

Kalkacf Fuhrae

(Meatless Banana Blossom Burger)

Sihmlac Sin:

Kuhlals 3

Utwe Elementary School

Ke Yac: 2014 nuhke 2015

Written By:

3rd Grade

Utwe Elementary School

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Puk se inge ma luhn

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**Koanon puk se inge el tahfweyacn orekma sahyac
suc tuhtahfma sin**

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Sramtweyuckyak sin:

Developed by:

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**Kuht luhngse akihlen mwet inge ke elos kahsruh ahkfhahryaclah
orekma ke koanon mwe luti inge.**

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el pa srihke ohigen orek mongo inge

Cooking Demonstration

Luhngasyucklac Nuhke Kahs English an sel:

English Translation:

Mrs. Sepe-Vailima B. Andrew ae Mrs. Hetty F. Nena



Pa inge koanon

Kalkaaf Fuhrae

se uh!

*These are the ingredients
for a Meatless Banana
Blossom Burger!*



- Kalkaaf - Banana
- Inflorescence (Blossom)
- Fuhlaa Tahkmuwk - White Flour
- Ahthro - Eggs
- Kinris Kof - Vegetable Oil
- Sohl - Salt
- Karlik - Garlic
- Acnyacn - Onions
- Kof - Water





kalkac

banana inflorescence

(blossom)



<http://www.goldmedalfour.com/OurFlourStory/OurFlour/AllPurpose>

fuhlao tahkmwek
white flour



dhro
eggs



<https://jet.com/product/Crisco-Pure-Vegetable-Oil-48-Fl-Oz/cbaa23a0a44e3a493b345607a213>

kihriş köf

vegetable oil



Sohi

salt



karlik
garlic



acnyacn
onion



Kof
water

Pa inge kuhfwen mwe orek monggo
enenweyuck in sang oraclah

Kalkaaf Fuhrae

se uh!

These are the kitchen tools needed to make a
Meatless Banana Blossom Burger!

- ✓ **Pesla** - Large Mixing Bowl
- ✓ **Mitmit** - Knife
- ✓ **Mwe Yucyuc (Supun)** - Spoon
- ✓ **Fuhrae Pacn** - Frying Pan
- ✓ **Bruf** - Tongs
- ✓ **Stof** - Stove
- ✓ **Ahiuh Tuhpahsrypahs** (**Tre**) - Tray





pesin

large mixing bowl



mitnit

knife



**mwe yucyuc
(supun)**

spoon



fuhrae paen
frying pan



strukt
tongs



<http://www.restaurantsource.com/store/p/41473-Hollowick-Portable-Chef-Master-Butane-Stove-CMST-15K.aspx>

stof

stove



ahluh tuhpaahsrpahsr
(tre)
tray

Pa inge orekma ke Kalkaaf Furrae se uhi!

This is how a Meatless Banana Blossom Burger is prepared!

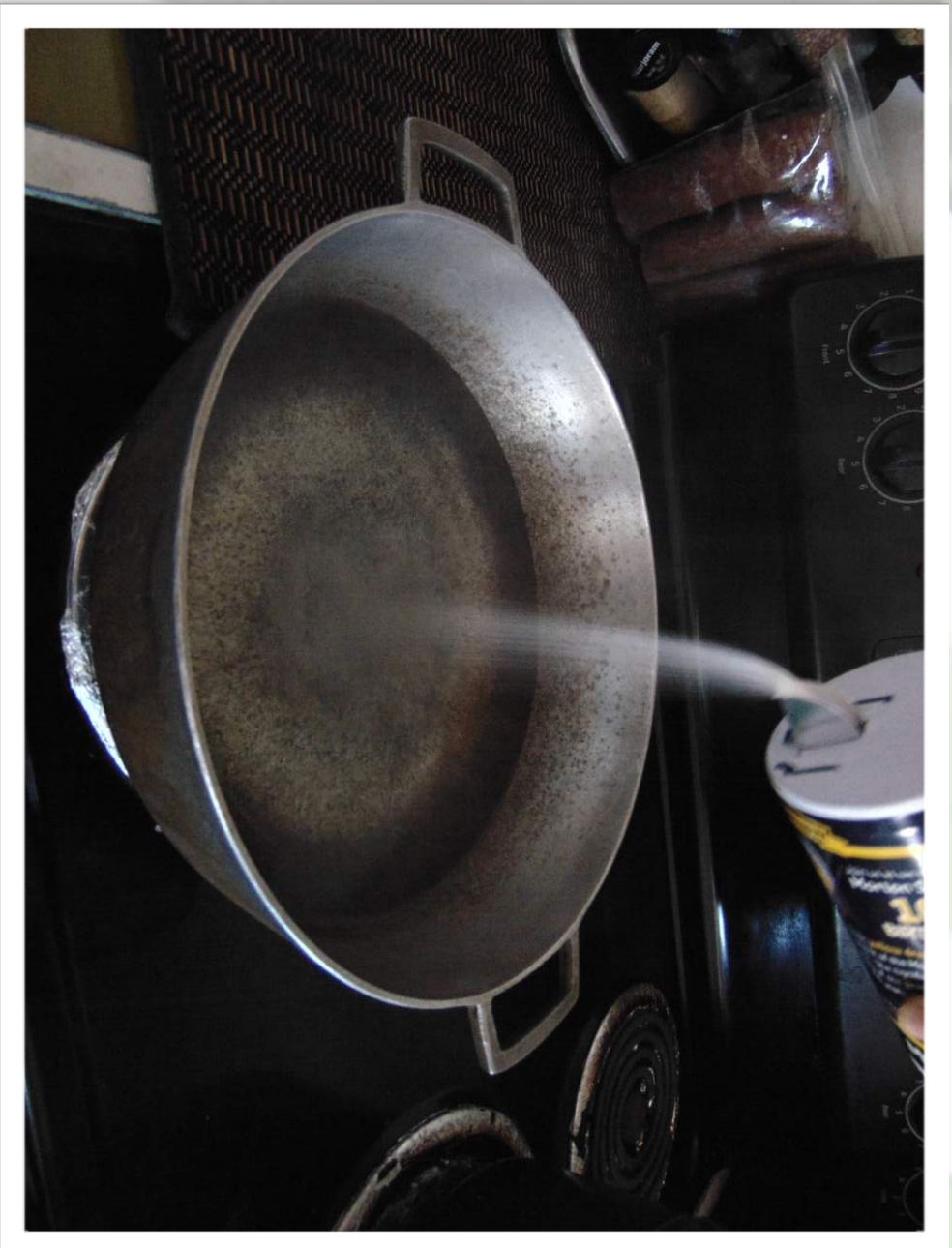


1. Tanack sie tuhnp in **kof** fol ah.



1. Heat a pot of **water**.

2. Sang kuhtuh **sohl** ah in emahlah.



2. Add **salt** for flavor.

3. Koloslah acn kwekwe ke **kalkacf** ah.



3. Peel off the firm layers of the **banana blossom**.

4. Sang **mitmit** ah sihpsihpihkyac in ip srihksrihki acn ma rangrang ac fihsracsrsracr ke kalkacf ah.



4. Use a **knife** to shred the pale and soft parts of the banana blossom into smaller pieces.

5. Toanyac ke kof **foi** ah.



5. Soak them in the **hot** water.

6. Isaciah kewa **kof** ah liki.



6. Squeeze by hand to drain all the **water**.

7. Sihipsipihkyac **acnyacn** ah.



7. Chop the **onion**.

8. Sihpsihpihkyac **karlik** ah.



8. Chop the **garlic**.

9. Ahruhkack **fuhlao**, **ahtro**, **acnyacn**, **karlik** ac **kihtin kihris** kof
ke sie **pesin** ah.



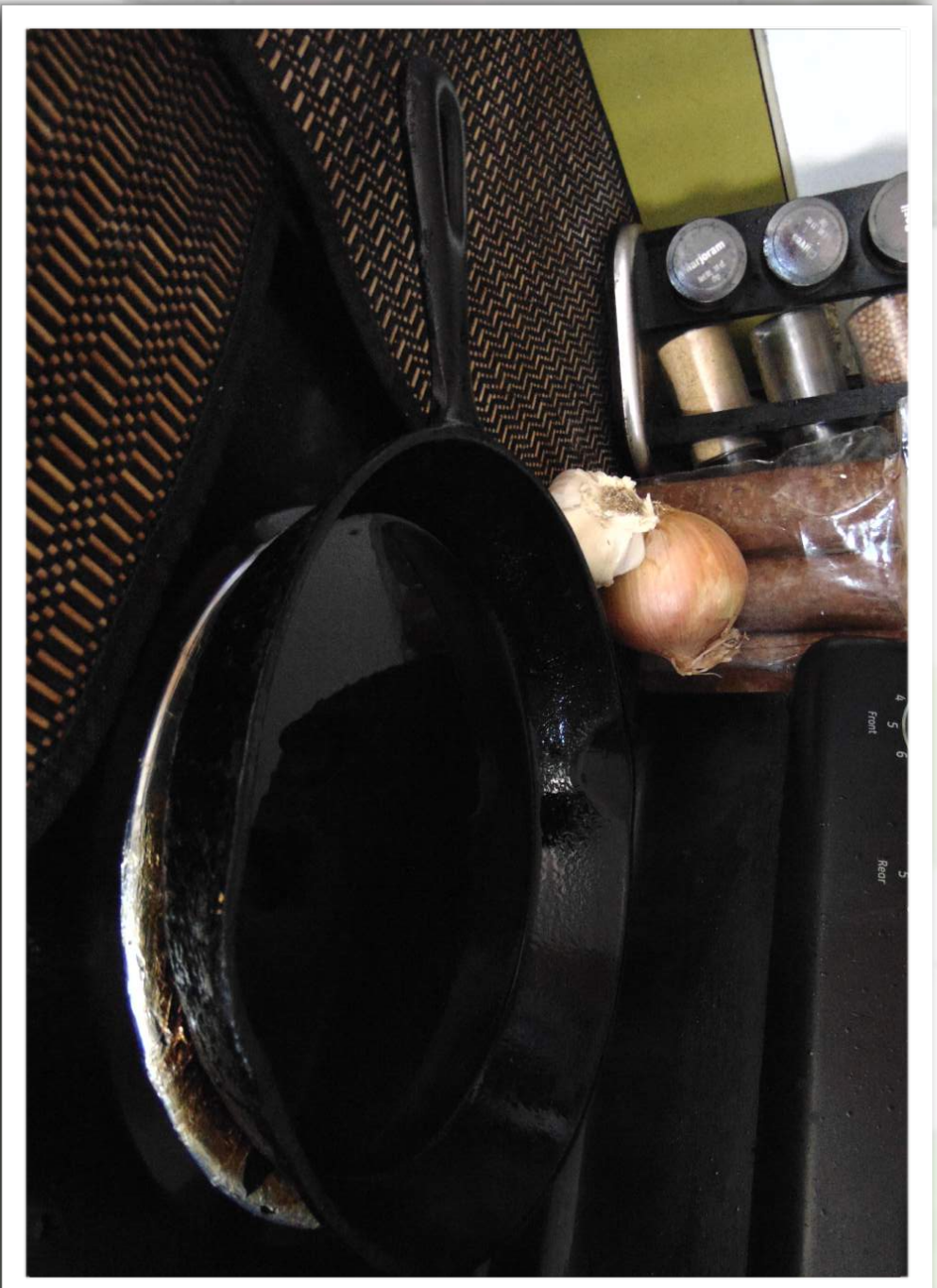
9. Mix the **flour**, **egg**, **onion**, **garlic** and a little **vegetable oil** in a
large mixing bowl.

11. Ahruhkacng **kalkacf** ah nuhke kar lom an.



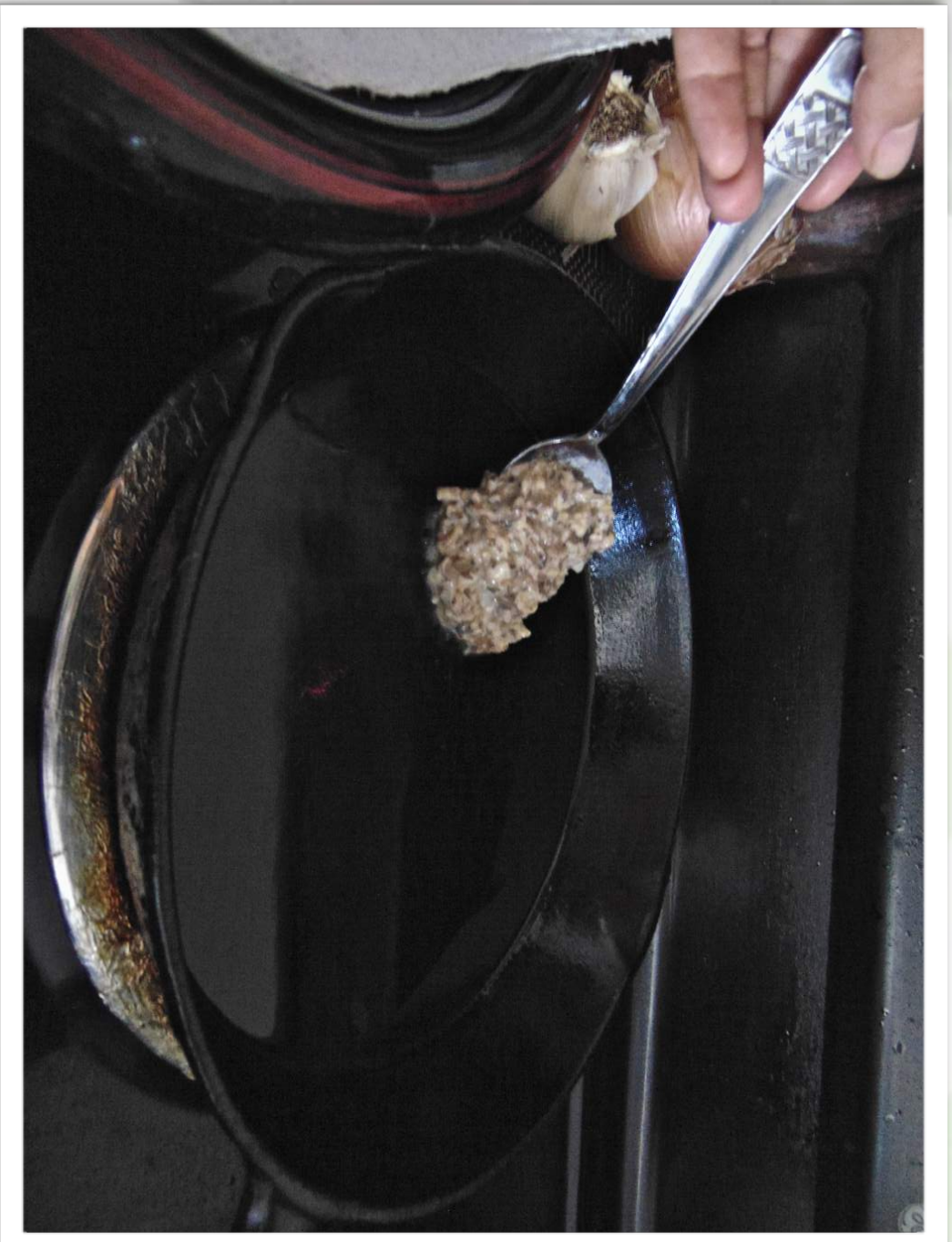
11. Add the **banana blossom** into the mix.

12. Tanack kihtin **kihris kof** nuh in sie fuhrae pacn ah in follah.



12. Heat some **vegetable oil** in a **frying pan** until it shimmers.

13. Yucuk nuhke pacn ah suhnunh na **mwe yucyuc** (**supun**) se.



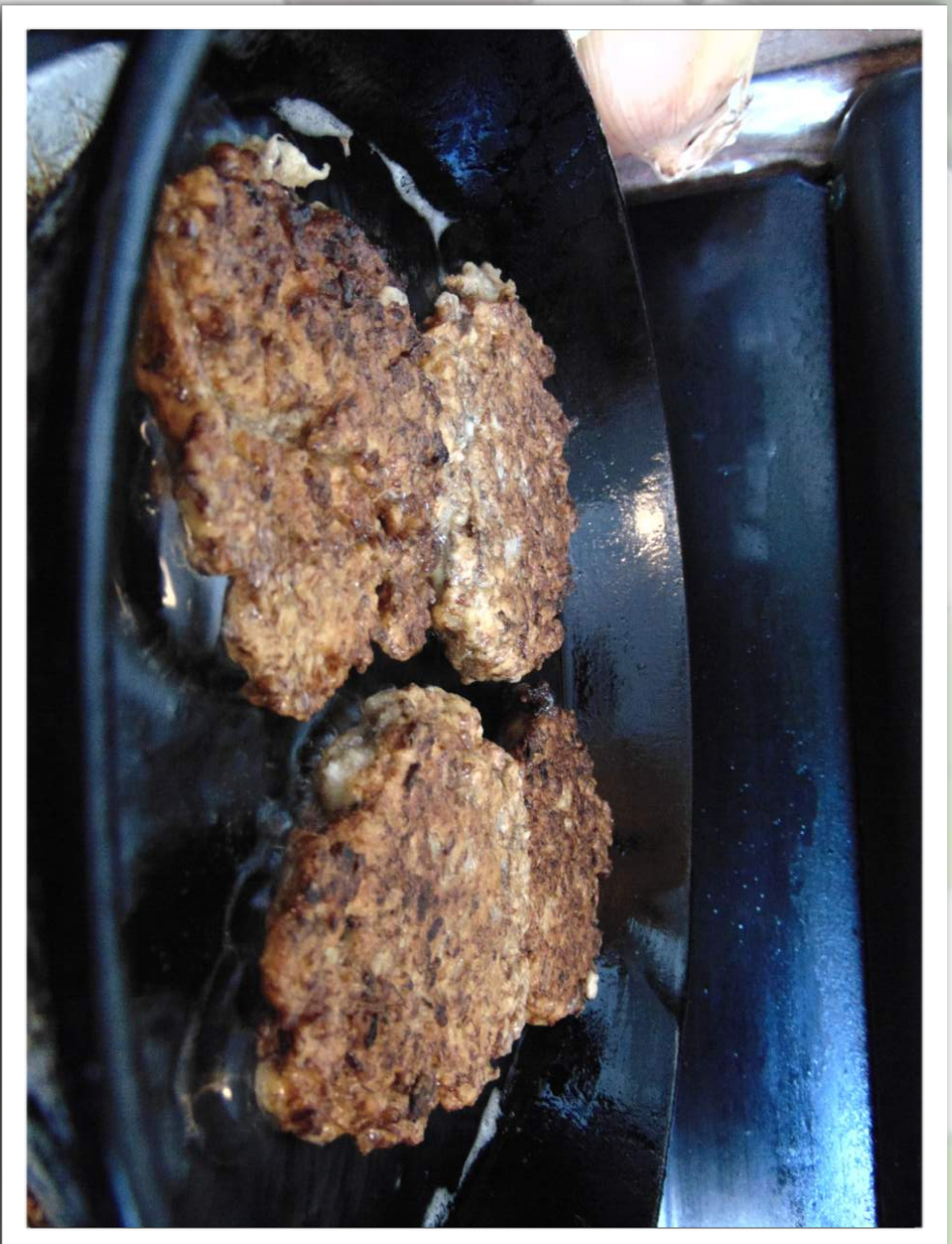
13. Fry about a **spoonful** size at a time.

14. Ikihi in mollac pac lacyacn ngi ah.



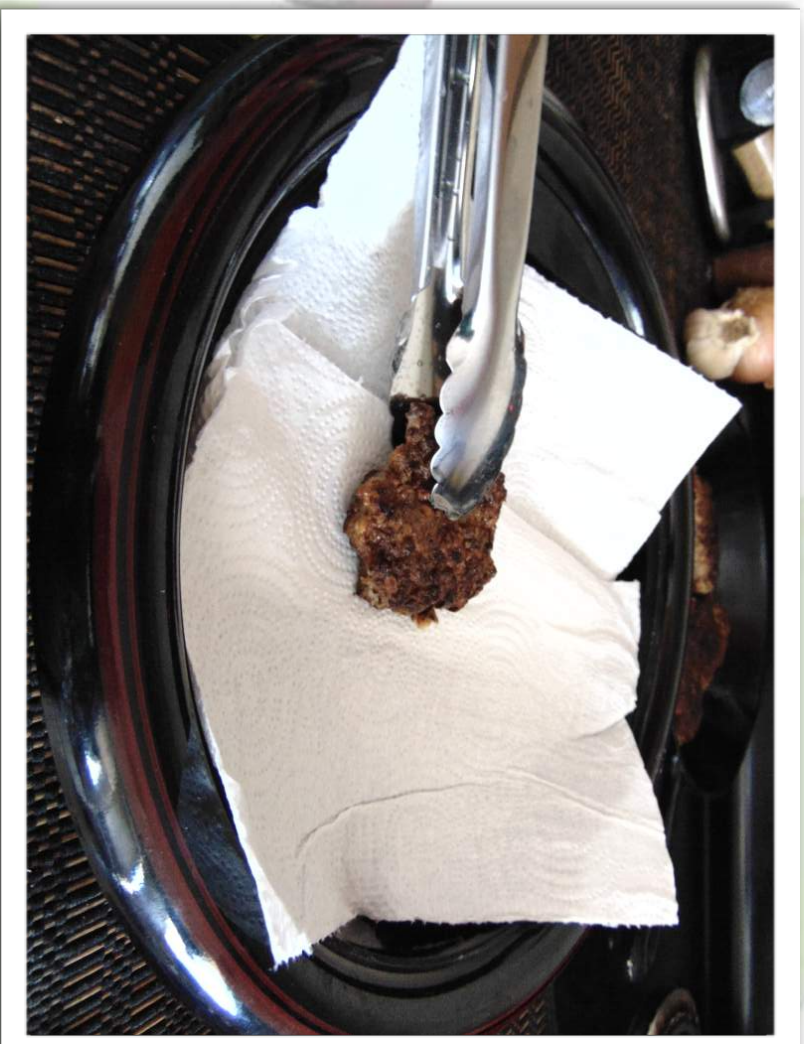
14. Flip to cook the other side too.

15. Lelah in fuhrae **kalkacf** uh ne ke na mollac.



15. Fry the **banana blossom** until it is thoroughly cooked.

16. Eis nuhke sie **ahluh tuhpahsrpahsr (tre)** ac mwe
nwacna ma kuh in eslah tuwackihris se kac ah.



16. Place them on a **tray** with lining material that can get
rid of the excess oil.

17. Oan in ohulac kuhtuh kalkacaf uh tuhfeh mongo.



17. Allow burger to cool before serving.