





Table of Contents



PART ONE: ABOUT THE SERIES.....3

PART TWO: LOCATIONS & DISHES: SEASON 1.....4

PART THREE: LOCATIONS & DISHES: SEASON 2.....5

PART FOUR: ABOUT THE MAKERS.....6

PART FIVE: ABOUT THE HOST.....7

PART SIX: RECIPIES.....8

PART SEVEN: FIND US ON PBS.....9

PART EIGHT: PARTNERS & FUNDERS.....9

About the Series



“ This series is about celebrating our differences and our similarities. It is about learning, discovering, and acceptance. With Ed at the helm, we share this journey together. We are all connected.

- Heather Haunani Giugni

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, 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, but reflects upon the 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.

PART TWO:

Locations and Dishes

SEASON TWO



EP201: CALIFORNIA - SMOKED FISH

North Shore's **Jack Johnson**, singer-songwriter, surfer and ocean activist, reveals the influence his father had on him and shares those memories on a road trip along the California coast. Enjoy the music, smoked fish and tales about early surfer migration to Hawai'i.

EP202: PHILIPPINES - ADOBO

2017 Bravo Top Chef 's Fan Favorite **Sheldon Simeon** finds it easy to shine the light on traditional Filipino dishes - but it takes a first ever trip to the Philippines to rock his culinary senses. Born and raised in the small town of Hilo, Hawai'i, Sheldon credits his dad for his love of the Filipino cuisine. Join *Family Ingredients* in an episode that shares everything about family, food and fun.

EP203: WISCONSIN - FIDDLEHEAD FERN

Kaua'i farmer **Valerie Kaneshiro**, a mixture of Japanese and Native American, was raised on the Lac Courte Oreilles Ojibwe reservation in Wisconsin, her mom's ancestral home. Forced to leave her home at 15, disconnected from her Indian roots she so loved, Valerie tells a story of loss and re-discovery and all the lessons learned while sharing an ingredient to a cultural dish found in Wisconsin and Hawai'i.

EP204: VIETNAM - HO CHI MINH CITY - PHO

In this two-part episode we follow popular Hawai'i Chef **Andrew Le** to Ho Chi Minh City not just to taste original Pho the national dish of Vietnam, but also to connect to his family roots. It is a return to the city that his parents fled in 1975, barely escaping the fall of Saigon.

EP205: VIETNAM - HANOI - PHO

We continue our journey in Vietnam, with Chefs Ed Kenney and **Andrew Le**. In Hanoi we learn about the origins of pho, visit an ancient village, and find out about a near tragedy that brought the Le family closer together and jump started Andrew's culinary career.

EP206: LANA'I - VENISON

Hawaiian hula dancer, cultural practitioner, and sustainable hunter **Anela Marie Kawehikulaonalani Evans** shares the love and respect she has for her island home. Join *Family Ingredients* as we follow Anela from the hunting grounds of Lana'i Island to the largest hula competition in the world, the Merrie Monarch Festival.



“We are storytellers and we wanted to tell our rich multicultural Hawaiian stories around this concept of sharing. Sharing food, culture and most importantly aloha. We travel, we eat, we share stories. we are Family Ingredients.”

- Heather Huanani Giugni

PART THREE:

Locations and Dishes

SEASON ONE

HAWAII - POI

Hawaiian cuisine is blazing its way into kitchens across America with exciting flavors and ingredients but the most famous Hawaiian dish is the one that is most misunderstood.

In this first episode host Ed Kenney connects us to the food that made the biggest impact on his life - poi, also known as taro. The 14th most cultivated crop on earth, taro is eaten around the world, but only Hawaiians make poi. Join Ed on his personal journey tracing a food that has kept his family together.

OKINAWA - SOKI SOBA

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

If you have eaten ramen (noodles) in the United States, chances are those noodles are from Hidehito Uki's family business called Sun Noodle. In this episode daughter Hisae Uki travels to her ancestral home of Okinawa with Ed Kenney. Together they taste the soup Okinawa calls their own.

TAHITI - POISSON CRU

It started because they said it couldn't be done. Polynesians navigated their world on canoes following the stars. Modern seafarers proved it was true. Meet a crew member on a world wide

voyage traversing the planet with a stop at his ancestral home. A family moment to remember and a dish never to forget.

In this episode Chef Ed travels to Tahiti to meet up with a young man sailing the globe on a double-hulled canoe. Maui Tavotaha comes from a long line of canoe carvers and Ed joins him at his ancestral village to follow his favorite food memory - poisson cru, or raw fish, the quintessential Tahitian dish!

CALIFORNIA - PIPI KAULA

At one time the Hawaiian cowboys were considered some of the best cowboys in the world. They also made the most tender beef jerky called Pipi Kaula. We'll trace the origins of the Hawaiian cowboy lifestyle to the adobes of California and discover how these traditions of music and food are still enjoyed today.

Ed's guest in this episode is Hawaiian musician Kuana Torres Kahele who prepares a simple dish with a rich history. In Hawaiian it is called pipi kaula, which translates in English to roped meat and is cooked under the sun in a dry box - a favorite dish in Hawaii!

JAPAN - MISO SOUP

In Japan, miso factories are like microbreweries in America. Hawaii chefs Ed Kenney and Alan Wong search for the finest ingredients and

dive deep into a bowl of his favorite childhood dish, Miso Soup.

A "chefs" episode, highly acclaimed Chef Alan Wong of Honolulu takes Chef Ed Kenney of Kaimuki on an unforgettable adventure of his ancestral home, Japan. The premise of Family Ingredients is to follow a memory dish and Alan chooses miso soup, which leads them to interesting places and fascinating people. A culinary delight from farm to table.

PUERTO RICO - GANDULE RICE

Puerto Rican pride thrives in Hawaii. Chef Ed meets up with entertainer Tiara Hernandez's whose family grew up in Waikiki showrooms and follows a culinary path to a country she's never seen to learn more about her heritage.

Born and raised in a musical family of five talented brothers and sisters, Tiara Hernandez's family can trace their roots to both the Philippines and Puerto Rico. In this episode she describes how Gandule Rice was the comfort dish she grew up with and loved. Host Ed Kenney travels with Tiara to Puerto Rico to uncover the origin of this dish. We see it prepared many times and in many ways but it is the shared meal with her sisters and brother that makes this experience whole.

About ^{the} Makers

“When Heather and I were talking about starting the series we thought about how food brings people closer together and how, when you were younger, family friends would automatically include a place for you at the table. There is a camaraderie in sharing dishes!”

- Renea Veneri Stewart



HEATHER H. GIUGNI, EXECUTIVE PRODUCER

Heather is a creative director who likes making connections - and *Family Ingredients* does just that - connecting food, people and places. An EMMY award-winning producer, Heather is a gifted storyteller and enjoys building a narrative that can make a difference in people's lives. She has produced and directed many documentaries. A strong advocate of history, education, and video curriculum, Heather also founded 'Ulu'ulu, Hawai'i's official moving image archive.

skilled in live television broadcast, documentaries, commercials, and short films. An EMMY Award-winning producer, gifted project designer, talented published photographer, and director of photography for *Family Ingredients*, Stewart is always telling rich stories through the lens.

RENEA VENERI STEWART, PRODUCER/DIRECTOR OF PHOTOGRAPHY

Recently nominated for a Daytime EMMY in Cinematography, Renea knows the ins and outs of production and works tirelessly to achieve the best possible product. Passionate about preserving Hawai'i's beauty and culture, Stewart documents life through moving images and still photography, using the highest quality photographic tools. She's

TY SANGA, DIRECTOR/WRITER

Ty Sanga is a prolific storyteller, talented director and man with a message. A Sundance Native Lab Fellow, his acclaimed Hawaiian language film, *Stones*, was honored at the prestigious Sundance Film Festival in 2011. His graceful depiction of a Hawaiian legend illustrates his authentic voice and visual style. In addition to *Family Ingredients*, Sanga is directing his first feature film, *After Mele*. He is a graduate of the University of Hawai'i's Academy for Creative Media and earned his Master of Fine Arts from Chapman University.



ROCK SALT MEDIA

We tell stories. Rock Salt Media is dedicated to community, family and home. From concept to completion, we work in the creative to deliver an impactful product. Innovative. Creative. Working with the Best. We deliver.

PART FIVE:

About the Host



ED KENNEY is a successful restaurateur who had no idea he wanted to be a chef.

After graduating from the University of Colorado and spending four years in commercial real estate, Kenney spent a year backpacking the globe, immersed in culture and contemplating life and self. It was on a street corner in Hanoi over a steaming bowl of pho that his revelation occurred: “Food is the unifying fabric of humanity, connecting us to the earth and each other.” From that point forward, a new path was forged.

Upon his return home to Hawai‘i, Kenney attended the Culinary Institute of the Pacific and trained in Honolulu’s top restaurants. With a strong commitment to farm-to-table cooking, he opened his first restaurant, Town, in 2005 to rave reviews. Today, his four restaurants – Town, Kaimuki Superette, Mud Hen Water, and the newly opened Mahina & Sun’s – are lively gathering places guided by the mantra “local first, organic whenever possible, with aloha always.”

Kenney is committed to supporting local farms like MA‘O Organic Farms and showcasing local ingredients and traditional Hawaiian canoe crops (like kalo and ‘ulu) on his menus. For the past decade, he has been a beloved leader in the local food community and has helped propel Hawai‘i cuisine back into the national spotlight. The James Beard Foundation has named Kenney a semi-finalist for Best Chef: West each year since 2013. He has cooked for First Lady Michelle Obama and been featured in top publications like Food & Wine, Bon Appetit, Saveur, Conde Nast Traveler, and Travel + Leisure.

He sits on the board of directors for MA‘O Organic Farms, Kōkua Hawai‘i Foundation, and Sustain Hawai‘i. He is also on the advisory board for Hogan Entrepreneurs, the Culinary Institute of the Pacific at Kapi‘olani Community College, and the Culinary Program at Leeward Community College. Born and raised in Honolulu, he is the son of Broadway performer Ed Kenney and renowned hula dancer Beverly Noa – both famed Waikiki entertainers of the ‘60s and ‘70s. His crowning achievement, to date, is his family – wife, Spanky and kids, Celia and Duke.



Poisson Cru

- 1.5 lbs sushi grade fresh tuna
- 3/4 cup coconut milk
- 1 cup cherry tomatoes halved
- 1/2 sweet onion thinly sliced
- 1 medium sized carrot shredded
- 1/2 in a cucumber seeded and sliced half moons
- 3/4 cup fresh lime juice about 5 - 8 small limes
- Salt and pepper to taste
- Green onion to garnish



INSTRUCTIONS

1. Cut the ahi into one-inch cubes. Add the fish to a medium size bowl. Pour the lime juice over the fish and mix well so each piece is coated in lime juice. Cover with plastic wrap and allow to rest in fridge for 20 minutes.
2. After the fish has rested, pour off about half of the excess lime juice. Add the cherry tomatoes, sweet onion, carrot, cucumber and coconut milk and mix well. Add salt and pepper to taste. Garnish with sliced green onions. Serve cold.

Soki Soba

- 2 lbs pork bone
- 1 lb Pork Rib bone-in cut to 2" lengths
- 2 quarts water

FOR THE PORK SEASONING:

- 1 tbsp Sugar
- 2 tbsp Stock
- 3 tbsp Shoyu soy sauce
- 1 tbsp Awamori Okinawan distilled liquor or substitute with sake
- 1 tbsp Mirin sweet rice wine

FOR THE STOCK SEASONING:

- 1.5 cups Bonito Flakes
- 1.5 tsp Salt
- 1 tsp Shoyu soy sauce
- 1/3 pkg kamaboko steamed fish cake
- 1 stalk green onion
- 1 pkg fresh Okinawa soba 14 ounces, thick oriental noodle



INSTRUCTIONS

1. Pre-boil pork: cover pork bones and pork ribs with water; bring to a rolling boil, drain and rinse. Add the water to the pork bones and pork ribs, bring to a boil. Cover and simmer 30 minutes. Skim off impurities, cover and simmer 30 more minutes.
2. In a skillet, combine sugar, stock, shoyu awamori and mirin, bring to a boil. Add pork ribs, turning occasionally until well glazed. Set aside. Remove bones from stock. Add bonito flakes and boil for 2 minutes. Strains stock, discard flakes.
3. Add salt and shoyu, simmer for 2 minutes.
4. Cut kamaboko into 8 thins slices.
5. Cut green onions into 1/4-lengths.
6. Pour boiling water over soba and drain. Put soba into bowls, add stock. Garnish with pork ribs Kamaboko and onions.

You may find Sun Noodle Brand - Okinawa Soba at your local supermarket or go to: SUNNOODLE.COM for more information.

Recipe from Chimugukuru –the soul, the spirit, the heart - Okinawa Mixed Plate II by Hui O Lailima (recipe has been altered for pork bone-in ribs vs. pork belly).

PART SEVEN:



Find us on PBS

Family Ingredients is a PBS series made available to all PBS member stations. The program is scheduled for broadcast locally by each PBS member station. *Family Ingredients* is carried by most PBS stations and is available to more than 95% of the U.S. population over the public airwaves. Check your local PBS station's program listings for airtimes.

In addition, Season Two of *Family Ingredients* will be available on PBS.org via streaming video, beginning one day after its premiere broadcast and available until December 31, 2017.

pbs.org/show/family-ingredients/

PART EIGHT:

Partner and Fundors

We are grateful for the support we receive to make *Family Ingredients*. It has been wonderful to bring a passionate man like Ed Kenney to a national audience. Thank you.

Season Two of *Family Ingredients* is made possible with support from (link to each):

Pacific Islanders in Communications PICCOM.ORG

Corporation for Public Broadcasting CPB.ORG

PBS Hawai'i PBSHAWAII.ORG

Rock Salt Media ROCK SALT MEDIA

Hawai'i Tourism Authority HAWAIIITOURISMAUTHORITY.ORG

Center for Asian American Media CAAMEDIA.ORG

Old Mill Ventures OLDMILL.VENTURES

Atherton Family Foundation ATHERTONFAMILYFOUNDATION.ORG

Hawaiian Airlines HAWAIIANAIRLINES.COM

Dawson DAWSON8A.COM

Vision Maker Media VISIONMAKERMEDIA.ORG

Consuelo Foundation CONSUELO.ORG