



# Lasagna Style Luau Stew

## Featuring Hawaiian Macadamia Oil

Compliments of our customer Mele Kalama-Kingma

- Coat bottom of crockpot with local macadamia nut oil by @maidenhawaiinaturals
- Protein of choice; preferably Organic + local
- Aloha Tofu (local)
- Pa'akai - Salt the protein or tofu
- Can add in half chopped onion
- Cut luau leaves (one bag - find these at Foodland) and add on top protein
- Cube sweet potatoes, ulu, carrots or whatever you want on top luau leaves
- Cover with two cans coconut milk
- Scoop of local bone broth by @foragehawaii or organic bouillon to taste

“If we want to help Hawai’i, if we want to see independence from foreign control - start with what we eat. Eating local supports farmers, encourages land preservation and provides jobs that can actually FEED people. It won’t be perfect, and it won’t be convenient. It may cost more, it may take time to plan. It will be slow, like a slow cooker that increases in flavor and ages well with time. That’s the future for Hawai’i.”

– Mele Kalama-Kingma  
Founder of Mamalani

Set crockpot to high for 6 hours... I heard instapot can do in 1 hour 😊 but for some reason this process reminds of da imu style cooking in which flavor ages with time and I like watching em cook.

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Recipe compliments of Mamalani  
Tag @mamalanihawaii  
and @maidenhawaiinaturals

