

Hawaiian Culture Video: The Tradition of Poi Making
<https://www.youtube.com/watch?v=gPl8xLWwW-o>
Transcript: <https://dontveter.com/ec/hawaii.poi.pdf>

Aloha! Poi comes to us from the taro or kalo plant.

The one that we use for making poi is a wetland variety and after steaming it looks like this.

Let's make some poi shall we?

To make poi all we do is take the cooked kalo and we take the stone and we mash it.

Just smell the aroma of this kalo that was cooked in an underground oven.

After mashing the taro what we need to do is to add water to stretch it.

It can last for days or even weeks however, after a day poi will start to sour and will take on a tangy flavor but it is still edible.

This would be perfect for taking on long voyages out in the open ocean.

This is how we eat it traditionally today, you use two fingers, you take from the center of the bowl with a twist up and with one motion into the mouth. Hmmm, ono, delicious!