

American Samoa Recipes

Samoan Coconut Rolls (Pani Popo)

Ingredients:

12-20 frozen dinner rolls

1 (10-ounce) can coconut milk

1 cup sugar



Directions:

Coat a 9" x 13" glass baking dish with cooking spray and arrange rolls evenly to thaw. Cover with plastic wrap, sprayed with cooking spray. Allow to rise until doubled in size.

Preheat oven to 350° F. In a bowl, combine coconut milk and sugar and whisk until sugar is dissolved. Pour about $\frac{2}{3}$ of the coconut mixture over the rolls and bake for 20-30 minutes until golden brown and dough is baked through.

Remove from oven and pour remaining coconut mixture evenly over the top of the rolls.

Samoan Chicken (Kale Moa)

Ingredients:

1 large onion, chopped
4 garlic cloves, minced
1" piece ginger, minced and pounded
¼ cup oil
2 tablespoons curry powder
1 ½ pounds chicken pieces
2 cups water
2 cups coconut milk
4 medium potatoes, chopped into large pieces
1 large carrot, chopped
1 celery stalk, chopped
6 tablespoons flour
6 tablespoons water
Salt and pepper



Directions:

Heat oil in a large pot and fry the onion until partly translucent. Add the garlic, ginger, and curry powder and fry for about a minute, so the spices and aromatics release their flavor.

Add chicken, 2 cups water, and 2 cups coconut milk. Bring to a boil, lower to a simmer, and cover. Simmer for 20 minutes or until very soft.

Add vegetables and bring to a boil again. Turn down heat and cover again. Simmer for 20 minutes or until soft.

Mix the flour with the water until it's smooth. Then add this slurry straight into the pot. Turn the heat up to medium and stir until thickened.

Season well with salt and pepper and serve with coconut rice (recipe below).

Coconut Rice

Ingredients:

2 cups long grain rice
2 cups water
1 cup coconut milk
1 teaspoon salt



Directions:

Wash the rice, add to cold water in a pot, and bring to boil. Reduce the heat to low and cook tightly covered for about 15-20 minutes, until water is absorbed, and rice is cooked through. Turn off the heat.

Add coconut milk and salt and stir well. Let sit for another 15 minutes and serve.

Samoan Palusami

Ingredients:

2 (10-ounce) bags fresh spinach (taro if available)
1 (12-ounce) can corned beef
2 (10-ounce) cans coconut milk



Directions:

Preheat oven to 350° F. Make a layer of spinach leaves in the bottom of a 9" x 13" baking dish. Sprinkle with some of the corned beef, and then keep repeating layers of spinach and corned beef until you run out of spinach.

Pour both cans of coconut milk over the dish, pressing the leaves down with a spoon. Cover tightly with a lid or aluminum foil.

Bake for 45 to 55 minutes, or until spinach has completely wilted and the sauce is bubbly. Cool for 10 minutes before serving.

Pineapple Half Pies (Paifala)

Ingredients:

2 cups crushed pineapple (drained, reserve the juice)
1 cup granulated sugar
½ cup milk
⅓ cup corn starch
⅓ cup juice (drained, from the crushed pineapple)
3 cups all-purpose flour
2 teaspoons baking powder
1 pinch salt
⅓ cup unsalted butter (chilled and cut into small pieces)
1 cup coconut milk



Directions:

In a medium saucepan, whisk together the pineapple, sugar, and milk over medium heat. Cook, stirring often, until it comes to a simmer.

In a small bowl, whisk together the cornstarch and pineapple juice. Stir into the saucepan mixture and reduce heat to low. Cook, stirring constantly, until the mixture has thickened. Remove from heat and allow to cool.

Preheat oven to 375° F. Line 2 baking sheets with parchment. Combine flour, baking powder, and salt in a large bowl. Cut in the butter using a dough blade or your fingers, just until the texture becomes coarse. Mix in the coconut. Do not knead or overwork.

Divide the dough into 5 equal pieces. On a lightly floured surface, roll a piece of dough into a thin circle about 8" wide. Fill the center with the cooled pineapple filling, leaving a border around the edges. Lightly wet the edges of the circle. Fold the circle over the filling to make a half moon, pressing along the edges to seal. Use a fork to press down along the edges and pierce a few times over the top to create vents. Repeat with remaining dough and filling.

Arrange the pies on the prepared baking sheets. Bake in preheated oven until golden, about 35 minutes. Remove and allow to cool before serving.