

# Ono Kine



## Ono kau kau lapa`au

Creating diabetic gourmet cuisine

► Tom Whitney

When you have diabetes, changing your diet is a big part of dealing with it. Does this have to be a bad thing, a big hassle? Desmon and Stacy Haumea are here to show us otherwise.

"We can live healthy and still maintain our lifestyles. We've raised the bar," Desmon Haumea said. "In fact, we are creating a diabetic gourmet cuisine right here in Hilo. We grow our regional cuisine right in our own backyards, and every week Stacy and I are coming up with new ways to create tasty, healthy meals."

The Haumeas work with the Hilo Bay Clinic's Diabetes Self-Management Education Program and Kea`au Youth Center, where Haumea teaches high school students basic skills — like how to cook and how to work together. Haumea sees working in a kitchen



TOM WHITNEY

Estabililio with salad.

en like being on the crew of a canoe and he relies heavily on the meaning of this Hawaiian proverb: A canoe is heavy when carried by one.

Haumea is a chef whose family has a long history in the restaurant business, while his wife Stacy has a Master's in Public Health from UH-Mānoa and is a registered dietitian.

With help from the class, they created a low-cost mini banquet of healthy food at a recent diabetes cooking class held at the Hilo Bay Clinic. This session was for people from the Marshall Islands, although all patients of the Bay Clinic are welcome to attend their classes. The items on this menu bear out Haumea's theme for the cooking efforts: Ono kau kau lapa`au — delicious healing foods.

Here are some of the recipes the Haumeas created for the class:

- Ahi and Mango Salsa with Sautéed Bananas

Ahi is sautéed in olive oil for about five minutes with some

added coconut milk, garlic and oregano for flavor. The Marshallese often drink coconut milk that is high in sugar and fat and not good for diabetics, so this recipe fries the fish in it to give a taste of coconut, but by disposing of the coconut milk afterward the quantity actually consumed is limited.

Slice the apple bananas in half the long way and sauté them in olive oil. Sprinkle lightly with cinnamon and sauté until lightly browned.

The mango salsa, which can also be made with papaya, has Maui onion, tomato, cilantro, basil (pelik in Marshallese) and garlic.

A bed of chopped cabbage is placed on the serving tray first; the ahi is arranged on top. Bananas are arranged around the edges and the salsa is placed on top of the fish.

- Iik Fu Young with Chop Sui Veggies

"Iik" is the Marshallese word for fish. Moonfish is sautéed in olive oil and put aside. The chop sui veggies are warmed in the frying pan, then the fish is placed back in the pan and the eggs are added. Sautéed spinach and a dash of olive oil are served on top.

- Sashimi, Marshallese-style This is a simple preparation — raw chunked ahi served with chopped onion and coconut milk.
- Pumpkin casserole

Steamed, mashed pumpkin is mixed with cooked brown rice, canned kidney beans (that have been rinsed), cooked broccoli, cauliflower and carrots.

- Sautéed purple sweet potatoes

Sautéed in olive oil, these locally-grown treats are used in place of rice, noodles or other carbohydrates.

Creating tasty weapons in the battle against diabetes, members of the Bay Clinic's Self-Management Education Program are creating a cook-book. Staff members have also been contributing

## Whoa

► 35

recipes. Here are some of those:

- Edamame Salad  
Program Coordinator Maile Estabililio created this salad. Ingredients include edamame (shelled soybeans), a one-pound package; firm tofu, diced, a half a package; three Roma tomatoes or one package of grape tomatoes, sliced round; one yellow bell pepper, one-half, diced; spinach, stems removed and sliced, one-half package; Wa-kame Chazuke (rice seasoning), one-third bottle or less; salad dressing (Asian or oriental, one-quarter cup or less).
- Chicken and bitter melon soup This is retiree Abe Guevarra's recipe for one person:

Garlic, three cloves; ginger, 3 to 4 inches worth; bay leaf, only two; black pepper; garlic salt, a pinch; bitter melon, the leaves only or a young shoot, amount to taste; chicken — wash it, chop it, rub it with Hawaiian salt and let it sit for five or ten minutes, then wash it again.

Cook by putting the chicken in a pot with a little water and boiling five minutes, then throw away the fat. Add more water to the pot. Then put in the ginger and cook until tender, about ten minutes. Add the rest of the ingredients until it tastes good. Then put in the bitter melon leaf, cover and leave it for one or two minutes. Then it is time to eat.

• Chocolate Angel Food Cake (Another, almost sinful, contribution from Maile Estabililio.)

Two boxes of sugar-free instant chocolate pudding; sugar-free Cool Whip, two small or one large container; one eight-inch angel food cake (white or chocolate); three cups skim milk; two or three bananas, sliced.

Prepare by mixing the milk and pudding together, let it set. Add Cool Whip to the pudding and mix. Break the cake into bite-size pieces or slice in thirds horizontally. Layer the pudding mix, bananas and Cool Whip in a bowl. If using slices, layer with pudding mix and bananas on each layer. Top with Cool Whip.

- Delicious steamed veggies sprinkled with butter, Braggs Liquid Aminos, and bread-crumbs. (My own vegetable-hater's invention.)

Steam a bowl of frozen Normandy blend vegetables (cut broccoli, cauliflower florets squash and cut carrots) for twenty minutes. Cut a frozen stick of Lutter and use a flat grater with the large holes and lightly coat the veggies on the plate with butter, one to two tablespoons worth. Frozen sticks of butter substitutes could also be used. Sprinkle with a few drops of Braggs Liquid Aminos — this substitute for salty soy sauce and contains many amino acids reputed to be healthy and has its own tangy good taste. Finally, sprinkle Italian-style breadcrumbs lightly over the creation. Eat this twice a day. For a main meal throw in some frozen fish — my favorite is salmon. Total work time to fix: about five minutes.

Steam a bowl of frozen Normandy blend vegetables (cut broccoli, cauliflower florets squash and cut carrots) for twenty minutes. Cut a frozen stick of Lutter and use a flat grater with the large holes and lightly coat the veggies on the plate with butter, one to two tablespoons worth. Frozen sticks of butter substitutes could also be used. Sprinkle with a few drops of Braggs Liquid Aminos — this substitute for salty soy sauce and contains many amino acids reputed to be healthy and has its own tangy good taste. Finally, sprinkle Italian-style breadcrumbs lightly over the creation. Eat this twice a day. For a main meal throw in some frozen fish — my favorite is salmon. Total work time to fix: about five minutes.

Steam a bowl of frozen Normandy blend vegetables (cut broccoli, cauliflower florets squash and cut carrots) for twenty minutes. Cut a frozen stick of Lutter and use a flat grater with the large holes and lightly coat the veggies on the plate with butter, one to two tablespoons worth. Frozen sticks of butter substitutes could also be used. Sprinkle with a few drops of Braggs Liquid Aminos — this substitute for salty soy sauce and contains many amino acids reputed to be healthy and has its own tangy good taste. Finally, sprinkle Italian-style breadcrumbs lightly over the creation. Eat this twice a day. For a main meal throw in some frozen fish — my favorite is salmon. Total work time to fix: about five minutes.

Steam a bowl of frozen Normandy blend vegetables (cut broccoli, cauliflower florets squash and cut carrots) for twenty minutes. Cut a frozen stick of Lutter and use a flat grater with the large holes and lightly coat the veggies on the plate with butter, one to two tablespoons worth. Frozen sticks of butter substitutes could also be used. Sprinkle with a few drops of Braggs Liquid Aminos — this substitute for salty soy sauce and contains many amino acids reputed to be healthy and has its own tangy good taste. Finally, sprinkle Italian-style breadcrumbs lightly over the creation. Eat this twice a day. For a main meal throw in some frozen fish — my favorite is salmon. Total work time to fix: about five minutes.



TOM WHITNEY

Guevarra fixes soup.



TOM WHITNEY

► 39 Charlotte Grimm does a blood pressure check