

## FIJIAN FEAST COOKED IN THE EARTH (LOVO)

### Ingredients

3 taro tubers  
2 breadfruit  
4 sweet potatoes  
2 whole chickens  
3 tablespoons sweet soy sauce

### Directions

1. Dig a square (1 metre x 1 metre) in the ground and place rounded stones on the bottom (don't put one on top of the other) and build a wood fire on top of them.
2. Once it is set, light and allow to burn until the wood turns into charcoal.
3. There will now be some charcoals and non-burnt up woods, so take a spade or a fork and get the wood out. There should only be the heated stones left in the hole.
4. Clean the taro tubers by scraping off the dirt and small roots with a back of a knife. This process is not peeling just removing all the debris until it's down to the flesh.
5. Clean the breadfruit with the back of the knife removing the scales.
6. Wash and scrub the sweet potatoes, the taro tubers and breadfruit and set aside.
7. In a large bowl place two freshly washed whole chickens. Add three tablespoons of sweet soy sauce (enough to lightly coat the chicken).
8. Lay out the coconut palm and place the chicken at the end where the palm was cut from the tree. Braid the individual leaves around the chicken. Continue braiding past the chicken till the very end.
9. Place the prepared food on top of the palm leaves.
10. Cover the food with banana leaves and coconut palm fronds.
11. Cover the banana leaves and palm ferns with the dig-out dirt.
12. Slowly uncover the food after 45 minutes to an hour. Remove the covering layers and when the leaves are a nice yellowish-brown colour it is cooked. Serve cooked chicken, vegetables and breadfruit with Palusami.

## PALUSAMI

### Ingredients

20 taro leaves (stems removed)  
1 large onion (diced)  
1 cup desiccated coconut  
1 cup coconut milk

### Directions

1. Take onion and add to the grated coconut, mix in a bowl.
2. Select really young, small taro leaves as they taste much sweeter.
3. Take a square of aluminium foil and place approximately 4 leaves layered in the centre (use 1 big leaf and 3 or 4 smaller leaves). Pick it up and cup it in your hand and add the desiccated coconut and diced onion mixture.
4. Add ¼ cup of coconut milk and then carefully fold the taro leaf inward followed by the aluminium foil.
5. Add to the Lovo pit hot stones to cook. (step 9 of page 19).