

Lu Sipi & Kumala
Recipes from Fusi Taaga of Tokemoana Foods
<https://tokemoanafoods.com/>

Lu Sipi: Lamb in taro leaves

Ingredients:

2 large taro leaves per lu
5 oz. of lamb flap meat cut into 1" pieces
1/4 of an onion, diced
Coconut milk
Salt & Pepper
A piece of foil that is a little larger than your lu leaves

Directions:

1. Lay your lu leaves on the foil, overlapping the leaves on top of one another.
2. Lay your lamb pieces in the middle of the leaves in a small pile. Add the onions on top and add salt and pepper.
3. Pour on coconut milk (about 3/4 cups)
4. Gather lū leaves around, and close foil.
5. Bake on a flat baking pan at 350 degrees for 1 hr.

Notes:

- Each lu is enough for 1 person.
- Lu leaves are toxic in a raw state, do not consume raw.

Kumala: Yams or sweet potatoes in coconut milk

Ingredients:

Kumala (about 1 or 2 yams)
Coconut milk or cream

Directions:

1. Peel the kumala using a potato peeler.
2. Rinse and cut into small pieces.
3. Put kumala in a pot and cover in water.
4. Boil on high and turn down to medium heat for about 1 hour.
5. Poke with a skewer or fork and if it sinks in easily, it is cooked.
6. Once cooked, remove all water and pour Coconut milk over it.