

Sei Vainalei



I am a proud Samoan Fa'afafine and also the reigning Miss Samoa Fa'afafine Victoria. The Miss Samoa Fa'afafine Pageant is held every year for those who identify as Fa'afafine, it gives Fa'afafine a platform to showcase their talents and also to

promote the chosen charities that they support.

I am of Samoan and Chinese descent but I was brought up by my mother's Samoan side.

There's a tradition in Samoa that the women cook and prepare the food indoors and the men cook outdoors.

Being brought up in a family of chefs, who wouldn't love food? My parents also owned a Chinese restaurant called Treasure Garden in Apia, Samoa.



The dish I am sharing is called Oka.

This is a raw fish salad in a coconut cream dressing. You can have the Oka anytime of the year as a side dish. It reminds me of our family gatherings in Samoa we would always have the Oka on a Sunday afternoon after church.



OKA with Sei

Raw Salmon Salad

Try this recipe & post a picture online w/ the hashtag

#thebentspoon

For more info visit

www.thorneharbour.org/thebentspoon

Preparation Time: 20 mins
Cooking Time: no cooking

Vegetarian



INGREDIENTS

- 2 x pieces of Salmon (skin removed)
- 1 x can of coconut cream
- 1 x purple onion
- 1 x cucumber
- 1 x tomato
- 1 x lemon
- A pinch of salt & pepper



METHOD

- 1) You will need a large/medium stainless steel bowl.
- 2) Chop tomatoes, cucumbers into small cubes.
- 3) Finely chopped the onions.
- 4) Slice salmon into medium sized strips and then chop into medium sized cubes.
- 5) Combine all your ingredients into your bowl.
- 6) Pour 1 can of coconut cream into bowl.
- 7) Slice lemon in half and squeeze the whole lemon into your mix and stir well.
- 8) Add a pinch of salt and pepper.
- 9) Serve with cooked taro or on its own.

Can be served with cooked Taro or on its own.