

June 2009 Ethnic Luncheon Hawaiian Luau

Kalua Pua (Roast Pig)

This is the oven version of the pig dish you will see roasted in the ground at many Hawaiian Luaus. This is the way you can make it at home without digging a pit for the whole pig!

4-5 pound pork butt roast

2 ½ T Hawaiian Salt (or you can substitute kosher salt)

2 T liquid smoke (easily can be found in the barbecue section of most major food stores)

1 large banana leaf

4-6 ti leaves (since that is not easily found in the Midwest, I used aluminum foil)

Trim excess fat from the roast. Make several shallow long cuts along the roast, or pierce liberally with a fork. (This allows the salt and liquid smoke to penetrate the meat.)

Rub the roast with salt and liquid smoke. Wrap the roast with banana leaves and tie with rope or twine. (Banana leaves can be purchased in the frozen food section of many specialty grocery stores.)

Cover the banana leaf with aluminum foil.

Roast in 325-350 degree oven for about 45 minutes per pound. When meat is done, remove aluminum foil, banana leaves, and shred the pork.

Delicious served with white rice.

(This can be made the night before, and then just warmed up before serving. Otherwise, your kitchen might smell like a barbecue restaurant!)

Recipe adapted from http://gohawaii.about.com/od/luarecipes/r/kalua_pig.htm