

THE MALIHINI GUIDE to HAWAIIAN FOOD



Hawaiian food isn't a pizza topped with pineapple and ham, nor is it a fruity drink with an umbrella in it. Hawaiian food is distinctive, delicious and rich in history as well as taste.

Highway Inn has worked hard to honor the tradition of Hawaiian food since the day we opened in 1947. From a modest store on Depot Road to our current location on Leoku Street, our founders, Seiichi and Sachiko "Nancy" Toguchi believed in putting their hearts into each of their homemade Hawaiian dishes.

Two generations later, our preparation and recipes have remained unchanged, so each of our guests can enjoy a taste of old Hawai'i.

This Malihini (newcomer) Guide will help you understand and appreciate the traditional flavor of our Hawaiian food. So read up, eat up, and don't forget to come back for more.



GLOSSARY

AHI | ah-hee | Hawaiian for yellowfin tuna

'ALAEA | ah-lah-eh-ah | A natural mineral (volcanic baked red clay) that gives 'Alaea sea salt the distinctive pink color.

BROKE DA MOUT' | brohk da mowt | Local slang for an intensely delicious experience. (Ex: "Highway Inn food is broke da mout'!")

CHILI PEPPER WATER | chee-lee peh-pa wad-dah | A popular condiment prepared from local red chilis, salt, and water. It's good on everything but the table and floor. So please don't shake the bottle.

GRIND | gri-nd | Slang for "eat" or "chow down." (Ex: "Let's go grind at Highway Inn.")

LOMI OR LOMI LOMI | low-me | It literally means to "massage." So "lomi" refers to the way the dish is prepared: Tomatoes, salmon, and onions massaged together.

HAUPIA | how-pee-ah | A sweet dessert, haupia was traditionally made of arrowroot (pia). It's now made of coconut milk, cornstarch and sugar.

HOWZIT | how-zit | A local greeting, which means "how are you doing" or "how is it going?"

IMU | ee-moo | A traditional underground oven used by Hawaiians to cook a pig.

LIMU | lee-moo | The Hawaiian word for algae, it added flavor to the ancient Hawaiian diet.

MAHALO | mah-ha-low | Although this is on most garbage receptacles, it does not mean "trash." It actually means "thank you."

'ONO | oh-no | Delicious, tasty.

PAU | pow | Finished, completed, done.

PIPIKAULA | pee-pee-cow-lah | Much like beef jerky, pipi (beef) kaula (strip) was a favorite snack among paniolo (Hawaiian cowboys) during long cattle drives in the 19th century.

Highway Inn
— Since 1947 —
HAWAIIAN FOOD

(808) 677-4345

94-226 Leoku St. Waipahu, Hawai'i :: www.myhighwayinn.com
Open Mon.-Sat. 9:00a-2:00p; Counter Service only 2:00-4:30p;
Dinner 4:30-8:00p; Sunday 11a-2p

A **LAU LAU** | like “wow-wow,” but with an “L” | a traditional Hawaiian dish consisting of a piece of pork and butterfish wrapped in luau (loo-ow) leaves (think spinach) and steamed for several hours.

B **POI** | poy | is mashed up taro root. It was the main source of starch for Hawaiians. Whether it’s served at room temperature or cold, locals often eat it with a spoonful of lomi salmon or a bite of kalua pig.

C **KALUA PIG** | kah-loo-ah peeg | literally means, “pig cooked in an underground oven.” It’s the centerpiece to any luau (party). Kalua pig is similar to carnitas, but has a smokier flavor.

D **PIPIKAULA** | pee-pee-cow-lah | Our most popular dish, this is a salted, dried beef strip. Think steak with a twist. Our pipikaula is seasoned and dried, and then grilled to enhance the flavor.

E **LOMI SALMON** | low-me sam-min | is a Hawaiian side dish made of diced tomatoes, onions and salmon. Similar to ceviche, Lomi Salmon’s culinary partner in crime is poi.

F **HAUPIA** | how-pee-ah | is a sweet Hawaiian dessert. And it’s delicious! Haupia is a cross between coconut pudding and gelatin.

HIGHWAY INN’S SUPER COMBO PLATE

Learn about our most popular local dishes



OTHER LOCAL FAVORITES



HAWAIIAN SALT or Alaea Sea Salt is a traditional Hawaiian table salt. Historically, its main use was to preserve foods, which is why much of Hawaiian cuisine is seasoned with it.



POKE | Poh-key or Poh-kay | Is like a sashimi salad, it consists of diced raw ahi (tuna), sea salt, sesame oil, limu (seaweed) and soy sauce. It’s served as an appetizer or a main dish.



CHICKEN LONG RICE | chi-ken lah-ng rye-s | Made of Chinese vermicelli noodles, chicken, broth, ginger, garlic and green onions, this soupy dish is a Hawaiian luau staple.



SQUID LUAU | skwid loo-ow | If you ever muster up the courage to try this dish, you won’t be disappointed. Squid luau is a wonderful motley of steamed luau leaves, coconut milk and squid.



BUTTERFISH STEW N’ GRAVY Salted butterfish (black cod) boiled and smothered in our Hawaiian stew. It can be served grilled, plain or in hot water with green onions.