

Nulu Alfredo Me Ka Moa

[Loulou Zoom](#) - E hui Zoom ma ka Po'aluā, lā 30 o Ianuali, hola 4-5:30 o ka 'auinalā

Nui Po'e:6 Wā Ho'omākaukau: 15 Minuke

Wā ho'omo'a: 2.5 Hola

Wā Piha: 2 Hola 45 Minuke

Nā Iako:

- **Ipuhao Crock (Crock Pot)**
- 'Ūpā (scissor)
- 1 Puna Hao (scooping spoon)
- Nā mea ana: Puna Kī, Puna Pākaukau, Kī'aha (Measure devices: table spoon, tea spoon, cup)
- 1 Paona - 'Ūhā Moa 'Ili 'ole Iwi'ole (1lbs. Boneless/Skinless Chicken Thighs)
- 2 Kī'aha - Kalima Waiū (2 - cups Heavy Cream)
- 1 ½ Kī'aha- Kai Moa (1 ½ cup- Chicken Broth)
- 4 'Auneki- Waiū Pa'a Kalima, poke 'ia (4 ounces- Cream Cheese, cubed)
- 4 Puna Pākaukau - Waiū Paka poke 'ia (4 table spoons- butter, cubed)
- 1 Puna Kī - Pauka 'Aka'akai Pilau (1 tsp Garlic powder)
- 1 Puna Kī - Pauka 'Aka'akai (1 tsp Onion powder)
- ½ Puna Kī - Ho'omiko 'ai 'Īkalia (½ tsp Italian seasoning)
- 1 Paona - Nulu 'Īkalia (Italian Noodles)
- 1 Kī'aha - Waiū Pa'a parmesan (1 cup parmesan cheese)

Nā 'Ōkuhi:

- a. E ho'okomo i nā 'ūhā moa, ke kalima waiū, ke kai moa, ka waiū pa'a kalima, waiū paka me nā mea e ho'omikomiko ai i ka mea 'ai. E ho'ā i ke ahi ma ka wela loa no 2 hola/ a mo'a.
- b. Wehe i ka moa a helehele i ka 'i'o. Ho'ihoi ke pau. Ho'okomo i ka nulu a me ½ kī'aha o ka waiū pa'a parmesan.
- c. E waiho no ½ hola hou aku a e kāwili i nā mea apau, ke palupalu nā nulu, mākaukau!
- d. E kāpī i ka pa'akai, ka pepa, me ka ½ kī'aha waiū pa'a parmesan i koe.
- e. E hao i ka nulu 'ikalia i ka pā mea 'ai a nanea.

Moa Koiū

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Nā Mea E Pono Ai:

Lawa no 7 kānaka - 20 minuke ho‘omākaukau - 40 minuke ho‘omo‘a

- 5 paona moa (iwi + ‘ili ‘ole)
- 2 kī‘aha kai Yoshida
- 1 kī‘aha wai
- 1/2 kī‘aha wīneka
- 3 puna pākaukau kālika (i ‘oki‘oki ‘ia a li‘ili‘i nō)
- 2 puna kī pa‘akai
- 1 puna kī pepa ‘ele‘ele
- 1 ‘āpana ‘awapuhi 3 ‘īniha
- 1 ‘aka‘akai poepoe
- Ipuwawe
- Papa ‘oki
- Pahi ‘oi
- Kū‘au/Mea Kaumaha

Nā ‘Ōkuhi:

1. E holo i ka moa me ka wai a ma‘ema‘e pono (walewale ‘ole).
2. E ‘oki i ka ‘aka‘akai ma nā ‘āpana wīwī, he 1/2 ‘īniha ka mānoanoa.
3. E ‘oki i ka ‘awapuhi ma nā ‘āpana wīwī, he 1/2 ‘īniha ka mānoanoa. E kīmō i nā ‘āpana ‘awapuhi me ke kū‘au (a i ‘ole kekahi mea kaumaha).
4. E ho‘ā i ka ipuwawe ma ke kūlana “sautē” a ho‘okomo i ka moa, ke kālika, ka pa‘akai, a me ka pepa ‘ele‘ele i loko. E palai no 3-5 minuke a mo‘a lihi mai ‘o waho. E kāwili ke pono.
5. E ho‘opio i ke kūlana “sautē.” E ho‘okomo i ke kālika, ka ‘aka‘akai poepoe, ke kai Yoshida, ka wai, a me ka wīneka. E kāwili maika‘i.
6. E ho‘ā i ka ipuwawe ma ke kūlana “pressure cook” ma ke kūlana wela loa “high pressure” no 25 minuke. E wili i ke pihi mīkā i ke kūlana “seal.”
7. Ke kani mai ke oeo, e wili i ke pihi mīkā i ke kūlana “vent.”
8. E hao i ka moa a me ke kai i ke pola. E ‘ai pū me ka laiki a me ka saleta makaloni.