



ROASTED CABBAGE

RECIPE COURTESY OF LEE ANNE WONG

PHOTOGRAPHY BY BARRY FRANKEL

Serves 4-6

INGREDIENTS:

½ head green cabbage, cut in quarters, core still attached

2 tablespoons macadamia nut oil, plus one teaspoon fine Hawaiian sea salt

¼ cup macadamia nuts, freshly toasted

½ cup cilantro leaves, minced

1 tablespoon fresh lemon juice

METHOD:

Use a pastry brush to coat both sides of the cut cabbage with the 2 tablespoons of macadamia nut oil. Sprinkle the cabbage generously with the sea salt and roast on a parchment lined baking tray at 425F for 15-20 minutes, until the cabbage begins to color at the edges and is tender when cut.

In a food processor or using a mortar and pestle, pulse the toasted macadamia nuts until they begin to resemble crumbs and add in the cilantro until well combined. Then add the lemon juice, 1 teaspoon of macadamia nut oil and salt to taste. Sprinkle the mixture atop of the roasted cabbage. Serve immediately.

*Alternatively, you can add a Hawaiian chili pepper and some chopped green onion whites (1/4 cup) to the macadamia nuts, cilantro, lemon juice, macadamia nut oil and salt. Pulse together in a food processor or muddle in a mortar and pestle.



Lee Anne Wong is the chef and owner of Koko Head Cafe in Honolulu, Hawaii. A native of Troy, New York, Wong graduated from the International Culinary Center (ICC) and began her culinary training at Marcus Samuelsson's Aquavit before playing an integral role in the opening of Jean Georges Vongrichen's Chinese concept, Restaurant 66. Wong went on to work as the Executive Chef of Event Operations at ICC, during which time she was prominently featured on Season One of Bravo's Flagship Series "Top Chef", and subsequently was hired as the series' Supervising Culinary Producer for the next 6 seasons. Wong has also been featured on numerous food television series in addition to starring in her own web series The Wong Way to Cook on bravotv.com.

In 2013, Wong moved from New York City to Honolulu where she debuted Koko Head Cafe to popular acclaim. Wong released her first cookbook, *Dumplings All Day Wong*, in August 2014. Chef Wong continues to expand her brand across the globe, joining the culinary team for Hawaiian Airlines in 2015, and debuting Sweetcatch Poke in NYC in the fall of 2016. She was most recently named Hawaiian Airline's new Executive Chef, with her menus set to debut in June 2018.

SHARING? PLEASE CREDIT:

Recipe compliments of

Chef Lee Anne Wong (Tag @ediblehi @LeeAnneWong)

<https://ediblehi.com/roasted-cabbage/>

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CHEF LEE ANNE WONG

1. How important is sourcing locally made oil to your business for self sustainability factor?

At Koko Head Cafe, we strive to showcase as many local ingredients as possible. The reality is there is always a cost factor, with local product sometimes being more expensive than imported commodity goods. Understand that not only are you getting the freshest product possible, you are also supporting a community member and business. Sustainability and food security start with the community working together to create a dynamic and intricate web of relationships. I love discovering new products made here in Hawaii, and getting to meet the people behind them. The fact that these oils are high quality and have multiple health and beauty benefits makes their value inherent.

2. How did you use the oil? Be specific to sunflower oil or macadamia nut oil.

I used the sunflower oil for sautéing sliced leeks. Traditionally, I use butter, haha, but I loved the result when using the sunflower oil; the leek flavor came through cleanly. I used the macadamia nut oil for roasting cabbage in the oven. The result was simple but stunning.

3. Please describe the macadamia nut oil and sunflower oil's appearance, scent, texture, and taste, both raw and cooked. One or two word descriptions are fine. If a certain quality stands out, please elaborate.

The macadamia nut oil is delightfully complex. Medium viscosity, fresh aroma of coffee and cacao mixed with the essence of a blonde raw nut. When it cooks it deepens in flavor as a macadamia nut would, becoming nuttier, more roasty.

The sunflower oil is very similar to a fresh young olive oil with plenty of grassy and green notes. It stands up well to heat and allows whatever you are cooking to shine through flavor wise.

I would use both for raw and cooked applications.

4. Did you find anything surprising about the oils?

After doing some research, discovering the health benefits of both oils makes me reconsider utilizing these in my fats wheelhouse at home. I already use macadamia nut oil at the restaurant but this particular oil was less refined and had more character and flavor. The sunflower oil is an everyday use type for me so I'm excited to cook with it more.

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