



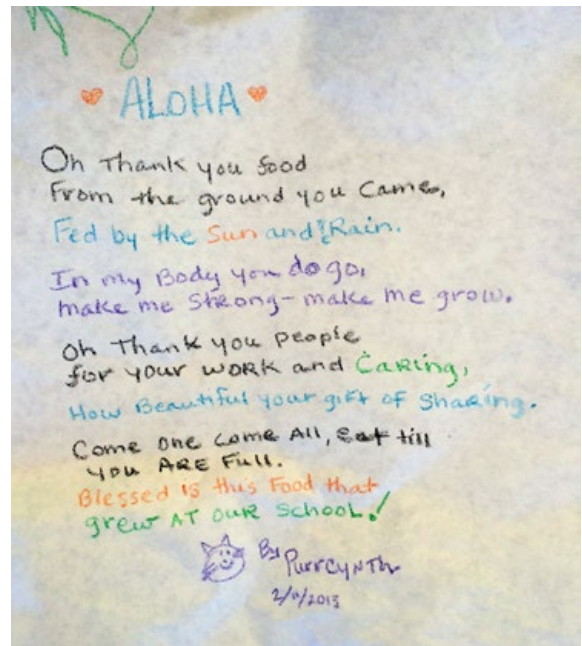
The Culinary Garden of
Waimea Middle School

NEWS

JULY 2015

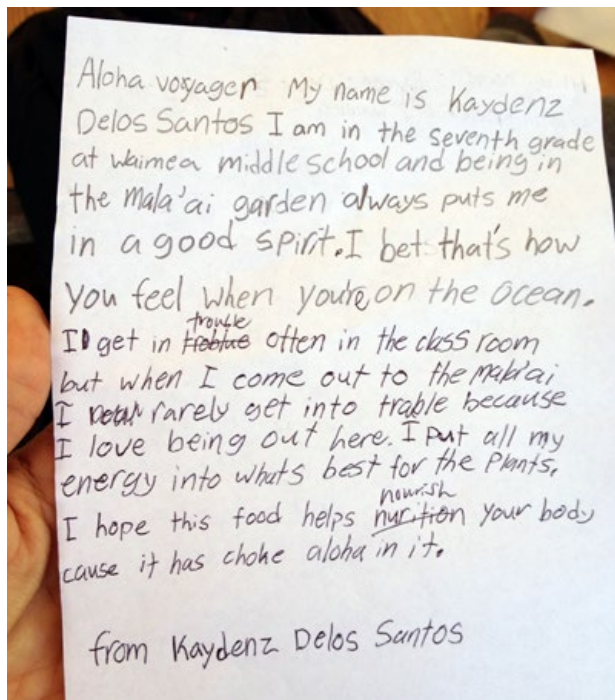
Super Kitchen

Our free community meals, called Super Kitchen, are being planned for the Fall. Beginning in August, we will hold one a month through November. We will be confirming the dates of each one shortly, please check our website or sign up for our e-blasts. They are held at Kahilu Town Hall from 5:30-7:30 pm. As always, we will feature healthy delicious recipes that can be recreated at home for \$3/per person. We are busy creating the menus for each of these dinners. We will be sharing this with you shortly on our website. We invite you to mark your calendars, invite your friends, and join us!



Mauka To Makai Come Celebrate 10 Years With Mala'ai!

For the first time ever, Māla'ai is pairing with Tommy Bahamas for a coastal event celebrating our 10 year anniversary on Sunday, July 19th, from 4-6 pm. \$40 tickets include 2 drinks, pupu prepared by our students and their Chef, and entertainment. Come and learn more about what we have accomplished in the last 10 years and what we have planned for the next 10 years! Tickets are available at www.malaai.org



'Ai Pono

The 'Ai Pono program is an initiative wherein school gardens across the State are assisting the worldwide voyagers with securing food from our 'aina to take with them as they sail around the world. Mala'ai has taken a lead role in this new movement, and we are preparing and sending food on the voyages! Our students are essential to this process: growing, preparing, and packaging the food. They also prepare handwritten notes tucked inside the food for the voyagers to read when they are opened. Here is a sweet little note written by one of our students that perfectly captures the essence of this program!

Thai Curry

Thai curry consists of curry paste, fresh veggies, coconut milk, and some garnishes.

- 1½ T Thai Curry Paste (*if you're using a jar of curry paste follow their suggestions*)
- 12 oz Steamed and Cubed Taro (1½ -2 Cups)
- 8 oz Carrots cut in ¾" disks
- 8 oz Onion cubed ¾" (1 Onion)
- 8 oz Fresh Greens Cleaned and Chopped (*spinach, tatsoi, chard, kale, any kind*)
- 2 Cups Coconut Milk
- 2 t Salt
- 1 T Brown Sugar
- 7 Cups Water

*Optional garnish with: Cilantro leaves
Basil leaves
Lime wedges
Roasted peanuts or mac nuts
coarsely chopped

Fry the curry paste in the coconut oil until the oil has taken on color and the paste is lightly browned. Add hard veggies in and sauté for 7 minutes. Add in the rest of the veggies and coconut milk. Add water to fill the pot to your desired amount of soup.

Stir in brown sugar. Cook over medium low heat for 15 minutes. Taste and add more salt, curry paste, and sugar if needed.

Cook another 15-30+ minutes until veggies are tender. Chop the cilantro and basil leaves roughly and add just before serving or let people add as a garnish themselves. Enjoy!

*The more coconut milk, the richer the soup.

For Curry Paste:

- 1T 'Olena (turmeric)
- 2T Ginger or Galangal
- 6 Large Cloves or 1 Large Shallot
- 5 Stalks Lemongrass (*grate soft parts and use leaf tops in curry pot and remove before serving*)
- 1T Cilantro Stems and Root (finely chopped)
- 10-20 Basil Leaves (Thai if possible)
- 5-10 Mint Leaves
- Kafir Lime Leaf (*or lime leaf/zest works, put the leaf whole into the curry or puree it as part of the paste*)
- 1t Kafir Lime Zest
- 2-3 De-seeded Hawaiian Chilies
- 1-2 t Coriander Seeds
- 1T Salt
- 2t Fish Sauce (optional but delicious)

Puree these things together using a large mortar and pestle, a microplaner or a food processor. Plan to make 2tablespoons+ of curry paste per family-sized pot of curry. Make according to taste, keeping in mind individuals can add more chili or curry paste if they want more heat or flavor, children have sensitive palates. I've given a suggested amount for the proportions of the ingredients for a large batch of curry paste, but you should adjust it, using what you have and knowing what you like. The curry paste keeps well if you cover it in a little olive or coconut oil and put it in a jar in the fridge. If you make a big batch you will have extra to use later.

This recipe was made at our 'Ai Pono Super Kitchen.

It is absolutely delicious, healthy, and is good for you and our 'aina.