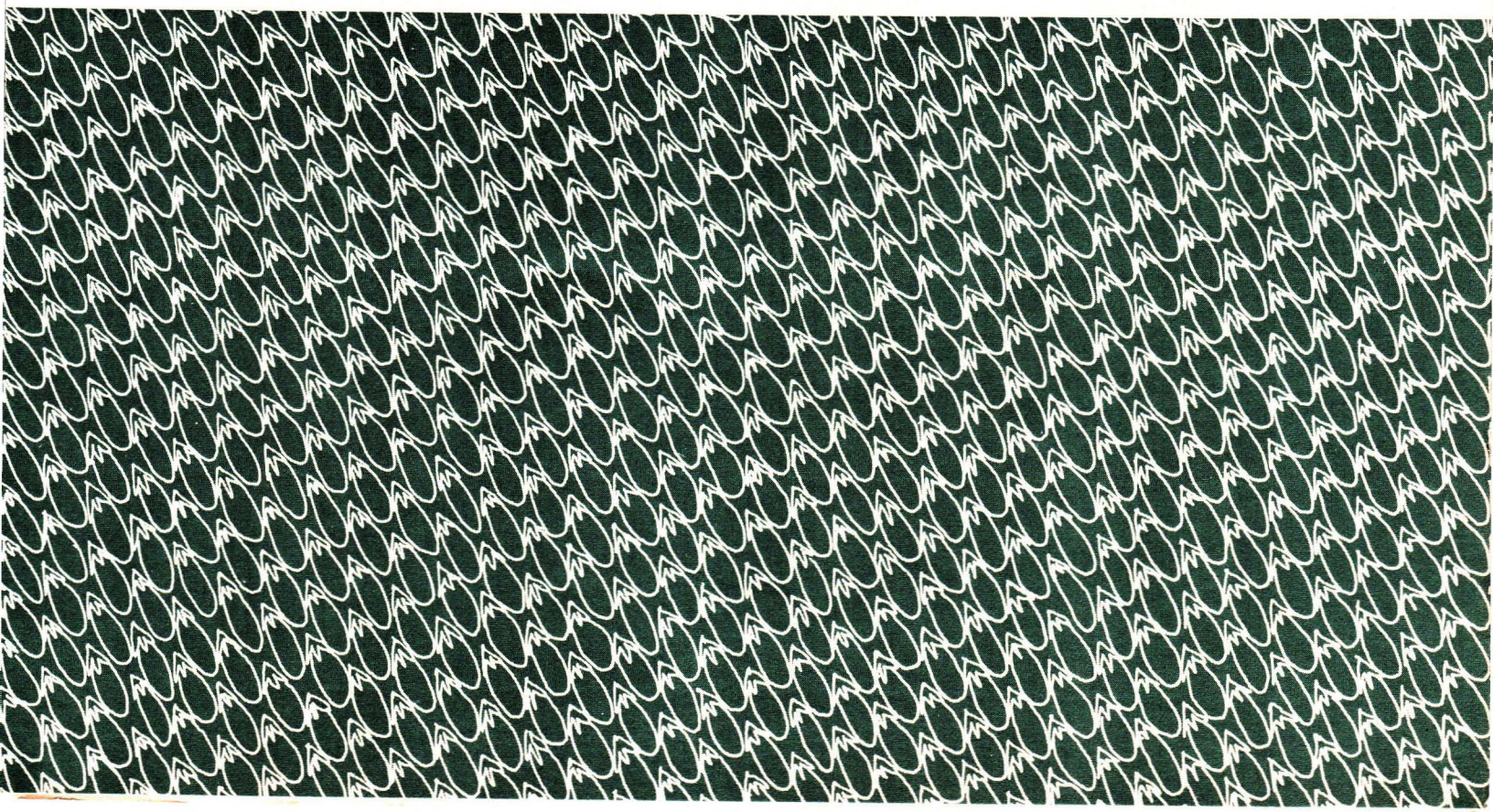


# ABOUT ISLAND VEGETABLES

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**T**HE HOMEMAKER new to Hawaii has an excellent opportunity to learn about vegetables native to Asia and other Pacific areas, for many are available in the markets here. She can enjoy them by learning how to identify and prepare them, thereby adding variety to her menus and improving the nutrition of her family. She should make the most of her stay in the Islands and enjoy new taste treats at mealtime. Some Island vegetables will be new and strange to newcomers but the Island method of preparing these vegetables may be used for familiar ones, to add new eye appeal to the dinner table and perk up family nutrition. Children will particularly enjoy some vegetables which they have formerly disliked when prepared as *tempura*.

Tempura (vegetable) is an Oriental dish and it is quite different from the usual Western

method of preparing vegetables. The Oriental method of preparation requires a short cooking period in a small amount of water. Vegetables are cooked until just crispy tender, never overcooked to mushy softness.

A few vegetables included in the international menus of Hawaii are *gobo* or burdock root, containing a considerable amount of carbohydrate and a fair source of calcium and phosphorus; *kai choi* or green mustard cabbage, which is an excellent source of vitamin A, a fair source of calcium and phosphorus, and low in calories, raw or cooked; *hasu* or lotus root, excellent as a source of vitamin C and thiamine and the mineral phosphorus; and watercress, a vegetable much like the mustard cabbage and an excellent source of vitamins A and C and the minerals, calcium and phosphorus.

**KIN PIRA GOBO**  
(Burdock in Soy Sauce)

6 servings

1 pound gobo (5 cups shaved) or 1 pound lotus root, sliced	$\frac{2}{3}$ cup soy sauce
1 tablespoon oil for frying	3 tablespoons sugar
	$\frac{1}{4}$ teaspoon monosodium glutamate

Wash, then scrape the gobo skin and shave into thin flakes. (Wash and scrape lotus root skin and slice thin like matchsticks.) Soak in water for 30 minutes and drain. Heat oil and sauté gobo until color becomes translucent or clear. Add soy sauce, sugar, and monosodium glutamate and cook for 3 to 5 minutes. For a more highly seasoned dish, add a few drops of tabasco sauce, black pepper, or fresh chili pepper.

**KAI CHOY NGAU YUK**  
(Green Mustard Cabbage and Beef)

4 to 6 servings

4½ cups sliced green mustard cabbage, cut in 2-inch squares	1 tablespoon cornstarch
$\frac{1}{4}$ pound lean beef, thin sliced $\frac{1}{8}$ inch or less	$\frac{3}{4}$ teaspoon sugar
1½ tablespoons soy sauce	1 tablespoon peanut or salad oil
	$\frac{1}{4}$ teaspoon salt
	$\frac{1}{2}$ cup water

Have meat sliced in  $\frac{1}{8}$ -inch slices at the market when purchased; then cut into 2-inch squares. Wash cabbage, slice, and cut into 2-inch squares. Combine meat, soy sauce, cornstarch, sugar, and 1 teaspoon oil. Fry the meat in remaining oil until brown. Add cabbage, salt, water, and cook for 10 minutes. Serve hot.



**STUFFED LOTUS ROOT**

6 servings

2 medium-size sections lotus root	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ pound ground pork	1 tablespoon soy sauce
3 medium shrimp, optional	$\frac{1}{4}$ teaspoon monosodium glutamate
1 green onion, chopped fine	Few grains black pepper
3 waterchestnuts, chopped fine	1 tablespoon cornstarch
	Dipping batter

Pare skin from lotus root sections and cut into  $\frac{1}{8}$ -inch slices; set aside. Mix ground pork and shrimp with onion and water chestnuts. Add seasonings and mix well. Spread meat mixture between two slices of lotus root to form small sandwiches. Dip sandwiches in batter and deep fry or pan fry until golden brown. Pork should be well done.

**TO PREPARE BATTER:**

$\frac{1}{2}$ cup flour	$\frac{1}{2}$ cup water
$\frac{1}{4}$ teaspoon salt	Oil for frying
$\frac{1}{2}$ teaspoon baking powder	

Mix together well, dip lotus root sandwiches in batter and fry, as directed.



### STUFFED EGGPLANT

6 servings

- |                                     |                                 |
|-------------------------------------|---------------------------------|
| 6 long-type eggplant, 5 to 6 inches |                                 |
| 3 teaspoons salt                    | ½ pound fresh lean pork, ground |
| Water for cooking                   | 2 eggs                          |
| 2 green onions, chopped             | ¾ cup flour                     |
| ½ teaspoon garlic, finely chopped   | Oil for frying                  |

Cover eggplant with water, add 2 teaspoons salt, and boil until eggplant are tender but not thoroughly cooked. Drain; remove skin from the eggplant, if desired. Make a slit in the side of each to insert the stuffing. Fry onions and garlic in 1 tablespoon hot oil. Add pork, remaining 1 teaspoon salt, and fry the mixture until the pork browns. Stuff each eggplant with the pork mixture. Roll them in slightly beaten egg, then in flour, and fry in remaining oil until a golden brown color. Drain the eggplant on unglazed paper and serve hot. Approximately 1 stuffed eggplant per serving.



### WATERCRESS PORK

6 servings

- |                                       |   |
|---------------------------------------|---|
| ¼ pound lean pork steak, or pork chop | 1 cup water                                 |
| Oil for frying                        | 1 bunch watercress, cut into 1½-inch pieces |
| 1 teaspoon salt                       |   |

Cut pork into slices ½ inch wide, ¼ inch thick, and 1½ inches long. Fry pork in small amount of oil until done. Add salt and water. When water comes to a boil add watercress stems. Cook about 3 minutes. Add watercress leaves and cook 1 minute longer. Serve immediately.



## VEGETABLE TEMPURA

2 cups batter

### TO PREPARE BATTER:

1 small egg	2 cups flour
1¾ cups water	2 teaspoons baking powder
3 cups oil for frying	

Beat egg. Add 1 cup water, then dry ingredients sifted together and remainder of water. Dip vegetables into batter and deep fat fry at 350° to 375° F.

### TO PREPARE ASPARAGUS:

Cut stalks into 2-inch lengths. Dip 2 or 3 pieces together in batter and fry in deep fat.

### TO PREPARE BURDOCK OR GOBO:

Scrape skin, cut like matchsticks, soak in water for a few minutes and drain well. Place gobo in a small bowl, pour enough batter over to coat. Fry small bunches at a time.

### TO PREPARE CARROTS:

Scrape or peel skin and cut like matchsticks. Mix with string beans or with gobo and fry.

### TO PREPARE GREEN BEANS:

Remove any strings and cut into lengthwise strips. Recut strips into 2-inch diagonals. Dip 2 or 3 pieces together in batter and fry.

### TO PREPARE LOTUS ROOT AND/OR SWEET POTATO:

Peel and slice into ¼-inch thick slices. Dip in batter and fry in deep fat.

### TO PREPARE ONION SLICES:

Peel and slice onion into ¼-inch thick slices. Dip in batter and fry in deep fat.

### TO PREPARE WATERCRESS:

Break off tops of watercress into 3-inch lengths. Wash and pat out excess water between clean cloths. Dip into batter and deep fry.

## REFERENCES

1. *Vegetable Recipes Commonly Used in the Islands*. West Oahu County, Cooperative Extension Service, University of Hawaii, 1959.
2. *Hawaiian and Pacific Foods*. Katherine Bazore Gruelle. M. Barrows and Company, Inc., New York, 1950.

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