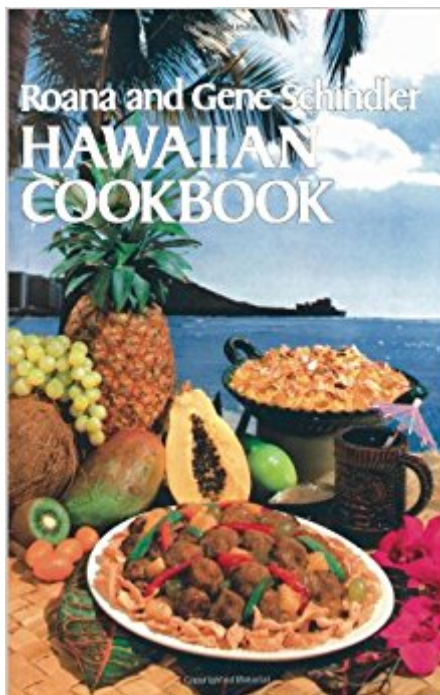


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# Hawaiian Cookbook



## Synopsis

Aloha, and welcome to a Polynesian paradise of romance, splendor, and exotic cuisines â” exciting, different, and absolutely simple to prepare. Nearly 300 foolproof recipes are clearly presented with many helpful suggestions for shortcuts, preparing ahead, variations, substitutions, and everything you need to turn dining into a festive occasion. Each recipe consists of easily obtained ingredients, most available in your local supermarket. Here’s a savory sampling of some of the many delicious drinks and dishes that you can make: Hawaiian Cocktails: Wahini Coolers, Coco Locos, Mai Tais, Kona Koffee Grog Tropical Fish: Sea Bass with Pine Nuts, Mullet in Orange Sauce, Broiled Fish with Teriyaki Sauce, Mahi Mahi with Sesame Seeds Island Appetizers: Mushrooms Lelani, Lomi Lomi Salmon, Baked Clams Kai Native Soups: Passion Fruit Soup, Celestial Nani, Watercress Soup, Wonton Birds of Paradise: Stuffed Chicken Breasts in Pineapple Sauce, Cornish Hens Miko Moko, Chestnut Duck, Chicken Keo Keo, King Kauloo-loo Duck Salads and Sauces of the Tradewinds: Island Shrimp Salad, Mali Mali Sauce, Orange and Spinach Salad Molokai, Maui Tangy Sauce A Garden of Vegetables: Bean Sprouts and Peppers, Eggplant in Coconut Cream, Candied Tomatoes, Cauliflower with Water Chestnuts and Mushrooms Pacific Pork and Beef Dishes: Spareribs with Black Bean Sauce, Steak Bora Bora, Pork Lelani, Beef Mai Kai, Ham Alii, Polynesian Meatloaf Aloha Desserts: Banana Fritters with Whipped Coconut Cream, Ko Ko Nut Balls, Candied Ginger, Red Oranges, Mango Macadamia Delight, Grapefruit Snow Plus, the book offers clever ideas for table decorations and interesting garnishes. Whether it’s a romantic dinner for two or a luau for a whole tribe, Roana and Gene Schindler have thought of everything to make your culinary expedition a complete success.

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## Customer Reviews

Aloha, and welcome to a Polynesian paradise of romance, splendor, and exotic cuisines â ” exciting, different, and absolutely simple to prepare. Nearly 300 foolproof recipes are clearly presented with many helpful suggestions for shortcuts, preparing ahead, variations, substitutions, and everything you need to turn dining into a festive occasion. Each recipe consists of easily obtained ingredients, most available in your local supermarket. Here’s a savory sampling of some of the many delicious drinks and dishes that you can make: Hawaiian Cocktails: Wahini Coolers, Coco Locos, Mai Tais, Kona Koffee Grog Tropical Fish: Sea Bass with Pine Nuts, Mullet in Orange Sauce, Broiled Fish with Teriyaki Sauce, Mahi Mahi with Sesame Seeds Island Appetizers: Mushrooms Lelani, Lomi Lomi Salmon, Baked Clams Kai Native Soups: Passion Fruit Soup, Celestial Nani, Watercress Soup, Wonton Birds of Paradise: Stuffed Chicken Breasts in Pineapple Sauce, Cornish Hens Miko Moko, Chestnut Duck, Chicken Keo Keo, King Kauloo-loo Duck Salads and Sauces of the Tradewinds: Island Shrimp Salad, Mali Mali Sauce, Orange and Spinach Salad Molokai, Maui Tangy Sauce A Garden of Vegetables: Bean Sprouts and Peppers, Eggplant in Coconut Cream, Candied Tomatoes, Cauliflower with Water Chestnuts and Mushrooms Pacific Pork and Beef Dishes: Spareribs with Black Bean Sauce, Steak Bora Bora, Pork Lelani, Beef Mai Kai, Ham Alii, Polynesian Meatloaf Aloha Desserts: Banana Fritters with Whipped Coconut Cream, Ko Ko Nut Balls, Candied Ginger, Red Oranges, Mango Macadamia Delight, Grapefruit Snow Plus, the book offers clever ideas for table decorations and interesting garnishes. Whether it’s a romantic dinner for two or a luau for a whole tribe, Roana and Gene Schindler have thought of everything to make your culinary expedition a complete success.

I would say that the other reviewers have accurately described this book, especially the one by "Doc Dave". Not much more that I can add, except that I am from the islands & was mostly curious about what this "Hawaii Kai" version had to offer. If I’m able to update my review once I do cook from the book, then I can offer up my opinion on the book’s version of local recipes.

More great recipes, even food Beef Hekka, although the recipe wasn’t 100% like my Dad’s version, but it gave me something to work with. The illustrations were great, as well as the way the book is set up.

Rather dated. Not a good local food recipe cookbook.

loved it,helpful

This book was really easy to use and didn't have a lot of terminology or technique's that we're too "foreign" for us regular people. I have made at least a half a dozen different recipes out of this book so far. They have all turned out pretty well and had a lot of flavor. I am not a master chef by any means so I recommend this book to the simple cook!

I was pleasantly surprised with how good this cookbook is. I am having a big luau in a few weeks and this book has been a huge help! Not only are the recipes easy to follow but most of them can be prepared ahead and frozen, with all the details included at the bottom of the recipe. I prepared many of them ahead, and of course had to sample each! The Bali Bali meatballs with sauce, excellent. The stuffed mushrooms Lelani, awesome and my kitchen smelled wonderful! I can't wait to make the Hawaiian Banana Pie and the Tahitian Chicken, not to mention the Baked Clams!! Too many to mention. If your planning a Luau and need some great easy to follow recipes, this is the book for you. I highly recommend it! Oh, and don't forget to try the Beef with Peanut Sauce and the BBQ'd Pork!!!

This cookbook written by the mainland-american manager of the now-defunct Hawaii Kai restaurant in New York City represents the epitome of fine Tiki Restaurant Dining in the 1970s. This style of cooking is perhaps best characterized as take-out Chinese food served with a slice of pineapple in a hollowed-out pineapple-shell used as a container, eaten in a restaurant decorated with carved wooden tikis, bamboo struts and thatched huts. Half of this book is dedicated to this genre, where the actual recipes are very similar or even identical (soy sauce, sherry, ginger, garlic) but the presentations are elaborately different with an emphasis on outlandish (flambeed recipes etc). Since the average reader scarcely have time to cook dinner, the advice on food presentation hardly seems relevant. In the time since this book was written, the chinese tiki restaurant cuisine has evolved to Modern French or American cuisine with Asian ingredients, and these are the books that you can buy from the likes of Sam Choy et al, and these are the dishes that you will encounter in the fine dining hawaiian restaurants today. Yet, what has always appealed to me about Hawaiian Cooking, is the more humble homecooking (today known as "plate lunches") that evolved from the

simple traditional dishes that the plantation laborers from Asia and their Hawaiian polynesian spouses would make. This included grilled meats with asian marinade, japanese style fried cutlets, some chinese style noodle soups, and sadly only a small number of "real" polynesian dishes like laulau, kahlua pig, lomi salmon, haupia, and poi (perhaps less than a dozen of such traditional unadulterated polynesian recipes have survived). Half of this book does try to address this wealth of simple but authentic home cooked dishes. But that is clearly not the strength or emphasis of this book, and in fact I'm not aware of ANY hawaiian cookbooks that seem to do these dishes any justice, and your best bet at the moment is to search for recipes on the internet. I think that in emphasizing the "new" and "high class" restaurant style cooking be it from the 70s or today's contemporary cuisine, the cookbook authors have missed out on the true wealth of home cooked hawaiian cuisine that people in Hawaii eat everyday and perhaps take for granted, but for the rest of us living outside of Hawaii, it would be a privilege to learn those recipes.

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