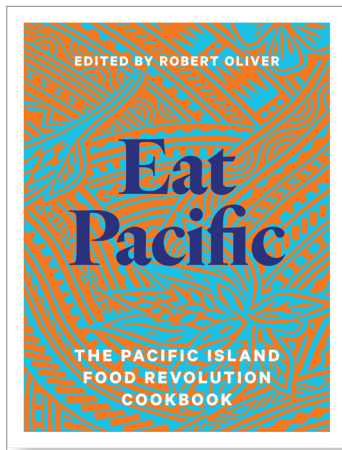




# Eat Pacific

## *The Pacific Island Food Revolution Cookbook*

EDITED BY ROBERT OLIVER



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### DELICIOUS, TASTY, HEALTHY RECIPES FROM ACROSS THE MOANA

Compiled by award-winning chef, judge and TV host Robert Oliver, *Eat Pacific* includes 139 zesty recipes from Fiji, Sāmoa, the Kingdom of Tonga, the Cook Islands, Vanuatu, Niue, Solomon Islands, Tuvalu, Tahiti, New Caledonia and Papua New Guinea, taken from the popular TV series *Pacific Island Food Revolution*, now in its third season.

There's more than healthy, tasty, affordable food, however. This book has a powerful health and food-sovereignty message: local food cultures hold the key to better diets, economic sustainability and combatting diseases such as diabetes and obesity.

*'While Eat Pacific touches on some serious themes, the book bursts with happiness and a wonderful selection of multicultural dishes. I'd say this is a must-have for anyone interested in good food and how wonderful it is from our part of the world — the glorious South Pacific!' — Iain McKenzie, NZ Booklovers*

*'Eat Pacific presents a bold vision for food, collecting an array of different recipes while also sharing the diversity and common threads of dishes across the moana' — New Zealand Herald*

### ABOUT THE EDITOR

**Robert Oliver** is the eldest son of Tagaloa Faa'tautele Dennis Oliver, a trail-blazing development practitioner in the South Pacific. Robert was raised in Fiji and has developed restaurants in the United States, 'farm to table' resorts in the Caribbean and food programmes in New York City. His books *Me'a Kai* (2009) and *Me'a'ai Samoa* (2014) were written with a mission: to connect Pacific agriculture to the region's tourism sector. Both were honoured in the Gourmand World Cookbook Awards with *Me'a Kai* taking away the top gong: Best Cookbook in the World 2010. Both books were made into the TV series *REAL PASIFIK*. In 2014 and 2015, Robert was one of the judges of the New Zealand version of *My Kitchen Rules* and in 2015–16 he co-hosted the cooking show *Marae Kai Masters* on Māori Television. Robert is the founder and host of *Pacific Island Food Revolution*, a television-led social movement designed to revive the traditional cuisines and food systems of the South Pacific. In 2022 Robert was recognised with a New Zealand Order of Merit for services to food and Pacific communities.

### SALES POINTS

- Wide range of delicious recipes
- Includes plant-based recipes and recipes for kids and by kids
- Features many well-known personalities and public figures
- An important health message with high-profile endorsements

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SERVES 4

### Tino and Teuila's Samoan Frittata

We all loved the satisfying nature of this frittata with its blast of colours and textures. It was surprisingly good eaten cold, which means it travels to school well. Of course, it would be just as good without the fish. Actually, this is a very flexible recipe; you could also use any leftover vegetables.

- 100 grams fish fillet
- 10 ripe chopped green capsicum, local cabbage
- 1 cup sliced tomatoes
- 2 tablespoons vegetable oil
- 10 eggs
- salt and pepper
- 1/2 cup but firm for Simons (Gardenia), processed, sliced green peas

Preheat the oven to 180°C.

Grill the fish and bake it into small pieces.  
Wash the chopped greens and tomatoes in the oil don't overcook them.  
Whisk the eggs in a large bowl and add the sautéed vegetables. Season with salt and pepper.  
Put a layer of sliced fish Simons in a small medium, solid frying pan, then add half of the egg mixture in a layer. Add the fish, then add another layer of the egg mixture to top the Simons.  
Put the pan in the oven and bake for 20-25 minutes or until it is set.  
Once ready, let it cool and cut it into lunchbox sizes to enjoy.



SERVES 6

### Basil and Nene's Tanna Nuanangan Simboro

This dish adds a nutrition punch to the classic Simboro, as intended by foodie doctors Basil and Nene who created it. They use first hand the devastating effects of eating a low nutrient diet. Basil and Nene crisp up the fish skin to garnish the dish – fancy, eh?

- |  |  |
|--|--|
| <b>PLANS</b>   | <b>SAUCE</b>   |
| 6 cups grated manuka coconut   | 1 teaspoon curry powder  |
| 250 grams jumbo fish fillet (any good quality sustainable fish will be fine) | 1 handful orange rinds, crushed (cashew nuts or almonds are a good substitute) |
| 1 egg, beaten  | 1 egg, beaten  |
| 1/2 cup coconut flour (or any other type of flour)                           | 4 avocados   |
| 1 tablespoon olive oil   | skin of 2 jumbo fish fillets   |
| 1 cup fresh or canned coconut milk   | amount of oil for frying   |
| 1 small tomato, sliced   | 2-3 tomatoes, chopped  |
| 1/2 cup onion, chopped   |  |
| 2 cloves garlic, crushed   |  |
| 1 handful green peas (grain), grated salt and pepper                         |  |
| 8-10 small kahi leaves   |  |
| spring onion shoots or shallot stalks to go with                             |  |

Squeeze the fluid from the grated manuka, and set aside.  
Dip the fish fillets into the egg, then coat with manuka flour. Fry the fish in the coconut oil until golden brown.

Add the coconut milk, onion, spring onion, and half of the garlic and ginger. Bring to a simmer, then continue to simmer on low heat for 10 minutes. Using a slotted spoon, remove the fish, transfer and place on a paper towel to drain, leaving the coconut milk in the pan. Flake the fish and mix with the tomato and spring onion to make the filling. Season as usual with salt and pepper.  
Add the remaining garlic and ginger to the coconut milk. Then add the curry powder and crushed orange rinds and stir gently.  
Lay out the shallot stalks, overlapping the spring. Spread the grated manuka onto the leaves and add the fish fillets. Carefully roll, ensuring that it is tightly rolled. Then tie with the spring onion shoots or shallot stalks to keep the simboro roll together.



Carefully place the roll in a saucpan and cover with water. Bring to the boil and cook for 10 minutes. Once cooked, remove the roll and slice it into 2-centimetre pieces.  
While the simboro roll is cooking, pan-fry the fish skin for the garnish in coconut oil until crispy. Place on paper towel to drain.  
Lay out the simboro pieces on serving plates, top with the curry sauce, and garnish with the chopped tomatoes and crispy fish skin.



Simboro, laplap, bunia, tuluk... the culinary treasures of Vanuatu are the Pacific's great secret. They are dishes worth travelling for, dishes that unlock the dazzling history of this fascinating nation. Port Vila's amazing market is the best place to start your food journey. If you go once, you'll find yourself going back time and again to this magical country. Tank yu tumas, Vanuatu, for all you have brought to Pacific Island Food Revolution.

SERVES 4

### Knox and Leo's Purple Yam Soup

This soup is an absolute winner. It's hearty enough to be a meal, and elegant enough to be served as a first course at a dinner party. Knox and Leo decided to make a purple soup to match the dress that Vanessa was wearing in this episode, a tribute to her influence on the Island Boys. Beyond its gorgeous colour, the velvety smoothness of this soup grabs you. Purple indicates the presence of antioxidants, which are great for total health. I have slightly simplified the boys' recipe to be easier to make at home. Feel free to add some chopped kale to the soup at the end rather than making the kale and morning oil as described below. It's great either way.

- |                           |                                  |
|---------------------------|----------------------------------|
| 4 chicken thighs, bone in | 10 centimetre purple yam, sliced |
| 1 cup virgin coconut oil  | 2 purple yam, peeled and diced   |
| 1 stalk lemongrass        | 3 tomatoes                       |
| 2 star anise              | salt and pepper                  |
| 1 stick cinnamon          | 3 shallot kahi leaves            |
| 1 onion, finely sliced    | 1 handful romaine leaves         |
| 2 cloves garlic, minced   |                                  |

Heat the chicken thighs in a hot pan with a teaspoon of the virgin coconut oil. Once browned, like them out and put them in a saucpan with the litre of water. Add the lemongrass, star anise, cinnamon, onion, garlic and ginger, and bring to the boil. Simmer for 30-45 minutes, to make a stock.  
Strain, reserving both the chicken thighs and the stock. Put the stock back into the pot and let it continue to simmer. Remove the meat from the chicken thighs and set aside.  
Add the yam to the simmering stock. Remove about 1/2 of the yam pieces from the stock after 10 minutes.

Heat about half of the remaining oil in a pan, then fry the removed yam pieces until golden brown. Set aside for a garnish.  
Pour the water from the coconuts into a bowl, then grate the coconut flesh. Squeeze the coconut grating to make coconut cream. Add the coconut cream to the soup and season with salt and pepper. Blend the soup to achieve a smooth texture.  
**TO MAKE THE OIL GARNISH:** Wash the shallot kahi leaves and blanch quickly in hot water, then refresh in cold water. Add the remaining coconut oil to a pan and fry the romaine and blend until smooth. Season well with salt and pepper.  
**TO SERVE:** Pour the soup into bowls. Add the fried yam pieces. Top with shredded chicken meat and add drops of oil for colour and contrast.



SERVES 4

### Nina and Iggy's Island-baked Fish

This dish tasted so good and it is so easy to put together, and just look at it! This fabulous fish dish could only be from the Pacific. I remember Nina stressing about the timing – was it cooked enough, was it overcooked... Well, dear Nina, in the end you turned out a fish dish that knocked our jaws out.

- |                                    |                             |
|------------------------------------|-----------------------------|
| 1 white snapper, scaled and gutted | 1 teaspoon manuka powder    |
| 1 cup chopped coriander            | 1 cup chopped coriander     |
| 2 tablespoons lemon juice          | 2 tablespoons olive oil     |
| 2 cloves garlic, finely chopped    | 2 tablespoons coconut sugar |
| 2 tablespoons coconut sugar        |                             |

Preheat the oven to 180°C.  
Bake the fish with some salt and fish-lemon juice.  
Blend the garlic and ginger with the manuka, coriander and olive oil.  
Cut three diagonal slabs on each side of the fish. Rub the rub all over and then pass the rub inside the gill cavity.  
Wrap the fish in banana leaves or tin foil. Bake for 20-45 minutes or until cooked.  
Garnish with the chillies if desired, lime wedges and coriander.



SERVES 4

### Silas and Patrick's Island Yam Curry

Silas and Patrick are so creative. This was yet another dish that looked simple to make but was so good – but Vanessa and I were blown away with the first bite. It's never thought of making curry with yam until I tried this. It's the perfect foil for the fish sauce. The salad and the nuts bring this right over the top.

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|--|-----------------------------|
| <b>CURRY</b>   | 1 teaspoon paprika          |
| 1 small yam  | 1 teaspoon curry powder     |
| 3 brown coconuts for coconut cream (one large or 4-6 coconut cream cans) | 1/2 cup onion, chopped      |
| 1 medium onion   | salt and pepper             |
| 5 cloves garlic  | crushed peanuts, to garnish |
| 8 cherry tomatoes  |                             |
| 2 medium fish fillets  |                             |
| 1 bunch coriander  |                             |
| vegetables of your choice  |                             |
| 1 teaspoon coconut powder  |                             |

Put the yam and slice into 1-centimetre pieces. Place in a pot of hot water, boil for 15-20 minutes, then drain.  
Scrape the coconuts and squeeze them to make coconut cream. Put the cream in a bowl to the side.  
Dice the onion, garlic, tomatoes and chillies, and chop the coriander leaves.  
Add a little bit of vegetable oil to a pan over a medium heat, then add the onion, garlic, tomatoes, chilli, coriander, onion and curry powder. Stir for 2-3 minutes, then add the coconut cream and simmer for 5 minutes. Add the spring onion just before the end of the cooking time.  
Add the cooked and drained yam to the coconut curry sauce and season with salt and pepper.  
Wash the lettuce leaves, and peel, deseed and grate the cucumbers.  
Wash the beans and blanch in hot water with salt for 2-3 minutes.  
Place the yam curry on the side of the plate, on the other side, add a lettuce leaf and top with a handful of cucumber and green beans. Garnish the curry with crushed peanuts.

