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About the Series



EMMY AWARD WINNING *Family Ingredients* is an innovative PBS lifestyle series that features food, travel, culture and family. Based in Honolulu and hosted by Chef Ed Kenney, the series aims to showcase the many cultures that have shaped the unique islands of Hawai'i. *Family Ingredients* is

an executive production of Rock Salt Media and Pacific Islanders in Communications and is produced for PBS by Rock Salt Media.

From telling the world about his love of poi, a Polynesian staple food, to his commitment to family and his interest in telling untold stories through simple recipes shared by friends, Ed Kenney treats the audience to more than just travel and food. He takes a deep dive into cultural connections that make up our family histories in places near and far.

Each episode features a guest who introduces a favorite childhood dish, or family recipe, which leads us to exciting destinations like Hawai'i, Tahiti, Japan, Vietnam, the Philippines, Puerto Rico and more. Together we explore the history of each recipe as we follow Ed and his guest on a journey that bridges communities across oceans through cultural experiences and shared history.

Season one of *Family Ingredients* aired in over 170 markets nationwide reaching over 92% of the U.S. population through PBS-branded broadcasts on local PBS stations. Season 2 will launch in October 2017 with locally scheduled PBS-branded broadcasts on local PBS stations.

The series is also available on PBS.org and is carried on the inflight entertainment systems of Hawaiian Airlines as part of their offerings to passengers.

From ^{the} Chef



Aloha and welcome

to SEASON TWO of *Family Ingredients*, a series that celebrates our diversity and love of this planet through the food we eat and the places we all come from.

I was born and raised on the east side of Honolulu. My parents performed on stage in Waikīkī, singing and dancing hula through the 60s and 70s. But after a visit to Vietnam where I was immersed in culture and self-reflection, it was a simple bowl of steaming hot pho that inspired me to choose my career path. It became clear to me while on my journey that food was the unifying fabric of humanity, connecting us to the earth and each other.

I invite you to use this toolkit with your family and friends, in your communities, schools, or places of worship or gathering. It offers some fun activities, questions for discussion, and, of course, some recipes from the show.

And I also hope you will join us on *Family Ingredients* on PBS each week for an opportunity for you to learn more about yourself and the world around you one delicious recipe at a time.

It starts right at home. I invite you to participate by coming up with ways of eating healthy, sharing family recipes, stories and pictures. Tell us about your gardens and what you grow! Tell us a story that we should know and share!

Sending aloha from my home to yours wherever you are on this beautiful planet we cherish, respect and love.

Ed

Activities

These suggested activities can be easily adapted for home and family, community or educational spaces, and even for fun at the workplace.

For a more formal gathering, you can combine one or more of these activities with the checklist and guidelines for hosting an event on page 12.



Family Recipes

Everyone grows up with fond memories of favorite family foods, that gives them comfort and that they continue to enjoy. Sometimes it's a delicious stew, a secret curry, or a special broth. Sometimes it's that special way your mom fixed up the macaroni and cheese from the box. Either way, they are the foods that say family, memory and love, and they are worthy of celebration!

ONE:

INVITE PARTICIPANTS TO SHARE THE BASICS OF AN OLD FAMILY RECIPE THAT THEY LOVE. INVITE THEM TO INCLUDE THE FOLLOWING:

- The name and basic contents of the dish.
- Where did the recipe come from?
- What is special about this dish to you?

If you are in a large group, you may not be able to include everyone's recipes, so create opportunities for further involvement...

- Ask participants to indicate which recipe among those described they are most likely to try and make at home.
- Follow-up questions:
 - How many people have similar family recipes?
 - How are families' recipes different? I.e. does one family use goat and another beef?
 - What memory do you have associated with that recipe?

TWO:

ON YOUR OWN OR WITH YOUR GROUP, PREPARE A RECIPE INSPIRED BY ONE OF YOUR FAVORITE FAMILY DISHES:

- If you have a formal recipe to work from, prepare your dish accordingly, or prepare it to the best of your memory. When you serve the dish, consider sharing copies of the recipe so others can try it too, and be sure to share stories of where the dish came from and why it's special to you.
- Consider creating a new recipe with ingredients that you love

from a favorite family dish, but used in a different way. If you are from an Italian family, you might love the tomatoes, garlic, basil, and cheese from your favorite pasta dish - only prepared with prawns and sweet potatoes instead.

- Whether you are creating a new dish with friends or preparing an old family recipe that you love, post a photo of your masterpiece on social media, and tag @familyingredients #familyingredients. If it's not a carefully guarded family secret, consider sharing the recipe on social as well...



Okinawa – Soki Soba

Okinawan soba is not to be confused with Japanese soba. The blend of noodles, soup and pork spare ribs embodies the spirit of the Okinawan people and the complex history that make up its islands.

more Activities



Building Your Own Memory Dish

One of the things that makes those special dishes so important is the memories of family and friends that go with them. We all have some kind of family in our lives—whether blood relatives or close friends, they are the people we share our lives with everyday. A great way to honor those friendships is to create a memory dish together....



- Invite one, two, or more special friends with whom you share a lot of time. The people you invite can know each other, or not. Ask each person to bring an ingredient that is special to them. An herb, a seasoning, a vegetable. You should provide one special ingredient yourself...
- Additionally, you should make sure to have several vegetables on hand, some rice or pasta, and some meat or fish if you prefer, to round out the dish.
- Once your guests arrive, serve a beverage and invite everyone into the kitchen and ask each person to reveal their special ingredient, including a little explanation of why they chose it and how they generally use it.
- Once everyone has presented their special ingredient, figure out how you can work them all into a special meal with the basic staples you have on hand.
- Be sure to record the ingredients so you can share the recipe, and take a picture and post it on social media.
- Eat, drink, and celebrate your friends, family and your new memory dish.
- If cooking an actual dish isn't an option for your gathering, you can still try this exercise by creating a list of ingredients, including a contribution from each person, and then discussing together how those ingredients could be combined to create new recipes built from your favorite things.
- You can also have fun naming the recipes, perhaps including references to the people and places that make them special.



Discussion Questions

After screening an episode of *Family Ingredients*, consider the following questions for discussion or further consideration.

1. DESCRIBE A VERY EARLY FOOD MEMORY FROM YOUR CHILDHOOD:

- a. What did you have?
- b. Where were you and who was there?
- c. Why has this memory stayed with you?

2. DESCRIBE THE BEST FOOD MEMORY YOU CAN THINK OF, FROM ANY TIME IN YOUR LIFE:

- a. What did you have?
- b. Where were you and who was there?
- c. Why has this memory stayed with you?

3. WHAT DISH IS REQUIRED TO COMPLETE YOUR FAVORITE HOLIDAY? (FOR EXAMPLE, IT'S NOT CHRISTMAS WITHOUT GRANDMA'S ENGLISH TRIFLE.)

- a. Is there any ritual associated with preparing the food?
- b. Do you know who introduced the dish to your family?

4. IF YOU COULD CHOOSE YOUR LAST MEAL, WHAT WOULD IT BE AND WHY?

5. IS THERE A FOOD STORY OR TRADITION THAT YOU HOPE TO SEE PASSED ALONG TO FUTURE GENERATIONS?



FAMILY INGREDIENTS' RECIPES

Cha Ca La Vong

CHEF ANDREW LE



FOR NOODLES

- 1 pack of vermicelli noodles

Cook noodles per instructions on package. Drain, rinse, and cool.

FOR HERB MIX

- 2 cups dill, cleaned and picked
- 2 cups mint, cleaned and picked
- 2 cups shiso, cleaned and picked
- 2 cups rau ram, cleaned and picked
- 2 cups onion sprouts, cleaned and picked

Mix all together, reserve.

FOR FISH MARINADE

- 100 grams shallot
- 300 grams galangal, peeled, chopped
- 160 grams fresh turmeric, washed well and chopped
- 150 grams ginger, peeled and chopped
- 25 grams dry turmeric
- 10 grams black peppercorns
- 325 grams olive oil
- 900 grams plain yogurt
- 150 grams fish sauce
- 25 grams mushroom powder
- 60 grams sugar

1. Blend everything together until smooth.
2. Use to marinate your fish for at least 4 hours, overnight preferred.

FOR THE FISH

- 8 ea 10 oz fresh catfish filets, skinned
3. Be sure to marinate at least 4 hours, overnight preferred.
 4. Once marinated, take out and remove excess marinade.
 5. On medium heat, heat up a saute pan with enough grape seed oil to cover the bottom. Once oil is hot, carefully put in the fish and cook for 3-4 minutes on each side till golden brown.
 6. Once browned, take out of pan and reserve.

FOR MAM TOM SAUCE

- 225 grams pineapple
 - 32 grams garlic, peeled and chopped
 - 125 grams ginger, peeled and chopped
 - 98 grams mam tom bac, aka fermented shrimp paste
 - 280 grams sugar
 - 380 grams lime juice
 - 215 grams fish sauce
 - 1 can of coco water
 - 125 grams chili sambal olek
7. Blend pineapple, garlic, ginger, mam tom bac, sugar, lime juice, fish sauce and coco water till smooth
 8. Add the sambal and mix well. Store in refrigerator
 9. VERY IMPORTANT to do this 1-2 days in advance for the flavors to develop and funk of the fermented shrimp paste to mellow out.

TO FINISH

- 1 cup fried shallots
 - 1 cup roasted peanuts, chopped
10. Arrange the vermicelli noodles in a bowl
 11. Place the cooked catfish on top
 12. Sprinkle a spoonful each of fried shallots and roasted peanuts
 13. Spread the a generous amount of the herb mix on top and serve with the mam tom sauce on the side

FAMILY INGREDIENTS' RECIPES

Canh Chua Chay (Sweet & Sour Vegetable Soup)

CHEF ANDREW LE

- 1 cup lemongrass chili satay
- 1 quart tamarind water (recipe follows)
- 1 gallon of water
- 5 roma tomatoes, cut into wedges
- 1 pineapple, medium diced
- 1/2 lb okra, cut into 1/3
- 1 lb bean sprouts, whole
- 1 lb taro stem, cut into obliques
- 1c fresh shiitake mushrooms, sliced
- 1/4 lb rice paddy herb, rough chopped
- 200 grams palm sugar
- 90 grams fish sauce (omit if making it Vegan and season to taste)
- 30 grams salt



INSTRUCTIONS

1. Bring to a boil and add the vegetables. Simmer till cooked.
2. Finish seasoning with sugar, fish sauce, and salt to taste. Should be sweet and sour.

For Vegan - omit fish sauce and season to taste.

TAMARIND WATER

- 1 gallon water: 1 lb tamarind

CHILI SATAY

- 1 cup chili oil
- 1 cup garlic, chopped
- 1 cup onion, diced
- 2 cup lemongrass, minced

Social Media



Family Ingredients is on Facebook and Instagram and we would love for you to join us!



FACEBOOK.COM/FAMILYINGREDIENTS



@FAMILYINGREDIENTS

Please feel free to visit our feed and re-post any information about broadcast, streaming availability, or upcoming content.



Conde Nast Traveler says that fried chicken sammies are very 2017...(also doughnuts and veggie bowls)...what's your food of the year?
<https://www.cntraveler.com/.../new-food-trends-to-look-for-in-...>



Like Comment Share



Family Ingredients
August 24 · 🌐

Season one is back! Find us on your local PBS station...we'll post dates and times for key cities here, as we get them...

#familyingredients #PBS



Like Comment Share

If you see a great food story that makes you think of us, please tag us at FamilyIngredients on Facebook (or @FamilyIngredients on Instagram).

More Social Media



Please feel free to include our PBS URL, or the URL from a specific episode that you like, so that others can see the show and stream content for FREE right online!

Finally, if you are able to try any of the activities in this guide with family, friends, colleagues or community, we would love to hear from you. Please write to us on Facebook, and please post about your experience with Family Ingredients content.



Hosting ^{an} Event



To 'break bread' is a well regarded tradition for building bonds and developing relationships. Rooted in the diaspora of Hawai'i's food, *Family Ingredients* provides plenty of inspiration for bringing people together to share their family history, food traditions, and build community. This toolkit is designed to provide a brief outline of how to host a group using Family Ingredients episodes, alongside some fun and easy activities.

The Basics for a Community Event

This worksheet offers a step-by-step guide to producing a small gathering at your home, or in a community space such as a library, park, or church. Organizing should begin about two months out. Give yourself at least eight weeks to plan and promote your event.

STEP 1: PLAN AND SECURE

- ☐ Select a timeframe and date for your event
- ☐ Review this guide, and familiarize yourself with the media content

STEP 2: WHO TO INVITE?

- ☐ Begin compiling your invitation list. Use your own address book. Be sure to ask permission to send an e-blast to clubs or organizations you belong to

- ☐ Make sure your invitation list is a reasonable size given how many people you can seat

STEP 3: REACH OUT (TWO OR THREE WEEKS PRIOR TO EVENT)

- ☐ Draft and send an email invitation to your list
- ☐ Monitor your RSVP list to track who is attending

STEP 4: CREATE PROGRAM

- ☐ Create an agenda for your event (see examples on next page)
- ☐ Be sure to test television or computer/wifi connectivity in your space for screening media content

STEP 5: FOLLOW-UP

- ☐ Three or four days prior to the event, send a reminder to everyone you invited, and ask them to RSVP. For guests that have already RSVP'd reconfirm their attendance

STEP 6: DAY OF SCREENING

- ☐ Arrange your furniture so seating faces the screen with clear sight lines
- ☐ Prepare your feast
- ☐ Have a camera at the ready to take some snapshots of your event and share on Facebook or Instagram @FAMILYINGREDIENTS

Sample Agenda

Use this as a model for your event. You can shift items around as your specific program necessitates, but always have a clear plan for the event and make sure you keep to the schedule.

You can choose to embellish this agenda and make it your own.

6:30PM	<p>I. Doors Open</p> <p>II. Guests Arrive</p> <p>III. Snacks & Refreshments are available</p>
7:00	IV. Gather your guests and explain why you wanted to host the event
7:05	V. Watch a broadcast of <i>Family Ingredients</i> or view an episode online at PBS.ORG/SHOW/FAMILY-INGREDIENTS/
7:35	VI. Use this guide to lead your panelists and guests through a meal and activity about the themes presented in <i>Family Ingredients</i> , using the activities and suggestions in this guide
8:50	VII. Remind guests to follow <i>Family Ingredients</i> on social media and to watch us on PBS. Wish guests a good night!

Resources



University of Hawaii–Hawaii Foods HAWAIIFOODS.HAWAII.EDU/LRECIPES.ASP

Lonely Planet (for travel information) LONELYPLANET.COM

Pacific Heartbeat WORLDCHANNEL.ORG/PROGRAMS/PACIFIC-HEARTBEAT/

Pacific Islanders in Communications PICCOM.ORG

PBS Food PBS.ORG/FOOD/

More About Ed Kenney:

Honolulu Magazine Article on Ed Kenney HONOLULUMAGAZINE.COM/HONOLULU-MAGAZINE/AUGUST-2016/MAHINA-SUNS-OPENS-IN-WAIKIKI/

Vogue - A Food Crawl with Top Chef Ed Kenney VOGUE.COM/ARTICLE/OAHU-HAWAII-FOOD-CRAWL-ED-KENNEY

Kaimuki Superette - An Ed Kenney Restaurant KAIMUKISUPERETTE.COM/ABOUT/ED-KENNEY/

Online:

Family Ingredients PBS Website PBS.ORG/SHOW/FAMILY-INGREDIENTS

Family Ingredients Official Website FAMILYINGREDIENTS.COM



[FACEBOOK.COM/FAMILYINGREDIENTS](https://www.facebook.com/familyingredients)



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