

Pork Hawaiian Luau

Around 300 AD, when Polynesians rowed toward Hawaii across vast stretches of the Pacific Ocean, they brought two types of animals with them: dogs and pigs. The legacy of poi dog—that now extinct breed—lives on in this recipe, which contains some of the best foods of Hawaii. One of these is bromelain-rich pineapple, which assists in digestion, calms gastrointestinal irritation, and reduces inflammation.

Adult Canine, with Supplements

Yields 5 pounds

39 calories/ounce

28 ounces pork,
12 percent fat
11 large eggs, shelled
13 ounces salmon
6 ounces carrots
6 ounces fresh pineapple
6 ounces banana
7 grams ground cloves
32 grams bonemeal
1 gram kelp powder
(containing 700 micrograms
iodine per gram of kelp
powder. This is a total of
700 micrograms iodine if
you choose to use an iodine
supplement rather than kelp
powder.)

Supplements

- 6 milligrams copper
- 45 milligrams zinc
- 18 milligrams iron
- 100 micrograms vitamin B12
- 100 IU vitamin E

1. In a large bowl, mix food ingredients (except bonemeal and kelp) together.
2. In a small bowl, mix powders and supplements together, stirring well.
3. Dust $\frac{1}{2}$ the powder over food and mix very thoroughly. Add remaining powder and mix thoroughly again.
4. Serve raw, poached, or gently cooked.