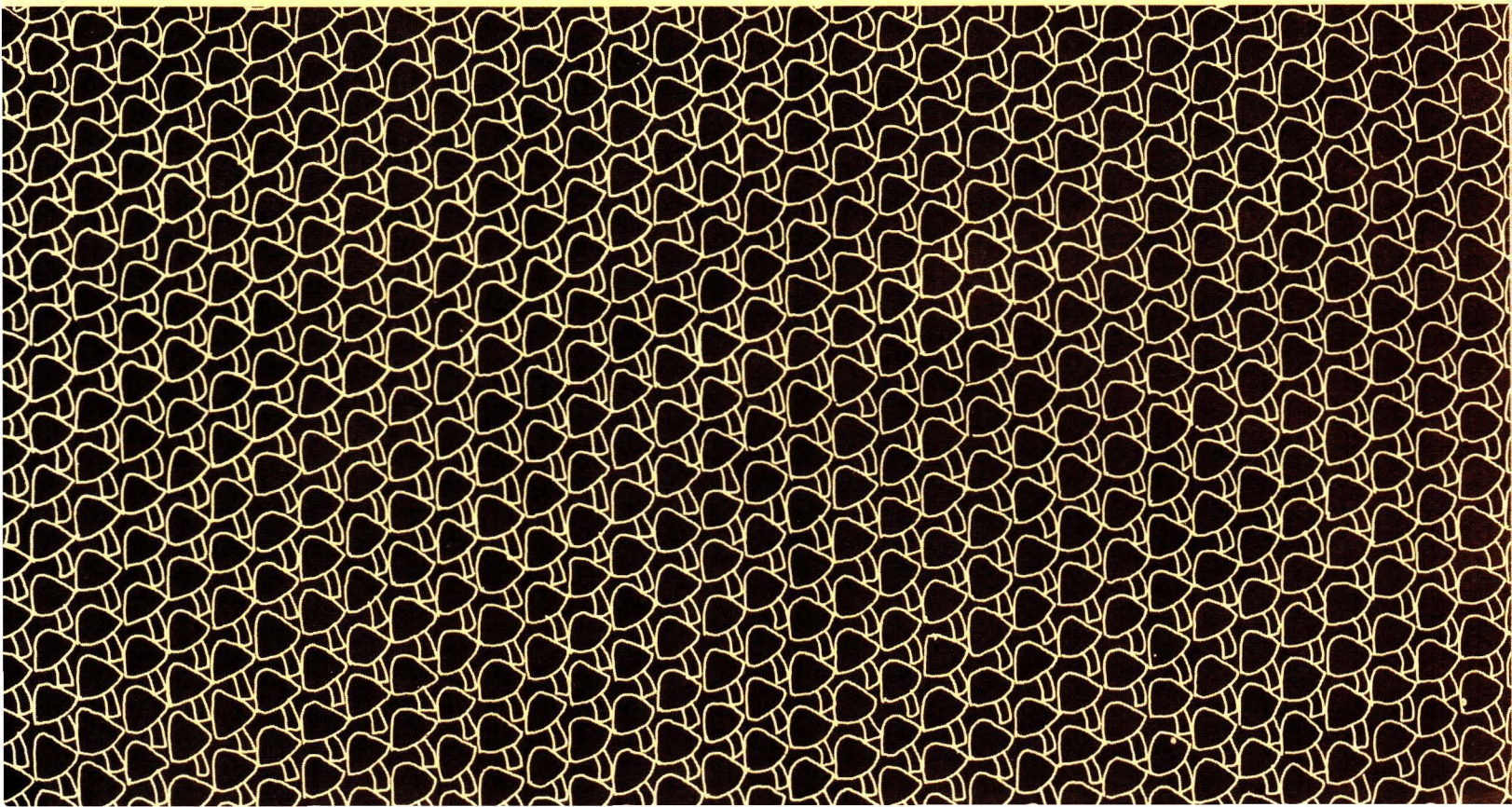
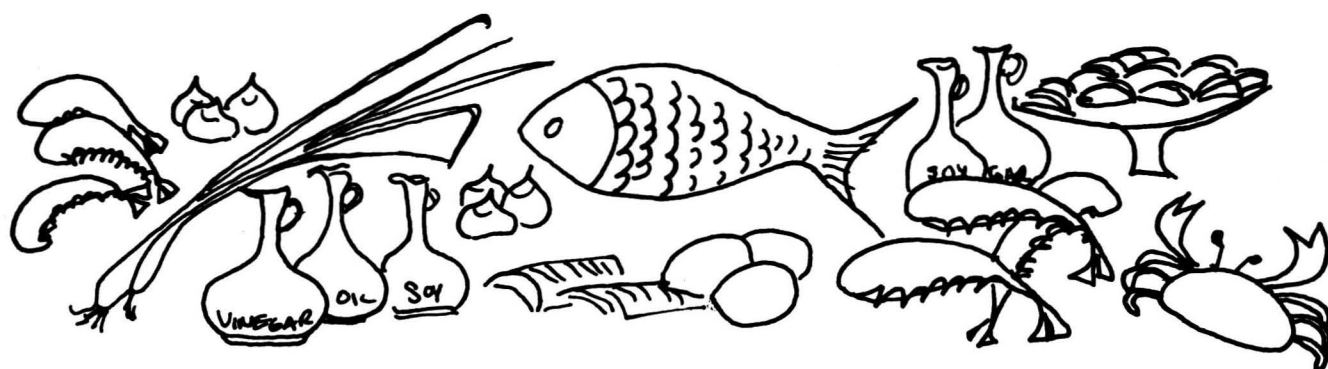


# PUPUS--Hors d'Oeuvres-- Hawaiian Style

HELEN C. GASCON  
*Extension Home Economist*

KATHRYN J. ORR  
*Foods and Nutrition Specialist*





**T**HE NATIVE Hawaiians are noted for their hospitality. They have always loved to share their happiness and food with friends and guests. “Pupu” means a “small something,” a “little something,” or “finger food.” It is a food one does not need a knife, a fork, or a spoon to enjoy.

As other ethnic groups joined the Polynesians in Hawaii, they contributed to the repertoire of Island pupus or finger food. These may be served at cocktail parties, teas, or buffets; for open houses or informal entertaining.

Many pupus may be prepared ahead of time and frozen; then reheated just before serving. Some of the Island’s favorites are presented here.

#### CHINESE CRISP WUN TUN

About 60 Wun Tun

½ pound pork, ground	½ teaspoon monosodium glutamate
4 medium size shrimp, cooked and shelled	¼ teaspoon sugar
4 water chestnuts	1 package Wun Tun wrappers
½ teaspoon salt	Oil for frying
1 stalk green onion, chopped fine	

Combine all ingredients except wrappers and chop to a hash. Place ½ teaspoon of this mixture in each Wun Tun wrapper, dampen edges and fold diagonally (See Fig. 1). Dampen the two opposite corners of this triangle (Fig. 2), fold the two narrow ends together in center and press tightly (Figs. 3 and 4). Fold the third and center corner back to stand up and away from the filled part. Fry in deep fat until a light, golden brown. Drain on paper and serve hot.

These crisp Wun Tun may also be served with Chinese meat and vegetable dishes. Or, for soups, drop the uncooked Wun Tun into boiling water. When they float to the top, remove and place in a soup bowl. Use with Chinese noodles or a plain prepared soup of chicken or beef broth.

Wun Tun wrappers may be purchased from a store, about 60 in a package, for approximately 30 cents. If not available, prepare the wrappers in advance from this recipe.

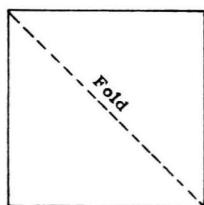
## WUN TUN WRAPPERS

About 50 wrappers

1½ cups flour  
½ teaspoon salt

¼ cup water  
1 egg, unbeaten

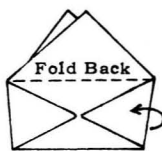
Sift flour and salt into a bowl. Add water and egg, mix well. Knead dough until smooth and not sticky. Roll out dough paper thin on a floured board. Cut into 3-inch squares.



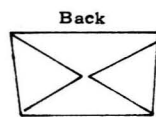
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2



3



4

## CHINESE FISH CAKE

About 40 portions

2 tablespoons cornstarch  
1 teaspoon sugar  
1 tablespoon oil  
1 tablespoon water  
1 tablespoon chopped green onion  
1 tablespoon minced Chinese parsley  
1 pound raw Chinese fish cake

¼ cup minced, cooked ham  
2 tablespoons minced water chestnuts  
2 tablespoons minced Chinese mushrooms  
Condiments—mustard and soy sauce  
Oil for frying

Combine all ingredients and mix well. Drop small amounts into oil heated to 400°F. and fry until brown. Serve on cocktail picks and dip into mustard and soy sauce.

## CHINESE MEAT BALLS

About 60 balls

2 eggs  
1 tablespoon soy sauce  
1 tablespoon sugar  
1 pound lean pork, ground  
¾ cup minced green onions

¼ cup minced Chinese cabbage (may substitute head cabbage)  
1 teaspoon salt  
¼ teaspoon monosodium glutamate  
¼ cup flour  
Oil for frying

Beat eggs, add soy sauce and sugar. Add pork, green onions, and cabbage and mix until well blended. Add salt, monosodium glutamate, and flour and knead until mixed well. Form into balls the size of a walnut. Fry in hot oil about 1-inch deep. Drain on paper towels. Serve on cocktail picks. These meatballs may be prepared in advance and refrigerated or frozen, then reheated just before use.

## CHINESE RUMAKI (Broiled Chicken Livers)

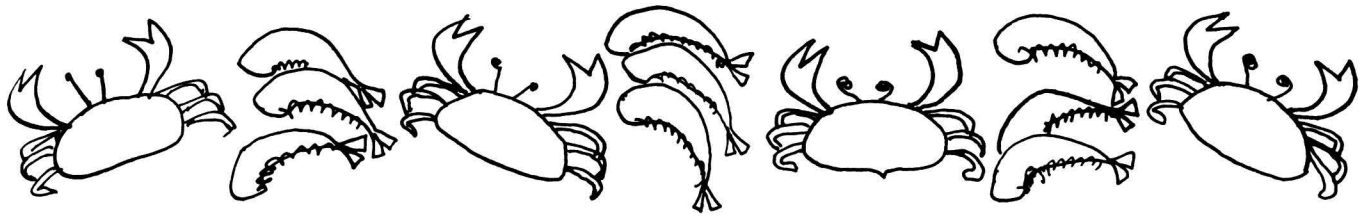
15 to 17 pupus

½ pound chicken livers  
1 8-ounce can water chestnuts

½ pound bacon

Drain water chestnuts; dry on paper towels. Place chicken livers on broiler tray. Run under broiler flame for a few minutes to set blood, but do not actually cook. Cut set livers into ¾-inch pieces. Cut chestnuts in half crosswise. Cut bacon slices in half crosswise.

Put one chicken liver and 1 chestnut half on each half-slice of bacon. Roll up and fasten with toothpicks. Return to broiler tray and broil under a moderate flame until bacon is crisp and livers cooked. DO NOT OVERCOOK. Drain on paper towels and serve hot. Uncooked rumaki may be frozen for later use but do not store frozen for more than two weeks.



### JAPANESE CRAB TIDBITS

About 30 balls

- |                                  |                                  |
|----------------------------------|----------------------------------|
| 1 tablespoon butter or margarine | ½ teaspoon salt                  |
| 1 tablespoon flour               | ½ cup cornstarch                 |
| ½ cup milk                       | Oil for frying                   |
| 1 6½-ounce can crabmeat          | Condiments—soy sauce and mustard |

Melt butter; then add flour and stir until smooth. Slowly add milk and stir to make a thick cream sauce. Bring sauce to a boil and add crabmeat and salt. Remove from heat and chill mixture. When chilled thoroughly, form into balls the size of a walnut and roll in cornstarch. Deep fry in hot oil. Serve hot with condiments of soy sauce and mustard.

These crab tidbits may be prepared an hour or so in advance and then reheated in a hot oven (400°F.).

### JAPANESE WATERCRESS TEMPURA

- |                    |                |
|--------------------|----------------|
| 1 bunch watercress | Oil for frying |
| Tempura batter     |                |

Break off tops of watercress into 3-inch lengths. Wash and pat almost dry between paper towels. Dip into tempura batter and deep fry.

#### TO PREPARE TEMPURA BATTER:

- |               |                           |
|---------------|---------------------------|
|               | 2 cups batter             |
| 1 small egg   | 2 teaspoons baking powder |
| 1¾ cups water |                           |
| 2 cups flour  |                           |

Beat egg and add 1 cup of the water. Add dry ingredients sifted together. Add remaining ¾ cup of water. Suitable for any type tempura—seafood or vegetables.

### JAPANESE EGG ROLL (Tamago Maki)

#### TO PREPARE FLAVORED RICE (for filling):

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|----------------|---------------------|
|                | 3 cups              |
| 1 cup dry rice | 1 cup boiling water |

Mix rice and water in a large pot. Bring to boil, then turn heat very low and steam rice in covered container 15 or 20 minutes. Turn off heat and let stand on burner another 10 minutes. Flavor with vinegar sauce.

#### TO PREPARE VINEGAR SAUCE:

- |  |                                 |
|--|---------------------------------|
| 2 to 3 tablespoons Japanese or white vinegar | ½ teaspoon monosodium glutamate |
|  | 1 teaspoon salt                 |
|  | ½ to 1 tablespoon sugar         |

Mix together until salt and sugar are dissolved. May heat to hasten process. While rice is hot, add vinegar sauce, pour over top, and let stand for a moment. Then mix lightly and fan to cool quickly. Quick cooling gives the rice a gloss and helps the vinegar flavor penetrate the rice. Rice should be moist enough to cling together.

#### TO PREPARE CENTERS FOR EGG ROLL:

##### COOKED SPINACH OR WATERCRESS:

- |   |                 |
|---|-----------------|
| 3 to 4 sprigs fresh spinach, watercress, or whole green beans | ½ teaspoon salt |
|---|-----------------|

Drop into boiling, salted water about 3 minutes. Drain or squeeze slightly to remove excess liquid.



## HOT CRAB CANAPES

About 36 canapes

1 cup flaked crab meat	1 tablespoon minced chives
¼ cup mayonnaise	Thin bread slices or crackers
1 teaspoon Tarragon vinegar	Grated cheese
½ teaspoon dry mustard	Paprika
¼ teaspoon salt	
1 tablespoon minced parsley	

Combine the first seven ingredients and set aside. Toast small rounds of bread (2-inch diameter) on one side only. Spread crab mixture on the untoasted side. Top with grated cheese and paprika. Place on cookie sheet and broil about 3 inches below broiler flame until brown.

## REFERENCES

1. *Oriental Foods*. Cooperative Extension Service, University of Hawaii, Home Economics Circular 235, August, 1950.
2. *Vegetable Recipes Commonly Used in the Islands*. West Oahu County, Cooperative Extension Service, University of Hawaii, 1959.
3. *Japanese Foods*. International Institute, Honolulu, Hawaii.