

Show 22: *A Taste of the Islands*

Honolulu Cookies

1 c. Shortening
1 c. Brown Sugar
1 c. White Sugar
2 Eggs
1 t. Baking Soda
1 t. Baking Powder
1 t. Salt
1 t. Vanilla
2 c. Rolled Oats
2 c. Rice Krispies
2 c. Flour
1 c. Shredded Coconut

Preheat oven to 375 degrees. Mix shortening, sugars and eggs together. Add remaining ingredients and mix well. Form into 2" balls, place on greased cookie sheet and flatten. Bake at 375° for 10 to 12 minutes. Store in a tightly covered container. Makes 3 dozen

Hawaiian-Style Braised Pork

3 ½ lbs. Boneless Country Style Pork Spareribs cut into 1½ " pieces
3 T. Vegetable Oil
6 Garlic Cloves, Chopped
4 Green Onions, Chopped
2 T. Ginger
1 can (14 oz.) Low Salt Chicken Broth
1/3 c. Soy Sauce
1 T. Brown Sugar
¼ t. Chinese Five-Spice Powder
1½ T. Cornstarch

Heat oil in a large skillet, brown the pork. Then add garlic, green onions and ginger – sauté 1 minute. Add 1½ cups of broth, soy sauce, sugar and five spice powder. Bring to a boil, cover and simmer until very tender (about 1 hour and 15 minutes). Add cornstarch to remaining broth – cook until thickened. Season with salt and pepper. Serve with white rice. Serves 6.

Chicken Long Rice

2 lbs. Cooked and Cubed Chicken
4 c. Chicken Broth
2" Piece Fresh Ginger
1 Medium Onion
2 c. Celery
2 Carrots
4 oz. Long Rice
6 Green Onions, cut into 1" lengths

Soak long rice in warm water for 1 hour. Pour chicken broth into a large pot, add chicken and ginger, simmer for 5 minutes. Add onions, celery and carrots. Simmer 5 minutes longer. Drain long rice and cut into 3" lengths. Add green onions and long rice to pot. Cook about 5 more minutes or until translucent.

Kahlua Pork

4 lb. Pork Roast
1 T. Course Salt
1/3 Bottle "Wright's" Liquid Smoke
Garlic Powder

Put into crock pot for about 6-8 hours on low. Take out of pot and shred. Put back into juice for about 1 hour.

Mango Bread

2 c. All Purpose Flour
2 t. Baking Soda

1 T. Cinnamon
½ t. Salt
1½ c. Sugar
2 c. Ripe Mango
3 Eggs, Beaten
¾ c. Vegetable Oil
1 t. Vanilla
¾ c. Raisins
¾ c. Chopped Macadamia Nuts

Heat oven to 350 degrees. Sift flour, baking soda, cinnamon and salt together. Combine sugar, mango, eggs, oil and vanilla in a large bowl. Mix well. Add dry ingredients; blend together. Stir in raisins and nuts. Pour into two loaf pans (4 x 8 inch"). Bake for about 40 minutes.

Portuguese Bean Soup

½ lb. Pinto Beans
2 Ham Hocks
1 lb. Portuguese Sausage, cut into ½ " Pieces
2 Onions, Diced
2 Potatoes, Diced
3 Stalks Celery, Diced
1 can (8 oz.) Tomato Sauce
2 Cloves Garlic
½ Head Cabbage, cut into small pieces
½ c. Uncooked Macaroni

Soak beans overnight in water. Drain. Place in large pot. Add ham hocks, cover with water. Simmer for about 2 hours or until tender. Cook sausage, drain fat, set aside. Remove ham hocks, remove meat from bones, and return meat to pot. Add sausage, onions, carrots, potatoes, celery, tomato sauce and garlic. Simmer until all vegetables are tender. Add cabbage and macaroni. Cook about another 10 minutes. 6 servings.

Sweet and Sour Chicken

2 lbs. Chicken
Lemon Pepper Seasoning
2 T. Oil
¼ c. Soy Sauce
½ c. Sugar
1/3 c. White Vinegar
1 Finger Ginger, Crushed
1 Clove Garlic, Crushed
Raw Carrots, Onions, Celery, Sliced

Season chicken, sauté in oil until browned. Mix all other ingredients except vegetables. Pour over chicken, cover and simmer about 1 hour or until tender. Add vegetables, cook for a few minutes. Serve over rice. Serves 4

Korean Marinade Chicken

1 c. Soy Sauce
3 T. Brown Sugar
3 Cloves Garlic, Finely Minced
3 Stalks Green Onion, Finely Minced
2 T. Oil

Combine all ingredients. Pour over chicken, short ribs or sliced beef. Marinate for several hours.