

HAWAIIAN PARTY BOOK

HOW TO ENTERTAIN THE HAWAIIAN WAY



Leis

Sarongs

Muumuus

Picnic

Beach Parties

Greetings

Vocabulary

Toasts & Phrases

Luau

Kaukau

Menus

Pupus

Recipes

Parties

Cocktails

Punchbowls

For KAMAAINA and MALIHINI

PRICE: ONE DOLLAR

HAWAIIAN PARTY BOOK

HOW TO ENTERTAIN THE HAWAIIAN WAY

by **Scotty Guletz**
(SOUTH SEA SCOTTY)

*with the help
of
many kamaainas!*

ART WORK
MAXINE CUSHING

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HAWAII

(See Inside Back Cover For Other Books On Hawaii)

HAWAIIAN PARTY BOOK

was written not only for the Kamaainas and Malihinis that live in these islands, but also for the many folks who are dreaming of coming to the Islands some day, and for those who know darn well that they can never quite make it!

It tells as simply as possible how to entertain the Hawaiian way, here in Hawaii as well as on the mainland. It covers every type of Hawaiian party giving, from the all-out complete world-famous Luau with roast pig, to a simple buffet luncheon.

Hawaiian Hospitality conveys a meaning that is clearly understood by all who have partaken of it, or heard of it, yet they are two words that defy a brief pin-point definition. Hawaiian Hospitality is more than a way of entertaining . . . it is an attitude towards Life! Here in Hawaii we know how to relax and enjoy life in simple, unaffected ways. Informality is the trademark of island living.

All gatherings are characterized by a joyous zestful atmosphere of good fellowship. We are not too envious of others. We have learned to tolerate, to live and let live.

This book was written not as just another cook book, but rather as a guide to all those who would enjoy more
HAWAIIAN HOSPITALITY!

South Sea Scotty



INDEX

	Page
Forward	1
The Luau Then And Now	5
It's Fun To Speak Hawaiian	6
Toasts	8
The Flower Lei	9
Island Banquet, The Luau	11
Tropical Punchbowls	17
What to Wear	18
Grill and Beach Parties	21
Buffet Suppers	23
Receptions, Teas	25
Racial Medley Menus	27
Island Recipes	28
Cocktails	
Pali Punch	29
Hawaiian Mint Freeze	29
Hoomalimali Cocktail	29
Catamaran Cocktail	29
Waikiki Poi Cocktail	29
Surfboard Sidecar	30
Waikiki Sour	30
Maui Palms Mist	30
Hawaii Fizz	30
Hula Girl	30
Pupule Luahine	30
Moana Banyan Tree Punch	31
Swizzle, Coconut-style	31
Pupus, (Appetizers)	
Tantulus Tantalizer	31
Taro Chips	31
Squid Spread	31
Limu, or Seaweed	32
Nuuanu Cheese with Rice Ball	32
Shrimp Dip	32
Abalone Pupus	32
Salami Cones Maunaloa	32
Kona Caper	32
Pipikaula (Hawaiian Jerked Beef)	33
Barbecue Meat on Bamboo Sticks	33
Banana Chips	33
Avacado Dip	33

Pupus (Appetizers) - continued

Date Teasers	33
Ika Sumiso (Squid with Miso)	33
Cheese Jelly Glass Pineapple	34
Haupia	34
Tropical Fruit Cocktails	
Honolulu Punch	35
Pearl Harbor Pineapple Sticks	35
Kool Kamehameha	35
Oahu Fruit Cocktail in Coconut Shell	35
Salads	
Hauoli Makahiki Hou Candle Salad (Happy New Year)	36
Hawaiian Fruit Flower Pot	36
Hawaiian Flower Pot (Vegetable)	37
Mele Kalikimaka Salad (Merry Christmas) ...	37
A Bunch of Grapes	37
Baked Delights	
Hawaiian Banana Nut Bread	38
Pineapple Waffles	38
Menehune Coconut Bars	38
Bucayo (Filipino Coconut Dessert)	38
Preserves	
Guava Preserve	39
Mango Chutney	39
Pickled Papaia	39
Candied Pomelo Peel, or Grapefruit	40
Meat and Chicken Dishes	
Chicken Curry	40
Chicken Coconut Island	41
Baked Ham with Pineapple Lei	41
Kalakaua Royal Crown Roast of Pork	42
Kanaka Pork	42
Macadamia Nut Dressing	43
Fish Dishes	
Broiled Mahimahi	43
Sashimi	44
Shrimp and Rice Casserole	44
Portugese Codfish (Bakaliau)	44
Vegetable Dishes	
Taro Shoots	44
Baked Taro	45
Baked Taro Cakes	45

Vegetable Dishes - continued

Buttered Watercress	45
Baked Avacado, Kilauea	45
Sweet Potatoes, Koolau	45
Baked Papaia	46
Sweet Potatoes Maunakea	46
Baked Breadfruit	46
Steamed Breadfruit	46
Fried Breadfruit	46
Cheese Breadfruit	46
Baked Island Spinach	47
Baked Grapefruit	47
Baked Potatoes Ono	47
Pake Peas (Chinese Peas)	48

Chinese Island Dishes

Pork Chop Suey	48
Sweet Sour Spareribs	49
Crab Omelet (Foo Yung)	49
Beef and Radish	49
Fried Rice	50
Tsing Yue (Steamed Fish)	50
Kai Lan Ngay Yuk (Chinese Beef and Broccoli) ..	50
Sai Yeung Choy Tong (Chinese Watercress Soup)	51
Hang Yuen Kai (Chinese Chicken Almond)	51
Fa Shang Tong (Chinese Peanut and Sesame Brittle)	52
Gai See Mein (Chicken and Noodles)	52
Mustard, Chinese style	53
Rice	53

Japanese, Korean, Filipino, Portugese Dishes

Shrimp Tempura (Japanese)	53
Kuri Namasu (Japanese Cucumber Salad)	54
Suimono (Shrimp Broth, Japanese)	54
Sesame Rice Balls (Japanese)	54
Inari Sushi (Japanese Rice Cornucopias)	55
Chicken Hekka (Japanese)	55
Barbecued Teriyaki Steak	56
Sukiyaki (Japanese Beef and Vegetables)	56
Tea	56
Korean Pork and Chicken	57
Abobong Baboy (Filipino Pork en Adobo)	57
Fritong Camote (Filipino Sweet Potato Chips) ..	58
Achara Papaia (Filipino Papaia Pickle)	58
Insaladang Camatis (Filipino Stuffed Tomato) ..	59
Tinola (Filipino Chicken Soup)	59
Portugese Malasadas	60
Portugese Sausage Omelet	60
Spanish Omelet	60

THE LUAU THEN AND NOW

Before the coming of the white man, the fun-loving Hawaiians would give a luau for every possible occasion--the more often the merrier! The visits of Alii (chiefs), betrothals, weddings, first babies, all were joyous times of feasting. Everyone would "kokua" (help) in gathering fruit, leaves, and flowers; pounding poi, readying the native "punchbowl", and preparing to entertain with chanting, singing, and the ancient ceremonial hulas.

Later on these became even more lusty affairs with the arrival of "haole" (white) sailors from different parts of the world, and history records their fabulous tales of the lavish Hawaiian hospitality which was truly "unlimited"

Today, while the island hospitality hardly includes the favors of it's lovely daughters, the luau is given in much the same way, whether a spur-of-the-moment get-together, or an event of week's planning. The same spirit of "kokua", the same gracious welcome for visiting "alii" (V.I.P.'s), or traveling cousins (calabash or kissing cousins-----the "aloha spirit is here, now as then.



IT'S FUN TO SPEAK HAWAIIAN

The language of Hawaii today is English but it is interlaced with a few Hawaiian words. These words embellish the English language with the warmth of Polynesia.

The pronunciation of this musical language is exceedingly simple and logical. There are practically no tricks to it.



When the missionaries came to the islands they found no existing written language. Poetry, religion and history were transmitted through the medium of songs and chants. The Hawaiian alphabet was given to the natives by these early missionaries who reduced the language to writing as it sounded to them.

The spoken language was essentially simple; the words being pictures rather than abstract symbols of ideas and redolent of the mountain, the forest and the surf. Thus the written language is also simple. There are only 12 letters, the familiar vowels, a, e, i, o, u and seven consonants, h, k, l, m, n, p, w. Every syllable of every word ends in a vowel. Pronounce "a" like ah (as in wasp); "e" like a long a (as in way) "eh"; "i" like a long e (as in be) "ee"; "o" like long o (as in slow) "oh"; "u" like oo (as in moon):

The following vocabulary is a digest of the Hawaiian words most frequently used, "hapa-haole" style.

ALOHA (ah-low-hah) literally love and affection, used as a greeting or a good-bye
 ALOHA NUI (ah-low-hah-noo-ee) a hearty aloha
 HALE (hah-lay) house
 HAPA (hah-pah) half; partly
 HAUOLI HANAU (how-oh-lee hah-nah-oo) happy birthday
 HAUOLI MAKI HIKI HOU (how-oh-lee-mah-kah-hee-kee-hoh) happy new year
 HAOLE (how-lee) foreigner, caucasian
 HOLOKU (hoh-low-koo) woman's garment with long train
 HOLOMUU (hoh-low-moo) fitted woman's garment
 HOOMALIMALI (hoh-oh-mah-lee-mah-lee) flattery, blarney

HUKILAU (hoo-kee-lah-oo) fishing festival
 IMU (ee-moo) underground oven
 KALA (kah-lah) money
 KALUA (kah-loo-ah) to roast underground
 KAMAAINA (kah-mah-eye-nah) native; long time resident; an oldtimer
 KANE (kah-nay) man; male
 KAPU (kah-poo) forbidden; keep out
 KAUKAU (kah-oo-kah-oo) food
 KAOLA (kah-oh-la) to broil
 KEIKI (kay-ee-kee) child; baby
 KOKUA (koh-koo-ah) help; assist
 LANAI (lah-nye) porch; patio; outdoor living room
 LAULAU (lah-oo-lah-oo) food wrapped in ti leaves
 LEI (lay-ee) wreath of flowers
 LUAU (loo-ah-oo) name of festive island feast; leaf of taro
 MAHALO (mah-ha-low) thank you
 MAIKAI (mah-ee-kah-ee) good; fine; wholesome
 MELE (may-lay) song; chant
 MALIHINI (mah-lee-hee-nee) newcomer or tourist
 MELE KALIKIMAKA (May-lay Kah-lee-kee-mah-kah) Merry Christmas
 MENEHUNE (may-nah-hoo-nay) Hawaiian elves, fairies, gremlins
 MUUMUU (moo-oo-moo-oo) native garment fashioned like a "Mother Hubbard"
 NANI (nah-nee) beautiful
 NIU (nee-oo) coconut
 NUI (noo-ee) big; large; great
 OKOLE MALUNA (oh-koh-lay-mah-loo-nah) "Bottoms up," a drinking toast
 OKOLEHAO (oh-koh-lay-hah-oh) liquor distilled from ti root, like gin
 ONO ONO (oh-noh oh-noh) delicious, tasty
 OPU (oh-poo) tummy; abdomen
 PAPALE (pah-pah-lay) hat
 PAPAYA (pah-pah-yah) tree melon grown in the islands
 PAU (pah-oo) finished; done; ended
 PILIKIA (pee-lee-kee-ah) trouble
 POI (poh-ee) cooked taro pounded to the consistency of paste
 PUPULE (poo-poo-lay) crazy
 UALA (oo-ah-lah) sweet potato
 WAHINE (vah-hee-nay) woman; female
 WAI (vah-ee) water; anything liquid

WIKI WIKI (vee-kee vee-kee) quickly; hurry; expedite

Native words enter vocabularies of their own volition. It is not long before "malihinis" are saying, "Aloha", "Mahalo", "Is it pau?" or "Come wikiwiki, I need your kokua."

It's fun to speak Hawaiian.

TOASTS



For added fun learn to toast in Hawaiian. Remember, it is not what you say, but how you say it that is important.

Aloha! - "To the very best in life!"
- "With love and affection!"
- "All luck and happiness!"

(To make an impressive toast drag out the lo --- and end in a sharp ha!

A---lo-o-o-o-o-o-o-ha!

- . ALOHA NUI -- "A great big "Aloha" to you!"
- . ALOHA OE -- "Aloha to you!"
- . ALOHA KAKOUI -- "Congratulations!"
- . E NA LEDE A ME NA KEONAMAHA, ALOHA NUI LOAI -- "Ladies and Gentlemen, the very best in life to you!"
- . LEA LEA KAKOUI -- "To happiness!"
- . OKOLE MALUNA! -- "Bottoms up!"
- . WELAKAHAOI -- "To a wonderful time!"
- . HAUOLI HANAUI -- "Happy Birthday!"
- . MELE KALIKIMAKAI -- "Merry Christmas!"
- . HAUOLI MAKI HIKI HOU! -- "Happy New Year!"
- . NANI WAHINE! -- "To a beautiful woman!"

Response to a toast may be:

MAHALOI -- "Thank You!"

LIKEPU OEI -- "The same to you!"

THE FLOWER LEI (Pronounced Lay)

Perhaps one of the most delightful of island customs is that of lei giving. The gift of a lei symbolizes many emotions, joy, welcome, farewell, a thousand shades of love and deep comradeship. There are many feelings that one cannot quite express, but one can always drape a lei around his or her neck and the flowers will offer their fragrant eloquence.

MAKING A FLOWER LEI

To make one of these island garlands, an abundance of flowers, a sturdy needle, stout thread, and much patience are required. Any blossom that will mass together well, that will not wilt too quickly and most important that will not "bleed" and stain clothing may be utilized. Excellent lei flowers available in most localities are carnations, stocks, jasmine, pinks, chrysanthemums, asters, pom pom dahlias, daisies, cornflowers and marguerites.



To start the construction of a lei thread a two-inch needle with a number 30 or 40 thread about two yards long, doubling and knotting it. Then string the flower heads, pushing the needle through the heart of the flower and out the stem, pushing the blossoms close together to make a continuous string of blossoms. When the thread is full remove the needle and tie the ends of the thread together and the lei is complete!

A few of the island lei flowers and the methods of stringing them are:

Carnation: Cut off the stem just below the flower. Remove the green base to enable the blossom to fluff out. String through the heart of the flower.

Vanda Orchid: Remove the stem and string through the top of the center core of the orchid.

Plumeria:

Draw needle through the heart of the flower. Smaller flowers are also used for leis. These are usually made in the "round", the flowers being held sideways and the needle inserted in the side of the base, four flowers in a set, each of the four blossoms being at right angles to each other. The outer petals of blossoms strung in this manner form a lovely "round" lei. Another method of utilizing smaller flowers is to string them through the hearts as with larger blooms, and tie several strands together to form a thicker lei.

HOW TO GIVE A LEI

The traditional and graceful way to give a lei, "Hawaiian style", is to place the garland gently around the neck of the recipient, accompanying the draping with a kiss. At parties the host greets "wahine" guests and the hostess presents each "kane" guest with a lei. It is a warm and friendly prelude to any social occasion.



THE GRACEFUL WAY TO WEAR A LEI

A lei may be worn in any manner, as long as it is comfortable to the wearer. Usually that means placing the lei so that a part of it hangs to the back rather than snugly against the back of the neck. Leis may be worn in any number. These symbols of thoughtfulness and affection are worn happily and proudly.

THE CARE OF LEIS

To keep these garlands fresh immerse the entire lei in cool water, lift out and shake gently to remove excess water. Lay lei to drain while preparing a box lined with

wet papers. Place lei loosely in box, cover and keep in a cool place. The box may be placed in the vegetable crisper of a refrigerator but be sure the temperature is not set for extreme cold.

A carnation lei is extremely hardy and may be refreshed repeatedly after each wearing by dunking the wilted lei in fairly warm water, shaking off the excess moisture and wrapping the lei loosely in a cloth and keeping in a cool place. With this additional care a carnation lei may be happily worn many times.

ISLAND BANQUET, THE LUAU

The word luau, the traditional island celebration feast, conveys a gay and joyous occasion where good fellowship reigns supreme.

The setting invariably is one of lush greenery, vivid blossoms, heady floral fragrances, melodious music and taste-tantalizing foods.

Beautifully woven lauhala mats are spread on the lawn. Then ti and banana leaves with a profusion of ferns are placed down the center of the mats to form a table. Sweet scented blossoms, vibrant colored hibiscus and mounds of tropical fruit form a continuous centerpiece. Each place setting is marked with a punch cup, fingerbowl, and various leaf dishes with individual servings of "ula ula" (Hawaiian red salt), "kukui" nut grains and other island condiments. In a traditional luau no plates or forks or other eating utensils are used. Most guests catch the spirit of the occasion and plunge in lustily, not fearing to use their fingers.

The "piece de resistance" of the luau is the whole roasted pig cooked in an underground oven called an "imu". This Hawaiian oven is a pit that is lined with hot cooking (special smooth round lava) stones. Red hot stones from the depths of the imu are placed into the abdominal cavity of the prepared-for-cooking pig, wrapped in chicken wire, then lowered into the heated pit. The pig is covered with ti and banana leaves and surrounded by breadfruit, yams, and bananas.



Laulaus, fish and other meats to be cooked are placed in the imu. The entire contents of the oven are then covered with layers of ti and banana leaves. A blanket of burlap is spread over the pit, which is then completely covered with earth, and the food is left to steam. All this preparation is done four to five hours before the feast.

Just before the guests are seated the pit is uncovered with great ceremony and the well done pig and all the other delicacies are removed.

At a luau all the food is set out at once and served in individual portions. However one never has to ask for additional servings as there is always a vigilant host or hostess who will replace any dish that is almost empty.

A Typical Hawaiian Luau Menu

Green Onions
 Ula Ula
 Chopped roasted and salted Macadamia Nuts
 Limu Kohu
 Lomi Lomi Salmon
 Kalua Pig
 Laulau
 Poi
 Baked Sweet Potato or Yams
 Baked Bananas or Breadfruit
 Haupia
 Pineapple
 Fruit Punch

LIMU KOHU, a fine reddish brown seaweed, is an excellent relish.

LOMI LOMI SALMON is a Hawaiian salad. Salted salmon is soaked, shredded then mashed with wedge-sliced tomatoes, green onions and mixed with salt, and ice cubes put on top.

THE KALUA PIG is the whole roasted pig from the underground oven. It is sliced and served in large portions.

LAULAUS are ti leaf wrapped packages of pork, salmon (or butterfish) with taro tops, roasted in the imu.

CHICKEN LUAU is a combination of chicken and taro tops in creamy coconut milk. Delicious!

POI is the grayish paste made from cooked and fermented taro, served cold and eaten with the fingers. "One finger" poi is thick enough that a mouthful clings to the forefinger when it is expertly twirled in the poi. "Two finger" poi is thinner, more water being added to the poi paste, and "Three finger" is the thinnest of all, it being much diluted with water. For "Three finger" poi it takes three fingers held tightly together in a mass to capture enough to make a dip into the poi bowl worthwhile.



HAUPIA is a velvet smooth coconut pudding.

For sheer taste there is nothing like ISLAND GROWN PINEAPPLE, freshly picked and sliced. Every morsel is luscious and juicy and distractingly more-ish! and there is always more to be eaten in great slabs, cubes, sticks, wedges and discs of pineapple until the limitations of ones capacity alone curbs the clamoring of the taste buds.

HAWAIIAN FRUIT PUNCH is always a delicious concoction made by the host of the festivities. Exotic island fruits and juices are effectively combined with "spirits fermenti". This liquid refreshment is served throughout the meal.

To this basic luau menu a varied number of dishes are often added. Cubed raw fish mixed with limu (seaweed) is often served. Steamed crabs and lobsters, clams in shell,

fried shrimp, octopus or squid in coconut milk and fish baked in ti leaves are excellent luau fare.

After the appetites are appeased the entertainment starts. The native musicians play their lilting rhythms on guitars, steel guitars and ukuleles. The hulas are danced with a native buoyancy and charm. A genuine hula is very beautiful and aglow with spirit. It is danced with grace in every swaying movement of the body, and symbolism in every gesture. The hands express myriad meanings and the vocabulary of the hands tells the story of the dance.

The atmosphere at a luau is one of warm congenial friendliness. Old friends indulge in much conversation and gossip, young girls and boys delight in each others company, and the children play harmoniously together. There is much laughter and joy in the air.

This simple gay fun-making is HAWAIIAN HOSPITALITY.

LUAU ADAPTATIONS

Though it is not practical for most individuals, particularly the uninitiated, to attempt an authentic luau, it is easy to give an adaptation of this island feast, anywhere, anytime.

Typical island food is not necessary, or even a tropical decor. Most important is that the true gay informal luau spirit be retained.

LUAU ADAPTATION DECORATIONS

Here in the islands where there is an abundance of tropical foliage and exotic flowers, a luau is not complete without an extravagant display of hibiscus, orchids, anthuriums and other island flowers. Thus the Hawaiian atmosphere is one of a profusion of flowers and greenery.

To simulate the Hawaiian theme, use whatever materials are available. It is effect that is important, not authenticity. If you have enough green foliage you can achieve

that lavish tropical look with a minimum of flowers. Philodendrons, ivy and other vines can be utilized most effectively. Combine vines with ferns or any type of greenery that will not wilt too quickly. Flowers can be combined with fruits and vegetables to give the feeling of lush abundance.

WHAT TO SERVE

Plan a menu you can manage. If feasible, try to serve one dish that is typical of the islands, or include a traditional island food such as bananas, pineapples, coconuts, sweet potatoes, pork, chicken and salmon.

This is an excellent basic luau adaptation menu:

Fruit Punch
Green Onions Radishes
Salted Nuts
Tossed Green Salad
*Fruit Salad

and one or more of the following:
*Small whole Roast Suckling Pig
*Barbecued Sweet-Sour Spare Ribs
*Curried Chicken
*Steamed Fish
*Baked Ham Aloha
*Sweet Potatoes Mauna Kea
*Menehune Coconut Bars
Pineapple Sherbet or Fruit Compote
Coffee



*(See index for recipes of food marked with asterisk)

These are just suggestions on items that may be served. There are no rules to follow. You can simplify this basic menu by omitting something or by making substitutions of your favorite recipes. Serve whatever is available and most easily prepared. Just be sure that your menu does suggest the tropics, that the food is appetizing and delicious and most important that the gay informal spirit of an island luau is maintained.

HOW TO SET A LUAU TABLE

If you want to go native spread your feast on the floor or ground in true island style. However, if your guests are not young and limber, trade authenticity for comfort, and use tables and chairs. Whether you have your luau at floor level or on the table this island trick is worth duplicating. Cover the eating area with several layers of newspapers. Then cover the paper completely with ferns and/or broad leaves to make a solid "tablecloth" of greenery. At the end of your luau the newspaper foundation tablecloth is simply rolled up and discarded. Efficiency personified! Another idea is to use wallpaper featuring lush greenery for a "tablecloth". This eliminates the use of real leaves. Or on a table one may simply use tropical woven place mats. For your luau centerpiece use mounds of fruit, melons, oranges, lemons, limes, bananas, coconuts, pears, apples, etc., tucking a profusion of flowers among the fruit.

Simplify service to the minimum. For a large gathering use paper plates. Paper plates may be obtained in solid pastel shades to add coloring to the setting. For smaller groups pottery or wooden dishes may be utilized. Small shells of abalone, clam, or scallop baking dishes make very attractive ash trays. At each place setting have a punch cup, a small plate for relish, a medium sized plate for salad and a large plate for the entree. Since most of the food is to be eaten with the fingers, provide plenty of napkins and individual finger bowls. Score a lemon lengthwise completely over its entire surface. Slice thinly at right angles to the scoring. Float the resulting lemon "flower" circlets in your finger bowls for an added fillip.

TROPICAL PUNCHBOWLS

Your punchbowl will be a focal point of your luau. Have your guests sample the punch before the feast; this will help them relax and get into the spirit of the party. Be original and let your imagination run riot on the selection of a container for the punch. Don't be fussy and think you have to use a cut-glass punchbowl. The only requirements for a tropical punchbowl is that the container used be of ample capacity and that it be leakproof. Use a large wooden bowl, a butter tub, a crock, a cake of ice, or a large watermelon. You see, once you start listing the possibilities the list will be endless and amazingly varied, Use something unique.



To make the ice punchbowl place a large cake of ice in the sink. Set a bowl the size of the capacity desired on top. Fill the bowl with boiling water and let ice melt. Remove the bowl and soak up the water from the hollow with a sponge or cloth. Repeat boiling process until the bowl is completely immersed in the ice. The bowl can be either left in the ice so that the punch will not be diluted by the melted ice, or be removed and the punch placed directly into the ice cavity. Remember to set the ice punchbowl in a pan to catch the water from the melting ice. Ice melts very slowly, therefore, the pan need not be very deep. Several times during the course of the festivities the accumulated water can be drained off to prevent any overflow.

THE WATERMELON PUNCHBOWL

To allow the melon to set firmly, slice off a very thin piece lengthwise to form a flat base. Cut off a third of the melon opposite from the base to form the rim of the punchbowl. Carefully hollow out contents to form a bowl from the shell of the melon. Chill before using. To conceal the sides of the container and carry out the tropical theme,

bank fruits and greenery around the punchbowl, placing flowers amidst the fruit in the manner of the table centerpiece. For an exotic touch float giant gardenias in the punch.

LUAU MUSIC

Music is not essential, but the lilting melodic strains of island music will help set the mood for the festivities. Musicians may be hired, but a phonograph and a stack of Hawaiian records are just as effective.

WHAT TO WEAR

To go native in dress, comfort is the prime requisite. Here in the islands, typical luau wear are muumuus, holomuus and holokuus for the wahines, and for the men, multi-colored "aloha" shirts. The children emulate their elder counterparts. Little girls look like live dolls dressed in colorful muumuus with fragrant leis and flowers in their hair.

THE MUUMUU

The "muumuu" is the straight, full floor-length garment adopted by the islanders after the coming of the missionaries. It is a copy of the "Mother Hubbard" that was worn by the missionary women. Sometimes it is made with a yoke and set-in puffed sleeves like an old fashioned nightgown. When it is made with a large print it is often without the yoke, the neckline ranging from a boat neck to a chinese collar, and the butterfly sleeve is lined with material of a solid color. To make a muumuu with yoke, use an old fashioned nightgown pattern.

MUUMUU DIRECTIONS:

Nothing is more comfortable to wear or easier to make than a muumuu. Materials required are:

3 to 3 1/2 yards of a colorful printed material
(Exact yardage requirements are twice the length from shoulder to floor plus hem allowance)

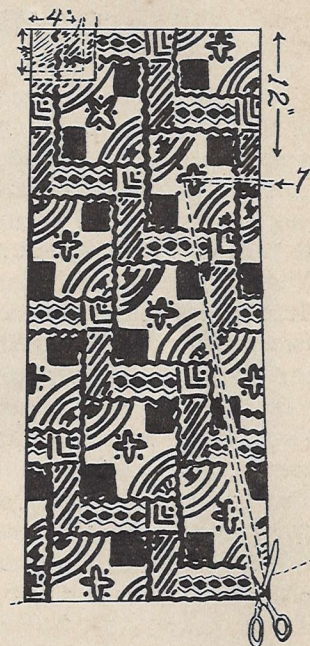
1 yard solid colored material for sleeve lining and neck facing.

Straight pins and a sewing needle

2 spools thread

Tape measure

Scissors



Pin material in half crosswise, then in half lengthwise. Pin all the outer edges of the material together to prevent any slipping during the cutting process.

Neckline: The popular round, boat and square necklines are outlined in the diagram. For a higher neckline cut it an inch higher, for a lower neckline cut an inch lower. If you prefer a higher back neckline than the front, cut back two inches higher. A muumuu neckline may be of any type. Substitute your favorite neckline and/or collar if it can be adapted to this type of garment. For necklines shown on the diagram cut facing to fit, sewing facing either inside or on the outside for trim and added color. Curve hemline as in other patterns.

For a smoother fit it is best to slope the shoulder line, but this step is not essential and may be eliminated to save time.

From the underarm point the garment may be cut at an outward angle as shown or straight down.

The muumuu is a loose shapeless garment and relies greatly on an exotic print and the enchantment of color for its charm.

THE HOLOKU

The holoku is a stately, more formal dress. The story is that the Hawaiian Queen who first adopted the muumuu was a woman of exceedingly large proportions. When she donned the "Mother Hubbard" she noticed with pride that her huge stomach hoisted the garment in front and lowered it behind. This effect delighted her and a fashion was born. The lowered back hem was purposely exaggerated until the dragging tail became a graceful full fledged train a yard or two in length. Today the smartly styled holoku is characterized by its princess style lines and its long train, which has a wrist loop, to make graceful walking and dancing possible. The holoku may be made of any material, and the neck and sleeves of any style becoming to the wearer. Though it is a formal dress, it may be worn for any affair during the day or night. The holoku, because of its varied interpretations and neat and graceful silhouette, is a most attractive garment for any woman of any age.

THE HOLOMUU

The holomuu is a holoku without the long train. It is floor-length and may easily be made with a princess styled housecoat pattern. This is perhaps the most practical from the standpoint of wearability and utility of the three distinct fashion styles enumerated. The holomuu is neat and attractive with the muumuu sleeves, and fitted like the holoku without the sometimes cumbersome train.

OTHER ATTIRE

For women who want to go "South Pacific" sarongs and hula outfits are colorful attire.

LUAU WEAR FOR MEN

Men may "go native" with brightly colored "aloha" shirts or may be dressed picturesquely as beachcombers. To emulate a beachcomber one may wear a tattered shirt and pants, a colorful lei around the neck, and perhaps a bright blossom tucked behind one ear.

THE "LAVA LAVA"

The more daring males may try a "lava lava". This island dress for men consists of a two-yard length of large flower print cotton material. It is wrapped around the body, the top of the material being three inches above the waist. The upper corner of the free end of the cloth is rolled into a large knob and the cloth pulled tightly around the waist. To secure the garment, roll down the three-inch allowance from above the waist, enclosing the knob. And believe it or not the "lava lava" stays in place. However, to insure peace of mind for those who don "lava lavas" for the first time safety pins may be strategically placed.



PARTY OUTLINE

Now let us enumerate our party outline: The decorations, the menu, the table setting, the music, the attire.

In closing the luau section there is just one more item. Please check your guest list for congenial guests. Vary the ages and the types. Variety is the spice of a party as well as of life. For added merriment have each guest participate in the entertainment. Even the most staid individual will unbend and join in the fun in the informal luau atmosphere. For a memorable occasion follow the basic outline given, add your original touches, then relax and enjoy the happy Hawaiian atmosphere. Your luau will be a party that you and your guests will remember long and joyously.

GRILL AND BEACH PARTIES

The islands are twice blessed with bright sunny days and balmy warm nights. This ideal weather is most conducive to outdoor entertainment, and islanders take full advantage of nature's gifts by frolicking on the beaches and dining out-of-doors all the year around.

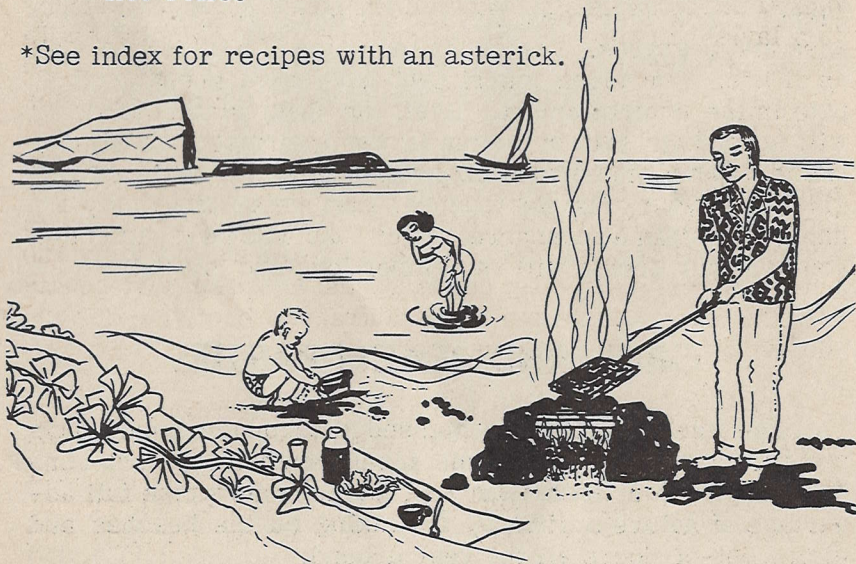
At the beach, colorful shirts and shorts, skirts and slacks are worn, but no shoes! The "wahines" often have a fragrant blossom or two nestled in their hair. Invariably there is an ukulele player or two to set the tempo of the party. Balmy weather, informal dress, melodious music, ---these are the ingredients of an out-and-out fun fest.

The food? It is always simple, easy to prepare and delicious to eat. Island flavor is added to conventional picnic fare by utilizing exotic spices and sauces. Hamburgers, chops and steaks are basted with soya sauce for a different taste thrill. When using soya sauce in this manner no salt is required.

Or are you tired of hamburgers, frankfurters and other conventional picnic fare? Then try this Hawaiian picnic menu for your next picnic:

- *Broiled "Teriyaki" Meat
- Rice Balls with Sesame Seed or Buttered Whole Wheat Rolls
- Tossed Green Salad with French Dressing
- Carrot Sticks
- Celery
- Green Onions
- *Beach-baked Bananas
- Hot Coffee

*See index for recipes with an asterick.



Teriyaki, a bland yet fairly spicy sauce of oriental origin, is the islands' favorite barbecue sauce. Steaks, chops, meat sticks, hamburgers, chicken, squab, etc., are marinated for several hours, then broiled. It is tropical ambrosial

For a truly successful beach party, have all guests participate. Organize your party and assign tasks, from gathering wood to cleanup. This makes for a wonderful atmosphere of warm companionship as it keeps everyone busy and entertained. Go native --- and have a "maikai" time!

BUFFET SUPPERS

Buffet suppers are wonderful for entertaining a large number of people. And islanders have avidly adapted the buffet for entertaining.

Picture a long table covered with a "tablecloth" of lush greenery, softly highlighted by the light of flickering torches set at each end. As one approaches the buffet, the plates are conveniently arranged amidst fragrant plumeria blossoms which are tucked profusely into the greenery of the "tablecloth". The dishes of crisp relishes and tangy salads are cleverly set on crushed ice contained in a large pan, the sides of which are covered with greenery so that it blends unobtrusively into the table setting. The centerpiece is a lavish display of flaming torch ginger combined with shafts of narrow green leaves. Leaf shaped plates and wooden platters containing other palate tempting foods are attractively arranged on the verdant setting amidst still more waxy plumerias. A large chafing dish maintains the temperature of the hot entree. The napkins and silver are located last. The entree buffet is effectively arranged to appeal to all of one's senses. It appeases not only the hunger of one's appetite, but is a feast of color and beauty for the eyes, while the mellow fragrance of the flowers elusively plays tag with the hearty aroma of good food.

This lavish table setting can be modified for use anywhere. Local greenery can be substituted for island leaves as well as flowers from your own garden. Dramatize your floral centerpieces by combining sea shells, coral, gourds or other "island-ish" articles in your floral arrangement.

For a totally different tropical setting, utilize a bamboo slat shade for a table covering. These shades in various sizes are readily available most everywhere and are inexpensively priced. An interesting centerpiece of colorful fruits can accentuate the texture of the bamboo "tablecloth". Try a low long arrangement to the back of the buffet composed of a pineapple or two, some bunches of bananas, avocados, oranges and limes. Tuck vegetable greens, such as parsley and celery top in and round the fruit. This centerpiece can be further dramatized by placing a carved idol or the figurine of an oriental goddess in the center of the fruit "offering". Highlight the statue by placing tall tapers on either side. As can be imagined, this clever and unique arrangement is quite a conversation piece.

Your menu? Plan food that can easily be eaten with a fork, that will hold up well over an interval of time, and that will be as appealing to the eye as to the taste buds. Your entree choice should be one that will taste well to all your guests. Select dishes that can be made in advance of the party. Remember, as hostess your personality will radiate and envelop your guests. To be at your best you must be relaxed and not harried by last minute preparations. The essence of a true Hawaiian atmosphere is warm relaxed gracious hospitality.

BUFFET MENU

Celery Curls - Radish Flowers - Carrot Sticks
Tossed Green Salad with French Dressing
Fruit Platter with Mint Whipped Cream
Chicken or Shrimp or Lamb Curry in Rice Ring
Curry Accompaniments

Serve 6 or more of the following:

Finely chopped hard-cooked egg white
Finely chopped hard-cooked egg yolk
Finely chopped green onions
Finely chopped green pepper
Finely chopped roasted peanuts or almonds
Finely chopped bacon, fried crisp
Shredded coconut
Grated cheese
Chopped pickles

Chopped candied ginger
Chopped raisins
Mango chutney
Orange marmalade
Green and/or ripe olives
Finely sliced onions, fried crisp
"Haupia" (Coconut Pudding)
Coffee

The relishes to be served on crushed ice may be prepared in advance of the party. The salad greens may also be cleaned and cut earlier. Keep greens crisp by wrapping them in a damp cloth and placing in the refrigerator to be removed and tossed with French dressing just before serving. The fruit for the fruit platter may be cut and chilled before serving time if the cut pieces of fruit are marinated in a little lemon juice to prevent discoloration of some fruits, particularly cut banana. To serve, use a hollowed cut fruit, such as a grapefruit shell or a pineapple shell to hold the mint whipped cream. Place the shell in the center of a serving platter and surround with the cut fruit.

The curry should be prepared a day in advance to allow the condiments to blend and age. Reheat the curry slowly while the rice cooks. To serve, heap the rice in a rough ring around the perimeter of a deep chop plate and pour the curry into the rice ring. Garnish with parsley and pimento. Place curry accompaniments in small individual dishes near the entree.

The coconut pudding can be made a day in advance and kept chilled in the refrigerator. Cut into squares and serve. It is a delicious rich ending to a sumptuous repast!

Good food set amidst an exotic tropical setting, muted background music (recorded music is fine), soft lights (candles for tables), -- all these will aid your guests to relax and thoroughly enjoy a memorable Hawaiian buffet.

RECEPTIONS - TEAS

The Hawaiian atmosphere at these "come and go" social affairs is one of warm informality.

For a Hawaiian motif emphasize your decorations. Use flowers and greenery in large dramatic arrangements.

Concentrate on your table. This is a focal point of your party. Serving punch? Use any of the punchbowls suggested in the luau section, or use a conventional glass bowl but set it amidst flowers and ferns and float giant gardenias in the punch for that island touch. It is these little innovations that accentuate your party theme.

Think up ways with sandwiches and canapes and other food that will fit into the tropical motif. Use wooden platters and highly colored pottery plates. Tuck flowers and greenery amidst the food. Have your table glow with color.

The islanders have their own word for hors d'oeuvres. It is "pupus" (poo-poops). These delectable tidbits are typical of the islands' various racial food delicacies.

The Hawaiian creme cheese dip features coconut and pineapple. Teriyaki sticks are mouth watering and delicious. If you serve this morsel be sure you have plenty! Batter fried shrimp served with a sweet-sour sauce is another island favorite. For a novel "pupu" try abalone chunks with soyu sauce. A definite conversation starter and one that the most timid guest will venture out of sheer curiosity is tender squid chunks with a "miso" dip. It is delicious!

In balmy Hawaii most large parties are planned to include the patio or lawn. Then torches are an indispensable part of the festivities. You may mount kerosene flares, the type used to light highway construction projects, on short metal collars attached to poles and place them about the garden to simulate island torches. The flaming glow from these light beacons embraces a party with a warm friendliness. If the festivities are indoors these torches may be utilized at the front door or gate to herald the festivities awaiting the guests.

At island get-togethers of this type there is always a trio of strolling musicians. Two ukuleles and a guitar player in gay aloha shirts serenade the guests and play requests. It is a delightful touch and one that greatly enhances a party.

RACIAL MEDLEY MENUS

Island hostesses serve delicacies not only typical of Hawaii but draw on the culinary arts of the various races that have come to the islands. Therefore, this book would not be complete without including menus and recipes for a typical Chinese, Japanese, Korean, Portuguese, and Filipino dinner, as well as Hawaiian.

CHINESE DINNER MENU

Sai Yeung Choy Tong (Watercress soup)
Tsing Yue (Steamed Fish)
Hang Yan Kai Sze (Chicken-Almond)
Poh Loh Pai Kwat (Spareribs and Pineapple)
Kai Lan Ngay Yuk (Beef and Broccoli)
Fan (Rice)
Fa Shang Tong (Peanut and Sesame Brittle)
Cha (Tea)

(All Chinese names of dishes are in Cantonese dialect.)

JAPANESE DINNER MENU

Suimono (Fish Broth)
Sashimi (Raw fish with Ginger Soyu Sauce)
Kyuri Namasu (Cucumber Salad)
Sukiyaki (Beef and Vegetables)
Inari Sushi (Rice Cornucopias)
Gohan (Rice)
Sembei (Cookies)
Cha (Tea)

FILIPINO DINNER MENU

Tinola (Chicken Soup)
Insaladang Camatis (Stuffed Tomato Salad)
Abobong Baboy (Pork en adobo)
Fritong Camote (Sweet Potato Chips)
Achara Papaya (Green Papaya Pickle)
Arroz (Steamed Rice)
Bucayo (Coconut Dessert)
Hcha (Tea)

(All Filipino names of dishes are in Tagalog dialect.)

ISLAND RECIPES

In the preceding pages there were many ideas for menus, decoration and entertainment. In the next section are various recipes. Put them together in whatever way you choose, to fit your particular occasion and situation, adding original distinctive touches of your own.

All recipes have been modified to suit the taste of individuals who like good food, well seasoned, but whose taste buds are not educated to appreciate foreign dishes in their original state. Granted some of the food items are different, but these unusual and interesting additions which are foreign are well known in the land of their origin.

For party menus it is wise to select known foods with perhaps just one or two of the unknown in food and flavors to spice the fare.

Remember, the essence of true Hawaiian Hospitality is its emphasis on informality, friendliness and fun. As the islanders so aptly put it Hoomanawanui "Relax -- Take it easy -- Enjoy Yourself".

If you attain the true spirit of Hawaiian hospitality -- then your parties will be thoroughly enjoyed, long talked about and happily remembered.

ALOHA!

COCKTAILS

With an Island Flavor

PALI PUNCH

1 cup pineapple juice
1 cup guave juice
2 cups sugar
1/2 cup lime juice
1/2 cup brandy
1 quart soda water



1 quart champagne
chunks of ice or ice cubes

Dissolve sugar in pineapple and guave juice. Mix lime juice with brandy and champagne. Mix together and pour over ice in punch bowl. Add soda water.

HAWAIIAN MINT FREEZE

3/4 cup pineapple juice
1/2 oz. white or green cream de menthe
1-1/2 oz. Muscatel
finely cracked ice



Mix well or place in blender. Garnish with mint sprig and pineapple stick. This is a 'cooler'!

HOOMALIMALI COCKTAIL

2 tsp. lime juice
1 oz. Curacao
cracked ice

1 oz. Brandy
1 oz. Dry gin

Mix well and serve.

CATAMARAN COCKTAIL

1 oz. Italian Vermouth
1 tsp. Curacao

2 oz. Rum
cracked ice

Stir

WAIKIKI POI COCKTAIL

1/2 cup milk or cream
2 oz. Bourbon or Brandy
cracked ice

1 tsp. bar sugar
2 Tb. poi

Shake all ingredients well. Sprinkle with nutmeg.
(Not restricted to Waikiki)

SURFBOARD SIDECAR

2 oz. Brandy 2 Tb. lime or lemon juice
1 oz. Cointreau Cracked ice
 Stir

WAIKIKI SOUR

6 oz. Whiskey 1 tsp. sugar
2 Tb. lemon juice 1 cup finely cracked ice

Shake and serve 4 people, or 2 thirsty ones!

MAUI PALMS MIST

1-1/2 oz. Bourbon twist of lemon peel
1 dash angostura bitters cup finely cracked ice

Serve in Old Fashioned glass.

HAWAII FIZZ

1 jigger of Gin 2 dash Angostura bitters
 juice of 1/2 lime finely cracked ice
1-1/2 tsp. sugar fizz water

Serve in tall glass.

HULA GIRL

2 oz. Dry Gin 3/4 cup cracked ice
1 oz. French Vermouth 1/2 lemon peel

Shake it - and serve it. Invert lemon peel and cut ends to represent grass skirt.

PUPULE LUAHINE

Served in an Old Fashioned glass

1/2 tsp. sugar
add enough water to dissolve sugar
1 jigger of OKOLEHAO or Bonded Bourbon
rind of 1/2 lemon cut into strips
invert lemon peel and squeeze low over glass to assure getting all the lemon oil
place 2 ice cubes in glass
add 1 oz. more Bourbon
top off with lemon twist.

Chill in Refrigerator for a couple of hours before serving. Delicious

MOANA BANYAN TREE PUNCH

1-1/2 oz. Rum 1 oz. pineapple juice
1/2 oz. lime juice 1/2 oz. guava juice
 1 tsp. grenadine

Fill large mixing glass with mixture and shaved ice. Stir well and serve decorated with a vanda orchid or other flower. This one has a nice mild punch.

SWIZZLE, COCONUT-STYLE

Slice the top off a young coconut, (the spoon-eating kind), saving half the milk. Open and grate the meat from a second coconut 'til of a creamy consistency, sieve, then put together with the reserved coconut milk. Add 1 ounce fresh lime juice, 2 ounces Cuban Rum, 1 ounce maraschino liquor, and fine chopped ice to fill speed mixer. Blend in mixer and pour into first coconut, and serve with long straw.

MAKE THIS ONE IN WHOLESALE LOTS!

PUPUS (Appetizers)

TANTALUS TANTALIZER

1 can pineapple chunks
small bowl grated cheddar cheese
small bowl grated coconut

Stick colored picks into pineapple chunks. Dip chunks into bowl of grated cheese and then into bowl of shredded coconut.

TARO CHIPS

10 medium sized Taro

Boil peeled taro and cool. Slice thin and fry in deep fat. Drain on absorbent paper. Sprinkle with salt and serve.

SQUID SPREAD

2 squid legs 1 Tb. chopped black olives
1/2 cup chopped celery little mayonnaise
1 tsp. chopped parsley dash of gourmet powder
 or watercress dash black pepper

Boil squid until tender. Put through meat grinder. Mix other ingredients into a paste. Spread on small crackers or toasted rounds.

LIMU OR SEAWEED

Clean seaweed thoroughly and break into bite size. Serve on colored toothpicks.

NUUANU CHEESE WITH RICE BALL

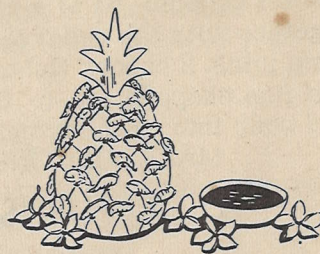
1 cup cold boiled rice 1 tsp. mustard
1/4 lb. cheddar cheese 1/2 tsp. horseradish

Make small round balls of the cheese. Cover with mixture of horseradish and mustard. Roll in cold rice. Sprinkle slightly with salt and fry in deep fat. Stick colored picks in balls and serve.

SHRIMP DIP

1 can Jumbo shrimp
1 cup chili sauce
1 tsp. grated ginger
1/2 tsp. lemon juice

Boil shrimps and clean. Spike on tooth picks. Dip into well blended sauce.



ABALONE PUPUS

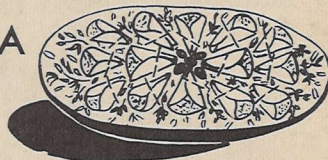
1 can Abalone 1/2 cup shoyu sauce
1/4 cup water 1/4 tsp. prepared mustard
1/2 tsp. onion juice dash black pepper

Cut Abalone into bite size. Dip into mixture. Serve on picks.

SALAMI CONES MAUNA LOA

12 slices large salami
1 pkg. Cream cheese
1/2 can crushed pineapple

Fill salami cornucopias with cream cheese and crushed pineapple which has been blended together. Hold together with toothpick and garnish.



KONA KAPER

1/2 lb. flaked Crab meat 1/2 cup white sauce
1/2 tsp. onion juice or 1 tsp. lemon juice
grated onion 1 tsp. curry powder
dash salt and pepper

Mix together. Spread on bread slices. Cut into strips and place under broiler for 2 to 3 min.

PIPIKAULA (Hawaiian jerked beef)

2 lbs. choice beef 1-1/2 inches thick with fat

SAUCE:

1 cup shoyu 1-1/4 tsp. sugar
2 Tb. Hawaiian salt 1/4 tsp. gourmet powder
1 Tb. lemon juice dash pepper

Cut beef into strips 1/4" wide. Pound the strips slightly. Pour sauce over beef and marinate. Let stand for one hour. Dry in hot sun for two days. Bring inside at night. Broil until nicely browned on both sides.

BARBECUE MEAT ON BAMBOO STICKS

1 lb. thin strips beef 1 piece ginger - crushed
1/2 cup shoyu sauce 1 clove garlic - crushed
1 tsp. sugar 1/2 tsp. gourmet powder

Soak beef for 30 minutes in mixture. Place about 4 or 5 strips of beef on bamboo sticks and grill over charcoal fire. Aaaa-h!

BANANA CHIPS

12 slightly green bananas

Peel and slice Bananas very thin. Dust lightly with flour. Fry in deep fat until a delicate brown. Drain. Sprinkle with salt.

AVOCADO DIP

1 medium avocado 3/4 tsp. garlic salt or
1-1/2 tsp. lemon juice 1 tsp. of crushed garlic
1/2 tsp. salt 1 pkg. cream cheese

Mix well and serve with Potato chips. This you'll love!

DATE TEASERS

1 pkg. pitted dates or prunes
1 can pineapple bits
strips of lean bacon

Stuff dates or prunes with pineapple bit and wrap with strip of bacon. Hold with colored toothpick. Broil on each side about 2 minutes. Serve HOT.

IKA SUMISO (Squid with Miso)

3 lb. squid

DIP:

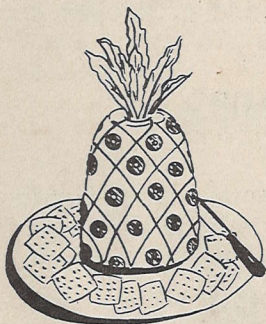
2 cup miso	1 tsp. gourmet powder
3/4 cup sugar	1 tsp. mustard
1/2 cup vinegar	

Clean and wash squid well. Slice and cut crisscross and boil in water for 5 min. Squid will curl. Chill. Mix dip mixture. Blend well. Serve squid on colored picks.

CHEESE JELLY GLASS PINEAPPLE

"Looks good - tastes good!"

A pineapple made of an inverted jelly glass. Mix enough mayonnaise with liverwurst to mold and shape around glass to resemble a pineapple. Mark the surface with diagonal lines and place in each square a stuffed olive slice. Add a few greens to resemble pineapple top. Serve with crackers or toasted squares.



HAUPIA (Coconut Pudding)

4 cups grated fresh coconut	3 Tb. sugar
2 cups milk	2 Tb. cornstarch
	dash salt

Pour heated milk over coconut and let stand for 15-20 minutes. Strain and squeeze out all the coconut cream. Mix cornstarch, 1/2 cup coconut cream, sugar and dash of salt. Add remaining cream slowly. Scald on low heat, stirring constantly. Cook to a smooth consistency. Pour into shallow pan and when firm, cut into small squares.

TROPICAL FRUIT COCKTAILS HONOLULU PUNCH

2 parts chilled pineapple juice	pineapple chunks
	maraschino cherries
1 part chilled gingerale	

Place 1 cherry and 1 pineapple chunk on toothpick. Serve in tall glasses. Garnish with sprig of mint if desired. Add cherry juice or dash of grenadine for color.

PEARL HARBOR PINEAPPLE STICKS

1 Pineapple	1 cup Rum
-------------	-----------

Cut Pineapple top and bottom. With knife inserted remove pineapple, leaving shell. Cut pineapple into sticks and soak overnight in Rum. Put back into shell. Pour remaining Rum over it. Put top on. Delicious

KOOL KAMEHAMEHA

1 can Pineapple chunks
3 oranges - peeled and sectioned
white seedless grapes - bunch
1/4 lb. after-dinner mints - crushed
finely crushed ice
confectioner sugar

Mix pineapple with oranges. Add juice and crushed mints and stir. Add grapes and allow to chill. Serve in cocktail glasses. Top with finely crushed ice and 1/2 tsp. confectioner sugar. Add a mint sprig if desired. Delightfully cool. Your guests will love it!

OAHU FRUIT COCKTAIL IN COCONUT SHELL

4 coconut halves	1 cup diced bananas
1/2 cup coconut liquid	1 cup orange sections
1 cup fresh grated coconut	2 Tb. sugar
	1 Tb. lemon juice
1 cup papaia chunks	1 cup seedless grapes
1 cup pineapple chunks	

After opening coconut, drain the liquid and chill the coconut. Combine the fruits, lemon juice, sugar and coconut liquid. Chill. Fill the coconuts with the mixed fruits and sprinkle grated coconut on top and serve. These should be young 'spoonable' coconuts.

SALADS

HAUOLI MAKAHIKI HOU CANDLE SALAD (Happy New Year)

Salads for 6

1 pkg. cream cheese
6 slices Pineapple
3 medium sized bananas
6 lettuce leaves
6 life saver gum drops
few sprigs water cress
whipped cream dressing
lemon extract



Arrange pineapple on lettuce leaf. Fill puka (hole) with cream cheese. Stick half banana in cream cheese. Place life saver gum drop on top banana. Arrange whipped cream dressing around the edge of pineapple with sprigs of watercress for holly. Drop lemon extract on top of gum drop and light with match just before serving, to resemble a candle.

HAWAIIAN FRUIT FLOWER POT

serves 4

6 medium sized bananas - cut lengthwise in halves

Lettuce leaf curls
1/2 cup papaia balls
1/2 cup pineapple chunks
1/2 cup melon balls
1/2 cup maraschino cherries
1/2 cup shredded coconut
Lime jello



Mold jello into shape of flower pot and place on salad plate. Place three slices of banana above pot and arrange papaia, pineapple, melon, and lettuce curls. Place shredded coconut on lime jello and add touches of maraschino cherries on both the pot and the fruit arrangement. Add whipped cream touches in several places in the fruit. Delicious and effective

HAWAIIAN FLOWER POTS (Vegetable)

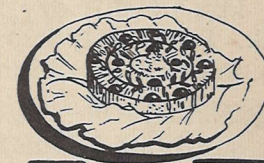
INDIVIDUAL LUNCHEON SALAD

1 avocado	1/4 cup green peas -
3 center romaine lettuce	slightly cooked
leaves	sprig parsley or water-
8 small radishes - cut	cress
in halves	1 piece pimienta -
1/2 pkg. cream cheese	sliced

Peel and cut avocado in four pieces. Place avocado in salad plate. Arrange 3 romaine lettuce leaves as stalks from the avocado flower pot. Decorate with cream cheese and red radishes and green peas. Place slices of pimienta for decoration for flower pot. Add parsley or watercress sprig. Looks beautiful and appetizing.

MELE KALIKIMAKA SALAD (Merry Christmas)

6 slices pineapple
6 lettuce leaves
few sprigs water cress
maraschino cherries
whipped cream dressing



Arrange 1 slice pineapple on lettuce leaf. A sprig of watercress set on the pineapple represents the holly leaves and halves of cherries set in the cress will be the holly berries. Fill the center of pineapple ring with whipped cream dressing.

A BUNCH OF GRAPES

A heart-shaped mold of lime gelatine for each plate.

1/2 cup grapes for each plate

Lettuce leaves



Place mold of lime gelatin on lettuce leaf. Mix any fruit juice with cream cheese and spread on gelatin. Cut grapes into halves and place very close together on cream cheese to resemble a bunch of grapes. Add stem from grapes. Looks cool and tastes wonderful

BAKED DELIGHTS

HAWAIIAN BANANA NUT BREAD

Maia is the Hawaiian word for banana

1/2 cup butter	4 bananas - mashed
1 cup sugar	2 cup flour
2 eggs	1 tsp. soda
1/2 cup chopped nuts	

Cream butter and sugar. Add eggs, nuts, bananas, flour and soda. Bake in greased pan for 50 - 60 minutes.

PINEAPPLE WAFFLES

1-1/2 cup flour	2 Tb. sugar
3 tsp. baking powder	4 Tb. butter
1/2 tsp. salt	1-1/2 cup milk
3 eggs	1 can crushed pine-apple

Mix and sift dry ingredients. Beat egg yolks and add milk. Stir slowly into dry ingredients. Add melted butter and pineapple. Fold in beaten egg white.

VARIATION:

Substitute bananas or shredded coconut for pineapple.

MENEHUNE COCONUT BARS

3/4 cup brown sugar	2 eggs
1/2 cup sugar	2/3 cup grated coconut
1/2 cup flour	1/2 cup chopped nuts
1/2 tsp. salt	1/2 cup powdered sugar

Sift flour, sugar and salt together. Add eggs. Add nuts and grated coconut. Pour into greased shallow pan and bake in moderate oven for about 30 minutes. Cut into strips and when cool, roll in powdered sugar.

BUCAYO (Filipino coconut dessert)

4 cups fresh shredded coconut	2-1/2 cups sugar
	1/4 tsp. vanilla
1/2 cup water	

Make syrup of sugar and water, until syrup forms a soft ball in cold water. Add the coconut and cook slowly until coconut becomes transparent. Cool. Add the vanilla. Serve cold.

GUAVA PRESERVE

1 pt. Guavas
sugar
lemons

Wash and cut ends off guava. Boil until soft. Strain. Add equal amount of sugar. Add juice of one lemon for each 4 cups of preserve. Cook thoroughly from one to two hours, stirring to prevent sticking.

MANGO CHUTNEY

15 lb. sliced mangoes	1 clove garlic- chopped fine
1 cup sliced almonds	1/2 cup preserved chopped ginger
1/2 lb. raisins	3 cups vinegar
5 lbs. brown sugar	1 cup chopped onions
1/2 lb. currants	1 tsp. powdered cloves
2 chilli peppers-chopped fine	1 tsp. cinnamon
1 tsp. nutmeg	
1 tsp. all spice	

Peel and slice mangoes. Cook sugar and vinegar. Add garlic, ginger, onions, raisins, peppers and spices. Cook 12 minutes. Add mangoes and cook until mangoes become transparent.

PICKLED PAPAIA

1 large firm papaia	1 tsp. crushed preserved ginger
1/2 cup vinegar	few cloves
2 cup sugar	

Peel papaia and cut into sticks 1 inch by 2 inches. Make syrup of sugar and vinegar. Add preserved ginger. Stick a clove into each end of papaia stick and cook until transparent. Serve warm or chilled.

CANDIED POMELO PEEL or GRAPEFRUIT

(Pomelo is the Hawaiian grapefruit)

Pomelos 2 tsp. salt sugar

Peel Pomelo, slice and cover with water. Add 2 tsp. salt to 1 qt. water. Soak over night. Drain and place peel in enough water to cover, and boil gently for three hours. Drain off water and boil in fresh water until tender. Drain. Weigh peel and add equal weight of sugar. Add 1 cup of water to each lb. Cover and boil over low flame for approximately 45 minutes. Remove cover and simmer until syrup is completely absorbed. Watch carefully to prevent burning. Spread and leave for several hours until completely dry. Roll each piece in sugar. Let stand for an hour and place in covered jar.

MEAT AND CHICKEN DISHES

CHICKEN CURRY

3 lb. chicken (Serves 6) 1 Tb. lemon juice
3 cups shredded fresh coconut or pkg. coconut 1 tsp. chopped ginger root
1/2 cup chopped onion 2 Tb. curry powder
1 tsp. chopped garlic 2 Tb. flour
3 cups milk 3 Tb. water
1 Tb. butter dash of pepper

Cook chicken in salted water. Simmer until tender. Cool and remove meat from bone. Cut into 1/2 inch pieces. Soak the coconut in 2 cups of milk for 15 minutes. Fry onion, garlic, ginger in butter until they are a rich brown. Add curry powder and mix thoroughly. Add flour mixed with water. Add one cup of milk and stir. Add the coconut and milk mixture, stirring all the time. Allow to simmer for 30 minutes. Cool and strain. Reheat the liquid and add the chicken and simmer for 20 minutes. Season with lemon juice and salt and pepper. Serve Curry with rice and garnish with parsley with six or more accompaniments - such as:

Shredded coconut, mango chutney, chopped raisins, chopped green pepper, chopped peanuts or almonds, finely chopped egg, finely chopped green onions, finely chopped crisp bacon, chopped candied ginger.

VARIATIONS:

In place of Chicken - Lobster, lamb or shrimp.

CHICKEN COCONUT ISLAND

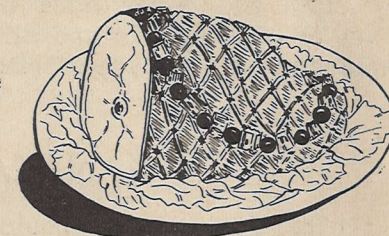
(Serves 6)

3 lb. chicken 1 cup Chinese peas or green peas
6 coconut shells 1 Tb. chopped parsley
3 Tb. shredded coconut 1 pimiento - chopped

Boil chicken until tender. Cut into small pieces. Make gravy from stock. Add chicken, parsley, pimiento and peas. Place in coconut shell and bake for 20 minutes. Garnish with shredded coconut.

BAKED HAM WITH PINEAPPLE LEI

Whole or half ham
1/2 can crushed pineapple
1 can pineapple chunks
1/2 cup brown sugar
Maraschino cherries
whole cloves



Twenty minutes before Ham has finished baking, remove from oven and score fat, making diagonal grooves 1/2 inch deep and 1 inch square as illustrated. Fill grooves with crushed pineapple. Cover fatty strips with brown sugar and stick in whole cloves. Return to oven for 20 minutes or until pineapple becomes a golden brown. Heat pineapple chunks in fat from baking pan. Stick chunks on colored picks and arrange 1/2 inch apart in oval shape (see sketch), to resemble lei. Between pineapple chunks, place half or whole cherries to complete the lei. You will receive many compliments on this tastefully decorated appetizing dish.

KALAKAUA ROYAL CROWN

ROAST OF PORK

Pork crown Roast	1 clove garlic-crushed
1 Tb. salt	1 Tb. olive oil
dash of pepper	1/2 tsp. basil
1-1/2 Tb. lemon juice	2 Tb. finely chopped onion
2 Tb. chopped Parsley	

Mix together garlic, lemon juice, oil, parsley, basil and salt and pepper. Cut slits on inside of crown and place a little of the mixture into each. Rub the remaining on the outside of the roast. Fill crown with your favorite dressing or try the Macadamia nut dressing and place in refrigerator for a few hours. Wipe outside of roast with dry cloth and cover each bone tip with cube of potato. Roast at 350 degrees and allow 30 minutes to the pound. Replace potato with paper frills for serving.

KANAKA PORK

4 lbs. Pork loin or shoulder
1 qt. boiling water

1/3 cup shoyu	1 Tb. worcestershire sauce
2 Tb. gourmet powder	
1/4 lb. Hawaiian salt (or rock salt)	1 tsp. grated ginger

Rub mixture into pork. Place pork in roasting pan and cook for one hour at 350 degrees. Pour boiling water over roast but do not turn over. Allow to roast for 2 hours at 300 degrees. Remove skin from pork and place skin in dry pan in oven and allow to cook for 40 minutes, or until crisp. Cut skin in small bits and serve as pupus (appetizers). Gravy can be made from the liquid by adding flour and seasoning.

MACADAMIA NUT DRESSING

4 cups bread cubes	1/4 cup chopped onions
1/4 cup melted butter	1/4 tsp. powdered sage
1/2 cup chopped celery	1/4 tsp. Powdered thyme
1 pc. garlic - crushed	1/4 tsp. salt
1 egg - well beaten	1/4 tsp. pepper
1 Tb. sherry	1 cup salted macadamia nuts chopped

Melt butter in skillet and add onions, and celery for a few minutes. Add to bread cubes. Add all remaining ingredients and mix together lightly.

FISH DISHES

Old Hawaiians acquired much of their food from the sea. Baking fish in Ti leaves was an old favorite, but with the influx of other races, many other interesting recipes for preparing fish are found in Island homes.

BROILED MAHIMAH

(The Island fish delicacy, known on the Mainland as the Dolphin, is always a favorite.)

Mahimahi fillets or steaks	1 Tb. melted butter
about an inch thick	Dash - salt and pepper
1 egg well beaten	Parsley sprigs
1 cup slivered almonds	1 tsp. lemon juice

Dip Mahimahi fillets in egg and dust with flour. Dot with butter and broil, turning once, until golden brown on each side. While broiling, make the following sauce: Into slightly heated skillet, put butter and lemon juice. Add almonds and stir. Serve over fillets on platter garnished with parsley.

VARIATION:

Ulua, known as Giant Pompano.

Our Hawaiian names for fish comparable to the Mainland fish are:

AHI - Yellow fin tuna
AKU - Skip Jack Tuna
AU - Marlin swordfish
ONAGA - Red snapper

SASHIMI

(Raw fish eaten by many Island Racial groups.)

Use Aku, Onaga, Au or Ahi.

The fish is cut very thin and on the bias. Lay on a platter in a bed of lettuce leaves. Serve chilled.

SAUCE FOR DIPPING SASHIMI:

1/2 tsp. dry mustard	1 tsp. hot water
1/4 crushed ginger root	Dash of grated daikon
1/2 cup shoyu	

Mix together and serve with sashimi.

SHRIMP AND RICE, CASSEROLE

2 cups canned or fresh frozen shrimp	1 cup grated cheese
1 Tb. lemon juice	2 large eggs
1 cup fluffy cooked rice	1 cup milk

Cook rice in milk until soft and fluffy. Stir in grated cheese, cook 10-12 minutes. Put in casserole, add shrimp mixed with lemon juice, add well-beaten eggs, and season to taste. Bake in moderate oven until golden brown. Serve with a light green salad.

PORTUGUESE CODFISH (Bakaliau)

Salt codfish	1 can tomatoes and puree'
Olive oil	3 or 4 eggs
2 onions, chopped	parsley
2 cloves garlic, mashed	

Soak fish in cold water for at least six or seven hours. Cut in 'bite-size' pieces, and boil almost two hours, then drain. Heat oil, add fish, then turn until nicely browned. Add garlic, onions, tomatoes and puree', a few Tbs. water and simmer 30 minutes. Before serving, stir in whipped eggs and sprinkle with bits of parsley, for garnish.

VEGETABLE DISHES

TARO SHOOTS

Cut into 2 inch lengths and cook in boiling water until tender. Add salt to water. Serve with melted butter.

BAKED TARO

Taro is the Hawaiian potato

Wash and remove outer skin. Bake whole for about an hour and a half - or until tender. Serve with melted butter.

BAKED TARO CAKES

4 Taro (medium) (Serves 4)

Peel and boil until tender. While hot, mash until smooth, using as little water as possible. Season with dash of salt. Mold into little cakes and place in buttered pan. Place a dab of butter on each cake and bake until golden brown. Serve with butter.

BUTTERED WATERCRESS

1 bunch watercress
Dash salt

Wash and place watercress in salted boiling water for one minute. Remove, drain and serve with butter.

BAKED AVOCADOS KILAUEA

3 medium sized avocados (Serves 6)

Creamed fish, crab, lobster, tuna or shrimp - well seasoned.

Slice in half and remove seed. Remove a little of the meat of the avocado and place heated creamed fish in the avocado. Place in baking dish and sprinkle with grated cheese and bake for 12 - 15 minutes.

SWEET POTATOES KOOLAU

6 medium sized sweet potatoes	Corn flakes or any crunchy breakfast food
1/4 cup chopped nuts	1 tsp. salt
1/2 cup melted butter	
1/2 cup orange juice	

Boil and peel sweet potatoes. Mash with melted butter and orange juice. Add more juice and butter if necessary. Should be fairly moist. Form medium sized balls and roll in crushed corn flakes. Leave in moderate oven just long enough to turn a delicate brown. Serves 6.

BAKED PAPAIA

1 medium sized half ripe
papaia - cut in half
2 Tb. melted butter
1-1/2 Tb. lemon juice
1/4 tsp. ground ginger
Dash - salt and pepper

Clean papaia by removing seeds and strings. Mix together all ingredients until well blended. Cut papaia again making four pieces and place in baking dish. Pour mixture into papaia and bake for 20 - 30 minutes. Baste with sauce frequently. Serves 4.

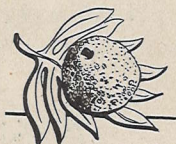
SWEET POTATOES MAUNA KEA

6 medium sized sweet
potatoes
1/2 lb. marshmallows
4 Tb. butter
Salt and pepper to taste
(Serves 6)

Boil the potatoes until tender. Peel and mash. Add butter and seasoning. Place in buttered baking pan and cover with marshmallows. Bake about 15 - 20 minutes.

BAKED BREADFRUIT

1 ripe breadfruit
Salt
Melted butter



Remove stem from breadfruit. Place some salt in hole made from removing stem and allow to set for two hours. Place in bowl and set in pan which has one inch of water. Bake for 1-1/2 hours until tender. Remove core, seeds and skin. Cut into pieces, season with salt and pepper and melted butter.

STEAMED BREADFRUIT

Same directions as for baking but place in steamer and steam for one hour. Serve with melted butter.

FRIED BREADFRUIT

Peel and slice steamed fruit in thick slices. Remove seeds. Dust with flour and fry.

CHEESE BREADFRUIT

After steaming, remove seeds, peel and lay slices in shallow pan and spread with butter and sprinkle with grated cheese. Bake until cheese is melted.

BAKED ISLAND SPINACH

Our Island spinach is so tender and its leaves small. It is delicious just boiled slightly and served with butter and a dash of vinegar, but for those who need a little encouragement, here is a delightful disguise:

3 bunches fresh island
spinach
2 egg whites
Grated cheese
2 strips chopped crisp
bacon
1 Tb. melted butter

Clean and cook spinach just a little. Add chopped crisp bacon and butter and fold in beaten egg whites. Place in greased baking pan and sprinkle with grated cheese. Bake about 20 minutes in moderate oven. Serves 4.

BAKED GRAPEFRUIT

Delicious served as first course or dessert.

Prepare grapefruit as usual and put 1 tsp. brown sugar and 1 tsp. honey in center. Place in baking pan with one inch water. Bake for about 30 minutes in moderate oven. Serve piping hot. Prepare 1/2 grapefruit per person.

BAKED POTATOES ONO

3 medium sized baking
potatoes
1/2 pt. sour cream
1/2 cup finely chopped
chives
2 tsp. garlic juice
4 large slices swiss
cheese - chopped
Salt and pepper to taste

Wash and bake potatoes for one hour or until done. Remove from oven and cut in half and scoop out the potatoes. Mash well. Add salt and pepper, sour cream, chives and 2 slices of chopped swiss cheese. Place back into potato shells. Sprinkle with chives, cheese and paprika. Place under broiler for five minutes. Serves 6.

Bake for about 30 minutes in moderate oven.

PAKE PEAS (Chinese peas)

- 1 lb. chinese peas
- 1/2 cup chopped almonds
- 3 strips crisp bacon - chopped

Clean peas by removing strings but leave them in the pod. Sautee almonds in bacon drippings. Cook peas in boiling water for three minutes only. Add sauteed almonds and chopped bacon to drained peas. Simmer together for one minute and serve.

CHINESE ISLAND DISHES

PORK CHOP SUEY

(Serves 6)

- 1/2 lb. pork
- 1/2 lb. ham
- 1 cup chopped celery
- 1 cup chinese peas
- 1 cup carrots - shredded
- 1/2 bunch chopped green onions
- 1 clove crushed ginger
- 1 cup sliced cauliflower
- 6 dry mushrooms - soaked
- 1 Tb. cornstarch
- 2 tsp. sherry
- 1 tsp. salt

- 3 Tb. shoyu sauce
- 1/2 tsp. sugar
- 1/4 tsp. gourmet powder
- 2 tsp. worcestershire sauce



Cut meat and vegetables into fine strips. Parboil cauliflower and carrots for two minutes. Heat oil in pan and sear meat. Add vegetables and cook slightly. Add gravy made of sherry, cornstarch, shoyu, sugar, ginger and gourmet powder. Blend. When heated thoroughly, turn off heat but keep stirring for a few minutes.

SWEET SOUR SPARE RIBS

- 1 lb. spare ribs - cut small
 - 1/2 can pineapple chunks
 - 3 Tb. shoyu sauce
 - 1-1/2 tsp. cornstarch
- Mix together.

SWEET SOUR SAUCE

- 1 Tb. cornstarch
- 1 Tb. shoyu sauce
- 4 Tb. pineapple juice
- 1/2 cup vinegar
- 1/2 cup sugar

Boil spare ribs in 1/2 cup water until tender. Smear with shoyu-cornstarch mixture and let stand for 1 minute. Fry ribs in a little oil. When deep brown, serve with sweet sour sauce which has been allowed to boil and simmer for one minute. Place on lettuce leaves. Garnish with pineapple chunks, browned in butter. Serves 4.

CRAB OMELET (FOO YUNG)

- 6 eggs
- 1 cup flaked crab meat
- 1/2 cup shredded celery
- 1/2 cup chopped green onions.
- 1 tsp. sugar
- 1 Tb. shoyu sauce
- Dash pepper
- 1 Tb. cornstarch

Slightly beat eggs and add all ingredients. Fry mixture as for small pan cakes, adding a little crab meat in the middle. Turn over when slightly brown. Serves 6.

SHOYU SAUCE:

- 1 Tb. shoyu sauce
- 2 tsp. cornstarch
- 1-1/2 tsp. sherry
- 1/4 cup water

Mix together and let simmer until sauce becomes thickened. Serve over Egg Foo Yung.

BEEF AND RADISH

- 1 lb. beef - sliced very thin
- 1 cup red radishes - sliced thin
- 3 Tb. shoyu sauce
- 1-1/2 tsp. cornstarch
- (Mix together)
- SWEET SOUR SAUCE
- 1/2 cup vinegar
- 4 Tb. water
- 1/2 cup sugar
- 2 Tb. cornstarch

Cover meat with shoyu-cornstarch mixture. Heat pan with a little oil. Pour in sweet sour sauce and stir. Add radishes and blend well. When radishes become transparent, add beef slices and cook for three minutes. Serves 4.

FRIED RICE

1 lb. Chinese roast pork (char siu)	1 Tb. shoyu sauce
1 cup chopped green onions	1/2 tsp. salt
3 eggs beaten	Chinese parsley
	5 cups cooked cooled rice

Heat oil in pan. Add chopped pork. Cook for a few minutes. Add rice, shoyu sauce and cook for 5 minutes. Add beaten eggs and cook until done. Serve with garnish of chopped Chinese parsley and strips of roast pork.

TSING YUE (Steamed fish)

2 lbs. fresh mullet	3 Tb. chopped fresh ginger
1-1/2 tsp. sugar	3 Tb. chopped green onions
1 tsp. salt	
2 Tb. shoyu sauce	
3 Tb. finely chopped chung choy (salted cabbage)	

Scale and clean mullet. Sprinkle salt over fish and let stand for 10 minutes. Place fish in shallow pan. Combine sugar, 1 Tb. oil, and shoyu and pour over fish. Top with remaining ingredients and steam for 20 minutes. Heat 2 Tb. oil and pour over fish. Garnish with Chinese parsley and lemon wedges. Serves 4.

KAI LAN NGAY YUK (Chinese beef and broccoli)

1 lb. sirloin tip - sliced diagonally across grain	3 tsp. sugar
1 lb. broccoli	1 cup water
1/4 cup green onions - cut in 1-1/2 inch lengths	5 Tb. olive oil
2 Tb. cornstarch	2 tsp. crushed ginger
	2 Tb. shoyu sauce

Wash and clean broccoli and slice into thin strips. Mix ginger with shoyu and sugar. Make a smooth paste of cornstarch and water. Put 3 Tb. oil in heated skillet. Add beef and fry for a few seconds, stirring frequently. Add ginger, shoyu, sugar mixture. Remove the beef. Add the remaining oil and fry broccoli for one minute allowing it to come to a boil. Add the beef, green onions and cornstarch mixture. Bring to a boil and cook until sauce becomes thickened, stirring frequently. Serve hot. Serves 4.

SAI YEUNG CHOY TONG (Chinese watercress soup)

1/2 lb. lean pork - sliced thin	1-1/2 tsp. salt
12 cups water	6 cups watercress cut in 2 inch lengths

Remove the tough stems of the watercress and wash thoroughly. Simmer pork slices in salted water for about 30 minutes. Add watercress and boil for one minute. Serve immediately. Serves 6.

HANG YUEN KAI (Chinese Chicken Almond)

1 cup chicken - diced	1/2 cup celery chopped
1/2 cup pork - diced	1/2 cup carrots - diced
1 cup almonds or roasted cashew	1 clove crushed garlic
1 cup mushrooms - diced	2 cups water
1 cup bamboo shoots - diced	1/2 cup chinese peas
	Parsley sprigs

Seasoning

1 Tb. shoyu sauce	1 Tb. liquor - wine
1 Tb. oyster sauce	1/4 tsp. vetsin
1/2 tsp. sugar	1/2 tsp. salt

Mix all seasoning ingredients with chicken and pork. Marinate and let stand for a few minutes. Add ginger and garlic. Fry seasoned meat for 1 minute. Put all diced vegetables in and fry for another minute. Add water and cook until vegetables are done. Add a little starch. Garnish with almonds and parsley. Serves 6.

KURI NAMASU

(Japanese cucumber salad)

2 medium sized cucumbers	1 cup vinegar
1-1/2 Tb. chopped onion	1/4 cup sugar
1-1/2 Tb. chopped celery	1/2 tsp. black sesame seeds
3 tomatoes - cut in small wedges	Crisp lettuce leaves

Remove ends from cucumbers. Scrape cucumbers leaving some green for color. Slice very thin. Dissolve sugar in vinegar. Place cucumbers, chopped onion and celery in bowl and marinate in the vinegar mixture for a couple of hours before serving. Chill. When ready to serve, remove from refrigerator and season the tomatoes with salt and pepper. Drain liquid from cucumbers. Arrange cucumbers and tomatoes on lettuce leaves. Garnish with black sesame seeds. Serves 4

SUIMONO

(shrimp broth) Japanese

3/4 lb. shrimp	1/2 tsp. sugar
6 cup stock (tuna)	4 sliced mushrooms
1 tsp. salt	2 tsp. cornstarch
3 Tb. water	few green peas

Shell shrimp. Clean and boil. Chop shrimp fine and mash well. Add water, cornstarch and seasoning. Form into little balls and drop into hot water and cook for 15 minutes. Remove. Add mushrooms, peas and shrimp balls to soup stock and serve. Serves 4

SESAME RICE BALLS

2 cups hot cooked rice
1/2 tsp. salt
1/2 cup black sesame seeds

Toast sesame seeds. When they pop, add salt. Roll hot rice into balls and cover with sesame seeds.

INARI SUSHI

(Japanese rice cornucopias)

2 cups cold cooked rice	2 tsp. salt
3 triangles of Aburage	2 tsp. sugar
3 Tb. shredded carrot	1-1/2 cup water
3 Tb. shredded Burdock	2 Tb. flaked dry bonito
3 Tb. shredded string beans	2 dried mushrooms

VINEGAR SAUCE

1 cup vinegar	1-1/3 cup sugar
2 Tb. salt	2 Tb. gourmet powder
2 Tb. dried shrimp	

Mix the ingredients for the seasoning together and bring to a boil and strain. This is the base for all sushi dishes. Soak dried mushrooms and burdock separately. Cut the Aburage triangles into 2 pieces. Remove the soft inner portion and form 2 cornucopias with the outer part. Drain mushrooms and burdock and chop into small pieces. Combine together, the soft center of the Aburage, bonito and 1/2 cup water. Cook until slightly tender. Add sugar and shoyu and cook until tender. Drain off liquid. Put aburage cornucopias in liquid and allow to simmer for a few minutes. Add 1/2 cup vinegar sauce and cold vegetables to cold rice. Fill each cornucopia with this rice mixture and chill. Serve cold. For parties and picnics. Makes 6.

CHICKEN HEKKA (Japanese)

One 3 lb. chicken	1 tsp. salt	1 small pkg. mushrooms
2 Tb. cooking oil	1/2 tsp. pepper	1 bunch green onions
3 Tb. shoyu	2 onions	12 oz. can bamboo shoots
1 Tb. sugar	2 cups water	2 cups uncooked rice

Cut chicken in small pieces. Saute in oil until browned. Add shoyu and all seasonings. Add water, cover, and simmer one-half hour. Soak mushrooms in water fifteen minutes, drain, cut into strips, and add to chicken, along with the two onions, sliced. Cook rice as directed in recipe for rice, on page 53, while chicken is cooking. Ten minutes before serving, add the sliced bamboo shoots. Do not overcook. When ready to serve, arrange rice on each plate, put on the hekka, and garnish with chopped green onions. Serves 6.

BARBECUE TERIYAKI STEAK

Sirloin tip steaks for 4	1 tsp. grated ginger
1-3/4 cup shoyu sauce	1 clove garlic - grated
1 Tb. Sake	1/2 tsp. gourmet powder
1/2 cup sugar	

Mix all ingredients well. Marinate steaks for one hour in teriyaki mixture before barbecuing over charcoal or in a broiler.

SUKIYAKI (Japanese beef and vegetables)

3 lb. lean beef - sliced thin	1 cup bamboo shoots - sliced
1 cup green onions - cut into 1-1/2 inch lengths	2 cup shoyu sauce
1 cup sliced mushrooms	1/4 lb. butter or fat
1 piece Tofu - cut into cubes	1 cup sugar
1 cup Sake or sherry	2 tsp. gourmet powder (Japanese seasoning)
3 med. sized onions - sliced.	

Heat skillet and melt butter. Drop in enough beef to cover pan. When meat is half cooked, add mushrooms, bamboo shoots and onions and cook for 10 minutes. Add sugar, sake, shoyu and gourmet powder. Add tofu and chopped green onions last as they require little cooking. Serve piping hot. Serves 8.

Some prefer to add a little long rice before serving. If so, soak 4 pkg. of long rice in water and mix with Suki-yaki.

TEA

Cha in Chinese Cha in Japanese Hcha in Filipino

3 Tb. leaves Oolong, lichee, jasmine or your own blend
6 cups boiling water

Pre-heat tea pot with boiling water and allow to stand for a few minutes. Discard water and place tea leaves in bottom of pot. Pour slightly cooled water over the leaves and steep for a few minutes before serving.

KOREAN PORK AND CHICKEN

1 lb. pork, cut in small pieces	2 cloves chopped garlic
A 2 or 3 lb. chicken, also cut in small pieces	1 large onion, sliced
4 large tomatoes, cut - 'bite-size'	2 large Chinese turnips, sliced
4 cups boiling hot water	1/2 tsp. salt
2 cups fresh shelled green peas	1/4 tsp. pepper
3 Tb. oil	2 Tb. ground sesame seeds
	Shoyu sauce
	water or soup stock

Put chicken and pork in pot, pour over boiling water. Boil 15-20 minutes. Saute' garlic and onion, in oil in another pan, add radishes and tomatoes and fry 5 minutes. Add drained chicken and pork, a little liquid, and seasonings. Simmer slowly, adding liquid as necessary. Add peas last, and when done, serve with cooked rice. Sprinkle with shoyu sauce. Serves 8.

ABOBONG BABOY (Filipino Pork en adobo)

2 lbs. lean pork	dash black pepper
2 Tb. crushed garlic	boiling water
6 Tb. vinegar	2 bay leaves
1 tsp. salt	

Clean and slice pork into bite size pieces. Mix garlic, salt, pepper, vinegar and bay leaves. Put pork in pan and add enough boiling water to cover meat. Simmer until all water has evaporated. Fry the meat until brown on both sides, adding a little fat if necessary. Add garlic, vinegar mixture. Serve hot. Serves 4.

FRITONG CAMOTE

(Filipino sweet potato chips)

2-1/2 cups thinly sliced sweet potatoes
2 Tb. powdered sugar
1 qt. oil

Soak sweet potatoes in cold water for 10 minutes. Drain thoroughly. Heat oil in deep pan at 350 degrees. Slip potatoes into oil and fry until a delicate brown. Drain on absorbent paper. Sprinkle with powdered sugar.

ACHARA PAPAIA

(Filipino Papaia pickle)

1 medium sized papaia 2 Tb. brown sugar
2 tsp. crushed ginger 2 tsp. salt
 root 2 small carrots
1 clove crushed garlic 2 small white radishes
1/2 cup vinegar

Peel papaia. Shred papaia, carrots and radishes very fine. Add salt and blend thoroughly. Allow to stand for several hours. Press out excess liquid and rinse papaia, carrots and radishes in cold water several times. Mix garlic, vinegar, sugar, ginger root and let stand. Strain the liquid and add to the papaia. Place in covered jar and keep in refrigerator from 2 to 3 days before serving.

INSALADANG CAMATIS

(Filipino stuffed tomato)

6 medium sized 1 tsp. salt
tomatoes lettuce leaves
1-1/2 cup crushed pine- 2 Tb. French dressing
apple
6 Tb. finely chopped
roasted peanuts

Tomatoes can be easily skinned if you place them first in scalding water until skins begin to crack. Remove and place in cold water. Skin the tomatoes and cut a slice from the top. Remove the seeds. Sprinkle the tomato with salt and chill. Blend pineapple, peanuts, 2 Tb. French dressing and stuff in chilled tomato. Place on lettuce leaf. Serve cold. Serves 6.

TINOLA

(Filipino Chicken Soup)

3 lb. stewing chicken 2 cloves crushed gin-
4 cups green papaia or ger root
 white squash 1/4 tsp. salt
1/2 tsp. gourmet powder 12 cups boiling water
1 Tb. oil

Clean and cut chicken into very small pieces. Put oil in heated skillet and sautee the crushed garlic. Remove the garlic and add crushed ginger and chicken. When chicken has become browned, add salt and boiling water. Cover and simmer until chicken is tender. Add papaia or squash cubes. Do not overcook.

PORTUGUESE MALASADAS

"round doughnuts without a hole"

Many islanders are enjoying these delicious doughnuts that our Portuguese friends brought from Portugal.

2 lbs. flour	1 tsp. salt
1/2 cup sugar	1-1/2 cup cream
1-1/3 cup warm water	1/2 cup melted butter
8 eggs - beaten slightly	
1 cake yeast - dissolved with 1/2 cup warm water and 1 tsp. sugar	

Mix and sift all dry ingredients into bowl, add beaten eggs, and stirring continuously, add dissolved yeast, melted butter and cream, gradually. Drop by tablespoons into hot melted shortening, and fry until golden brown. Drain on paper towels. Sprinkle with powdered sugar.

PORTUGUESE SAUSAGE OMELET

Parboil Portuguese sausage, skin and slice thinly. Beat three or four eggs together in bowl, add sliced sausage, 3 Tb. heavy cream, then fry in butter, or make oven-style omelet. A wonderful Sunday brunch dish!

SPANISH OMELET

To make the omelet, allow 2 eggs per person, mix together in bowl with 1 Tb. heavy cream for each egg, seasoning to taste with salt and pepper. Make omelet either on top of the stove or oven-style. To make the sauce, before cooking omelet, dice 1 medium-sized onion and fry in butter. Add 1 bell pepper, diced fine. Add 1 or 2 cups tomato puree, depending on amount of omelet, salt and pepper to taste, and simmer about 25 minutes. When omelet is done to a golden brown, serve immediately on hot plates, liberally garnished with Spanish sauce. Yummy! It really turns a good egg into a hot dish!

This is another

SOUTH SEA SALES

PUBLICATION

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In The 49th State!

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