

Delicious and Authentic Polynesian Recipes!

Pineapple Ginger Chicken Wings

Cook Time: 30 minutes

Prep Time: 10 minutes plus chilling time

Serves: 6-8

Ingredients:

- 2 pounds chicken wings and drumettes
- 1 teaspoon coarse ground salt
- 1 teaspoon white pepper
- 1 teaspoon onion powder
- 2 teaspoons baking powder
- 2 cups pineapple juice
- ¼ cup brown sugar, divided
- ¼ cup soy sauce
- ¼ cup ketchup
- ¼ cup rice vinegar
- ¼ cup fresh pineapple chunks, chopped
- 3 cloves garlic, crushed and minced
- 1 tablespoon jalapeno pepper, diced
- 1 tablespoon fresh ginger, grated
- 1 tablespoon scallions, sliced
- 2 tablespoons vegetable oil

Directions:

1. Combine the salt, white pepper, onion powder, baking powder and 1 teaspoon of the brown sugar in a large food storage bag or bowl.
2. Add the chicken to the seasoning mix and toss well to coat evenly. Seal the container and place it in the refrigerator for at least 4 hours.
3. Preheat the oven to 350°F.
4. In a saucepan, combine the pineapple juice, brown sugar, soy sauce, ketchup, rice vinegar, fresh pineapple pieces, garlic, jalapeno, ginger, and scallions. Mix well and heat over medium high until the mixture reaches a low boil.
5. Reduce the heat to low and simmer, stirring often, for approximately 20 minutes, or until the sauce thickens.
6. Coat the chicken wings and drumettes with a light layer of vegetable oil.
7. Place them on a baking sheet or baking rack. Bake for 30-35 minutes, or until the internal temperature reaches 165°F.
8. Remove the chicken from the oven and toss it with the sauce before serving.

Crab Rangoon

Cook Time: 5 minutes

Prep Time: 15 minutes

Serves: 12-16

Ingredients:

- ½ pound fresh crab meat, shredded
- 8 ounces cream cheese, softened
- 2 cloves garlic, crushed and minced
- 1 tablespoon fresh chives, chopped
- 1 teaspoon fresh pineapple juice
- 1 package fresh wonton wrappers (yield 40-45)
- Oil for frying

Directions:

1. In a bowl, combine the cream cheese, garlic, chives, and pineapple juice. Mix well.
2. Add the crab meat and combine.
3. Place 1-1 ½ inches of oil in a large Dutch oven or frying pan and heat over medium-high heat until the oil reaches approximately 375°F. Maintain it there.
4. Lay out the wonton wrappers in small batches, keeping the unused ones covered to prevent drying out.
5. Place 1-2 teaspoons of the crab mixture into the center of each wrapper.
6. Lightly brush the outer edges of the wonton wrappers with water. Bring the corners of the wrapper up over the filling and pinch shut. Take care to eliminate as much air as possible from the inside of the wonton wrapper when sealing.
7. Place the rangoons in the hot oil and cook 3-5 minutes, turning once, until golden brown.
8. Carefully remove them from the hot oil and let the excess oil drain off before serving.

Fiery Polynesian Chicken

Cook Time: 45 minutes

Prep Time: 10 minutes

Serves: 4

Ingredients:

- 1 ½ pounds chicken thighs
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 cup pineapple juice
- ½ cup soy sauce
- 1 tablespoon sesame oil
- ¼ cup Marsala wine
- 1 tablespoon lime juice
- 2 tablespoons garlic chili paste
- 4 cloves garlic, crushed and minced
- 1-2 jalapeno peppers, sliced thin
- Fresh cilantro for garnish (optional)
- Lemon or lime wedges for garnish (optional)
- Cooked rice for serving.

Directions:

1. Preheat the oven to 350°F.
2. Season the chicken pieces with salt and black pepper and place them in a lightly oiled baking dish.
3. In a bowl, combine the pineapple juice, soy sauce, sesame oil, Marsala wine, lime juice, and garlic chili paste. Mix well and then stir in the garlic and jalapeno peppers.
4. Pour the mixture over the chicken, covering as much of the chicken as possible.
5. Place the chicken in the oven and bake for 40-50 minutes, or until the chicken is cooked through and skin becomes crispy. The internal temperature should read 165°F on a meat thermometer inserted in the thickest part without touching any bones.
6. Remove the chicken and let it rest 5 minutes before serving.
7. Serve with rice and garnish with cilantro and lime wedges if desired.

Kalua Pork

Cook Time: 5 hours

Prep Time: 15 minutes

Serves: 8

Ingredients:

- 5 pounds boneless pork butt roast
- 3 cloves garlic, crushed and minced
- 2 tablespoons Hawaiian sea salt
- 1 teaspoon liquid smoke
- ¼ pound bacon
- 4 banana leaves
- 4 cups water

Directions:

1. Preheat the oven to 350°F and soak the banana leaves in water.
2. Cut small slits over the surface of the pork roast. Rub the garlic and Hawaiian salt over the surface of the roast.
3. Sprinkle the meat with the liquid smoke and lay the slices of bacon over the top.
4. Remove the banana leaves from the water and gently pat them dry.
5. Wrap the leaves completely around the roast, in 1-2 layers. Secure with kitchen twine or additional strings of banana leaf.
6. Place the roast in a baking pan and pour the water around it.
7. Roast for 4 ½ -5 hours, or until the meat is cooked through and tender.
8. Remove it from the oven and let it rest 10 minutes.
9. Remove the banana leaves and bacon. Shred the roast before serving.

Coconut Pudding

Cook Time: 10 minutes

Prep Time: 10 minutes plus chilling time

Serves: 4-6

Ingredients:

- 4 cups unsweetened coconut milk
- ½ cup white sugar
- ¼ teaspoon salt
- 1 vanilla bean, scraped insides only
- 1 teaspoon cinnamon
- ½ cup shredded coconut
- ¼ cup cornstarch
- ¼ cup water
- Cocoa powder for garnish

Directions:

1. Combine the coconut milk, sugar, salt, vanilla, and cinnamon in a saucepan over medium heat. Stir until the sugar and salt have completely dissolved.
2. Add the coconut to the pan and stir. Reduce heat to medium low and cook for 5-7 minutes, or until the coconut has become tender.
3. In a small bowl or cup, combine the cornstarch and water. Whisk until no lumps remain.
4. Add the cornstarch mixture to the pudding and stir. Continue to cook, stirring frequently, until the pudding thickens and reduces slightly, approximately 5 minutes.
5. Transfer the pudding into a bowl or serving dish. Cover the surface with plastic wrap and place in the refrigerator.
6. Let chill at least 2 hours before serving. Sprinkle with cocoa powder if desired.

*****These recipes and more can be found in Sarah Spencer's *Totally Polynesian: Classic Recipes from Polynesia*. To get your own copy, click on the cover or [here](#).**

