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<tr>
<th>Resource Title</th>
<th>From the kitchen of Dr. Isabella Abbott</th>
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<tr>
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<tr>
<td>Resource Description</td>
<td>A series of recipes originally compiled by Celia Smith for Dr. Isabella Abbott. Created to be used for education and outreach purposes. For those who use the recipes, please consider supporting legacy of Isabella A. Abbott with a donation to the Isabella A. Abbott Undergraduate Scholarship! For more information, please visit: <a href="http://www.botany.hawaii.edu/isabella-abbott/">www.botany.hawaii.edu/isabella-abbott/</a></td>
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<td>Resource Audience</td>
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<td>Learning Outcomes</td>
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<td>Instructions: Tips for Use</td>
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“GORILLA” ŌGO CAKE (courtesy of Dr. Isabella Aiona Abbott)

In a blender bowl, cream well:
1 1/4 cup salad oil (Canola)
2 cups white sugar
2 eggs
Add:
2 cups grated carrots (chopped fresh) or crushed pineapple
1 cup washed, scrubbed and finely chopped gorilla ogo
Mix together and stir into blender bowl mixture:
2 1/2 cup flour
1 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon salt
1 teaspoon cinnamon
Add 1 cup chopped nuts (walnuts) and stir briefly
Grease loaf pan with butter and dust lightly with flour
Pour blender bowl mixture into loaf pan (13x9x2 inches)
Bake 45-50 minutes at 300-325°F.
Test with toothpick, which should come out clean when done. Cool loaf and slice.
Gorilla ogo improves the texture of the batter and extends the shelf life of the cake.
Apricot Kanten

2 sticks Kanten (white), about 0.5 oz
2 cup Water
½ cup Evaporated Milk or half and half
½ cup Sugar
1 cup Apricot Nectar

Rinse kanten and squeeze out water; tear into small pieces. Soak in water for about 30 minutes, add sugar and bring to boil. Simmer until kanten is dissolved (about 20 minutes). Add evaporated milk and apricot nectar, stir well and heat gently. Strain. Refrigerate until firm (overnight). Cut into squares. Use separately or may be poured over the coconut kanten layer (recipe on other side).
**Coconut Kanten**

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tr>
<td>2 sticks Kanten (white or red), about 0.5 oz</td>
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<tr>
<td>2 cup Water</td>
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<tr>
<td>½ cup Sugar</td>
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<tr>
<td>1 can (12 oz) Frozen Coconut Milk</td>
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Rinse kanten and squeeze out water; tear into small pieces. Soak in water for about 30 minutes, add sugar and bring to boil. Simmer until kanten is dissolved (about 20 minutes). Remove from heat, stir in coconut milk. Strain into 8” square pan previously rinsed in cold water. Cool. Refrigerate overnight.
Nori-Rice Salad (western)

3 sheets nori. Toast each sheet by passing over low flame on stove top. Crumble.

Prepare Mixing and mix the following:
1 ½ c rice, cooked and cooled
¼ c (each) chopped celery, green or red bell-pepper
1-2 tbsp sesame seeds or ¼ c chopped nuts

DRESSING: Mix 4 tbsp soy sauce, 1 tsp sesame oil, 1 tbsp salad oil, 1 tbsp vinegar, ½ tsp sugar. Pour over rice mixture. Toss all well to mix, add toasted nori flakes and serve. (Serving size is 4-6 servings.)
Fresh Ogo-Veggie Namasu

Clean about ½ lb fresh Gracilaria (called manae, ogo, or rubusta.) Cut into desired lengths, about 4-5 inches. Place in a bowl or pot; pour boiling water over, let stand a few minutes and drain. Mix in sliced cucumber, carrots, celery and chili or jalapeno peppers if desired.

Make sauce of ½ c sugar, ½ c shoyu, ½ tsp finely chopped ginger, ¼ c rice vinegar, and ½ tsp lime juice. Serve chilled as a side dish or salad.
Limu Kohu (Preparing Limu Kohu)

Fresh Limu Kohu—leave the "roots" when gathering. Clean, wash in fresh water. Let stand overnight in the water. Next day, drain well, pound "fluffy" top part and mash; salt lightly with Hawaiian salt, shape into balls, wrapping "stems" around the balls. Refrigerate.
Kala Crisps (Modern Hawaiian)

Fresh Sargassum (limu kala) leaves, washed, cleaned, drained and thoroughly dried. Drop a few at a time in hot fat. Drain on paper towels; serve as pupu (like potato chips, only tastier).
Seaweed Tempura

Use “rubusta” or other Gracilaria species.

Wash seaweed well, removing sand, etc. Cut into lengths of 4 – 5 inches; pour hot water over, DRY THOROUGHLY in clean dish towel.

Tempura Batter: sufficient for 1 quart of prepared seaweed or use commercial tempura mix.

1 cup Flour
1/2 tsp Sugar
1/2 tsp Salt
1 tsp Soy Sauce
1 Egg
1/4 cup Milk

Batter should look like a light pancake batter. Heat oil for deep fat frying, dip seaweed in batter and fry until light brown.
Seaweed "Pancakes" (Supper Dish)

1 cup "rubusta" or Kappaphycus, washed and chopped or grated

½ bunch Green Onions, chopped coarsely

Pancake Mix or Pancake Recipe using 2 cups flour

Add to pancake batter (if starting from "scratch", omit sugar), cook Pancakes as usual. Serving: About 12 pancakes.

Serve with tomato salsa.
Ogo Kim Chee

1-1½ lb Ogo or Manauca (Gracilaria)
2½ cups rock salt
3+ cups fresh water
2 tsp minced chili pepper
3 large garlic cloves, minced
½ tsp minced ginger
1 tbsp sugar
½ - 1 tsp paprika

Wash and clean seaweed; soak in brine made of the salt and water for 3-4 hrs. Mix seasonings. Rinse seaweed and drain; combine with seasonings. Pack in 1 qt. jar, cover loosely, and place in room temperature 1-2 days. Chill before serving.
Seaweed Salad

Using dried wakame (fresh “ogo”) – see Oriental section in supermarkets

Soak wakame in warm water about 20 minutes; wash it well and drain. Slice either thin or thick. If using fresh “ogo”, pour hot water over “ogo” and drain. Add grated carrots, green onions, chopped up Chinese cabbage, and either chopped shrimp or imitation crab. Season with lemon juice and soy sauce to taste. Add a few drops of sesame oil.