

Latoya Hoeg



I am a proud Samoan Fa'afafine Elder (Transwoman).

The Fa'afafine term means "the mannerism of a woman" but just like the LGBTQIA+ acronym Fa'afafine is also an umbrella with various gender and sexual identities. I am of Samoan German descent, but I was brought up by my mother's side which is the Samoan culture.

My Samoan culture revolves around lots of FOOD, especially organic food like free range chicken, eggs, pork, taro, green bananas, mangos, pawpaw, coconuts etc.

Every Sunday it's tradition to have a Sunday feast and we call this a Toana'i. Our Toana'i will consist of our organic food being cooked traditionally in a Umu (ground hot stone oven) accompanied with a few Samoan dishes like Supa Suey (chop suey), Oka raw fish

salad), can corn beef, Fai ai eleni (Mackerel coconut cream fish), etc. I love food because it really brings people together and puts a smile on everyone's face.



My dish is Palusami and boiled green bananas. Palusami are essentially coconut cream parcels wrapped in Taro leaves, often served with a starchy food, which in this case are green bananas. It reminds of my childhood in Samoa where learnt to how to make this beautiful dish.



PALUSAMI *with Latoya*

Coconut Cream Wrapped in Taro Leaves
Accompanied by Boiled Green Banana

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Preparation Time: 15 mins

Cooking Time: 45 mins

Vegan

METHOD

- 1) Pre-heat oven to 200°C (no fan).
- 2) Add coconut cream to a large mixing bowl.
- 3) Dice one onion and add to bowl.
- 4) Add a few pinches of salt and mix.
- 5) Collect 4 to 5 Taro leaves in one hand and twist into a circle in your hand like a little bowl.
- 6) Pour 1 to 2 cups of coconut cream mixture into centre of Taro leaves.
- 7) Carefully twist the Taro leaves to make a small parcel.
- 8) Place parcel in the centre of a 30cm x 30cm square of foil and wrap entire parcel with foil twisting at the top to close.
- 9) Continue making parcels with the rest of the coconut cream mixture.
- 10) Continue this method till you have used up all the taro leaves and coconut cream.
- 11) Place parcels in an oven tray and bake in the oven for 45 minutes.
- 12) Wash bananas and cut off ends.
- 13) When you have about 15 minutes left to cook the Palusami, place bananas in a pot of cold water covering all the bananas.
- 14) Bring to a boil and once the skin of the banana splits on the side they are cooked.
- 15) Remove bananas from pot with tongs and once slightly cooled peel.
- 16) Serve both green bananas and Palusami together whilst hot.



INGREDIENTS

- 1 x can of coconut cream
- 1 x brown onion
- 1 x bunch of young Taro Leaves
- Few large pinches of salt
- 4 - 5 x green bananas

Foil to wrap parcels

