chicken for pork, the fish for any other type of fish, preferably an oilier fish. Here in Hawaii, we also make Lau Lau with the purple Okinawan Sweet Potato but you can use regular sweet potatoes or butternut squash. I was thinking today that eggplant might be a good alternative. I guess I had better try it before I suggest it. I actually ran out of chicken the other day and made a few with only salmon. The beauty of not having to use the taro leaves is that it shortens the prep and cooking time. Keep in mind that fish cooks faster than chicken, and of course chicken faster than pork. Have fun and hope it turns out ONO (tasty/delicious)!