



# PORTUGUESE PICKLED ONIONS

SERVES 20

English

---

**INGREDIENTS:**

- 1 qt White Vinegar
  - 1 qt Water
  - 1/3 cup Hawaiian Salt
  - 4 lbs Maui Onions quartered
  - 1/2 cup Sugar
  - 2-3 large Carrots\*
  - 1 large Green Bell Pepper\*
  - Hawaiian Chili Pepper\*
- \*Optional*

**DIRECTIONS:**

1. Bring vinegar, water, salt and sugar to a boil.
2. Pour over onions (carrots and green pepper, if desired).
3. Add Hawaiian chili pepper (red pepper flakes are good too) if desired to add spice.
4. Use gallon container (glass) to let cool.
5. Refrigerate for 1 month before eating. Enjoy!

**NUTRITION FACTS PER SERVING:**

Calories 69; Total Fat 0g; Saturated Fat 0g; Sodium 1487mg; Total Carbohydrates 16g; Dietary Fiber 2g; Sugars 10g; Protein 1g





# ʻAKA ʻAKAI PIKĀLA ʻIA PUKIKĪ

HAʻAWINA ʻAI: 20

Hawaiian

## NA MEA PONO:

1 Kuaka Wineka Ke`oke`o

1 Kuaka Wai

1/3 Kī`aha Pa`akai Hawai`i

4 Paona `Aka`akai Maui (Hapahā `ia)

1/2 Kī`aha Kōpa`a

2-3 Kāloke nui\*

1 Nī`oi Pūha`uha`u `Ōma`oma`o\*

Ho`ohui ka nīoi (maika`i ka ulahi nīoi pū kekahi) inā`ono`oe i ka `ai pika\*

*\*He Koho*

## NA `ŌKUHI:

1. E paila ka wīneka, ka wai, ka pa`akai a me ke kōpa`a.
2. E ninini ma luna o nā `aka`akai (Nā kāloke a me nā nī`oi pūha`uha`u `ōma`oma`o inā ho`ohui `ia).
3. E ho`ohana nā `ōmole kālani (aniani)..
4. E komo nā `ōmole i ka pahu hau no ho`okahi mahina ma mua o ka `ai`ana.

## NUTRITION FACTS PER SERVING:

Calories 187; Total Fat 0g; Saturated Fat 0g; Sodium 210mg; Total Carbohydrates 44g; Dietary Fiber 2g; Sugars 39g; Protein 0g





# PORTUGUESE PICKLED ONION

TARRIN 20 ARMEJ

Marshallese

## INGREDIENTS:

1 qrt white vinegar

1 qrt aibōj

1/3 kap in Hawaiian Salt

4 lbs Maui Onion quarter

1/2 kap in juka

2-3 kārrōt ne ekilep (am wōt bebe)

1 kreen pepper ne ekilep (am wōt bebe)

*Kobaik waj chili pouda in hawaii ne (pepper ne etiubdrikdrik im ebiroro ebar emman) ne kwoknan bwe en bwil*

## KŪLEN KOMATTE:

1. Bōktok vinegar, aibōj, juka im salt im boili ippen doon.
2. Lutōke ionon onion ko (kārrōt ko im kreen pepper ko ñe ear koba).
3. Kōjberbal gallon kanteinōr eo (bato eo) kamere.
4. Aijbooke imuin juon alloñ mokta jen kañe.

## NUTRITION FACTS PER SERVING:

Calories 187; Total Fat 0g; Saturated Fat 0g; Sodium 210mg; Total Carbohydrates 44g; Dietary Fiber 2g; Sugars 39g; Protein 0g





# FAKA-POTUKALI PICKLED ONIONI

SERVES 20

Tongan

## INGREDIENTS:

Kuata 1 Vinka

Kūata 1 Vai

1/3 Ipū Masima Hawaii

Paunie 4 Onioni Tofitofi

Foi Kaloti Lalah E3\*

Foi Bell Pepa Lanumata\*

'Ai Kiai E Sili Pepa, Pepa Kula, Kapau 'oku Fiemau

*\*fili pe*

## KE FIFISI:

1. 'Ai Fk'taha e vai, vinika, masima, suka o haka ke lili.
2. Tuku ke mokomoko pea 'utu hin.
3. O tuke he 'aisi ke mahina e taha.
4. Pea toki. fk'Aongai!

## NUTRITION FACTS PER SERVING:

Calories 187; Total Fat 0g; Saturated Fat 0g; Sodium 210mg; Total Carbohydrates 44g; Dietary Fiber 2g; Sugars 39g; Protein 0g





# CEBOLLAS EN ESCABECHE PORTUGUESAS

PORCIONES 20

Spanish

## INGREDIENTES:

4 tazas de vinagre blanco

4 tazas de agua

1/3 de taza de sal hawaiana (o sal gruesa)

4 libras de cebollas de Maui cortadas en cuartos

1/2 taza de azúcar

2-3 zanahorias grandes\*

1 pimiento verde grande\*

Añada chile hawaiano (pimienta roja también) si lo quiere picante\*

*\*opcional*

## INSTRUCCIONES DE COCCIÓN:

1. Hervir el vinagre, el agua, la sal y el azúcar.
2. Verter sobre las cebollas (zanahorias y pimiento verde, si se añaden).
3. Utilizar un recipiente de un galón (de vidrio) dejar enfriar.
4. Refrigerar 1 mes antes de comer. Disfrute.

## NUTRITION FACTS PER SERVING:

Calories 69; Total Fat 0g; Saturated Fat 0g; Sodium 1487mg; Total Carbohydrates 16g; Dietary Fiber 2g; Sugars 10g; Protein 1g

