

POLYNESIAN RECIPES GUIDE



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BREADFRUIT, TAPIOCA, SWEET POTATOES FRIES

FOR 6 PERSONS

INGREDIENTS

1kg Breadfruit, Tapioca or Sweet potatoes

1,5 l frying oil

Salt water 16g / L : if you rinse your vegetables in salt water, you don't need to salt again

You'll need a chip pan

PREPARATION

VEGETABLES

Peel the vegetables, slice them regularly, and rinse them in salt water.

OIL

Warm the oil at 170° (sunflower oil), the oil is ready when you drop water and it reacts.

FRYING

First round : you fry for about 7 min until the vegetables color. Take it out. Wait until the temperature is back to normal and put the other vegetables.

Second round : fry again, you will get the perfect color.

Ready to serve, adjust salt if not enough !

Instead of french fries, use a slicer and get chips !



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SPICY COCONUT CHIPS

FOR 6 PERSONNES

INGREDIENTS

Fresh coconuts already done
Spices, pimientos, salt, pepers, herbs
Olive Oil

PREPARATION

THE COCONUT

Take the rest of the coconut out using a knife (careful). Try to get chips thin and of the same size.

SEASONING

Chips must be spicy and salty. Be generous !

Bake 20 min in the oven at 200°C until it's well colored.



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TAHITIAN RAW FISH

FOR 6-8 PERSONS

INGREDIENTS

800 g very fresh fish (red or white tuna, cod, sea bass...)

2 carrots

1 cucumber (not too big)

3 tomatoes (optional)

1/2 onion

5-6 lime ou lemon

400 ml coconut milk ou 3-4 cocos

Salt, peper and mini dices of capsicum, celery, chives...

PREPARATION

VEGETABLES

Prepare the carrots. Cut the cucumber in two and then, cut in thin slices (remove the seeds, if you wish). Cut the tomatoes in small pieces. Very fine slices of onions. Press the 4 limes and store in the fridge.

THE FISH

Cut your filet in slices (1 inche) and in pièces (1 *0,5 inch). Put the fish in salty water (16g/L) - the fish is firmer. Leave it 10 min and drain the water.

MIX

If you wish to have a more acidulate taste, pour the lime with the fish. Otherwise mix coconut milk and lemon (at the end, when you're ready to serve). Mix the vegetables and the fish, salt, pepper and add your coconut milk.

It's all ready ! Have a nice meal

Eat it with a nice thai rice or with tapioca, or sweet potatoes.



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MARINATED GRILLED FISH

FOR 6 PERSONS

INGREDIENTS

1kg fresh fish

5 tablespoons of sunflower oil

1 garlic head

10 g of ginger

1 onion

Salt, pepper

ASIATIC

2 tablespoons of soya sauce

2 tablespoons of oyster sauce

PACIFIC

250 ml coconut milk

2 tablespoons of curry

PREPARATION

SAUCE

Prepare the garlic, the ginger & the onion.

THE FISH

Cut your filet (tuna : the lower parts of the abdomen, the best parts are for the raw fish) in slices (1 inch).

And put your fish in the marinade (option : mix the soya, oyster sauce and the oil). Leave it at least 2 hours before grilling or more if you can.

THE GRILL

On fire Don't leave the fish too long, it should take less than 20 min. Be careful because fish can dry a lot.

On pan Don't leave the fish too long, add curry. Stop cooking and add coconut milk.



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PO'E

FOR 6-8 PERSONS

INGREDIENTS

1kg bananas or pumpkin (cooked before, boiled ou roasted in the oven), guava, mango, papaya etc
Tapioca flour (*2-3 cups of fruits for one cup of flour depending on how liquid or solid the fruits are*)
2 tablespoons sugar and vanilla (*for pumpkin for example*)
200 ml coconut milk or 2 coconuts
parchment paper or banana leaf (*heat the leaf on gaz to soften and reduce the thickness of the rod*)

For this recipe, you need a bowl or a cup to measure.

PREPARATION

FRUITS

Mash or mix your fruits (bananas : cut the ends). If you use pumpkin, cook it before, boiled ou roasted in the oven than use the flesh. Measure 2 cups or bowls of fruits for one, if your fruits are liquid, put a bit more, if there too thick, put a little less.

TAPIOCA

Once measured, add your tapioca.

THE WHOLE

Mix properly, careful don't leave lumps. Put your mixture on your banana leaf or your parchment paper. Fold it until you get a nice wrapped po'e, careful it doesn't lick.

In the oven, 1h10 at 180° C or 1h30-1h45 at 150 ° for banana (it will become purple)

When the po'e is baked, he is gelatinous, a bit like jelly. Take it out, put the sugar in the coconut milk, then add the mixture, cut it with wooden spoons or spoons, the coconut milk is all around. Serve it slightly warm. Eat it in one day, the coconut milk can't be preserved longer.

The po'e is served with the whole ma'a tahiti. If you put it in the fridge, the coconut milk will get hard, heat it before serving.



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I'PO

FOR 6-8 PERSONS

INGREDIENTS

- 400 g self-raising flour (or flour with 11g of yeast)
- 2 tablespoons sugar
- 1 fresh coconut ou 250 g (if it's dry coconut, you can use 200-250g)
- 300 ml coconut water (you can also dilute water with coconut milk)
- cooking paper or eatable leaves

For this recipe, don't work too much the dough.

GLUTEN-FREE RECIPE

- 125 g dry coconut
- 3 tablespoons of sugar
- 125 g of tapioca flour
- 75 ml of coconut water (you can also dilute water with coconut milk)

PREPARATION

COCONUT

The best is to have a fresh coconut but you can also try with dehydrated coconut.

SELF-RAISING FLOUR

In a salad bowl, mix flour & coconut. Add coconut water, the mix is not too sticky nor too dry. Don't work too much.

STEAM OR OVEN COOKING

In the oven, you can use « muffin or cupcake pan ». Steamed, get a big basket and wrap your i'po in parchment paper if natural leaves aren't available.

In the oven, bake at 180°C. Steamed, 40 min. You'll notice that the bread has raised, pick a knife to check.

You can have it with coconut along with a nice « poisson cru » raw fish.