

## FIJIAN ROUROU (TARO LEAF) WITH ROOT CROP CHIPS

### Ingredients

1 large taro tuber  
1 large breadfruit  
1 large sweet potato  
Cooking salt  
20 taro leaves (de-stemmed)  
1 500 gram can of coconut milk  
1 brown onion diced

### Directions

1. To a large pot add 2 litres of water and bring to the boil.
2. Peel the root crops (taro, breadfruit and sweet potato), then cut into thick chunks, add to boiling water and cover pot for approximately 10 minutes.
3. Boil a cup of water in a pot over a low flame and add a pinch of salt to the pot.
4. Take the taro leaves and fold them into quarters and add to the boiling water pot.
5. Add the onion and coconut milk to the pot with the taro leaves and add additional salt if necessary, then bring to the boil. Turn off the heat and set aside. *Be sure to cook the taro leaves for at least 10 minutes to remove the toxin that causes itchiness from the leaves.*
6. Remove the root crops and slice them about 2 centimetre in thickness. You can eat them boiled like this or fry them.
7. Add the root chips to the pre-heated cooking oil until they are golden brown in colour. Sprinkle a little salt over the root chips and serve with the rourou mixture as a dipping accompaniment.

