

Kapisi Pulu



While Kapisi Pulu is not the National dish of Tonga is a very popular meal often served at special occasions and festivities. Lu Pulu is a similar dish and the two are often confused.

Ingredients

- 1 can of Corned Beef
- 1 Tomato, cubed
- 1 Onion, chopped
- 1 cup of coconut cream
- Handful of fresh cilantro, chopped
- 1/2 Cabbage (green, savory etc.)

Directions

Line 4 small round oven molds with cabbage leaves. Alternatively Place the cabbage leaves on foil paper to make a cup shape. Place in a round cake tin. Shred the rest of the cabbage and mix with the corned beef, tomato, onion, cilantro, and coconut cream. Stuff the cabbage cups with this mixture. Bake 45 to 60 minutes in a moderate oven (350F). Serve with rice or sweet potatoes.