

Oven lau lau

3 bunches spinach
½ lb salted butterfish
3 to 5 lbs boneless pork roast
2 T Hawaiian salt or to taste

350 deg

Wash spinach and let dry overnight to remove some of the moisture. Soak butterfish in water for about 2 hours. Drain and slice fish into ¼ in thick slices. Cut pork roast into 1 to 2 in cubes. Place cubes of pork in a 13 X 9 in pan. sprinkle with Hawaiian salt. Layer butterfish and then spinach. Cover and seal tightly with foil. Bake for about 1 ½ to 2 hours.