

# 'Ulu Tres Leches Recipe

## 'Ulu Cake

2 cups cooked, mashed ripe 'ulu (steamed)  
1 cup all-purpose flour  
1 ½ tsp baking powder  
½ tsp salt  
3 large eggs, separated  
1 cup sugar  
1 tsp vanilla extract

## DIRECTIONS

1. Preheat oven to 350°F. Grease a 9x13 pan.
2. Mix flour, baking powder, and salt in one bowl.
3. In another bowl, beat eggs and sugar. Add mashed ulu, vanilla, and milk.
4. Stir in dry mix until smooth.
5. Pour into pan and bake 25–30 min (toothpick comes out clean). Cool 15 min.
6. Poke holes in cake, pour liliko'i tres leches sauce over it, and let it soak.
7. Chill 2+ hours or overnight.
8. Whip topping, spread over cake, and garnish with syrup, fruit, or flowers.

## Liliko'i Tres Leches Sauce

1 can (12 oz) evaporated milk  
1 can (14 oz) sweetened condensed milk  
¾ cup heavy cream  
½ cup liliko'i puree

## Whipped Topping

1 cup heavy cream  
2 tbs powdered sugar  
1 tsp vanilla



**KINGDOM**  
PATHWAYS  
ALOHA 'AINA

## 'Ulu Poke

- 1 whole steamed 'ulu (about 8 cups)
- ½ cup sweet onion, thinly sliced
- 2 cups ogo (seaweed), chopped
- 1½ cups scallions, sliced
- ¾ cup sesame oil
- 3 tbs inamona (or sea salt + toasted sesame seeds + chopped macadamia/pine nuts)
- Salt (optional) (Hawaiian Salt preferred)

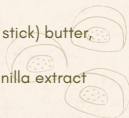


### DIRECTIONS

1. Steam whole 'ulu until soft but still firm, peel, core, and cube (or use canned).
2. Mix with onion, ogo, and scallions (save some for garnish).
3. Toss with sesame oil, add inamona + salt.
4. Garnish with reserved onion, ogo, scallions. Serve fresh.

## 'Ulu Mochi

- ½ lb ripe 'ulu (peeled, cored, and steamed), mash with a fork
- 2 cups mochiko flour
- ½ cup brown sugar
- ½ cup granulated sugar
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ¾ cup coconut milk
- 3 eggs
- ¼ cup (half a stick) butter, melted
- 1 teaspoon vanilla extract



# 'Ulu Recipe's

## 'Ulu Pancakes

- 1 tsp cinnamon
- ¼ tsp nutmeg
- ½ tsp vanilla
- 1 tsp baking powder
- 1 small ripe 'ulu
- 2 eggs
- ½ cup milk



### DIRECTIONS

1. Scoop 'ulu flesh into a blender, blend with eggs, milk, baking powder, cinnamon, nutmeg, and vanilla until smooth and the consistency of pancake batter.
2. Heat a pan to medium heat, add oil to cover the bottom of the pan, pour ¼ cup of batter, lower the heat, and cook for three minutes.
3. Flip the pancake, cook the other side for two minutes.
4. Repeat with the rest of the batter.
5. Serve with maple syrup, and top with any fruits you like. (or give coconut syrup a try! Hawaiian sun brand preferred)

### DIRECTIONS

1. Preheat oven to 350°F and butter an 8x8 pan.
2. In one bowl, whisk mochiko, sugars, baking powder, and cinnamon.
3. In another bowl, beat 'ulu, coconut milk, eggs, butter, and vanilla until smooth (mixer or blender works).
4. Gradually add dry mix to wet and beat until smooth.
5. Then pour batter into pan, make sure the batter is smooth across every surface
6. Bake 75 min, until set and springy.
7. Cool 10 min, cut into squares, dust with powdered sugar, and serve!

