

KALO (TARO) AND TUNA PATTIES

INGREDIENTS

- 1 small Hawaiian **kalo corm** (the part of the plant that grows underground, about 1 pound)
- 1 (5 ounce) can **tuna (packed in water)**
- 1 (2 inch) piece **ginger** (about 1 tablespoon grated)
- 2 tablespoons chopped **green onions**
- 1 small **carrot**
- 2 tablespoons **lemon juice**
- 1 teaspoon **salt**
- ½ teaspoon **black pepper**
- 2 large **eggs**
- 2 tablespoons **vegetable oil**
- 1 cup **plain breadcrumbs**
- Optional: **lemon or lime juice** to add on top of finished patties

DIRECTIONS

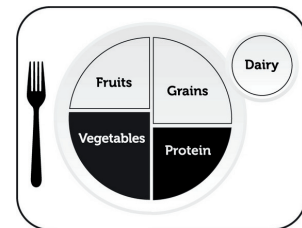
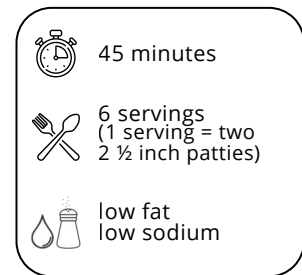
Always practice food safety when cooking.

- 1) Follow preparation directions for kalo corm in the Food Basics section of this cookbook. Steam until corm is very soft and easy to mash.
- 2) Chop the kalo into ½ inch pieces. Mash with a fork or potato masher while the kalo is warm and moist. Set aside.
- 3) Drain the tuna. Set aside.
- 4) Grate the ginger. Set aside.
- 5) Chop the green onions into ¼ inch pieces. Set aside.
- 6) Grate the carrot. Set aside.
- 7) In a medium bowl, mix the kalo, tuna, ginger, green onions, carrot, lemon juice, salt, and black pepper. Set aside.
- 8) Beat the eggs in a small bowl. Add eggs to kalo mixture and stir well.
- 9) Form 12 balls and flatten into 2 ½ inch patties with the palms of your hands. Set aside.
- 10) In a large frying pan on medium heat, add oil.
- 11) Coat each patty with breadcrumbs. Gently place in frying pan.
- 12) Fry the patties until golden brown on both sides and the internal temperature reaches 160 °F using a food thermometer.
- 13) Optional: Top off finished patties with a squeeze of lemon or lime juice for added flavor.

NOTES

- Hawaiian kalo should be used because its moist texture will help form the patties and keep their shape when cooking.
- Another egg can be added if the mixture is too dry when forming the patties.
- Panko can be substituted for bread crumbs.
- Patties are great served on a leafy green salad.

Adapted from Taro in Pacific Cooking



Nutrition Facts	
6 servings per container	
Serving size	Two 2.5 inch patties (182g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 570mg	25%
Total Carbohydrate 36g	13%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 10g	
Vitamin D 1mcg	6%
Calcium 66mg	6%
Iron 1mg	6%
Potassium 667mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.