

**AAUW International Gourmet
Hawaiian Dinner**



July 30 Saturday at the Nexsen's

Please direct questions to Marjorie Singler who prepared the recipes

Choose an item to prepare and

email rkrane@yahoo.com for the desired item to make

Please note items 6 and 7 will be made by one person

Appetizer

1. Fresh Caprese Vegetable Kabobs

Main Course

2. Huli Huli Chicken/Tofu - **Krane**
3. Veggie LAU LAU - **Singler**
4. Macdemia nut island rice - Crunchy Island Rice - **Larkin**
5. Hawaiian Kabobs - **Coppe**
6. Asian Cucumber Salad - **Carter-Smith**
7. HAWAIIAN LEMONADE - **Carter-Smith**

Dessert

8. Macadamia Nut-Banana Cream Pie - **Nexsen**



Appetizer: 1. Fresh Caprese Vegetable Kabobs



PREP 40 MINS COOK 1 HR

If you can't find little cherry sized mozzarella, you can buy the large sized balls and cut them into bite sized pieces.

INGREDIENTS

- For the marinade
- $\frac{1}{4}$ cup extra virgin olive oil

- 1lemon, juice of
 - $\frac{2}{3}$ cup chopped fresh basil
 - $\frac{1}{2}$ - $\frac{3}{4}$ teaspoon sea salt
 - fresh black pepper(several grinds, to taste)
-

- Vegetables

- 2pints cherry tomatoes
 - 2medium yellow squash, cut into bite sized wedges
 - 2(8 ounce) packagesciliegine fresh mozzarella cheese(little cherry sized)
-

- bamboo skewer, 6 inch size
-



2)Huli Huli Chicken/Tofu

Recipe by:Mama Smith

"'Huli Huli Chicken' (turn, turn) was invented by Ernest Morgado when he cooked teriyaki chicken for a group of farmers in 1955. This has been a Hawaiian staple with sticky rice ever since. This is my family's version of Huli Huli Chicken. Use aji mirin (sweet rice wine) in place of sherry if desired."

Save

- 2 (3 pound) chickens, each cut into 8 pieces
Chicken Whole
- 1 cup unsweetened pineapple juice
- 1/2 cup soy sauce
- 1/2 cup brown sugar
- 1/3 cup ketchup

- 1/4 cup sherry
- 1 (2 inch) piece fresh ginger, crushed
- 3 cloves garlic, crushed
- 4 green onions, chopped
- 1/4 teaspoon dry mustard
- Add all ingredients to list

Directions

1. Rinse chicken pieces and pat dry with paper towels. Combine pineapple juice, soy sauce, brown sugar, ketchup, sherry, ginger, garlic, and green onions in a large re-sealable plastic bag, stirring the marinade until brown sugar has dissolved. Place chicken pieces into the bag, squeeze out air, seal bag, and lomi (massage) bag to coat chicken with marinade. Refrigerate at least 4 hours to overnight.
2. Move an oven rack 6 inches from heat source and preheat oven to 425 degrees F (220 degrees C).
3. Remove chicken from marinade and arrange chicken, skin sides up, on a broiler pan.
4. Bake chicken in preheated oven until browned on both sides and the juices run clear, turning every 10 minutes, 30 to 45 minutes. Baste with remaining marinade after each turning. An instant-read meat thermometer inserted into the thickest piece of chicken, not touching bone, should read at least 160 degrees F (70 degrees C)

- **FOR HULI HULI TOFU use same sauce**

Instructions:

- Preheat oven to 400°.
- Cut tofu into ½” cubes. Transfer to a large airtight container.
- Combine remaining ingredients in a large bowl to make huli huli sauce. Mix well.
- Pour half the sauce over tofu. Cover and marinate in the refrigerator for at least 30 minutes. Set aside remaining sauce.
- Place tofu on a foil-lined baking sheet. Bake for 35-40 minutes or until crispy. Every 15 minutes, carefully remove baking sheet from oven to flip tofu and to drizzle a few spoonfuls of sauce over. Return to oven.
- Carefully press tofu with a fork to see if desired texture is achieved. Once done, remove from oven.
- Serve with brown rice, green salad and a vegetarian macaroni salad for a yummy plate lunch. Enjoy!

3. Veggie LAU LAU



Makes 8 rolls, 30 minutes or fewer

A true luau staple, lau lau rolls are traditionally made with pork and fish, rolled in taro or ti leaves, and steamed for hours before serving.

This quick-and-easy version uses collard leaves to wrap up a sweet potato filling.

- 8 large whole collard leaves
- 2 medium sweet potatoes or Okinawan purple sweet potatoes, unpeeled and cut into ½-inch cubes (4 cups)
- ½ cup tightly packed chopped fresh spinach
- ½ cup coconut milk
- ¼ cup thinly sliced green onion
- ⅛ tsp. red pepper flakes, or more to taste
- 1 tsp. smoked paprika, or a few drops liquid smoke

1. Fill large pot with 1 inch water, and bring to a boil. Drop collard leaves in water one at time, and cook 1 to 2 minutes, or until slightly soft. Transfer to plate to drain. Set aside.

2. Place steamer basket over boiling water in pot, add sweet potatoes, cover, and steam 8 minutes, or until just tender. Transfer to bowl, and stir in spinach, coconut milk, green onion, red pepper flakes, and paprika. Season with salt and pepper, if desired. Keep steamer basket in pot over low heat, adding more water, if necessary, to maintain 1 inch depth.

3. Lay 1 collard leaf face down on work surface, with stem pointing away from you. Spoon ¼ cup sweet potato filling 2 inches from bottom of collard leaf. Fold bottom edge of collard leaf over filling, fold in sides, and roll away from you, creating as tight a roll as possible.

4. Increase heat under steamer to high. Transfer rolls to steamer basket, cover pot, and steam 2 to 3 minutes. Transfer to serving platter with tongs.

4. Macdemia nut island rice

Crunchy Island Rice:

- 1/4cup unsweetened flaked coconut
- 1/4cup chopped, roasted and lightly salted macadamia nuts
- 2tablespoons minced dried papaya
- 1/4cup chopped yellow bell pepper
- 4cups cooked long grain white or jasmine rice
- 3tablespoons chopped cilantro
- 3tablespoons macadamia nut oil
- 2tablespoons fresh lemon juice

1tablespoon honey
-- cilantro and yellow pepper rings, for garnish

Instructions

to prepare the crunchy island rice, place the coconut in a medium nonstick skillet and cook over medium heat for 5 to 6 minutes or until golden brown, stirring constantly. Set aside to a large bowl to cool. To the coconut add the macadamia nuts, papaya, bell pepper, rice and chopped cilantro. In a small bowl whisk together the macadamia nut oil, lemon juice and honey until blended. Add to the rice mixture, toss to combine and leave to stand at room temperature.

Place rice mixture on a platter and top with cooked chicken pieces. Garnish with cilantro and yellow pepper rings.

Makes 4 servings



5. Hawaiian Kabobs Recipe

Fun and different, these kabobs are a treat exclusively from the grill! The pineapple gives ordinary summer vegetables a fresh, tropical taste. They're colorful and

TOTAL TIME: Prep: 15 min. + marinating Grill: 20 min.

MAKES: 8 servings

Ingredients

- 1 can (20 ounces) unsweetened pineapple chunks
 - 2 large green peppers, cut into 1-inch pieces
 - 1 large onion, quartered, optional
 - 12 to 16 fresh mushrooms
 - 16 to 18 cherry tomatoes
 - 1/2 cup soy sauce
 - 1/4 cup olive oil
 - 1 tablespoon brown sugar
 - 2 teaspoons ground ginger
 - 1 teaspoon garlic powder
 - 1 teaspoon ground mustard
 - 1/4 teaspoon pepper
-
- Cooked rice, optional

Directions

1. Drain pineapple, reserving 1/2 cup juice. Place pineapple chunks and vegetables in a large bowl; set aside.
 2. In a small saucepan, combine reserved pineapple juice with the soy sauce, olive oil, brown sugar and seasonings; bring to a boil. Reduce heat and simmer, uncovered, for 5 minutes. Pour over vegetable mixture; cover and refrigerate for at least 1 hour, stirring occasionally.
 3. Remove pineapple and vegetables from marinade and reserve marinade. On eight metal or soaked wooden skewers, alternately thread the pineapple, green pepper, onion if desired, mushrooms and tomatoes.
-
4. Grill kabobs for 20 minutes or until soft, turning and basting with marinade frequently. Serve with rice if desired. Yield: 8 servings.





6. Asian Cucumber Salad

10 minutes to make, serves 6-8

Ingredients

- 1/4 cup Red onion
- 4 cups Seedless cucumbers
- 1 tsp Honey
- 1/4 cup Finely diced red pepper
- 1/4 tsp Red pepper flakes
- 1/2 tsp Sea salt
- 1 tsp Sesame seeds
- 1/4 cup Rice wine vinegar
- 1/2 tsp Sesame oil, toasted

7. HAWAIIAN LEMONADE

PREP 5 MIN

A combination of lemonade, pineapple, apricot and Ginger ale.

Great non-alcoholic drink for your next Luau!

INGREDIENTS (SERVINGS 6)

- 6 ounces cans frozen lemonade concentrate, thawed
 - $\frac{3}{4}$ cup water
 - 1(12 ounce) can apricot nectar, chilled
-

- 1(12 ounce) can unsweetened pineapple juice, chilled
 - ice cube
 - 1 1/4cups ginger ale, chilled
-
- lemon slice (optional)

Dessert: 8. Macadamia Nut-Banana Cream Pie



Servings 8

Give banana cream pie a bit of crunch by using macadamia nuts in both the crust and topping.

Ingredients

Crust

- 1 1/4 cups Gold Medal™ all-purpose flour
- 1/2 cup macadamia nuts, finely chopped
- 1/3 cup butter or margarine, softened
- 2 tablespoons granulated sugar
- 1/2 teaspoon vanilla
- 1 egg, beaten

Filling

- 2/3 cup granulated sugar
- 1/4 cup cornstarch
- 1/2 teaspoon salt
- 3 cups whole milk
- 4 egg yolks
- 2 tablespoons butter or margarine
- 1 tablespoon vanilla

2 large bananas, sliced

Topping

1 cup whipping cream

2 tablespoons powdered or granulated sugar

1/2 cup macadamia nuts, coarsely chopped, toasted*

Directions

- 1 In medium bowl, beat all crust ingredients with electric mixer on low speed about 1 minute or just until blended. Press mixture on bottom and up side of ungreased 9-inch glass pie plate; prick mixture with fork. Refrigerate 30 minutes while preparing filling.
- 2 In 2-quart saucepan, mix 2/3 cup sugar, the cornstarch and salt. In large bowl, beat milk and egg yolks with wire whisk until blended; gradually stir into sugar mixture. Cook over medium-low heat about 15 minutes, stirring constantly, until mixture thickens and boils. Boil 2 minutes, beating constantly with wire whisk; remove from heat. Beat in 2 tablespoons butter and 1 tablespoon vanilla with wire whisk. Press plastic wrap on filling to prevent a tough layer from forming. Cool at room temperature while baking crust.
- 3 Heat oven to 400°F. Bake crust 16 to 18 minutes or until edge is golden brown. Cool at room temperature 15 minutes. Place banana slices on pie crust. Stir filling well; pour filling over bananas. Press plastic wrap on filling; refrigerate at least 2 hours until thoroughly chilled.
 - 4 In chilled small bowl, beat whipping cream and 2 tablespoons sugar on high speed until soft peaks form; spread over top of pie. Sprinkle with toasted nuts.