

Kaikai – Eat

Fish is the staple meat in the Solomon Islands. Usually any meat is cooked and served with sweet potatoes, rice, taro roots, cassava, taro leaves and other vegetables

Cooking is done over open fire usually in a kastom (custom) kitchen



The Swim Base Motu

Motu- to steam food with heated stones in a pit covered with banana leaves



Malnutrition is a problem in the Solomon Islands. While food can grow easily it is often destroyed by flood and pests.



African Snail

Fresh food is sold in open markets. People in the Islands and most people in the capital, Honiara, do not have fridges (or electricity).



Banana, pineapple, coconut.....



Feast (no washing up!)

Food ideas for supper

HOT BANANAS IN COCONUT MILK

- **Ingredients :** 2 bananas, large, very firm
1 cup coconut milk
2 tablespoons sugar
1/4 teaspoon ground cinnamon
- **Directions**
 1. Peel the bananas and cut into bite-sized pieces.
 2. In a medium saucepan, bring the coconut milk to a boil. Add the sugar and cinnamon, stirring to dissolve.
 3. Add the bananas.
 4. Bring back to a boil, then turn down the heat and simmer for 2 - 4 minutes, until the bananas are tender but not mushy.
 5. Serve hot, sprinkling extra cinnamon on top if desired.



COCONUT RICE

- **Ingredients :** 1 1/2 cups water
1 cup coconut milk
1 1/4 cups jasmine rice
- **Directions**
 1. Place water and coconut milk in a saucepan and bring to the boil.
 2. Add the rice, return to the boil, then reduce heat to medium and stir well.
 3. Cover and cook for 20 minutes. Remove from heat and set aside, covered, for 5 minutes. Drain and fluff with a fork.



PINEAPPLE COCONUT JASMINE RICE

- **Ingredients:** 1 3/4 cups water
1 cup jasmine rice
400ml coconut milk
1/4 cup brown sugar (packed)
1/2 cup pineapple (diced)
- **Directions**
 1. Bring water to a boil in a medium sized pot.
 2. Stir in the rice and reduce heat to low.
 3. Cover and cook for approximately 10 minutes or until water is absorbed (stirring occasionally),.
 4. In a separate saucepan, heat the coconut milk over medium heat until hot but not boiling.
 5. Add the brown sugar and stir until dissolved.
 6. Add 1/2 of the coconut milk mixture to the cooked rice.
 7. Let the rice stand for about 15-20 minutes.
 8. Then add the diced pineapple and remainder of the coconut milk to the rice.
 9. Optional: added a sprinkle of cinnamon to the top of the rice when serving.