

Session 2 - Chef Mark Noguchi Baked 'Ulu Fries & Kitchen Sink Sauce

Chef Mark Noguchi of the Pili Group and Chef Hui has done several cooking demonstrations in ĀINA classrooms over the years. On October 11, he and his daughters will show us how to make 'ulu fries at home!



See Recipe with Ingredients List and Directions on the Next Page...

To cook along with Chef Mark during the cooking session, please prepare the following items and have them ready as you tune in:

Equipment:

- Pot of water for 'ulu
- Sheet pan or cookie sheet
- Spatula or tongs for turning 'ulu while baking
- Pot holders
- Large bowl and whisk for mixing sauce ingredients
- Small bowl(s) for dipping
- Food processor (optional)



Preparation:

- If using a fresh whole 'ulu, wash outside thoroughly under cool running water and cut into quarters. Remove inside core.
- Heat water so you can easily bring it to a boil during the cooking session.
- Assemble additional ingredients for 'ulu fries and for Kitchen Sink Sauce (next page).



Chef Hui



CULINARY INSTITUTE OF THE PACIFIC
KAPOLANI COMMUNITY COLLEGE
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MAYAS
SOAPS & WAX



PILI
by Chef Mark Noguchi



Presented by *kōkua hawai'i foundation* in partnership with

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Chef Gooch's Baked 'Ulu Fries

Ingredients:

- 12-16 oz. recipe-ready 'ulu (mature or ripe, peeled or with skin on)
- 2 qt. water
- 2 Tbsp. kosher salt (generous)
- 1/2 tsp. baking soda
- 3-4 Tbsp. olive oil
- Coarse sea salt, and fresh cracked pepper, to taste

Directions:

1. Preheat oven to 500°F
2. Bring pot of water, kosher salt, and baking soda to a boil.
3. Place frozen, refrigerated, or fresh 'ulu quarters carefully into pot.
4. Simmer for 10 minutes.
5. Remove 'ulu from pot and drain well. Place onto greased cutting board.
6. While hot, use fork to gently score (scrape) the 'ulu in order to create a slight crumb on the outside.
7. Let cool and cut 'ulu into preferred fry shape strips or wedges.
8. Transfer 'ulu to sheet pan and dress with olive oil, salt, and pepper.
9. Bake for 10 minutes, then carefully turn 'ulu with spatula and bake for another 10 minutes.

*'Ulu is done when crispy and fry-like; let bake additional 5 minutes or more, if needed.
Serve with dip of your choice and enjoy with family and friends!*



Kitchen Sink Sauce

**use whatever get!*

Ingredients:

- 1/2 cup mayo
- 1 cup sour cream or yogurt
- 1/4 cup ketchup
- 1 Tbsp. mustard, chili sauce, oyster sauce, whatever
- 2 Tbsp. sugar or honey
- Squeeze lemon or lime juice
- Salt and pepper to taste
- CHOKE herbs

Directions:

1. Whisk ingredients in a large bowl until well blended. (Optional: use a food processor)
2. Taste and adjust seasoning as needed.

