

## Hawai'i Recipes

### Loco Moco

**Ingredients:**

3 tablespoons butter  
3 tablespoons flour  
¼ teaspoon salt  
Dash of pepper  
3 drops Worcestershire sauce  
½ cup beef broth  
½ cup water  
2 tablespoons red wine  
1 tablespoon ketchup  
⅛ teaspoon thyme  
½ pound ground beef  
¼ cup cheese garlic croutons, crushed  
⅛ teaspoon dried marjoram leaves  
Fried eggs  
Cooked rice

**Directions:**

Melt butter on low heat and add a little flour at a time; stir continuously to form a roux. Add salt and pepper and brown. Next, add a few drops of Worcestershire sauce. Gradually add beef broth and water, stirring continuously. Cook until desired thickness. Then add red wine, ketchup and thyme; stir. Set aside.

In a large mixing bowl, add ground beef, croutons and marjoram and combine; form large patties. Fry until done. Layer cooked patties over rice, then fried egg, and pour gravy over.

## Spam Musubi

### Ingredients:

- 1 can Spam
- 1 cup cooked rice
- 2 tablespoons sweet soy sauce
- 4 sheets of nori, cut in half



### Directions:

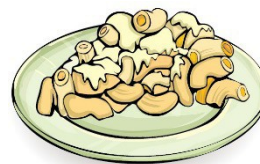
Open a can of Spam from both ends to use as a mold. Remove Spam and turn on its side to slice into 8 equal pieces. Heat up a nonstick frying pan on medium-high heat and add the slices of Spam, cooking and turning until your desired level of crispiness.

Add the sweet soy sauce to the pan and turn the heat down to low. Make sure each piece of Spam is coated with soy sauce. Put the Spam on a plate. Place your half sheet of nori down on a cutting board, shiny side down, and put your Spam can in the middle of the sheet. Scoop a generous amount of rice into the mold and pack it down. Add a slice of Spam and another layer of rice. Use a spoon, press down on the rice, and use your other hand to pull the mold up and release the musubi. Wrap the nori around the rice, sealing the edges with a bit of water.

## Hawaiian Macaroni Salad

### Ingredients:

- 2 cups whole milk
- 2 cups mayonnaise
- 1 tablespoon brown sugar
- Salt and pepper
- 1 pound elbow macaroni
- 4 scallions, sliced thin
- 1 large carrot, peeled and grated
- 1 celery rib, finely chopped



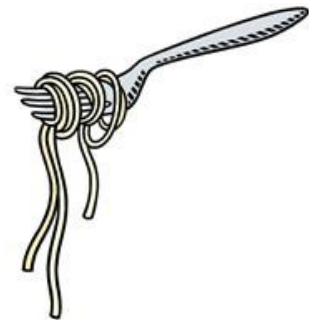
**Directions:**

**Dressing:** Whisk 1½ cups milk, 1 cup mayonnaise, sugar, ½ teaspoon salt, and ½ teaspoon pepper in bowl.

Bring 4 quarts water to boil in large pot. Add 1 tablespoon salt and pasta and cook until soft, about 15 minutes. Drain pasta and transfer to bowl. Stir in dressing until pasta is well coated. Cool completely. Add scallions, carrot, celery, remaining milk, and remaining mayonnaise to bowl with pasta mixture and stir to combine. Refrigerate, covered, for at least 1 hour.

**Saimin****Ingredients:**

4 quarts water  
1 tablespoon salt  
1 (8-ounce) package dried Japanese soba noodles  
4 cups chicken broth or stock  
1 tablespoon grated fresh ginger  
2 tablespoons soy sauce  
Sliced Spam  
Sliced green onions

**Directions:**

In a large pot over medium-high heat, add 4 quarts of water and salt; bring to a boil. Add soba noodles and boil 4 to 6 minutes until al dente. Remove from heat, drain, and rinse under warm, running water.

In a large pot over medium-high heat, add chicken broth and ginger; bring just to a boil. Reduce heat to low. Add soy sauce, spam and green onions; simmer for 5 minutes longer. Remove from heat. Place cooked soba noodles in a large soup bowl; spoon broth mixture over the top and serve.

## Lomi Lomi Salmon

### Ingredients:

4 cups salted salmon, diced  
12 tomatoes, diced  
4 small Maui onions, diced  
1 cup green onion, thinly sliced  
Crushed ice



### Directions:

Mix first 4 ingredients and serve the lomi lomi salmon on top of crushed ice.

## Hawaiian Baked Chicken

### Ingredients:

2 pounds chicken wings  
½ cup soy sauce  
¼ cup melted butter  
¼ cup pineapple juice  
2 cloves garlic, minced  
½ cup onion, minced  
3 tablespoons brown sugar  
1 teaspoon dry mustard  
1 tablespoon minced ginger



### Directions:

In a bowl, combine all ingredients except the chicken. Add chicken to the bowl and marinate for at least an hour. Bake at 350° F for 45 minutes.

## Haupia

### Ingredients:

12 ounces chilled coconut milk  
1 ½ cups water  
½ cup + 2 tablespoons sugar  
½ cup + 2 tablespoons cornstarch



**Directions:**

Combine all ingredients in a saucepan and stir over medium heat until thickened. Lower heat and cook for 10 minutes, stirring constantly to avoid lumping. Pour into an 8" x 8" dish and chill until set. Cut haupia into squares and serve.

**Hawaiian Fried Rice****Ingredients:**

3 tablespoons soy sauce  
1 tablespoon toasted sesame oil  
1 teaspoon hot sauce  
1 tablespoon vegetable oil  
1 cup cooked, chopped ham  
1 red bell pepper, stemmed, seeded and chopped  
6 green onions, chopped, white and green parts separated  
3 garlic cloves, minced  
½ tablespoon minced fresh ginger  
5 cups cooked white rice, cold  
3 large eggs  
1-2 cups pineapple pieces

**Directions:**

In a small bowl, whisk together the soy sauce, sesame oil and hot sauce. Set aside. In a large nonstick skillet or electric frying pan, heat 1 teaspoon vegetable oil until rippling and hot. Add the ham, red bell pepper, and the chopped white parts of the green onions. Cook, stirring often, until lightly browned and the red pepper is tender, about 5-7 minutes. Stir in the garlic and ginger and cook another minute. Scrape the mixture onto a plate and set aside.

Heat another teaspoon of oil in the skillet until hot. Add the cold rice and cook, breaking up large clumps, until the rice is heated through, 5-6 minutes.

Push the rice to one side of the skillet and heat the last teaspoon of oil on the empty side of the skillet. Crack the eggs into the hot oil and stir lightly with a spatula or wooden spoon, cooking until the eggs are lightly scrambled and set. Stir the eggs and the ham mixture into the rice. Pour the soy sauce mixture into the rice and cook, stirring, until thoroughly combined and hot. Turn off the heat; stir in the pineapple and green parts of the onions. Serve immediately.

## Slow Cooker Hawaiian Meatballs

### Ingredients:

- 1 (32-ounce) package of precooked, frozen meatballs
- 1 (13.5-ounce) can unsweetened pineapple chunks (set juice aside)
- 1 large green pepper, diced
- 1 cup brown sugar
- 2 tablespoons cornstarch
- $\frac{2}{3}$  cup white vinegar
- 2 tablespoons soy sauce



### Directions:

Place meatballs in crock pot and top with green pepper and drained pineapple chunks. In a separate bowl, mix reserved pineapple juice, brown sugar, cornstarch, vinegar, and soy sauce. Pour sauce over meatballs, pineapple, and green pepper. Cook on low for 3-4 hours.

## Easy Pineapple Upside Down Cake

### Ingredients:

- $\frac{2}{3}$  cup brown sugar
- 7 tablespoons butter
- 1 can pineapple rings
- Small jar, whole maraschino cherries
- Moist yellow cake mix, plus eggs and oil



### Directions:

Preheat oven to 350° F. Melt butter in skillet over low to medium heat. Add brown sugar and stir until sugar is melted. Remove from heat. Drain pineapple rings, reserving juice. In a single layer, arrange rings in the bottom of skillet. Place a cherry in the center of each ring.

Prepare cake mix according to directions, except use reserved pineapple juice instead of water called for in recipe. If you don't have enough pineapple juice, make up the difference with water. Carefully pour batter over pineapple rings. Bake according to directions on cake mix. When done, let cool on a wire rack for 5 minutes. Place cake plate over top of skillet and flip cake out onto serving plate.