



# Hawaiian Cookbook

*Roana and Gene Schindler*

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## **Hawaiian Cookbook** Roana and Gene Schindler

Aloha, and welcome to a Polynesian paradise of romance, splendor, and exotic cuisines — exciting, different, and absolutely simple to prepare. Nearly 300 foolproof recipes are clearly presented with many helpful suggestions for shortcuts, preparing ahead, variations, substitutions, and everything you need to turn dining into a festive occasion. Each recipe consists of easily obtained ingredients, most available in your local supermarket.

Here's a savory sampling of some of the many delicious drinks and dishes that you can make:

*Hawaiian Cocktails:* Wahini Coolers, Coco Locos, Mai Tais, Kona Koffee Grog

*Tropical Fish:* Sea Bass with Pine Nuts, Mullet in Orange Sauce, Broiled Fish with Teriyaki Sauce, Mahi Mahi with Sesame Seeds

*Island Appetizers:* Mushrooms Lelani, Lomi Lomi Salmon, Baked Clams Kai

*Native Soups:* Passion Fruit Soup, Celestial Nani, Watercress Soup, Wonton

*Birds of Paradise:* Stuffed Chicken Breasts in Pineapple Sauce, Cornish Hens Miko Moko, Chestnut Duck, Chicken Keo Keo, King Kauloo-loo Duck

*Salads and Sauces of the Tradewinds:* Island Shrimp Salad, Mali Mali Sauce, Orange and Spinach Salad Molokai, Maui Tangy Sauce

*A Garden of Vegetables:* Bean Sprouts and Peppers, Eggplant in Coconut Cream, Candied Tomatoes, Cauliflower with Water Chestnuts and Mushrooms

*Pacific Pork and Beef Dishes:* Spareribs with Black Bean Sauce, Steak Bora Bora, Pork Lelani, Beef Mai Kai, Ham Alii, Polynesian Meatloaf

*Aloha Desserts:* Banana Fritters with Whipped Coconut Cream, Ko Ko Nut Balls, Candied Ginger, Red Oranges, Mango Macadamia Delight, Grapefruit Snow

Plus, the book offers clever ideas for table decorations and interesting garnishes. Whether it's a romantic dinner for two or a luau for a whole tribe, Roana and Gene Schindler have thought of everything to make your culinary expedition a complete success.

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