PAGE

Jams: Banana Jam 88
Coconut Papaya Jam 88
Passionfruit Jam 88
Pawpaw Butter 89
Pawpaw Marmalade 89
Pineapple and Papaya Jam 89
Tomato Lemon-Lime Jam 90
Watermelon Rind Honey 90
Pies: Banana Pie 90
Buko Pie 91
Kaukau Pie 91
Pawpaw and Banana Pie 91
Pie Fillings 92
Tropical Apple Pie 92
Crustless Tropical Fruit Pie 93
Tropical Peach. Pie 93
Puddings: Bananas with Coconut Sauce 94
Banana Pudding 94
Ripe Bananas with Coconut Sauce 94
Haupia (Hawiian Coconut Pudding) 95
Sundried Bananas and Dried Banana Pudding 95
Vakalavalava (Fiji) 95
Vakalo o Sakosako (Fiji) 96

Miscellaneous: 96
Sauces: Kora (Fiji) 96
Miti (Fiji) 97
Sambal Goreng Tomat (Indonesia) 97
Soups: Coconut Soup 97
Wines: Banana Wine 98

PART IV: ADDITIONAL INFORMATION

Australian Measures 99
Cassava or Tapioca Starch 99
Coffee and Tea 100
Composition of Foods - An Abstract for Papua New Guinea 101
Cooking Vegetables 102
Flour 102
Food Storage 103
Guide to High Altitude Adjustments in Baking 104
Innovations 104
Table of Substitutions 105
Abbreviations 105