



# LOCAL VEGETABLE FOOD “KAIKAI” RECIPES IN SOLOMON ISLANDS

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World Vision



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## Foreword

Solomon Islands is going through the epidemiological and demographic transition having to face “double burden” malnutrition. With limited resources, addressing this double burden scenario remains a challenge.

Malnutrition may have been a result of poor dietary practices. Poor diets are excess in fats and sugars, and provide fewer amounts of vital nutrients such as proteins, vitamins, and minerals. Consequently; we see an increasing trend in obesity and non-communicable diseases such as diabetes, high blood pressure, heart diseases, in both children and adults. On the other hand, under nutrition in children remains a problem in Solomon Islands. Under nutrition, in young children due to poor breastfeeding and complementary feeding practices remains a concern. Micronutrient deficiencies like iron deficiency, anemia, and vitamin A deficiency have been proven to exist here, additionally iodine deficiency is suspected among specific population groups.

Fruits and vegetables are vital for us because it provides important minerals and vitamins that keeps us healthy and protects us from developing nutritional disorders. For better health, it is recommended to have five servings of fruits and vegetables a day. Having these servings daily provide one the required amounts of these nutrients to perform their vital roles including: protection against illnesses, act as enzymes, assist in energy metabolism, improve eyesight, strengthen cells, membrane and skin, and act as antioxidant.

There are several programs developed intended to address nutritional disorders. One of which is the promotion of local fruits and vegetables through

development of educational materials for public awareness. Promotion of local vegetables and fruits is also done at the school level which has been included in the primary school syllabus. The objective is to inform these children to acquire the knowledge and thus having healthier choices that can lead on into their adulthood. Development and distribution of posters, leaflets including other educational materials is an on-going activity that is carried out by several responsible ministries, and partners for promoting vegetables and fruits for good health.

In addition, Ministry of Agriculture and Ministry of Health, and other NGO partners have worked tirelessly in partnership to develop this recipe booklet.

This recipe booklet will be distributed and used by households to ensure that each family has variety of local vegetables and fruits for good health.

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## Preface

Local Vegetable Food “Kaikai” Recipes in Solomon Islands book has been produced by the Ministry of Agriculture and Livestock together with the Nutrition Unit, Ministry of Health, its partners on sustainable agriculture, and the communities in rural and urban areas of Solomon Islands. Funds for the printing of this publication came from the Nutrition Unit, Ministry of Health, Solomon Islands, through the generous support of the World Health Organization.

Inside this book you will find local vegetable nutritional recipes for you and your family to try and enjoy. Women Extension Officers of the Ministry of Agriculture and Livestock, Women Development Division of the Ministry of Youth, Women, Sports and Reaction, Kastom Gaden Association, School of Natural Resources at Solomon Islands College of Higher Education, Don Bosco Rural Training Center, Tetere, United Nations Population Fund, Solomon Islands Development Trust, and several Non-Government Organizations (NGOs) such as Zai Na Tina Organic Research and Demonstration Farm, Planting Material Network, West Are’are-Rokotanikeni Association, Malaita, Vois Blong Mere Solomons, Community Sector Programme, Oxfam International, World Vision, Rotary International, etc. in Solomon Islands promotes and encourages “*Sup-Sup* Organic Gardens for healthy local food and nutritional security” to improve family diet, supplement family income, improve the nutrition by eating a variety of local and introduced vegetables, so as to switch to a healthy lifestyle.

Having a variety of local vegetables and fruits will enhance good health for both children and adults. These local vegetables and fruits have a very high

content of vitamins and minerals. Our bodies need vitamins and some minerals in small quantities and so are called “micronutrients”. Vitamins can be found in colored vegetables and fruits such as: tomatoes, pineapples, mangoes, ripe bananas, and other leafy vegetables. You can also find a number of minerals in these foods as well.

Lack of local vegetables and fruits in your daily meal can cause micronutrients deficiencies such as iron deficiency anemia, vitamin A deficiency, and iodine deficiency which have proven to have existed within our communities. Severity of these nutritional disorders can lead to disabilities, poor growth in children, mental retardation, poor health, low work capacity and even premature death.

This book aims to encourage Solomon Islanders to:

1. Grow more kinds of diverse local vegetables for food as *Sup-Sup* Organic Gardens;
2. Change to healthy balanced diet and taste of food;
3. Eat more local diverse nutritious vegetables;
4. Exposure to different styles of local recipes / cooking styles;
5. Family members would have enough supply of fresh vegetables all year round, so that they are less reliant on local markets to buy vegetables;
6. Have surplus supply to sell for extra income and involve in income generating activities such as catering, etc. and;
7. Healthy and strong family by consuming various kinds of fresh vegetables daily.

The recipes in this book are easy and quick to cook all year round. Few recipes were also extracted from two local publications, namely:

Taylor, Shirley. 2007. *Cook Well Eat Better: Easy Recipes for Solomon Islands*. Solomon Islands Christian Literature, Solomon Islands, 64 pp.

Wagapu, Eva. 1977. *Smart Book for Busy People*. Women Development Division. Ministry of Youth, Women, Sports and Recreation. Ed. Akiko Okuie, Honiara, Solomon Islands, 102 pp.

Most recipes are from indigenous vegetables and with few introduced and improved vegetables. It is easy to make your own flavor for soups and tastes, and is much better than curry powders from the stores and thus also helps you save money.

A table of nutritional contents of the vegetables and fruits is available for ready reference, as a guide to prepare healthy and nutritious meals for your family each day. We further encourage readers/ individuals to share their local vegetable recipes that we would have failed to include in the present compilation, so that they can be shared in the next edition of this publication.

We thank Mr. Skrieg Minu, IT expert from MAL for designing the attractive book cover.

**Editors:**

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# **RECIPES FROM LEAFY VEGETABLES**

## **[Recipes from Aibika (Slippery Cabbage)]**

### **SLIPPERY CABBAGE SOUP**

#### ***Ingredients***

- 1 puzzle (bundle) slippery cabbage
- 2 dry coconut for cream milk
- 1 onion
- 2 red fruit chillies (small)
- 3 long shallots
- Tomato (1 handful)

#### ***Procedure***

1. Scrape and squeeze coconut milk and put to boil
2. Add chopped onions
3. Cut slippery cabbage twice only and add into boiling milk until half cook
4. Smash chillies and add onto soup
5. Add on slice tomatoes
6. Cut up the shallots and add to soup, simmer until well cooked
7. Add salt to taste

***Contributor: Ms. Lucy Siale, Kastom Gaden Association, Honiara, Solomon Islands.***

## **CHILIRI NGACHE**

### ***Ingredients***

- 3 bundles of Slippery Cabbage
- 2 coconut grated and milked
- 1 table spoon of grated ginger
- Salt to taste
- Hot stones from an oven (*mumu*)

### ***Procedure***

1. Remove stem of slippery cabbage and put into a strong pot
2. Pour in the coconut milk and ginger and salt
3. Get hot stones about 4 of them and put inside the pot to cook the vegetables
4. Close the pot lid tightly for 15 minutes
5. Slippery cabbage should be nicely cooked ready to serve with cassava or sweet potato

This can also be done with a mixture of vegetables such as slippery cabbage, pumpkin-tips, beans, tomatoes and capsicum and fern.

***Contributor: Ms. Olga Tutua Koito, Zai Na Tina Organic Research and Demonstration Farm, Honiara, Solomon Islands.***

## **BEE DEE (MIXED SLIPPERY CABBAGE)**

### ***Ingredients***

- 1 parcel slippery cabbage
- 4 medium ripe tomatoes
- 4 long beans
- 4 shallots

- 4 peppers
- 2 hot chilly
- 1 dry coconut
- Salt

***Procedure***

1. Cut slippery cabbage into quarter
2. Cut others like tomatoes, beans, chilly and peppers into pieces
3. Pour coconut cream into pot and add 3 teaspoon
4. Place pot on the fire
5. When it started to boil put all ingredients into the pot
6. Close pot top and ready to eat (Needs medium size pot)

***Contributor: Ms. Rachael Mae, Masilana Village, North Malaita, Solomon Islands.***

**MASIMASI (BAKED SLIPPERY CABBAGE)**

***Ingredients***

- Wooden bowl and a stick for crushing the nut
- 6 cups of baked nuts
- Salt and water
- 3 bundles of slippery cabbage or any taro leaf which is edible

***Procedure***

1. Cook the water and add salt and leave it on fire to boil, then
2. Add cabbage, stir it until the cabbage is well cooked

3. Stir smashed nut into the pot of cabbage and leave to heat in the fire
4. Keep stirring until it is mixed and leave the pot on the fire for a few minutes
5. Ready to serve

***Contributors: Ms. Annie Lute, Ms. Nancy Malu and Ms. Mary Timothy, Kastom Gaden Association, Honiara, Solomon Islands.***

## **MASIMASI WITH SWEET POTATO**

### ***Ingredients***

- 3 bundles of slippery cabbage, stems removed
- 2 cups of mashed Nali nut
- 4 large sweet potatoes sliced (can also use taro)
- Salt to taste
- 4 Banana leave heated over a stone oven, for wrapping

### ***Procedure***

1. Put nail nut in a bowl and mix with water till fluffy, add salt to taste
2. Lay out the banana leaves on a flat surface
3. Using a spoon, put nut, slippery cabbage leaves and sliced potatoes in layers on the banana leaves
4. Wrap up the banana leaves and bake in a stone oven or Motu for about 2 hours depending on the heat

Note: Chenicheni is a similar dish but without the sweet potatoes.

*Contributor: Ms. Olga Tutua Koito, Zai Na Tina  
Organic Research and Demonstration Farm, Honiara,  
Solomon Islands.*

## **REKO (SLIPPERY CABBAGE) WITH COCONUT CREAM**

### ***Ingredients***

- 1 medium parcel slippery cabbage
- 2 dry coconut
- 1 dessert spoonful salt
- 6 cup water
- ½ cup cherry tomato
- 1 packet noodle
- 6 sweet pepper
- 1 medium taiyo
- 1 bundle bean
- 1 glove garlic

### ***Procedure***

1. Cut slippery cabbage and bean into small pieces
2. Scrape coconut and squeeze it into a pot and add  
1 desert spoon salt
3. Slice tomatoes and pepper into pieces
4. Cut garlic into pieces
5. Put the pot on the fire
6. When the coconut cream starts to bubble put the  
slippery cabbage and beans into the pot
7. Add pepper and garlic and stir

8. After, turn the fire low, remove the pot of the fire and add tomato, taiyo and noodle and put the lid on for 3 minutes
9. Serve hot with rice or potato
10. To be served for 6 people

*Contributors: Ms. Miriam Hou, Ms. Stevenson Kioniau, Ms. Benatte Oita, Ms. Irene Iaropo, Ms. Matlida Rukahainpata, Ms. Monica Pisinaia, Ms. Gorette Hirisiko, and Ms. Gorethy Hoikao, Harumou, Zone 12, West Are'are-Rokotaniken Association, Malaita, Solomon Islands.*

## **BAKED SLIPPERY CABBAGE IN COCONUT CREAM**

### *Ingredients*

- 4 bundles Slippery Cabbage
- 1 bundle Shallot
- 6 Tomato
- Chicken Wings
- Thick coconut cream

### *Procedure*

1. Prepare clean banana leaves for wrapping, put over fire flame to soften
2. Flatten the banana leaves on a table
3. Sprinkle some thick coconut cream (cooked) on the leaves
4. Add or spread slippery cabbage on leaves
5. Sprinkle some coconut cream on cabbages
6. Add chicken wings, shallot and tomato

7. Cover with some slippery cabbages
8. Sprinkle some coconut cream and then wrap into a secure parcel
9. Bake in a stone oven (*Mumu*) for about 2 hours or until cooked
10. Best serve with sweet potato or taro

***Contributor: Ms. Maria Ghauka, Ministry of Agriculture and Livestock, Guadalcanal Province, Solomon Islands.***

## **STEAMED POTATO IN BAMBU**

### ***Ingredients***

- Potato
- Bamboo Tube (fresh)
- Slippery Cabbage

### ***Procedure***

1. Peel, wash and cut potato into small pieces
2. Cut one bamboo tube leaving one end closed
3. Fill the bamboo with potato pieces and close the opening with a handful of slippery cabbage leaves
4. Burn in a small fire, turn regularly until cooked
5. Split open the bamboo tube to serve the cooked potato

***Contributor: Ms. Maria Ghauka, Ministry of Agriculture and Livestock, Guadalcanal Province, Solomon Islands.***

## **STEAMED SLIPPERY CABBAGE (*POPO*)**

### ***Ingredients***

- 1 parcel slippery cabbage
- 1 coconut (grate)
- 4 hot stone (fire)
- Pinch of salt
- 4 small tomatoes
- 4 bottom shallots

### ***Procedure***

1. Prepare slippery cabbage and chop into half
2. Slice tomato and shallots into pieces
3. Grate and extract coconut milk into a pot
4. Place 4 hot stones into the milk and add slippery cabbage with the rest of the vegetables
5. Use thongs to turn the mixture around in the pot
6. Cover with 2 banana leaves and leave for 10 minutes

***Contributor: Ms. Christina Koku, Don Bosco Rural Training Center, Tetere, Solomon Islands.***

## **SLIPPERY CABBAGE WITH COCONUT CREAM (*GURA*)**

### ***Ingredients***

- 1 parcel slippery cabbage
- 1 coconut (grate)
- Ginger
- 4 Tomato
- 1 Onion
- 2 Cup water

***Procedure***

1. Boil slippery cabbage with water , drain out the water when it is cooked
2. Arrange the slippery cabbage in the tray
3. Boil the coconut cream, add ginger, Onion and tomato
4. Pour the mixture on to the tray and ready to be served

***Contributor: Ms. Sherol Mautoa, Betikama Adventist College, Honiara, Solomon Islands.***

**SLIPPERY CABBAGE EATEN WITH GIANT TARO (Pa'a Haruharu)**

***Ingredients***

- 2 bundle slippery cabbage
- 2 dry coconut
- 5 medium tomatoes
- 4 medium sweet pepper
- 1 bundle bean
- 1 bundle shallot
- 1 medium taiyo
- 2 noodle
- 1 level spoon salt
- 1 level spoon curry

***Procedure***

1. Scrape coconut and add 4 cups of water and milk into a pot
2. Cut slippery cabbage into a bowl

3. Cut beans, tomato and sweet pepper into a dish
4. Put the pot with the milk on the fire till bubble
5. Add 1 teaspoon of salt and curry into the mixture and stir
6. Put all the prepared vegetables into the pot until half cook and add taiyo, noodle and shallot
7. Cook for 3 minutes
8. Serve with Kumara
9. To be served for 10 people

*Contributors: Ms. Esther Naraha'a, Ms. Agnes Suha'a, Ms. Patricia Huaoko, Ms. Francina Poiharu, Ms. Rose Kwaifi, Ms. Daisina Anoi, Ms. Makulata Suruau, Ms. Caroline Labo, Ms. Florence Rakahai, Zone 10, Aia'rai, West Are'are-Rokotanikeni Association, Malaita, Solomon Islands.*

## **[Recipes from Boneo]**

### **BONEO (LEAFY VEGETABLE) SOUP**

#### *Ingredients*

- 2 tablespoon cooking oil
- 1 puzzle (bundle) Boneo young tops only (leafy vegetable)
- 1 onion
- 1 tablespoon local curry powder
- 2 red chillies (small type)
- Tomatoes (1 handful)
- Green Capsicums (1 handful)
- 3 long shallots

***Procedure***

1. Pour in cooking oil into frying pan
2. Add chopped onion, stir until brown
3. Add local curry powder into ½ cup of water and add to pan
4. Pinch out Boneo tops and add on to the pan
5. Add tomatoes
6. Add green capsicums
7. Cut shallots and add on to soup, simmer until cooked
8. Add salt to taste

***Contributor: Ms. Lucy Siale, Kastom Gaden Association, Honiara, Solomon Islands.***

***PA'ARIKI (BONEO)******Ingredients***

- 3 dry coconut for milk
- 10 clam shell
- 1 bundle shallot
- 1 bundle bean
- 1 bundle Boneo
- 1 packet noodle
- 1 table (level) spoon salt

***Procedure***

1. Scrape coconut and milk into a pot
2. Put in on the fire until boil
3. Add 1 table spoon (level) of salt into the pot
4. Cut clamshell into pieces and add

5. Put Boneo, beans and shallots into the boiling milk
6. When all vegetables are half cooked, add noodle and leave for 3 minutes until cook
7. To be served for 4 people

*Contributors: Ms. Everlyn Rafu, Ms. Melody Lau, Ms. Bernadina Tatakeni, Ms. Gabriela Arumisi, Ms. Justina Keniuta, Ms. Mary Huntaro, Ms. Saveria U'ura, Ms. Catherine Apumane, Ms. Julia Lahue, Ms. Fostina Surumoua, and Ms. Caroline Raike, Harumou, Zone 7, West Are'are-Rokotaniken Association, Malaita, Solomon Islands.*

## **[Recipe from Pak Choi]**

### **PAK CHOI IN OYSTER**

#### *Ingredients*

- 3 bottoms of Pak Choi
- 1 table spoon cooking oil
- 2 table spoon Oyster

#### *Procedure*

1. Boil water and add 1 tablespoon oil
2. Put cleaned Pak Choi not cut
3. Cover Pot for few minutes
4. Remove Pak Choi from water
5. Strained the Pak Choi, add lime
6. Add Oyster to the cabbage

7. Mix well and serve

*Contributor: Ms. Lily Wame, Ministry of Agriculture and Livestock, Honiara, Solomon Islands.*

### **[Recipe from Ball Cabbage]**

#### ***BEE (BALL CABBAGE MIX)***

##### ***Ingredients***

- 1 medium ball cabbage / was with clean water.
- 5 tomatoes
- 5 young long beans
- 4 chili peppers
- 2 hot chilly
- 1 dry coconut
- 4 shallots
- Salt

##### ***Procedure***

1. Cut cabbage into small pieces
2. Cut tomatoes, beans, chilly and pepper
3. Put coconut cream into pot and add 4 teaspoon salt
4. Place on fire and if coconut cream started to boil put all ingredients into the pot
5. Then remove from fire and ready to eat

*Contributor: Mr. Johnson Ladota'a, Ma'asilan Village, North Malaita, Solomon Islands.*

## [Recipes from Kasume (Fern)]

### KASUME IN COCONUT CREAM

#### *Ingredients*

- 4 dry coconuts (grate)
- 1 parcel Kasume
- 1 parcel shine paper cabbage (*Amau*)
- 4 large Tomato
- 4 Bottom Shallots
- 1 tin Taiyo
- 2 packets noodle
- Pinch of salt

#### *Procedure*

1. Clean the green leafy vegetables well and chop into desire size
2. Boil coconut cream and add all the green leafy vegetables
3. After 6-10 minutes, add chop tomato pieces, chop shallots, taiyo and noodles
4. Add pinch of salt to taste

***Contributor: Mr. Emmanuel Francis, Don Bosco Rural Training Center, Tetere, Solomon Islands.***

### KASUME IN COCONUT MILK

#### *Ingredients*

- Fern (*Kasume*) one bundle
- 1 small pcs. Fresh Ginger
- Salt
- 1 Tbs. Curry

- ½ Slice Lime
- 1 cup Coconut milk

***Procedure***

1. Drop into boiling water for short time and strain, squeeze lime over the Kasume.
2. Add thick coconut cream, add ginger, curry and salt
3. Pour over fern (Kasume) and serve

***Contributor: Ms. Lily Wame, Ministry of Agriculture and Livestock, Honiara, Solomon Islands.***

**KASUME WITH TAIYO**

***Ingredients***

- 3 Handful fresh Kasume
- 1 cup thick coconut cream
- 2 stem shallot
- 1 big tomato
- 2 tablespoon lemon juice
- 1 tin chillie taiyo

***Procedure***

1. Drop fresh Kasume into boiling water and leave for about 3 minutes
2. Remove and strain
3. Add shallots and tomatoes
4. Add lemon juice
5. Add coconut cream and salt to taste
6. Add taiyo and serve

*Contributor: Ms. Maria Ghauka, Ministry of  
Agriculture and Livestock, Guadalcanal Province,  
Solomon Islands.*

## **KASUME CURRY**

### *Ingredients*

- 1 parcel fern (*Kasume*)
- 5 ripe tomatoes
- 10 short (Deborah) beans
- 5 chilly peppers
- 2 hot chilly
- 2 onions
- 1 dry coconut

### *Procedure*

1. Break top of fern and put inside a basin
2. Cut tomatoes, beans, chilly pepper, hot chilly, onion into pieces
3. Pour coconut cream into pot / add 5 teaspoon salt
4. Put pot on fire to boil/ add all ingredient when boil
5. Cooked for 15 minutes
6. Remove from fire and ready to eat

*Contributor: Ms. Jocelyn Toligesu, Kwage Village,  
North Malaita, Solomon Islands.*

## **TUTUBU-FERN (FERN WITH COCONUT CREAM)**

### ***Ingredients***

- 1 parcel fern (Kasume – tutubu)
- 2 dry coconut
- 1 Bonito (fish) baked
- Packet noodle
- ½ teaspoon salt
- 3 cup water

### ***Procedure***

1. Scrape coconut and milk into a pot
2. Put the pot in the fire, when it starts to boil put the fern in
3. Add half teaspoon salt
4. Remove bones from the bonito (fish) and add into the pot
5. Leave the pot on the fire for 5 minutes and add noodle
6. Serve with hot potato
7. To be consumed by 5 people

***Contributors: Ms. Caroline Raike, Ms. Chaniela Totikeni, Ms. Everlyn Rafu, Ms. Melody Lau, Ms. Gabrella Arumisi, Ms. Fostina Surumoua, Ms. Justina Keniuta, Ms. Mary Huntaro, Ms. Bernadina Tatakeni, Ms. Catherine Apumane, Ms. Julia Lahue, Ms. Teta Simaia, and Ms. Saveria U'ura, Harumou, Zone 7,***

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**[Recipe from Kangkon]**

**MARIA HANIA KANGU (FISH WITH KANGKON)**

***Ingredients***

- 1 bundle Kangkon
- 2 Packet Noodles
- 1 tin taiyo or 1 bonito fish
- 1 teaspoon salt
- 2 dry coconut
- 1 bundle shallot

***Procedure***

1. Scrape coconut and milk into a pot
2. Slice Kangkon and shallots and put separately into a dish
3. Boil the coconut cream in a pot, add noodle favor and taiyo or bonito fish
4. Add Kangkon and shallots, when cooked, add in noodle and salt
5. Serve hot with rice
6. To be served for 20 people

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## **RECIPE FROM INTRODUCED VEGETABLES**

### **TAIYO AND VEGETABLE OMELLETE**

#### ***Ingredients***

- 6 bottoms of shallot
- 4 green peppers
- 6 tomatoes (small size)
- 6 eggs beaten (one at a time)
- 1 teaspoon of salt
- 1 tablespoon cooking oil
- 1 tin of taiyo (medium)

#### ***Procedure***

1. Chop the shallots, green peppers and tomatoes into small pieces and mix with taiyo and add 1 teaspoon of salt to taste.
  2. Beat an egg in a cup and add pinch of salt
  3. Place 1 tablespoon of oil into a heated frying pan
  4. Pour the beaten egg into the frying pan; tilt the pan so that the egg is evenly distributed in the pan
  5. See that the egg is cooked and add the taiyo and vegetables to the centre of the omellete and fold.
  6. Lift the omellete onto a flat plate.
  7. To be served for 6 people with boiled rice or kumara.
  8. Tomato sauce can be served with the omellete as well.
- Note: The 6 eggs make 6 omelletes.

***Contributor: Ms. May Pitakere, School of Natural Resources (SNR), SICHE, Honiara, Solomon Islands.***

## **RECIPES FROM YARD LONG BEANS**

### **STIR FRIED YARD LONG BEAN**

#### ***Ingredients***

- 1 packet Mince meat
- 2 onion bulb
- Shallots
- 3-4 teaspoon Soya sauce
- Oil to fry
- 1 teaspoon Beef Booster
- 1 teaspoon Gravy

#### ***Procedure***

1. Heat pot, spread oil in it & fry Onions and mince meat for short time
2. Pour water in a pot to cover till cook
3. Add Soya sauce, Beef Booster, and gravy
4. Add small water if dry, and shallot
5. Serve hot

***Contributor: Ms. Abusiufia Wame, Legakiki Ridge, Honiara, Solomon Islands.***

### **BEAN AND TUNA STEW**

#### ***Ingredients***

- 1 Bundle of bean chopped
- 2 tomatoes sliced or chopped
- 2 capsicum chopped
- 2 eggplant chopped
- 1 clove of garlic

- 150 g canned Solomon Tuna
- Salt to taste
- 1 tablespoon of vegetable oil

***Procedure***

1. Heat oil in a frying Pan
2. Add ginger and garlic
3. Add beans and stir in well, till slightly cooked
4. Add the remaining vegetables – tomatoes, capsicum, egg plant
5. Lastly the tuna and salt to taste
6. Serve with rice or sweet potatoes

***Contributor: Ms. Olga Tutua Koito, Zai Na Tina Organic Research and Demonstration Farm, Honiara, Solomon Islands.***

**BEAN CURRY**

***Ingredients***

- 4 cups of green beans, chopped
- 2 tablespoons cooking oil
- 1 clove garlic
- 2 small onions, chopped
- ½ teaspoon lemon juice (optional)
- 1 tablespoon curry powder

***Procedure***

1. Heat oil in shallow pan
2. Fry garlic and onions
3. Add curry powder and stir fry for 1 minute
4. Add beans and mix well
5. Cook for 7 to 10 minutes until beans are crisp and bright green in color

6. Remove from heat and serve hot with rice
7. Sprinkle lemon juice on top

***Contributor: Ms. Olga Chapangi, Vois Blong Mere  
Solomons, Honiara, Solomon Islands.***

### ***BINI (FRIED BEAN)***

#### ***Ingredients***

- 1 bundle bean
- Tomato (ten)
- 5 small eggplants
- 1 bundle shallots
- 1 root ginger
- Half teaspoon salt
- 2 packet noodles
- 1 medium taiyo

#### ***Procedure***

1. Chop beans, tomato, eggplants and shallots into small pieces
2. Smash ginger into pieces
3. Heat Oil and add salt to taste
4. Add all the vegetables with taiyo and noodle
5. Cover until cook
6. To be served for 5 people

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Bendida Kaikaia, Ms. Mary Anna, Ms. Anette Hitamae,***

*and Ms. Maria Lusa, Harumou, Zone 13, West Are'are-Rokotanikeni Association, Malaita, Solomon Islands.*

## **BEAN WITH CLAM SHELLS**

### ***Ingredients***

- 1 bundle bean
- 5 medium tomatoes
- 2 dry coconuts
- Handful of trochus shell
- 1 bundle shallot
- 1 teaspoon salt
- Pinch of curry

### ***Procedure***

1. Scrape coconut and milk into a pot
2. Add salt into the milk
3. Clean vegetables and cut into small pieces
4. Put the pot with coconut milk on the fire till bubble and put all the prepared vegetables into the pot
5. Serve with Kumara
6. To be served for 5 people

***Contributors: Ms. Evalyn Isihanua, Ms. Mary Siwainao, Ms. Lucy Waoniara, Ms. Florence Rakahai, Ms. Martha Ohoau, Ms. Elizabeth Tahunaia, Ms. Constance Siriurao, Zone 5, Aia'rai, West Are'are – Rokotanikeni Association, Malaita, Solomon Islands.***

## **RECIPES FROM PUMPKIN**

### **CURRY CHICKEN WINGS AND PUMPKIN FRUIT**

#### ***Ingredients:***

- 1 kg chicken wings
- 2 ½ Tablespoons curry powder
- 1 Tablespoon mushroom black sauce
- 3 Tablespoon oil
- 1 large onion
- 2 cloves garlic
- 1 small piece of ginger
- 2 teaspoons salt
- 2 teaspoons monosodium salt (Ajinomoto)
- ½ parcel of bean
- 5 Green peppers
- Pumpkin fruit (small)

#### ***Procedure***

1. Chop the chicken wings into desired size and place in a bowl
2. Chop the onions and grate the garlic & ginger
3. Chop the vegetables (beans, peppers, and pumpkin fruit) into desired size
4. Heat the pot and put cooking oil into it
5. Place onion, garlic and ginger into the heated oil and stir till onion is golden brown
6. Dissolve curry powder with black sauce in a bowl of hot water

7. Pour the dissolved curry powder into the pot and stir till it is cook
8. Put the chopped chicken wings into the pot and leave to simmer
9. Add the salts to the chicken
10. Add the chopped pumpkin fruit to the chicken wings and leave to simmer till pumpkin is cook
11. Add the remaining vegetables and stir till cook (They must be still green and not overcooked).
12. Serve with boiled rice or boiled kumara.

***Contributor: Ms May Pitakere, School of Natural Resources, SICHE, Honiara, Solomon Islands.***

## **CHICKEN AND PUMPKIN SOUP**

### ***Ingredients***

- 2 tablespoon cooking oil
- 1/3 cup chopped Onion
- 1 kg (2 lb) chicken
- 4 cups water
- 2 tomatoes, chopped
- 4 cup sliced pumpkin fruit
- 6 pumpkin tips
- 1 cup coconut cream
- 1 sweet pepper, sliced (optional)
- 3 tablespoon lemon juice (optional)
- Salt to taste

### ***Procedure***

1. Wash pumpkin tips, prepare and chop
2. Fry onion in the cooking oil until tender
3. Cut chicken into small pieces

4. Add cut- up chicken to onion and cook for 10 minutes uncovered
5. Add water, lemon juice and salt to taste
6. Bring to the boil, lower heat and cook for 15 minutes covered
7. Add tomatoes, pumpkin, green pepper and pumpkin tips. Cook for 5 minutes
8. Add coconut cream. As soon as the mixture comes to the boil again, remove from heat.
9. Serve hot with cooked root crops or breadfruit

***Contributor: Ms. Olga Chapangi, Vois Blong Mere Solomons, Honiara, Solomon Islands.***

## **PUMPKIN SOUP**

### ***Ingredients***

- 1 Pumpkin fruit (Small, medium and large)
- 2 Tin chillie tuna
- 1 bottom shallot
- 5 medium tomato fruit
- 1 ½ cup coconut fruit
- 3 tablespoon curry
- ½ teaspoon salt

### ***Procedure***

1. Peel pumpkin and cooked in boiled water for about 10 minutes
2. Remove the pumpkin from the water into another pot and add coconut cream and shimmed for 2 minutes
3. While shimmering add shallot and tomato
4. Then add chillie tuna and cooked for another 2 minutes

5. Add curry and salt to taste

***Contributor: Ms. Julian Tora, Ministry of Agriculture and Livestock, Makira Province, Solomon Islands.***

## **TUNA PUMPKIN**

### ***Ingredients***

- 1 medium sized Pumpkin
- 5 small Tomato
- 5 Shallot
- 1 Canned Tuna
- Pinch of salt
- 1 tsp Curry Powder

### ***Procedure***

1. Boil pumpkin until tender, Stir till the mixture is fully mashed
2. Add Shallot , Tomato, tuna and a pinch of salt to taste and curry
3. Mix thoroughly and taste
4. Serve with Sweet Potato or Rice

***Contributor: Ms. Martha Misake, United Nations Population Fund, Honiara, Solomon Islands.***

## **STEAMED PUMPKIN**

### ***Ingredients***

- 1 small pumpkin
- 2 eggs
- 1 cup pure coconut cream

### ***Procedure***

1. Peel pumpkin and cut a hole onto and clean the inside of pumpkin, saving the cut away pieces
2. Break egg and beat thoroughly
3. Add beaten egg and coconut cream into pumpkin and close the hole
4. Put into Pot and secure lid properly and add a little water or coconut solution to the pumpkin
5. Put on moderate fire and steam for about 1 hour
6. Serve as dessert

***Contributor: Ms. Daniella Zae, Ministry of Agriculture and Livestock, Guadalcanal Province, Solomon Islands.***

## **PUMPKIN PUDDING**

### ***Ingredients***

- Half Pumpkin
- Grated Cassava
- 1 hot stone
- 2 – 3 cup Coconut Milk

### ***Procedure***

1. Peel and grate cassava and grate coconut
2. Peel pumpkin and cut into cubes, put enough water to cover the pumpkin and put it over the fire
3. Put a stone in a fire until it is hot, remove from the fire and put it into the grated coconuts
4. Keep turning the stone around your grated coconut until the grated coconut is nearly soft and brown
5. Add water to your coconut, squeeze the juice out and strain
6. Leave it stand for a while

7. When the pumpkin is soft mash it using a spoon, but do not remove it from the fire. While the pumpkin is still boiling, add grated cassava a little at a time.
8. When it thickens, remove from the heat and serve with coconut milk

**Extracted From: Wagapu, Eva. 1977. *Smart Book for Busy People*. Women's Development Division, Ministry of Youth, Women, Sports and Recreation. Ed. Akiko Okuie, 102 pp., Honiara, Solomon Islands.**

## **RECIPES FROM EGGPLANT**

### **EGGPLANT WITH SOY SAUCE (*KUKUSA*)**

#### ***Ingredients***

- 6 Eggplants
- 3 tablespoon oil
- 2 teaspoon light soy sauce
- 4 small tomato
- 1 cup water
- 1 Medium Taiyo

#### ***Procedure***

1. Chop eggplant (any size) and soak in water for 5 minutes
2. Boil with one cup water
3. Drain the water when the eggplant is cooked
4. Add oil, Onion, light soy sauce and taiyo
5. Heat it for 5 minutes

***Contributor: Ms. Sherol Mautoa, Betikama Adventist College, Honiara, Solomon Islands.***

### **COCONUT CREAM EGGPLANT**

#### ***Ingredients***

- 2 cup coconut milk (thick)
- 1 bundle of eggplant
- 4 large tomato
- 3 bottom shallots
- 1 teaspoon salt

- 1 medium taiyo
- 5 pcs. Sweet Basil
- 1 tbs Curry Powder

***Procedure***

1. Chop vegetables into desired shape
2. Boil coconut cream and add eggplant
3. Add tomatoes, shallots and taiyo
4. Add salt and curry to taste
5. When cook, serve with hot rice or Kumara

***Contributor: Ms. Thecla Vapusy, Kastom Gaden Association, Honiara, Solomon Islands.***

**EGGPLANT WITH EGG**

***Ingredients***

- 3 grill large eggplants
- ½ garlic powder
- 1 teaspoon salt
- 2 eggs

***Procedure***

1. Grill or roast over fire eggplants with the skin
2. Peel and press them lengthwise, sprinkle garlic and salt
3. Break eggs and stir
4. Deep press egg plant into the egg
5. Heat oil and fry eggplants
6. Turn eggplant and fry till egg cooked

***Contributor: Ms. Christina Sau, Honiara, Solomon Islands.***

## **ROASTED EGGPLANT**

### ***Ingredients***

- 4 large eggplant
- Salt to taste
- Kikomin Sauce

### ***Procedure***

1. Roast the eggplants over the fire till cooked
2. Put Kikomin sauce and salt in a bowl
3. Dip the cooked eggplant into the sauce and serve

***Contributor: Ms. Olga Tutua Koito, Zai Na Tina Organic Research and Demonstration Farm, Honiara, Solomon Islands.***

## **FRIED EGGPLANT**

### ***Ingredients***

- 4 large eggplant sliced
- 1 egg
- Vegetable Oil for frying
- Salt to taste

### ***Procedure***

1. Dip sliced eggplant into egg and fry till golden brown
2. Serve with other vegetables

***Contributor: Ms. Olga Tutua Koito, Zai Na Tina Organic Research and Demonstration Farm, Honiara, Solomon Islands.***

## **FRIED EGGPLANT WITH FLOUR**

### ***Ingredients***

- 6-7 eggplant sliced
- 3 cups plain flour
- 1 tbs. curry
- Pinch salt
- 1 garlic
- Cooking oil

### ***Procedure***

1. Chop egg plants and then boil
2. Strain all the water
3. Add flour, curry, salt and garlic and then fry it on pan.
4. Serve when hot

***Contributor: Ms. Claudine Watoto, Kastom Gaden Association, Honiara, Solomon Islands.***

## **SIKAHA HA'ANIA KIU (EGGPLANT WITH SHELL)**

### ***Ingredients***

- 10 eggplants fruits
- 2 dry coconuts
- 1 teaspoon salt
- 20 Mud shell (Kiu) or fresh fish
- 10 tomato fruits
- 1 packet noodle
- Handful of Home Mushroom
- Pinch of salt

- 1 bundle shallot

***Procedure***

1. Cut eggplants into pieces
2. Scrape coconut and milk into a pot
3. Open the Mud shell and scope out the meat
4. Slice tomato into pieces
5. Cut shallots into pieces
6. Put the pot with coconut milk on the fire till bubble and put all the prepared vegetables into the pot
7. Put the lid over the pot for about 2 minutes until cook well
8. Serve with Kumara
9. To be served for ten (10 people)

***Contributors: Ms. Constance Puiaraha, Ms. Naomi Ukurua, Ms. Grace Pihunia, Ms. Catherine Aihunu, Ms. Bethline Haraiken, Ms. Esther Kabusi, Ms. Jermimah Hinai, Ms. Rose Toriore, Ms. Assaneth Wale, Ms. Alice Supisi, Ms. Flory Nanau, and Ms. Joyce Keni, Zone 4, Aia'rai, West Are'are-Rokotaniken Association, Malaita, Solomon Islands.***

***KEU AND SIKAHA (SHELL WITH EGGPLANT)***

***Ingredients***

- 10 eggplants (Medium)
- 2 dry coconut
- 20 mud shell
- 1 bundle shallot

- 1 packet noodle
- 1 teaspoon salt

***Procedure***

1. Cut eggplant into a bowl.
2. Scrape coconut and add 2 cups of water and extract the milk.
3. Add one teaspoon salt to the coconut milk
4. Remove shell and put into the cream.
5. Boil the mixture until half cook.
6. Add the eggplants and cook for 5 minutes.
7. Add shallot and noodle and cover the pot for 3 minutes.
8. To be served for 5 people.

***Contributors: Ms. Margaret Karihanu, Ms. Makulata Puarara, Ms. Brenda Toiroko, Ms. Stephanie Tainaru, and Ms. Madalen Kohirau, Harumou, Zone 11, West Are'are – Rokotanikeni Association, Malaita, Solomon Islands.***

## **RECIPE FROM BELL (SWEET) PEPPER**

### **SWEET PEPPER WITH TAIYO**

#### ***Ingredients***

- Sweet pepper
- 2 tablespoon cooking oil or use oil from Taiyo
- Shallot
- Taiyo (First grade or special)

#### ***Procedure***

1. Cut pepper lengthwise, smaller sizes
2. Cut white part of shallot lengthwise
3. Heat oil
4. Add pepper, shallots and stir
5. Add Taiyo, stir
6. Serve while hot

***Extracted From: Taylor, Shirley. 2007. Cook Well Eat Better: Easy Recipes for Solomon Islands. Solomon Islands Christian Literature, 64 pp. Solomon Islands.***

## **RECIPES FROM TOMATO**

### **SWEET TOMATO SOUP**

#### ***Ingredients***

- 10 large tomato fruits (You can increase the number)
- 2 Tin tuna (medium)
- 1 Onion chopped
- 3 green peppers
- ½ cup chopped pineapple
- 2 tablespoon curry
- 4 tablespoon cooking oil
- Pinch of salt to taste

#### ***Procedure***

1. Fry the onion, green pepper and pineapple in the oil under low heat for 5 minutes
2. Add tomato and half cup water and heat for 2 minutes
3. Add tuna and curry cooked for 2 minutes
4. Then add salt to taste. Serve hot with rice or sweet potato

***Contributor: Ms. Caroline Houkura, Ministry of Agriculture and Livestock, Honiara, Solomon Islands.***

## **FISH IN CURRY WITH TOMATO**

### ***Ingredients***

- 1 medium size fish (fresh fish/ Snippier/ Yellow fin)
- 2 table spoon curry powder
- 2 table spoon oil
- Tomato (any amount)
- 1 Bush lime

### ***Procedure***

1. Cut fish into servings and add lime
2. Cut tomatoes into desired size
3. Heat oil and add curry, stir under low heat
4. Add tomatoes, stir
5. Add fish into the mixture; stir to allow mixture to coat the fish
6. Cook them very slowly on low fire, till fish is cooked
7. Add salt when the fish is cooked

***Contributor: Ms. Lily Wame, Ministry of Agriculture & Livestock, Honiara, Solomon Islands.***

## **TOMATO WITH NAVY BISCUITS**

### ***Ingredients***

- 1 bundle of Shallot
- 1 tin tuna (*taiyo*) (Special / Second Grade Taiyo)
- Tomato
- Navy Biscuits

### ***Procedure***

1. Clean and cut shallot into smaller sizes

2. Cut Tomatoes in smaller sizes
3. Add Taiyo to the mixture and stir
4. Add pepper
5. Serve with Navy hard biscuits

***Contributor: Ms. Lily Wame, Ministry of Agriculture & Livestock, Honiara, Solomon Islands.***

## **RECIPES FROM MIXED VEGETABLES**

### **FISH AND VEGETABLE CURRY SOUP**

#### ***Ingredients***

- 2 Fish
- 2 Tomato
- 2 Medium size taro
- 2 Green banana
- 1 Onion
- 2 cup coconut cream
- Pinch of salt
- 2 Chilli
- 1 tsp curry powder
- 1 bundle of Slippery Cabbage

#### ***Procedure***

1. Peel the banana and taro and cut into even sized pieces
2. Clean and cut the fish into even sized pieces and boil with banana, taro, salt and chilli in sufficient water to cover
3. Prepare coconut cream and add to the pot. Add curry powder and chopped onion and leave to boil
4. Add slippery cabbage and tomatoes in the last 5 minutes of cooking

***Extracted From: Wagapu, Eva. 1977. Smart Book for Busy People. Women Development Division, Ministry of Youth, Women, Sports and Recreation. Ed. Akiko Okuie, Honiara, Solomon Islands, 102 pp.***

## **VEGETABLE OMELETS**

### ***Ingredients***

- 2 bottom saladia wash and chop
- 1 tin tuna
- 2 Onion chop
- 2 eggs
- 3 large tomato fruits
- 3 large green peppers
- 4 tablespoon cooking oil or butter
- ½ teaspoon salt to taste

### ***Procedure***

1. Fry the onion in the oil or butter for 5 minutes
2. Add the chopped vegetables, water and lightly fry for about 5 minutes or until the vegetables are half cooked
3. Beat egg in bowl and add to the vegetables cooked for further one minute
4. Add tuna and cooked for another one minute
5. Then add salt to taste. Serve hot with rice

***Contributor: Ms. Caroline Houkura, Ministry of Agriculture and Livestock, Honiara, Solomon Islands.***

## **EGG AND TOMATO OMELETTE**

### ***Ingredients***

- 3 Egg
- 2-3 fresh Tomato
- 1 Onion
- Pinch of Salt & pepper

- Oil to fry
- Some of water cress

***Procedure***

1. Break the eggs into bowl, beat well, add salt and pepper
2. Heat fat into small frying – pan, add chopped tomatoes and Onion until it is tender
3. Add the beaten eggs, cook until it is set. Slip the omelette from the pan onto a plate, serve and decorate with a small green leaf. ( e.g. water cress)

***Extracted From: Wagapu, Eva. 1977. Smart Book for Busy People. Women Development Division, Ministry of Youth, Women, Sports and Recreation. Ed. Akiko Okuie, Honiara, Solomon Islands, 102 pp.***

**DEVILLED CHICKEN**

***Ingredients***

- Chicken Pieces – 1 to 2 kg (depends)
- Garlic (1 glove)
- Tomato sauce – 500 ml
- Soy sauce – 100 ml
- Vegetables – carrots, Sweet pepper , Onion, Yard long beans (desired amount)
- Stock cubes – (chicken Noodles sachet)
- Plain flour or Corn flour

***Procedure***

1. Boil chicken pieces in a Pot until cooked
2. Coat chicken with plain flour (No water added)
3. Fry the chicken with cooking oil in a frying pan
4. Take off after Golden Brown

5. Lightly fry all the vegetables with some garlic
6. Using the pot, pour some of the cooking oil, put all the fried chicken and the vegetables, added the rest of the garlic and mix well while on low heat
7. Add half bottle tomato sauce, 2 spoon soy sauce, stock cubes and 1 spoon sugar into the pot and mix well with the chicken and vegetables
8. Add 1 cup water, into the pot, mix corn flour or plain flour with the water to thicken the sauce and the flavoring to hold on the chicken
9. When cooked, serve with hot rice

***Contributor: Ms. Selina Berah, Literacy Association  
Solomon Islands, Honiara, Solomon Islands.***

## **VEGETABLE SALADS**

### **MIXED VEGETABLE SALAD**

#### ***Ingredients***

- Hand of shallot
- 2 cucumber peel
- 3 tomato cube
- 3 capsicum cube
- 2 lettuce chop
- 1 tin chili taiyo
- 1 bush lime
- Pinch of salt

#### ***Procedure***

1. In a bowl, chop hand full of shallot
2. Peel and cube the cucumber, tomato, capsicum and chop the lettuce and add chilli taiyo and bush lime
3. Stir until it mix properly, sprinkle pinch of salt
4. Serve with hot rice

***Contributor: Ms. Olga Chapangi, Vois Blong Mere Solomons, Honiara, Solomon Islands.***

### **BALL CABBAGE SALAD**

#### ***Ingredients***

- 1 Ball cabbage
- 3 Carrots clean and grate
- 2 Tomato
- 3 table spoon mayonnaise or coconut pure cream

- 1 bush lime will be needed

***Procedure***

1. Slice or chop the cabbage in a bowl
2. Grate the carrot and add chop tomato
3. Add mayonnaise and mix well
4. Optional – When use coconut cream adds 1 bush lime to your dish with a pinch of salt
5. Serve with hot rice

***Contributor: Ms. Olga Chapangi, Vois Blong Mere Solomons, Honiara, Solomon Islands.***

**EGGPLANT SALAD**

***Ingredients***

- 3 boiled or broiled large Eggplant
- ½ clove Garlic
- 1 tsp Salt
- ¼ Cup Vinegar
- ½ tsp Pepper

***Procedure***

1. Grill or boil eggplants with the skin.
2. Peel and strip them lengthwise.
3. Combine with rest of the ingredients and serve

***Extracted From: Wagapu, Eva. 1977. Smart Book for Busy People. Women Development Division Ministry of Youth, Women, Sports and Recreation. Ed. Akiko Okuie, Honiara, Solomon Islands, 102 pp.***

## **VEGETABLE DRINKS**

### **PUMPKIN DRINK**

Two servings

#### ***Ingredients***

- 1 cup cooked, mashed pumpkin
- 1 cup coconut cream
- 1 cup cooking water from pumpkin
- Sugar or toddy to taste

#### ***Procedure***

1. Prepare the pumpkin and leave to cool
2. Mix all the ingredients well in a bowl or jug
3. Cool and serve

***Contributor: Ms. Olga Chapangi, Vois Blong Mere  
Solomons, Honiara, Solomon Islands.***

### **FRUIT PUNCH**

#### ***Ingredient***

- 1 ripe pawpaw – crushed
- 1 ripe pineapple – crushed
- 1 fruit watermelon – punched
- 5 fruits of star fruit (five corner) – punched
- 2 fruits of cucumber – crushed
- 2 bush lime

#### ***Procedure***

1. Peel and clean all fruits and blend one by one, especially pawpaw, pineapple and watermelon

2. Add punch star fruits and crushed cucumber
3. Combine all ingredients in a fruit punch bowl
4. Then add bush lime
5. Serve 6

*Contributor: Ms. Olga Chapangi, Vois Blong Mere  
Solomons, Honiara, Solomon Islands.*

## **ADDITIVES TO LOCAL VEGETABLE** **RECIPES**

### **LOCAL CURRY POWDER**

#### ***Ingredients***

- Lemon grass
- Chillie (big or small type)
- Ginger
- Turmeric
- Basil leaves
- Salt

#### ***Procedure***

1. Cut up the base of the lemon grass into small pieces
2. Cut up the chillie into small pieces
3. Smash the ginger and turmeric in a coconut shell with a clean stone
4. Cut up the basil leaves into small pieces
5. Put one big spoon of oil in a frying pan
6. Fry the spices until they are well cooked
7. You can add some tomato fruits if you have them
8. Add coconut milk when the spices are well cooked
9. Add to soup – very good for vegetable or fish curry

***Contributor: Ms. Cynthia Kiriau and Mr. Tony Jansen,  
Kastom Gaden Association, Honiara, Solomon Islands.***

## **TOMATO SAUCE**

### ***Ingredients***

- 500 g fresh Tomatoes
- 1 Onion chopped
- 2 gloves of Garlic crushed
- 1 table spoon of Ginger grated
- 1 table spoon Olive oil

### ***Procedure***

1. Heat Olive oil in a sauce pan
2. Add Ginger and Garlic and Onion
3. Add freshly chopped Tomatoes and stir in well till tomatoes are cooked

This sauce can also be used to cook other vegetables

***Contributor: Ms. Olga Tutua Koito, Zai Na Tina Organic Research and Demonstration Farm, Honiara, Solomon Islands.***

## **COCONUT CREAM (SAUCE)**

### ***Ingredients***

- 3 coconut (dry)
- 1 bush lime
- 3 stock shallots
- 2 pcs. small tomato

### ***Procedure***

1. Grate Coconut, get pour milk (Coconut)
2. Add ¼ cup of pure water
3. Get ½ Lemon & pour into the sauce
4. Chop shallot and tomato, add into the mixture

Can be served with baked fish or chicken

***Contributor: Ms. Claudine Watoto, Kastom Gaden Association, Honiara, Solomon Islands.***

## **VEGETABLE PASTE**

### ***Ingredients***

- 6 glove garlic
- 10 green sweet pepper
- 10 tomato (small)
- 2 large Onion
- 1 tablespoon Olive Oil

### ***Procedure***

1. Combine all ingredients (If possible use food processor)
2. Can be used in the cooking (Either fish or chicken dish)

***Contributor: Ms. Claudine Watoto, Kastom Gaden Association, Honiara, Solomon Islands.***

## Summary of Functions of Nutrients.

Nutrients	Key Roles
Protein	<ul style="list-style-type: none"><li>- Build new tissue cells and fluids</li><li>- Protect body against infection</li><li>- As a fuel for energy</li></ul>
Fat	<ul style="list-style-type: none"><li>- Help in absorption of vitamins in the body</li><li>- Part of body cells</li><li>- Help body retain heat</li></ul>
Carbohydrate	<ul style="list-style-type: none"><li>- Give energy to the body</li></ul>
Iron	<ul style="list-style-type: none"><li>- Bring about movement of oxygen in the blood and tissue for use</li><li>-</li></ul>
Calcium	<ul style="list-style-type: none"><li>- Used for making hard cells in bones and teeth</li></ul>
Zinc	<ul style="list-style-type: none"><li>- Part of important enzymes</li></ul> Used in – <ul style="list-style-type: none"><li>- protein digestion</li><li>- carbohydrate metabolism</li><li>- bone metabolism</li><li>- oxygen transport</li><li>- maintenance of strong immune system</li></ul>

Sodium	<ul style="list-style-type: none"> <li>- form parts of secretion of glands</li> <li>- used in tissue</li> <li>- use in energy metabolism</li> </ul>
Potassium	
Magnesium	
Riboflavin	<ul style="list-style-type: none"> <li>- support normal appetite and nerve function</li> </ul>
Thiamin	<ul style="list-style-type: none"> <li>- Convert carbohydrate to energy</li> </ul>
Niacin	<ul style="list-style-type: none"> <li>- Convert carbohydrate to energy and heat</li> </ul>
Vitamin A	<ul style="list-style-type: none"> <li>- Through liver to strengthen cells ,skin &amp; night vision</li> </ul>
Vitamin C	<ul style="list-style-type: none"> <li>- Anti-oxidant</li> <li>- Makes collagen tissue</li> <li>- Increase resistance to infection</li> </ul>
Vitamin D	<ul style="list-style-type: none"> <li>- Strengthen bones and teeth</li> </ul>
Vitamin E	<ul style="list-style-type: none"> <li>- Support cell membrane and immune system</li> </ul>

**Sources of Information:**

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## **Nutritional Contents of Vegetables and Fruits.**

## Additional Sheets for taking Notes









