

How to Make Mock Tuna Salad Video Transcript

With Trini Kaopuiki and Mama T

Trini: We are here at the community room at Down to Earth on King Street...

We are with Mama T...

Mama T: Aloha!

I don't know what we are making today, but I know I only see a few ingredients...

And I'm excited about that because...

That gives me hope that it's something easy that I can make.

Mama T: It's easy and it's really perfect to take to parties...

We're going to make a mock Tuna salad...

That has no fish in it... And we're going to use Garbanzo beans to put in it.

Yum... I love Garbanzo beans...

Mama T: So we're going to have you pulse this...

This is the pulse setting...

Everything's all set up...

But we're just going to pulse it until we get a Tuna-y consistency...

Good job... Good job... Good job...

And you can do this by hand also if you don't have a food processor...

Ok...

Mama T: But it's as quick and easy as that...

So that's done Trini...

We're going to take that off...

Some of those guys are still a little bit whole...

But we're just going to put them in right now...

Again you can use a fork...

And I'm going to let you...

Mix in while I put the rest of the ingredients in...

Which there is not that many of them...

You can put this in wraps... You can put it on top of a salad...

You can eat 'em with crackers as a appetizer...

Trini: Already... I'm thinking the kids would love this for lunch...

School lunch...

Mama T: So we're going to use veganaise...

This is an eggless mayo...

You can start mixing in...

And it might be easier to use this one...

Trini: Oh... Yeah...

Let's try that... There we go...

And we're also going to put in some diced red onions...

Trini: And of course... All these ingredients we can get at Down to Earth?

Mama T: Down to Earth... Downstairs...

And it's basically how you would make a Tuna salad, but...

We're going to use all plant-based ingredients...

So we're going to put some...so I just put dill pickles...

We're going to put some celery in here...

We're also going to put some sweet relish in here...

Good job Trini... You're doing a good job...

Trini: You know... Even when I do eat Tuna sandwiches...

I love it when you add all of these different...ingredients.

Mama T: Yes...they're so yummy...

We're going to put a little bit of dried dill in there...

Just a teaspoon...

And then to give it the tuna-y flavor...

Without the fish...

We're going to put some dulse flakes...

This is seaweed flakes...

So go ahead... Mix that in...

Trini: Ok...

Mama T: We're going to add a little salt and pepper...

And we're going to wind it up Trini...

With a little bit of a taste tester of one that I've already created... So....

Trini: Oh... My goodness!

Mama T: Look how quick and easy... And simple... And it's finished...

And look how much the recipe yields...

Trini: Oh... My goodness!

Mama T: So go ahead and try one Trini...

Trini: Ok... Yum.

Now remind everybody where you're located...

We've got the one on King Street...

Mama T: Right we're on King Street... On King Street and University.

And we're on the third floor...

We have five dollar classes...

Every first Saturday here in this community room...

Trini: But that is such a great price... And you learn so much!

Mama T: And you get four recipes...

But we do have free classes in Kailua every first Tuesday...

Trini: Mmmm...

Come to a cooking class... Yummy right?

Trini: Mmmm...

Crunchy... I love all the different flavors...

[Laughter]

Mama T: I know...

It's really good with crackers... I like to make this when I just want to snack at home.

And I eat it with crackers...

Trini: And real quick...

Sorry... I'm not supposed to talk with my mouth full but...

There are tons of recipes online...

Mama T: Yes... At DowntoEarth.org there's over 2000 recipes...

And if you want a specialty recipe, you can just Google in "chick peas"...

Or something like that...

And then all the recipes that have Garbanzo beans will show up on there.

Trini: I've done that...

[Laughter]

Thanks so much Mama T....

Mama T: Thanks.... Happy New Year!

Trini: In our next segment, we are going to be with Jordan Ragasa...

Mama T: Yes...

Trini: Making up some sort of smoothie...

So stay tuned...

Mama T: Aloha...

Looking good...

Trini: Ok... Now...I admit I may say this all the time...

When it comes to Down to Earth, and their wonderful recipes...

This is probably one of my favorite... favorite things that we've made...

It looks great...

Trini: It is so delicious!

That as soon as we stopped filming...

All the cameramen came...

And we all just inhaled it...

It was so good...I mean the cracker made it crunchy too but...

All the ingredients just had the perfect texture...

It was so delicious!

Taizo Braden: You're going to make it again then...

Trini: I'm going to make it... And I thought that would be a great snack for football...

Because there's so many unhealthy dishes usually at your football party...

This would be a nice alternative to have...

Taizo: Well... We can't wait to see you bring it in Trini...

[Laughter]

Which is never going to happen by the way...

Trini: It'll happen... It'll happen...

I'll bring it in...

Taizo: Over a decade of working with you... I've never seen Trini bring in any food...

Trini: That's because we have different hours...

Well... That's true. But still you could leave something for your buddy...

Check out the recipe on the Down to Earth website:

<https://www.downtoearth.org/recipes/salads/mock-tuna-salad> .