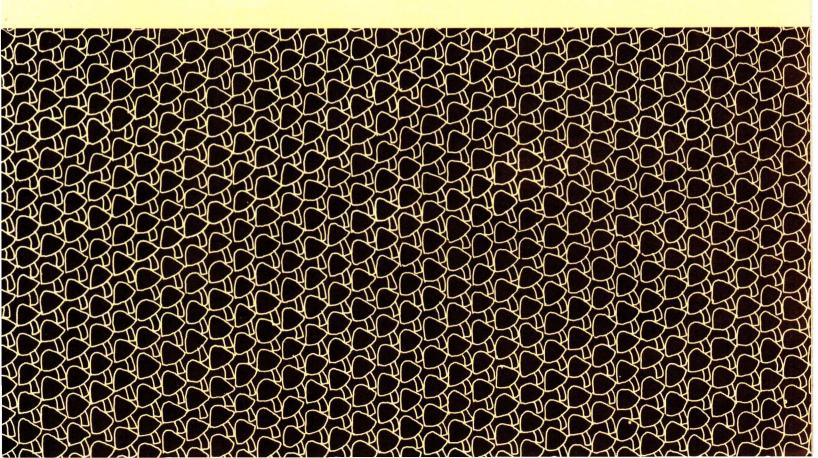
UNIVERSITY OF HAWAII • COOPERATIVE EXTENSION SERVICE • HOME ECONOMICS CIRCULAR 342



PUPUS--Hors d'Oeuvres--Hawaiian Style

HELEN C. GASCON Extension Home Economist

KATHRYN J. ORR Foods and Nutrition Specialist





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

1/2 pound pork, ground	1/2 teaspoon monosodium
4 medium size shrimp,	glutamate
cooked and shelled	¹ / ₄ teaspoon sugar
4 water chestnuts	1 package Wun Tun
1/2 teaspoon salt	wrappers
1 stalk green onion,	Oil for frying
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.

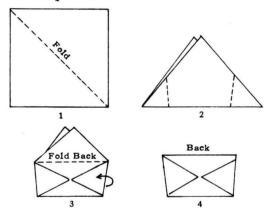
Wun Tun wrappers may be purchased from a store, about 60 in a package, for approximately 30 cents. If not available, prepare the wrappers in advance from this recipe.

WUN TUN WRAPPERS

About 50 wrappers

1¹/₂ cups flour 1/4 cup water 1/2 teaspoon salt 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.



CHINESE FISH CAKE

- 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

About 40 portions

- 1/4 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

2 eggs	¹ / ₄ cu
1 tablespoon soy sauce	cabl
1 tablespoon sugar	stitu
1 pound lean pork,	1 teas
ground	1⁄4 tea
³ ⁄ ₄ cup minced green	glut
onions	1/4 cuj
	Oil for

About 60 balls mineral Chinese

¹ / ₄ cup minced Chinese
cabbage (may sub-
stitute head cabbage)
1 teaspoon salt
1/4 teaspoon monosodium
glutamate
¹ / ₄ cup flour
Oil for frying

Beat eggs, add sov 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

1/2 pound bacon

¹/₂ pound chicken livers 1 8-ounce can water chestnuts

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

 tablespoon butter or margarine
tablespoon flour
cup milk

1 $6\frac{1}{2}$ -ounce can

crabmeat

¹/₂ cup cornstarch Oil for frying Condiments—soy sauce and mustard

 $\frac{1}{2}$ teaspoon salt

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 $(400^{\circ}F.)$.

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
1 ³ ⁄ ₄ cups water	powder
2 cups flour	

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

JAPANESE EGG ROLL (Tamago Maki)

TO PREPARE FLAVORED RICE (for filling):

1 cup dry rice

3 cups 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	1⁄2 teaspoon monosodium
Japanese or white	glutamate
vinegar	1 teaspoon salt
	$\frac{1}{2}$ to 1 tablespoon sugar

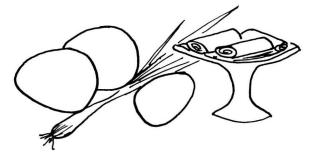
Mix together until salt and sugar are dissolved. May heat to hasten process. While rice is hot, add vinegar sauce, pour over top, and let stand for a moment. Then mix lightly and fan to cool quickly. Quick cooling gives the rice a gloss and helps the vinegar flavor penetrate the rice. Rice should be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

TO PREPARE CENTERS FOR EGG ROLL:

COOKED SPINACH OR WATERCRESS:

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

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



COOKED "STICK" CARROTS:

1 medium carrot, cut into	¼ teaspoon monosodium
thin sticks	glutamate
1/2 teaspoon salt	1 teaspoon sugar

Cook carrot in 1 cup water 3 to 5 minutes; then add salt, monosodium glutamate, and sugar and continue cooking 4 to 5 minutes or until carrot is tender but firm. Drain.

OBORO EBI (shrimp flakes):

1/2 pound shrimp,* fresh,	³ ⁄ ₄ teaspoon salt
canned, or frozen	1 tablespoon sugar
Few drops red coloring	
(enough to make pink)	

Remove shell and black vein from shrimp and boil for 2 to 3 minutes in salted water (½ teaspoon salt). Cool and grind shrimp in mortar or in suribachi, or put through a meat grinder. Add coloring. Put mixture in top of double boiler, add sugar and remaining ¼ teaspoon salt a little at a time, and cook until shrimp mixture is dry. Ready-prepared oboro (shrimp flakes) is available in grocery stores in red, green, or yellow color.

°May use canned tuna flakes, drained and seasoned with sugar; omit salt.

TAMAGO YAKI (Usuyaki-very thin, fried egg):

3 to 4 sheets for 3 to 4 rolls, 1-inch diameter

4 eggs	½ teaspoon oil
1/4 teaspoon salt	1 teaspoon cornstarch
	1 teaspoon water

Beat eggs and salt together until well blended. Fry in large, greased fry pan in very thin sheets. Trim edges to form a square sheet.

TO PREPARE EGG ROLL:

- 1. Place the fried egg sheet on doubled waxed paper or on a bamboo mat or sudare.
- 2. Spread over % of egg skin a thin layer of flavored rice about ¼-inch thick (see Fig. 5).
- Place lengthwise on rice ½ in from edge nearest to you a thin line of either: (a) cooked spinach or watercress; (b) cooked carrot sticks; (c) cooked shrimp; or (d) a combination of fillings.
- 4. Now roll egg, rice, and filling AWAY from you like a jelly roll. Roll rather firmly to keep ingredients together.
- 5. Moisten the far edge of egg skin with crushed rice grains to make a better seal. Then reroll to tighten the roll.
- 6. Store in waxed paper seam side down until ready to cut. Cut into 1-inch slices.

INDONESIAN SHRIMP BALLS

	About 60 balls
2 cups cooked shrimp,	½ teaspoon salt
minced	1 tablespoon minced
2 eggs, beaten	parsley
1 clove garlic, minced	Few grains of nutmeg
1⁄4 cup bread crumbs	Oil for frying
¹ / ₈ teaspoon pepper	

Mix all ingredients well. Form into balls the size of a large marble and deep fry at 375°F. until a golden brown. Serve on cocktail picks. May be prepared ahead of time and frozen for later use. Preheat in oven before serving.

HOT CRAB CANAPES

About 36 canapes

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

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.

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.

Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, and Director and Interim Dean Noel P. Kefford, College of Tropical Agriculture and Human Resources, University of Hawaii at Manoa, Honolulu, Hawaii 96822. An Equal Opportunity Employer providing programs and services to the Citizens of Hawaii without regard to race, color, national origin or sex.

HEC 342-Reprinted 0781/3M