

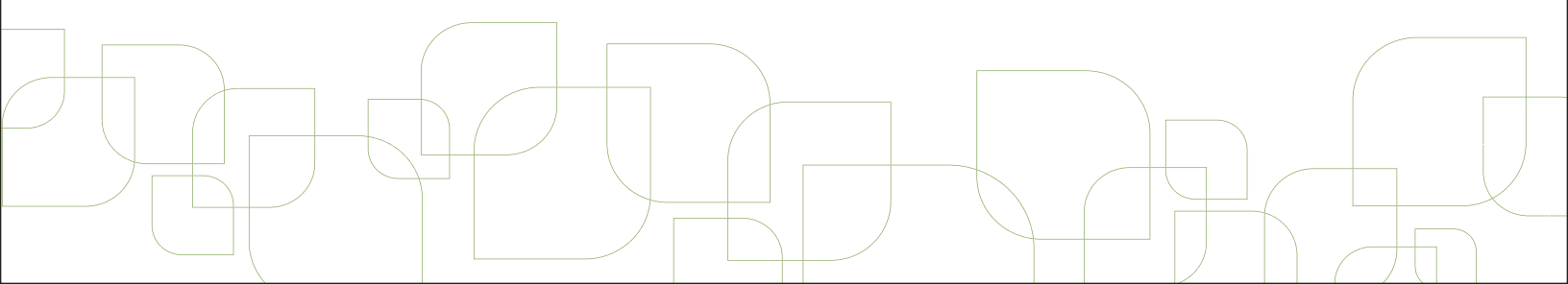
A New Year's Celebration of FARM to TABLE



Island Favorite Recipes

from

SSFM
International



Recipes

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At the close of each year SSFM gathers to celebrate the firm's successes with a party that centers on food. We chose a theme around which our people submit their favorite recipes. This year we selected Farm to Table as the focus for our cuisine.

Farm to Table means as fresh as possible and emphasizes locally produced foods with a focus on sustainable agriculture, organic farming and free range animal husbandry. Gathering local food is not always simple but we are fortunate in Hawaii to have an abundance of native sources for all manner of ingredients. The local foods section of most groceries is a go to resource.

Hawaii is a melting pot of ethnicities and one way we celebrate our cultures is through our food. The recipes in this cookbook originate from many different countries but share the common bond of being Island favorites. Please enjoy them.

Everyone at SSFM wishes you
a healthy and prosperous 2017.

HULI-HULI CHICKEN LETTUCE WRAP



Huli-Huli Chicken was created by Ernest Morgado when he prepared chicken slathered with his grandmother's special teriyaki sauce. It became an instant hit. The farmer coined the name "Huli-Huli" because when one side of the chicken was cooked, someone would shout, "Huli," which means "turn" in Hawaiian. Today Huli-Huli Chicken has become a staple in Hawaiian cuisine throughout the Islands.

Huli-Huli Chicken Lettuce Wraps with Clover Sprouts and Plum Sauce

Ingredients and Source - Huli-Huli Chicken

- 6 lbs. whole chicken
- ½ c. soy sauce
- 4 tbsp. Worcestershire sauce
- ½ c. rice wine vinegar
- 2 tbsp. honey
- 1 tbsp. fresher ginger, grated
- ½ c. pineapple juice
- ½ c. ketchup
- 1 c. chicken broth
- 2 tbsp. garlic, minced (3-4 cloves)

Cooking Instructions

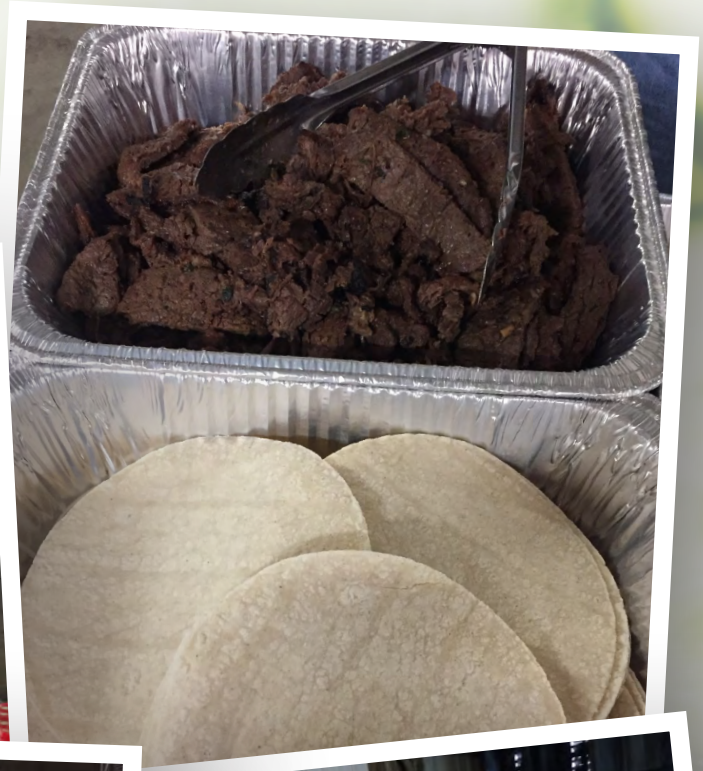
1. Whisk together all ingredients.
2. Place chicken in a large zip-lock bag,
3. Pour marinade over chicken.
4. Refrigerate overnight, Turn frequently.
5. Preheat oven to 400°.
6. Arrange chicken in baking sheet, skin side up. Strain marinade and place on the stove at medium low heat and thicken slowly.
7. Bake chicken for 35 minutes, baste halfway through.
8. Remove pan from oven. Flip chicken over (skin side is up) and baste liberally with the cooked marinade.
9. Place under the broiler for 5-7 minutes until skin is browned.
10. Remove from the oven and brush chicken pieces with the remaining sauce, shred when cool.

Ingredients and Source- Wraps

- Manoa lettuce Leaves
 - Clover sprouts
 - Plum sauce
-

Preparation

Place shredded chicken and clover sprouts on center of lettuce leaf, add plum sauce, fold ends in and wrap.



Kalbi, a soy based sauce produced through fermentation, is one of the prime ingredients in grilled Korean cuisine, especially marinated beef or pork short ribs. It has found a favored place in Hawaiian cooking, from the humble plate lunch to gourmet grilled dishes.

Kalbi Bao

with Thin Sliced Cucumber and Kochujang Sauce

Ingredients and Source

Short Ribs

- 1 c. granulated sugar
- 1½ c. soy sauce
- 2 pieces ginger, crushed
- 4 tbsp. sesame seeds
- 4 stalks green onion, chopped
- 4 tbsp. sesame oil
- 5 lbs. short ribs (boneless)

Kalbi Marinade

- 1 cucumber
 - Bao buns - *China Town vendor*
 - Chinatown Vendor
 - Kochujang sauce
-

Cooking Instructions

1. Mix all ingredients then add short ribs.
2. Marinade overnight, turning occasionally.
3. Grill, cut into 2"-3" pieces and set aside.
4. Peel the cucumbers and slice wafer thin.
5. Place short ribs in "bao" bun and top with cucumbers and Kochujang sauce



Wild pigs, so plentiful in Hawaii, made them targets for this delicious dish. The traditional method for cooking Kalua Pig is slow roasted in an underground oven or Imu, an outdoor earthen pit heated with rocks. Since Imus are not easily available, here is an easy substitute can be prepared in your kitchen.

Oven Roasted Kalua Pork

with Fresh Island Salsa

Ingredients and Source - Kalua Pork

- 5 lbs. island pork butt
- 3 tbsp. Hawaiian rock salt
- 1-2 tbsp. liquid smoke
- 8-10 ti or 2-3 banana leaves (both can be used)

Cooking Instructions

1. Rub salt and liquid smoke on pork butt which can be cut into smaller chunks to speed cooking.
 2. Completely wrap pork with clean ti or banana leaves.
 3. Wrap pork with aluminum foil.
 4. Place in a roasting pan with 1" of water. Cover with foil.
 5. Bake at 350 degrees for 3-4 hours or until tender.
 6. Discard leaves and shred.
 7. Add salt to taste. Store in freezer.
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Ingredients

Island Salsa

1. 4 c. Dole pineapple, diced
2. 4 med. tomatoes, seeded and diced
3. 1-1/2 c. red sweet onion, diced
4. 1/2 c. fresh cilantro, minced
5. 2 tbsp. olive oil

Tortillas

6. Tortilla (snack size)
7. Manoa lettuce Leaves
8. Tortilla (snack size)

Cooking Instructions

1. Combine in large bowl and refrigerate.
2. Place lettuce leaf on edge of tortilla, spread layer of shredded pork, fresh salsa and wrap.



While Ceviche is typically associated with Spain and Latin America, by including Manoa lettuce and Maui onions this version becomes decidedly Hawaiian. Ceviche, made from fresh raw fish cured in citrus juices, is thought to date from over 2000 years ago.

Fresh Ahi Ceviche Wraps

with Manoa Lettuce

Ingredients

- 1 pound sashimi grade ahi
 - $\frac{1}{2}$ c. fresh lime juice, about 4 limes
 - 2 tbsp. fresh mint leaves—chopped
 - $\frac{1}{2}$ c. finely diced Maui onions
 - 1 cup diced avocado
 - 3-4 head of Manoa lettuce (amount will depend on the size of the lettuce)
-

Preparation

1. Cut ahi into $\frac{1}{4}$ dice and place in glass bowl. Pour lime juice over ahi and toss to coat.
2. Cover and refrigerate for 4 to 6 hours.
3. Drain ahi and transfer to serving bowl. Add mint, onions, and avocado.
4. Toss and season to taste with salt and pepper.
5. Add chili pepper flakes for some heat—optional.
6. Remove lettuce leaves, wash and dry and arrange on platter.
7. Place 1 tbs. of ahi mixture on each leaf and serve.



For 40 years, Elena's Restaurant in Waipahu has been serving 'the Finest Filipino Foods on the Islands'. Their Lechon Special gained special notoriety when Guy Fieri of the Food Network was "cruisin through Hawaii looking for an authentic taste of Oahu." An Elena's favorite, the Lechon Special is crispy pork belly chopped to bite sized pieces, seasoned with fish sauce, Hawaiian salt and tossed with tomatoes and green onions.

Lechon Special

Lechon Special

Thai-style sweet and spicy pineapple fried rice with red bell pepper, cashews and cilantro makes a healthy and quick vegetarian dinner. Have ingredients prepped and near the stove before you start cooking. Chilled leftover rice works best in stir fries as it doesn't form clumps, so if time permits, cook rice in advance. Makes 2 large, restaurant-sized portions or 4 more modest portions.

Ingredients and Source

- 1/2 c. diced onions
 - 1/2 c. diced tomatoes
 - 1 tbsp. fish sauce
 - 1/2 tsp. Hawaiian salt - *Hawaiian salt from Kauai*
 - 2 tbsp chopped green onions
 - Crispy roast pork - *from any local Chinese Restaurant or make your own*
-

Cooking Instructions

1. Chop the pork belly into 1-centimeter-square pieces.
2. In a medium mixing bowl, add the pork belly, onions, tomatoes, fish sauce and salt, and toss all together.
3. Plate and add green onion for garnish before serving.



Historically, the key ingredient in this stew recipe was Axis deer. Native to India and introduced to Hawaii in the late 1800s, their dark red, richly flavored meat has been a huge source of protein for Hawaiians. The dish can be made with any hoofed meat but is always better with 'wild' game.

Lanai Wild Meat Stew

Ingredients

- 3-5 pounds boneless venison, sheep, goat, etc., cut into 1" cubes
- 1 qt. buttermilk
- 1 large onion, diced small
- 2 stalks celery, diced small
- 1 8 oz. can tomato paste
- 1 c. poi (straight from the bag)
- 2 c. chicken, pork, or beef broth
- 1½ tsp. salt
- 1 tsp. sugar
- ¼ tsp. pepper
- ¼ tsp. granulated garlic or 1-2 cloves, minced
- 4 carrots, chunked into bite size pieces
- 4 potatoes, chunked into bite size pieces
- 1 bunch trimmed and cooked luau leaves or package frozen luau leaves

Flour mixture for meat:

- 1/3 c. flour (or enough to lightly flour the pieces of meat)
- 1 teaspoon salt
- ½ teaspoon pepper

Garnish:

- Chopped kim chee and chili pepper water

Cooking Instructions

1. Trim fat from chuck and cut into 1" cubes.
2. Marinate with buttermilk & refrigerate for 8 hours.
3. Drain and rinse off excess buttermilk. In large mixing bowl sprinkle with the salt, pepper & flour. Mix with meat until flour is absorbed.
4. Place the tomato paste, chicken/beef broth and poi into a large pot. Add the salt, pepper, sugar and garlic. Cook medium-low until all ingredients are combined.
5. In a nonstick pan or wok add 2 tbsp. oil. On medium-high heat add floured meat cubes & spread so they don't touch - don't stir. Brown evenly on both sides.
6. Remove browned meat with a tong or slotted spoon so the oil will stay in the pan. Repeat until all meat is browned adding more oil as necessary.
7. Combine meat with the tomatoes and broth. Cook the remaining meat the same way.
8. In the pan used to cook meat, sauté the onions and celery until soft. Add to the pot. Boil the tomato and broth mixture to a boil then lower heat and simmer covered for 1 hour or until meat is tender.
9. When tender, add potatoes, carrots, poi and luau leaves and cook for another 15 minutes or until potatoes and carrots are cooked.
10. Serve over rice and garnish with chopped kim chee and dash of chili pepper water.



You might consider making these dishes with any leftover Kalua Pork if you tried our oven roasted Kalua pork recipe. What makes the sliders special is the distinct taste of the Lomi salmon and the sweetness of the King's Bakery buns. Another popular pork recipe is Smoked Wild Pig, an Hawaiian delicacy.

Wild Pig Kalua Pork Sliders

*on Kings Bakery sweet bread buns with lomi salmon/
creme cheese spread*

Ingredients

- 2 lbs. kalua pork
 - 8 oz cream cheese
 - 16 oz lomi salmon
 - One tray (24 count) Kings Hawaiian sweet bread buns
-

Cooking Instructions

1. Warm Kalua pork and break apart so it can easily be spread over the buns.
 2. Drain lomi salmon and save liquid to thin out spread.
 3. Allow cream cheese to warm slightly and mix in a mixing bowl. Add drained lomi salmon, stir gently so the salmon and tomatoes don't get smashed. Add some liquid from the lomi salmon to thin out mixture so it is spreadable.
 4. Remove sweetbread buns from wrapper and place on cutting board. The 24 buns should be stuck together in a rectangle. Use a long knife and cut the rectangle in half (top and bottom). You should have the tops of 24 buns and the bottoms of 24 buns (still together!!).
 5. Spread the lomi salmon mixture on the bottoms evenly.
 6. Spread the kalua pork over the lomi salmon spread. Place enough spread and Kalua pork to cover all 24 buns. Place the tops on the buns and slice into individual sliders.
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Smoked Wild Pig with Sweet Kula Onions

Ingredients

- 12 lbs. of smoked wild pig
 - 6 Sweet Kula Onions
-

Cooking Instructions

1. Slice smoked wild pig into bite size pieces.
2. Cut Kula onion into julienne pieces.
3. Put items together.
4. Heat on stove top until hot. Makes 1 large pan



Cranberry Curry Jasmine Rice is a specialty of Sea-Salt of Hawaii who sells their products through Menehune Mac, fundraising events and craft fairs during the holidays. Hawaiian sea salts are produced through the evaporation of ocean water which gives a unique taste from the water's mineral content. Depending on the water's source, the minerals add slightly different flavors and color.

Cranberry Curry Jasmine Rice

Ingredients and Source

- One bag of cranberry curry jasmine rice mix - Cranberry curry jasmine rice mix made by Island Sea Salt and sold at Menehune Mac
 - 2½ c. water
 - optional: cooked chicken or shrimp
 - optional: spinach
-

Cooking Instructions

1. Following instructions on cranberry curry jasmine rice.
2. Mix bag to cook on stove or in a rice pot by adding 2½ cups water.
Do not rinse rice.
3. After the rice is cooked you can add spinach or cook chicken or shrimp.



This is a classic Vietnamese appetizer. The shrimp paste is wrapped around the sugarcane which serves as a great skewer. After the shrimp has been removed you can chew on it for a chase of refreshing sweet sugarcane juice.

Grilled Shrimp on Sugar Cane

Ingredients

Shrimp paste:

- 1 pound medium shrimp, peeled and deveined (13 ounces net weight)
- Salt
- 2 tsp. cornstarch
- 2 tsp. packed palm sugar or light brown sugar
- Generous 1/4 tsp. black pepper, freshly ground preferred
- 2 tsp. fish sauce
- 1 large egg, lightly beaten
- 2 cloves garlic, minced and crushed into a paste
- 2 tbsp. minced shallot
- 1 tbsp. minced pork fatback or
- 1 tbsp. canola oil
- 1 (20-ounce) can sugarcane, or 3 fat lemongrass stalks
- 1 to 2 tbsp. canola oil
- 1 small head soft leaf lettuce, such as red leaf, green leaf, or butter leaf
- 8 to 12 sprigs cilantro
- 8 to 12 sprigs mint
- 8 to 12 sprigs of other fresh herbs, such as red perilla (tia to) and Vietnamese balm (kinh gioi) (see Vietnamese herb primer for details)
- 3/4 cup nuoc cham dipping sauce

Cooking Instructions

1. Toss shrimp in a colander with a liberal amount of salt. Rinse immediately under cold water, drain well and blot dry with paper towel.
2. Coarsely chop the shrimp and in the bowl add 1/4 teaspoon of salt, the cornstarch, sugar, pepper, fish sauce, egg, garlic, and shallots. In food processor, process just until a coarse paste forms. Stir in the pork fatback, cover with plastic wrap, and set aside for 15 to 30 minutes. The mixture will stiffen as it sits.
3. Cut 3 or 4 sections of sugarcane lengthwise into thin sticks, each between 1/4 and 1/2 inch in diameter. You'll need only 12 sugarcane sticks. Save the extras for syrup for making the dipping sauce. If using lemongrass, cut off 5 inch sections from the bottom, then quarter each one lengthwise. If using fennel fronds, cut off 5 inch sections about 1/3 inch in diameter (you may have to halve bigger pieces lengthwise). Blot sticks dry with paper towel.
4. Line a steamer tray with parchment paper and oil the parchment. Ready a pot of water for steaming. Put the lettuce and herbs on a platter with the dipping sauce in a bowl.
5. Wet one hand and put 2 tablespoons of paste in your palm, spreading it into a circle about 2 1/2 inches wide and a good 1/4 inch thick. Center a sugarcane stick on the paste (the ends of the stick will not be covered) and close your hand so the paste adheres to the stick and surrounds it. Hold the sugarcane stick with your dry hand and turn the stick, all the while patting the paste with the wet hand to smooth the surface. Set on the steamer tray. Repeat to make 11 more.



Any Hawaiian oriented cookbook couldn't be complete without a recipe that includes pineapple. This Thai version of fried rice is made especially delicious with the addition of fresh pineapple.

Thai Pineapple Fried Rice

Thai-style sweet and spicy pineapple fried rice with red bell pepper, cashews and cilantro makes a healthy and quick vegetarian dinner. Have ingredients prepped and near the stove before you start cooking. Chilled leftover rice works best in stir fries as it doesn't form clumps, so if time permits, cook rice in advance. Makes 2 large, restaurant-sized portions or 4 more modest portions.

Ingredients

- 2 tbsp. coconut oil or quality vegetable oil, divided
 - 2 eggs, beaten with a dash of salt
 - 1½ c. chopped fresh pineapple
 - 1 large red bell pepper, diced
 - ¾ c. chopped green onions (about ½ bunch)
 - 2 cloves garlic, pressed or minced
 - 1 tbsp. reduced-sodium tamari or soy sauce
 - 2 c. cooked and chilled brown rice*, preferably long-grain brown jasmine rice
 - ½ c. chopped raw, unsalted cashews
 - 1 to 2 tsp. chili garlic sauce or sriracha
 - 1 small Lime, halved
 - Salt, to taste
 - Handful of fresh cilantro leaves, torn into little pieces, for garnishing
-

Cooking Instructions

1. Heat a large wok, cast iron skillet or non-stick frying pan over medium-high heat with an empty serving bowl nearby. When pan is hot enough to sizzle a drop of water add 1 teaspoon oil. Lightly scramble eggs and save in an empty bowl. Wipe out the pan.
2. Drop 1 tablespoon of oil in pan and add the pineapple and red pepper. Cook, stirring constantly, until the liquid has evaporated and the pineapple is caramelized on the edges (3 to 5 minutes). Add the green onion and garlic stirring constantly for about 30 seconds. Combine with the eggs in the bowl.
3. Reduce heat to medium and add the remaining 2 teaspoons of oil. Add cashews and cook until fragrant, stirring constantly (approx. 30 seconds). Add rice and stir to combine. Cook until the rice is hot, stirring occasionally (about 3 minutes).
4. Combine all contents into the pan and stir, breaking up the scrambled eggs. Cook until warmed through. Remove pan from heat and add the tamari, chili garlic sauce, and salt to taste. Squeeze ½ lime over the dish and stir.
5. Slice remaining ½ lime into 4 wedges. Transfer the stir-fry to serving bowls and garnish each with a lime wedge and light sprinkle of cilantro. Serve with bottles of tamari and chili garlic sauce or sriracha on the side, for those who might want to add more to their bowls. Store in freezer.

Kaua'i Shrimp Stew

w/Fresh Corn, Okra, Sausage and Spices



KAUAI SHRIMP

The shrimp in this package have been lovingly raised on the garden island of Kaua'i, where lush emerald cliffs rise above the crystal blue Pacific. Kaua'i shrimp thrive in pristine salt water ponds managed with the most advanced ecofriendly practices.

Simply the best shrimp
you will ever taste.

www.kauaishrimp.com

Shrimp with a sustainability pedigree? That's what you'll find with Kauai Shrimp™. Touted as the best shrimp you'll ever taste, they are known for their sweet flavor and superior texture. Kauai Shrimp™ are raised in pristine salt water without chemicals or antibiotics. Add sustainable hydro-electric power for operations and a host of other green practices and you have shrimp that are doing good while tasting good.

Kaua`i Shrimp, Corn & Okra Stew

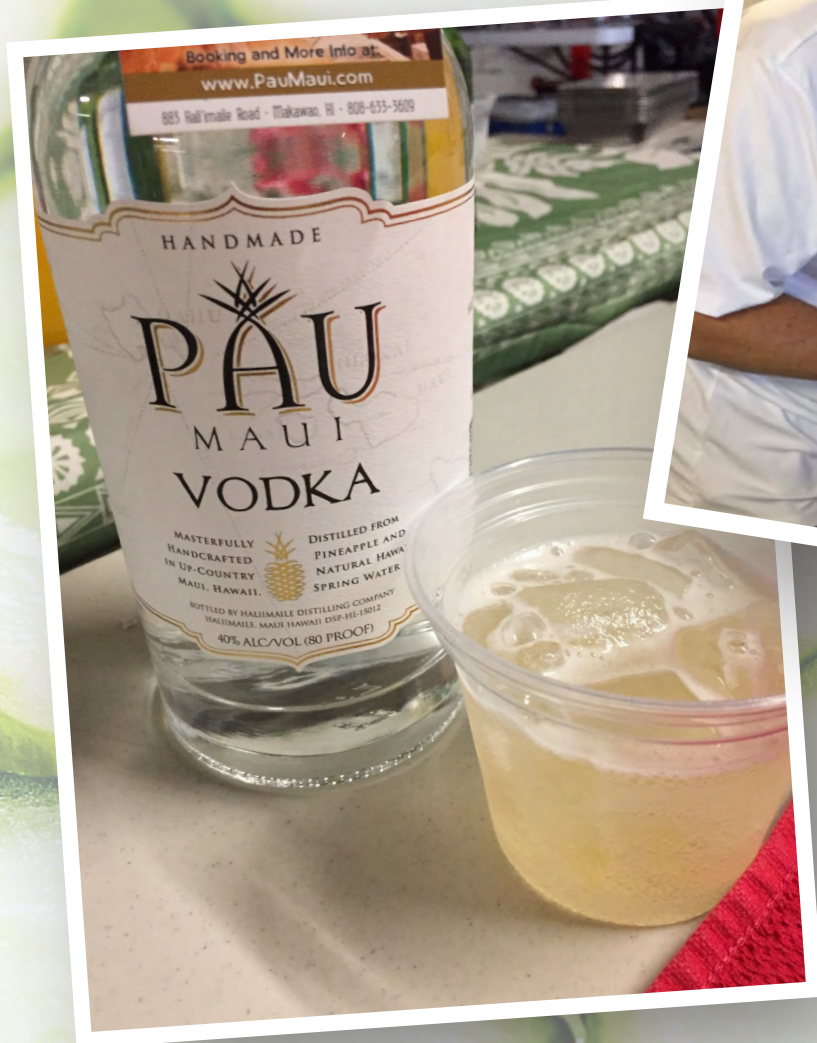
Compliments of: Epicurious

Ingredients

- 4 ears corn, shucked and halved crosswise
 - 3½ c. low-salt chicken broth
 - 3½ c. water
 - ½ lb. large shrimp, shelled and halved lengthwise
 - 3 large garlic cloves
 - 4 medium onions, quartered
 - 1 fresh poblano chile, seeded and cut into 1-inch pieces
 - 2 tbs. corn or other vegetable oil
 - ½ tsp. cayenne
 - ½ tsp. teaspoon black pepper
 - ¾ lb. andouille sausage, sliced ¼ inch thick
-

Preparation

1. Simmer corn, broth, and water in a 4- to 6-quart heavy pot, uncovered, until corn is very tender, 8 to 10 minutes. Transfer with tongs to a plate and cool.
2. Cut off kernels and return cobs to liquid with shrimp shells. Simmer 5 minutes, then pour broth through a sieve into a large bowl, discarding cobs and shells.
3. Chop garlic in a food processor. Add onions and poblano and pulse until chopped.
4. Cook onion mixture in oil with cayenne and black pepper in cleaned pot over moderate heat, stirring occasionally, until onions are softened, about 8 minutes. Add sausage and cook, stirring, 2 minutes.
5. Add broth and bring to a simmer. Add okra, tomatoes, and salt, then simmer, partially covered, until okra is tender but not falling apart, about 30 minutes. Add corn and shrimp and cook, stirring, until shrimp are just cooked through, 2 to 3 minutes.
6. Stir in scallions and season with salt and pepper.
7. Makes 6 servings



The Leilehua Mule is a local version of the Moscow Mule cocktail. The drink's origin has nothing to do with Moscow or mules so why not a Hawaiian version? Hawaiian vodka can be made with pineapple juice, sugar cane and desalinated deep-ocean water. Some distillers filter it through lava cinders.

"Leilehua" Mule

Ingredients and Source

- 1 oz. Hawaiian vodka
 - 2 oz. non-alcoholic ginger beer
 - $\frac{1}{2}$ calamansi juice
-

Preparation

Mix ingredients and serve over ice.



Straw-Guava Rumba

Homemade Strawberry Guava Syrup and Rum



Sugar cane came to Hawaii with ancient Polynesian settlers and was first harvested in 1837. Rum production began around this time. The legacy of sugar and rum in Hawaii lives on through Koloa Rum. The mojito is one of the most popular rum-based highballs and the addition of lychee makes this Cuban based cocktail, uniquely Hawaiian.

The Straw-Guava Rumba Cocktail has the same rum heritage but we chose Bacardi for this drink.

Koloa Rum Lychee Mojitos

Ingredients

- 3-4 fresh lychee, seeds removed
 - 5 large mint leaves plus additional leaves for garnish
 - 2 tbsp. of simple syrup, made with C&H cane sugar
 - Juice of $\frac{1}{2}$ lime
 - Crushed ice
 - $1\frac{1}{4}$ oz. of light Koloa rum
 - $\frac{1}{2}$ c. club soda
 - Lime wedge for garnish
-

Preparation

1. Muddle lychee, mint, simple syrup and lime juice in a tumbler.
 2. Add ice and rum and top with club soda.
 3. Garnish with mint sprig and lime wedge.
-

Straw-Guava Rumba Cocktail

Ingredients and Source

- Homemade Strawberry-Guava Syrup
 - Guava/Passion Orange Juice
 - Bacardi Rum
-

Preparation

Mix ingredients and serve over ice.



For centuries, Mediterranean and Eastern cultures have served pureed fruit drinks that resemble smoothies. The invention of the blender and home refrigeration led to their popularization in this country. Pineapple and bananas are staples for smoothies, Throw in some kale and you've made your smoothie a whole lot healthier.

Pineapple, Banana and Kale Smoothie

Ingredients

- 1 Pineapple
 - 6 Bananas
 - 1 Bunch Kale
 - 1 Can Coconut Milk (optional)
 - Ice Cubes
 - Mint and/or Sliced Fruit
-

Preparation

1. Cut pineapple and bananas into bite size chunks. Trim stems from Kale leaves and tear or cut into several pieces.
2. Depending on blender capacity, combine all ingredients into blender (2-3 cups at a time). Blend until smooth and creamy.
3. Serve immediately and garnish with mint and/or sliced fruit.
4. Makes 6 - 8 servings



Originally conceived by the Aztecs, guacamole has become a decidedly American favorite. It is purported that over 8 million pounds of guacamole are consumed during the super bowl each year, enough to cover a football field to the depth of almost 12 feet.

Guacamole

Ingredients

- 1 ripe tomato, finely chopped
- 2 tbsp. finely minced white onion
- 2 Serrano chilies, finely chopped
- 1 tbsp. fresh lime juice
- $\frac{1}{2}$ tsp. sea salt, more as needed
- 2 large avocados
- 1 tbsp. finely minced fresh cilantro

Garnish: (optional)

- 1 tbsp. small fresh cilantro leaves
 - 1 tbsp. finely chopped white onion
 - 1 tbsp. finely chopped ripe tomato
-

Cooking Instructions

1. Put the tomato, onion, chilies, lime juice and the $\frac{1}{2}$ tsp. salt in molcajete (mortar), and smash with a pestle or fork to a coarse paste.
2. Cut the avocados in half, remove the pits and scoop the flesh into the tomato mixture.
3. Add the minced cilantro and mix and mash, leaving some lumps. Taste and adjust the seasoning with salt.
4. Sprinkle the guacamole with any or all the garnishes and serve immediately.



Kim Chee is a traditional Korean side dish made of vegetables with a variety of seasonings. There are hundreds of varieties of kim chee which can be made from fermented cabbage, radishes, scallions, garlic, ginger or cucumber as the main ingredients.

Kim Chee Dip

Ingredients

- 1 package cream cheese at room temp
 - 1 tbsp. sour cream
 - $\frac{1}{2}$ c. mayonnaise
 - $\frac{1}{2}$ c. kim chee
 - 1 tsp. kosher salt
-

Cooking Instructions

1. Chop kim chee into small pieces.
2. Mix all ingredients together with a fork. If the mixture is dry, add some kim chee juice.
3. Salt and pepper to taste.



Kamaboko is steamed fishcake made from various white fish that are pureed, formed into loaves, and steamed until fully cooked. The description might not sound too appetizing but try this dip and you'll surely change your attitude.

Kamaboko Dip

Ingredients

- 1 package whitefish (Kamaboko fish cake)
 - 8 oz. cream cheese
 - 2 tbsp. mayonnaise
 - $\frac{1}{4}$ c. green onion
 - $\frac{1}{2}$ tsp. grated fresh ginger
 - Chopped green onions
 - Salt and pepper to taste
-

Cooking Instructions

1. Dice, grate or shred the Kamaboko.
2. Add softened cream cheese and mayo and mix well.
3. Add in green onions and salt and pepper to taste



Grown in Maui's rich volcanic soil, Maui Onions are a true Island delicacy. They are sweeter and juicier than regular onions because they are lower in their sulfur content and perfect for making a very special dip.

Caramelized Maui Onion Dip

Ingredients

- 2 tbsp. olive oil
 - 2 Maui onions (or other sweet onions), halved and thinly sliced (about 5 cups)
 - $\frac{1}{2}$ c. sour cream
 - $\frac{1}{2}$ c. cream cheese
 - $\frac{1}{4}$ c. buttermilk
-

Cooking Instructions

1. Heat oil in a large nonstick frying pan over medium heat.
2. Add onions and cook, stirring occasionally, until brown, sticky, and caramelized, about 20 minutes. If the pan start to burn, reduce heat to medium-low and add 1 tbsp. water stirring well.
3. Transfer onions to a small bowl and chill until cold, about 1 hour.
4. Reserve 1 tbsp. onions.
5. In a food processor, pulse remaining onions, sour cream, buttermilk, cream cheese, and salt just until combined. Mix in chopped fresh herbs until combined.
6. Transfer to a serving dish, top with reserved onions, and chill at least 1 hour.



While this is a favorite New Orleans dessert, created in the 1950s when the Brennan family opened their celebrated French Quarter restaurant, we've made it markedly Hawaiian with the addition of locally grown bananas.

Bananas Foster

Ingredients

- $\frac{1}{4}$ c. butter
 - $\frac{2}{3}$ c. dark brown sugar
 - $3\frac{1}{2}$ tbsp. rum
 - $1\frac{1}{2}$ tsp. vanilla extract
 - $\frac{1}{2}$ tsp. ground cinnamon
 - 3 bananas, peeled and sliced lengthwise and crosswise
 - $\frac{1}{4}$ c. coarsely chopped walnuts
-

Cooking Instructions

1. In a large, deep skillet over medium heat, melt butter.
2. Stir in sugar, rum, vanilla and cinnamon.
3. When mixture begins to bubble, place bananas and walnuts in a pan.
4. Cook until bananas are hot, 1 to 2 minutes.
5. Serve at once over vanilla ice cream.