

Poi

by Aulani Vaughn

Ingredients:

- Taro Corm
- Pan of Salted Water
- Fresh Water

Directions:

1. Peel taro root thoroughly and cut into quarters.
2. Boil the taro in salted water until very tender. This step is important since thorough cooking is necessary to remove the calcium oxalates present in taro that cause mucous membranes to itch.
3. Once tender, drain and set aside to cool. It is during the cooling process when cooked taro develops its sticky or gummy characteristic.
4. Place the cooled taro pieces in a blender, add water one cup at a time and blend until the desired consistency is reached. At that point, it's ready to eat. Store leftovers in a bowl to which you have added a layer of water on top to prevent drying out. For sour poi, let it sit out for a day. Fermentation will take place, and that characteristic sour taste will develop.