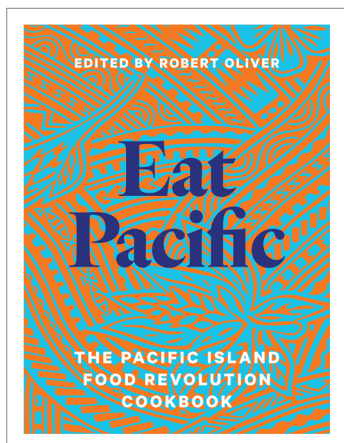


Eat Pacific

The Pacific Island Food Revolution Cookbook

EDITED BY ROBERT OLIVER



\$60

CATEGORY: Cookery

ISBN: 978-1-99-101680-5

ESBN: n/a

THEMA: WBB, WBH, WBN, 1MK

BISAC: CKB128000, CKB039000,

CKB097000

PUBLISHER: Massey University Press

IMPRINT: Massey University Press

PUBLISHED: June 2024

PAGE EXTENT: 408

FORMAT: Limpbound

SIZE: 250 x 190mm

RIGHTS: World

EDITORS' RESIDENCE: Tāmaki

Makaurau Auckland, New Zealand

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.

Awarded Best South Pacific Book in the World at the 2024 Gourmand World Cookbook Awards

'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 MNZM, whose father Tagaloa Faa'tautele Dennis Oliver was a trail-blazing development practitioner in the South Pacific, 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'i Samoa* (2014) were written to connect Pacific agriculture to the region's tourism sector. *Me'a Kai* was named Best Cookbook in the World at the 2010 Gourmand World Cookbook Awards. *Eat Pacific* (2024) won the Best South Pacific Book in the World award at the 2025 Gourmand World Cookbook Awards. Robert has been the host and judge of the TV series *Real Pasifik*, *My Kitchen Rules New Zealand* and *Marae Kai Masters*. He 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. He is also a Rockefeller Foundation Bellagio Center 2025 Alumnus and an ambassador for the Institute of Gastronomy, Culture Arts and Tourism, Barcelona; Le Cordon Bleu New Zealand; and the Period of Food Table Initiative, Washington DC.

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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Massey University Press

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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 local greens (broccoli, local cabbage)
1 cup sliced tomatoes
2 tablespoons vegetable oil
10 eggs
salt and pepper
1/2 cup hot firm fat (Samoan Quesito), processed, sliced lengthways

Preheat the oven to 180°C.

Grill the fish and flake it into small pieces.

Sauté 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 fat (Samoan) in a small medium, well-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 frittata.

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 Nuanangen Simboro

This dish adds a nutritious punch to the classic simboro, as intended by foodie doctors Basil and Nene who created it. They see first-hand the devastating effects of eating a low-nutrient diet. Basil and Nene cropped the fish skin to garnish the dish – fancy, eh?

FILLING
5 cups grated manuka (optional)
250 grams peeled fish fillet (any good-quality sustainable fresh fish will be fine)
1 egg, beaten
1/2 cup coconut oil (or any other type of oil)
1 tablespoon virgin coconut oil
1 cup fresh or canned coconut milk
1 small tomato, sliced
1 spring onion, chopped
2 cloves garlic, crushed
1 handful coarsely grated salt and pepper
8–10 water kalab leaves
spring onion shoots or water kalab stalks to garnish

Squeeze out 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, tomato, 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, tomatoes and spring onion from the pan and drain, leaving the coconut milk in the pan. Flake the fish and mix with the tomato and spring onion to make the filling. Season to taste with salt and pepper.

Add the remaining garlic and ginger to the coconut milk. Then add the curry powder and crushed manuka nuts and stir gently.

Lay out the water kalab leaves, overlapping the edges. Spread the grated manuka onto the leaves and add the fish filling. Carefully roll, ensuring that it is tightly rolled. Then tie with the spring onion shoots or water kalab stalks to keep the simboro roll together.



Carefully place the roll in a saucepan 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 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 Vanuat was wearing in this episode, a tribute to her influence on the Island Boys. Beyond its gorgeous colour, the velvety smoothness of this soup gives 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
1 cup virgin coconut oil
1 small lemongrass
2 star anise
1 stick cinnamon
1 onion, finely sliced
2 cloves garlic, minced
10-centimetre piece ginger, sliced
2 purple yams, peeled and sliced
2 sweet potatoes
salt and pepper
3 water kalab leaves
1 handful mung bean leaves

Heat the chicken thighs in a hot pan with a teaspoon of the virgin coconut oil. Once browned, take them out and put them in a saucepan 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, removing 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.

Peel 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: Wash the water kalab leaves and blanch quickly in hot water. Then return to cold water. Add the remaining coconut oil (about 1/2 cup) and the morning oil 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 texture.



SERVES 4

Nina and Iggy's Island-baked Fish

This dish tasted so good and 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 out our reviewers off.

1 white snapper, scaled, gutted and patted dry
salt
3 tablespoons lemon juice
2 cloves garlic, finely chopped
2 tablespoons olive oil
1 teaspoon manuka powder
1 cup chopped coriander
2 tablespoons olive oil
1 bunch lemon juice (or use 1/2 cup)
chilies (optional) lime wedges and coriander to garnish

Preheat the oven to 180°C.

Rub the fish with lemon salt and the lemon juice.

Blend the garlic and ginger with the manuka, coriander and olive oil.

Cut three diagonal slashes on each side of the fish. Rub the mix all over and then put the rest inside the gut cavity.

Wrap the fish in banana leaves or tin foil. Bake for 20–45 minutes or until cooked.

Garnish with the chilies if desired, lime wedges and coriander.



SERVES 4

Silas and Patrick's Island Yam Curry

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

CURRY
1 small onion
3 brown coconuts for coconut cream (one page 40) or a 400-gram can coconut cream
1 medium onion
2 cloves garlic
8 cherry tomatoes
2 medium firm chilies
1 bunch coriander
vegetables oil for cooking
1 teaspoon coconut powder
1 teaspoon paprika
1 teaspoon curry powder
1 spring onion, chopped
salt and pepper
crushed peanuts, to garnish

SALAD
4 lettuce leaves
1 small cucumber
2 green beans

Peel the yam and slice into 4-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 rest later.

Dice the onion, garlic, tomatoes and chilies, 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, chili, coriander, onion, paprika and curry powder. Stir for 2–3 minutes, then add the coconut cream and simmer for 2 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 grated cucumber and green beans. Garnish the curry with crushed peanuts.

