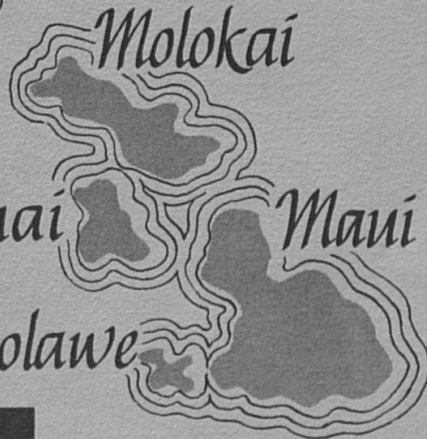
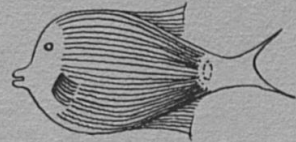
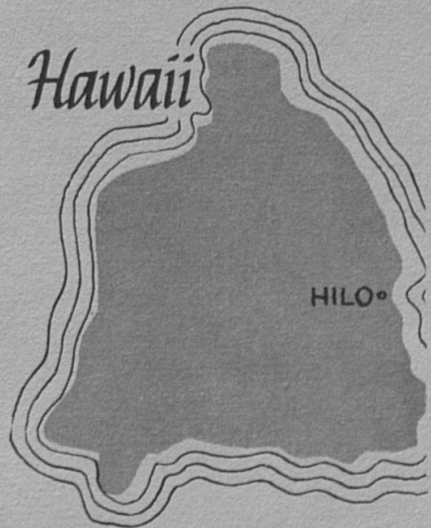




CIRCULAR 603
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Hawaiian foods and traditions



UNIVERSITY OF KENTUCKY
COOPERATIVE EXTENSION SERVICE
AGRICULTURE AND HOME ECONOMICS



FOREWORD

Many Kentucky women attended the National Meeting of the Federation of Homemakers Clubs in Hawaii in 1964. Since then there has been much interest in learning more about our fiftieth state in respect to its people and their traditions, food habits, and friendly hospitality.

This publication was originally issued by the Cooperative Extension Service of the College of Agriculture of the University of Connecticut, Storrs. The University of Kentucky Cooperative Extension Service is grateful for the privilege of reprinting it, with adaptation. The author is Miss Janina M. Czajkowski, Connecticut extension nutritionist, who in turn had assistance from Miss Kathryn Orr, Extension Specialist in Foods and Nutrition of the University of Hawaii in Honolulu, and other members of the Home Economics staff here.

It is realized that some of the products mentioned in this publication may not be available generally but they are included as a matter of interest to Kentucky homemakers.

The following references have been most helpful:

The Fruits of Hawaii by Carey D. Miller, Katherine Bazore, Mary Bartow. University of Hawaii Press, Honolulu, Hawaii. 1955.

Nutritive Values of Some Hawaiian Foods by Miller & Brant Hoover. Circular #52. June 1957. Hawaii Agricultural Experiment Station, Honolulu, Hawaii.

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Hawaii's People by Andrew W. Lind. University of Hawaii Press. 1955.

Hawaii and Its People by Grove Day. Duell, Sloan & Pearce, N.Y. 1960.

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HAWAIIAN FOODS AND TRADITIONS

By Janina M. Czajkowski

Extension Nutritionist

ALOHA!

Hawaii, our newest state, offers new taste treats, along with its traditional hospitality. It provides inspiration for an enjoyable adventure with international flavors.

Hawaii is the melting pot of many different races, all sharing foods and customs. Thus, a truly representative menu should include foods from several of the nationalities that contribute to the Islands' fare: Hawaiians, Japanese, Chinese, Koreans, Portuguese, Filipinos and Haoles. There are many variations of Hawaiian dishes, as homemakers have adapted them to suit family tastes.

Hawaii's semi-tropical climate makes possible a year-round supply of colorful, flavorful fruits which are rich in vitamins. Pineapples are Hawaii's best-known fruit, but her citrus fruits, papayas, mangos, guavas and others contribute more nutritionwise.

Even the usual American menus feature special Hawaiian touches; fresh coconut in cream pie, pineapple spears in iced tea, mango ice cream, avocado sherbert and juices of guava, passion fruit, papaya and tamarind.

A LAND OF ISLANDS

In area, population and income Hawaii is comparable to a medium sized New England state. Situated

2,400 miles southwest of San Francisco (5 hours by jet), and about 3,800 miles southeast of Tokyo, the 50th state is made up of a group of eight islands in a 400-mile arc. Their combined area is about that of Connecticut plus Rhode Island.

The Islands are actually peaks of volcanic mountains, millions of years old, two of which jut almost 13,000 feet above the Pacific. The Islanders not only live far from their nearest continental neighbors, but are also separated by the ocean from each other.

Hawaii has a gentle semi-tropical climate similar to Florida or Southern California which varies little from month to month. Weather is a poor topic of conversation. Agriculture is year-round.

HAWAII'S PEOPLE

The people of Hawaii are noted for their "aloha" spirit, a contagious, warm-hearted feeling of friendliness, hospitality and serenity.

To Hawaii's population of about 622,000, the Islands mean the workaday world of family and jobs, business offices and plantations, churches and schools. Hawaii has a high proportion of children and a low proportion of older people. According to a recent survey of Oahu, about 40 per cent of the population were under 14 years of age,

compared with 31 per cent on the Mainland, while only 18 percent were over 45 compared with 29 per cent on the Mainland. Males outnumber females in Hawaii.

The population included only 12,000 pure Hawaiians in 1950, less than 3 per cent of the total. Hawaiian culture and population have persisted most effectively in the areas where western civilization has made the least inroads.

Peoples of contrasting ethnic and racial origins—Chinese, Japanese, Filipinos, Koreans, Puerto Ricans and Portuguese—were brought in varying numbers to supply the labor of the expanding plantations of Hawaii. The native Hawaiians could not be induced to accept the conditions of plantation labor. Long hours of working under a hot sun could buy little that was not available to them with less effort.

The Chinese were the first to arrive in the 1850's and for some years formed the largest single foreign group. With the arrival of successive waves of immigrants, their influence and importance moved into other areas, particularly industry and business.

Today, the Japanese form the largest single group on the Islands. More than three-fifths of Hawaii's people can trace their origins to the Far East and Southeast Asia and the Philippines. Less than one-fourth are of European stock.

ISLANDERS' FOOD HABITS

The older generations have clung to the traditional food habits and the customs of their native lands. The younger generations are adopting the customs of their adopted country. Since the war, more and more families have adopted "haole" style meals. American breakfasts of juice, eggs, coffee and toast have become the rule even in Oriental homes. Coffee has grown in popu-

larity during recent years, although tea is still favored by the Orientals. Children drink milk at school and at home. Soup, sandwich and salad lunches are common.

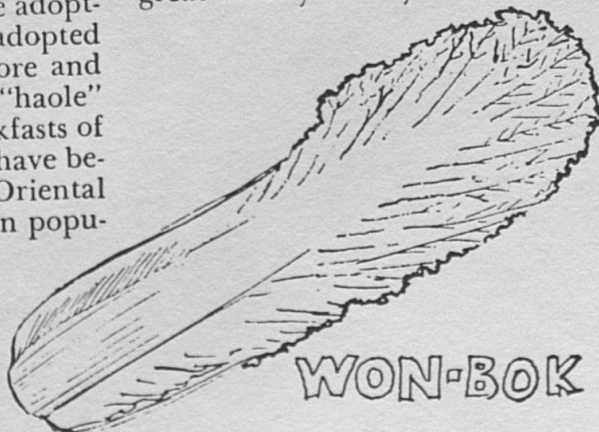
Although the American breakfast has been generally adopted by the people on the Islands, the other meals of the day do not necessarily follow the American pattern. Usually, at least one meal or dish characteristic of the ethnic origin is served. Many ethnic foods are served for special occasions. For example, candied nuts and vegetables are sold at Chinese restaurants and teahouses on New Year's Day.

As the different nationality groups became established on the Islands, they began to grow their own foodstuffs, adding variety to the Hawaiian diet. The Hawaiian climate is similar to that of parts of China, Japan, Korea and the Philippines, so that many foods native to these areas can be grown successfully on the Islands.

EAST MEETS WEST

Mrs. Hawaii's market basket profits from the rich East-West mixture in Island life. Not only does she shop for typical American canned, frozen and packaged foods, but she may also get Oriental shoyu sauce and bamboo shoots and, from the produce tables, both tropical and Oriental fruits and vegetables, including "won bok" (cabbage), luau (taro leaves), coconut, pineapple, and several varieties of bananas.

Shoppers are likely to buy rice in 10 or 25 pound bags. Rice, a basic food of Orientals, is prepared in a great variety of ways. It is boiled,



steamed, and fried with meat, fish and vegetables; made into a gruel; and made into flour for noodles and dumplings.

Poi, the early Hawaiian staff of life, has now been joined by other foods. It is made from the starchy root of the taro plant. This nourishing food has a bland flavor and a sticky, glutinous paste-like consistency. Tradition suggests it be eaten with the fingers—there is a two-finger or three-finger poi to indicate its consistency. The dark-green leaves of the taro plant are used as a spinach-like vegetable.

Pork is a favorite of the Chinese and Hawaiians. The Portuguese make many tasty dishes with beef, veal, mutton, lamb and rabbit, and use poultry for holiday meals. The amount of meat eaten by Island residents continues to increase, although they still consume more fish and poultry than Mainlanders. Beans and bean products provide economical protein foods. At the fish markets, a variety of warm water fish and shellfish are offered, such as: ahi (similar to tuna), mahi-mahi (dolphin), opihi (a favorite shellfish), mullet, trout, au (swordfish) and lobster tails.

The Oriental peoples (Japanese, Chinese, Korean) cook vegetables for a short time so that they remain green and crunchy when served. They also favor raw pickled mixtures of cabbage, eggplant and other vegetables.

Island desserts are usually quite simple. Fruits are served often, alone or in combinations. The Portuguese prefer serving fruit "continental style" as the dessert course after dinner. The Japanese do not serve their desserts separately. Their yokan (azuki bean cake), kanten (colored gelatin) and fruits are served with the meal. Most of their cakes and sweets are served only at teas.

Korimizu, shaved ice covered with a colored, flavored syrup, is

the Japanese substitute for sherbet or ice cream. This popular refreshment is sold in paper cones on the street and in many Japanese shops.

LUAU, THE HAWAIIAN FEAST

The Hawaiian festival, the luau or celebration feast, the hula (traditional dance), leis and many of the more colorful aspects of early Hawaii are still part of Island life.

The luau has changed through the years, although the basic pattern and spirit remains the same. The ingredients for a successful luau are hospitality, informality, friendliness, flowers, foods, music and dancing.

Luau's are especially well adapted for serving large groups. An authentic Hawaiian luau is usually served outdoors, on mats. All the food is placed on low tables at the start of the meal, with the possible exception of some hot dishes which may be served after the guests are seated.

Luau foods are finger foods, although exceptions are made. The feast may be simple or elaborate, but usually includes certain traditional foods such as Kalua pig (baked pig), lomi salmon, poi, chicken luau, sweet potatoes, haupia and an abundance of tropical fruits such as pineapples and bananas. It takes practice to learn to roast a pig properly in an "imu" or pit. Sweet potatoes or yams and bananas are usually cooked with the pig in the "imu." They are steamed together for a blending of flavors reminiscent of the New England clambake.

It may not be practical for you to attempt a luau typical of the Islands on the Mainland. However, menus slanted toward tropical foods can help you capture the gay spirit of friendly hospitality that insures a successful party. Entertaining the Hawaiian way calls for informality and friendliness.

For a Hawaiian buffet table, mound fresh fruits and vegetables attractively and tuck in bright blossoms among the fruit. Tops of pineapple may be used as candlesticks. Shells of all types, fish nets, coral, leis, wood roses, coconuts, and other suitable decor may be used. Serving dishes such as coconut bowls, reed and bamboo baskets are all appropriate, as well as large ti leaves (similar to canna leaves). Ferns, ivy and other attractive greenery can furnish contrast for flower arrangements and leis.

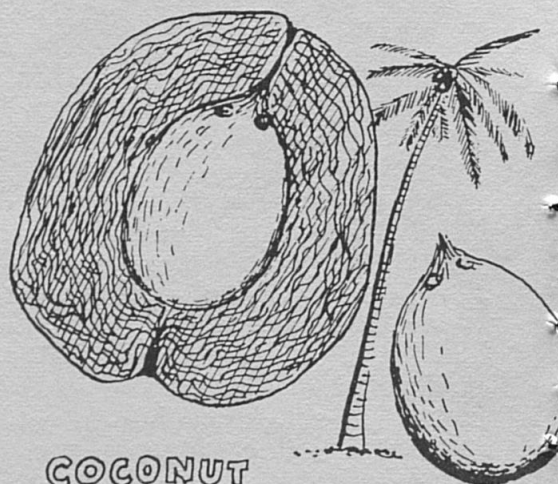
Flower leis may be made by drawing a long needle with heavy thread through centers of suitable flowers. Gladioli, irises, hollyhocks, calla lilies, daisies, chrysanthemums, carnations and other flowers that do not wilt quickly may be used in place of exotic orchids and hibiscus.

Some of the Island foods are available in gourmet or specialty food shops. Macadamia nuts, guava jelly, mango chutney, papaya preserves, lychee nuts, preserved ginger, passion fruit jelly and many others are available in jars or cans. Fresh pineapple, bananas, avocados, coconuts, even fresh papayas and mangos are frequently available.

FRUIT JUICE FOR FRIENDSHIP

Frosty, refreshing fruit juices make a perfect beverage for any occasion when friends get together.

A Hawaiian party would not be complete without a punchbowl. You can take your pick of fresh, frozen or canned pineapple, citrus, guava, papaya and other juices. Make up your own combination, or use a prepared blend. Add a tablespoon of lemon juice for each cup of juice to bring out its flavor. For extra sparkle, gingerale or soda water may be added just before serving. Add fresh berries, sliced fruit or fresh flowers for a garnish. A hollowed out melon may be used as a punchbowl.



COCONUT

Pupus (appetizers) are often served. Coconut chips, Macademia nuts, or Japanese rice tid-bits (arari), may be served with the fruit punch preceding a luau.

Hotels and restaurants serve many unusual and elaborate drinks, such as those served in scooped-out pineapple or coconuts, frosty foot-high drinks, or punch bowls with gardenias floating in them.

COCONUT MILK (MIE WAI NUI)

Coconut "milk", as used in Hawaii, is extracted from fresh coconut meat. It should not be confused with the watery liquid found in a nut, which is usually called "water." The Islanders use coconut milk in place of cow's milk to make curries, coconut puddings, and frozen desserts. However, neither coconut water nor coconut milk are comparable to cows' milk nutritionwise, unless cow's milk is used for making the coconut milk. The mature coconut is a poor source of calcium, but a good source of phosphorus and iron.

Coconut milk can be made from freshly grated coconut or prepared coconut. If liquid of the coconut is to be used, open the two soft eyes in the end of the nut with a nail or ice pick. Drain the liquid from the inside, then crack the nut by hammering all the way around the coconut. Remove the brown skin and grate the meat, or put it through a

meat grinder. A medium-sized coconut usually yields about 2 to 3 cups of grated coconut.

To make coconut milk from fresh coconut, pour about 2 cups of boiling water or coconut water over 3 cups of freshly grated coconut. (Scalded milk may be used in place of water.) Let stand about 20 minutes, stirring occasionally. Strain through a double thickness of cheese cloth, pressing hard to remove all of the liquid. Thin coconut "milk" is used in curry sauce or Haupia.

For a thicker coconut milk or "cream" reduce the amount of boiling water to about a cup for 3 cups of freshly grated coconut. (Scalded milk may be used in place of water.) Coconut cream is creamy in taste, but not necessarily in thickness. Thick coconut milk or cream is served with fruit or pudding. It may be made a day ahead and stored in the refrigerator until serving time.

A substitute for fresh coconut milk may be prepared by covering 2 cups of shredded (packaged or canned coconut) with about 2 cups of hot milk — depending on how it will be used. Allow mixture to stand about half an hour, stirring occasionally. Reheat, but do not boil. Cool, then squeeze through a double thickness of cheese cloth to obtain as much liquid as possible. For richer coconut milk or cream use less milk — about a cup for 2 cups of prepared coconut.

Coconut Pudding (Haupia), made with coconut milk, is served at a luau.

Coconut Pudding (Haupia)

- 3 tablespoons cornstarch
- 3 tablespoons sugar
- $\frac{1}{8}$ teaspoon salt
- 2 cups thin coconut milk

Combine dry ingredients and add $\frac{1}{2}$ cup of coconut milk (see directions for making thin coconut milk). Blend to a smooth paste. Heat re-

maining milk over low heat. Add cornstarch mixture and continue cooking until thick, stirring constantly. Pour into a shallow pan about 2 inches deep. Chill until firm. To serve, cut into 2 inch squares. Hawaiians serve it on ti leaves. (6 servings.)

Coconut milk could also be used in place of milk in your favorite Vanilla pudding or Tapioca recipe. Serve with a garnish of coconut.

FRUIT DESSERT, WIKI WIKI

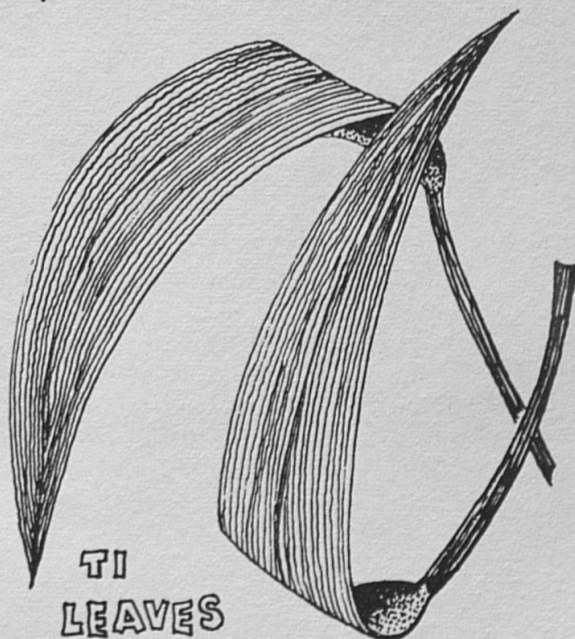
Fresh, frozen, cooked or canned fruits are delicious served with chilled thick coconut milk or cream. They can assure a quick (wiki wiki) dessert for a buffet meal if you have made the coconut cream ahead of time.

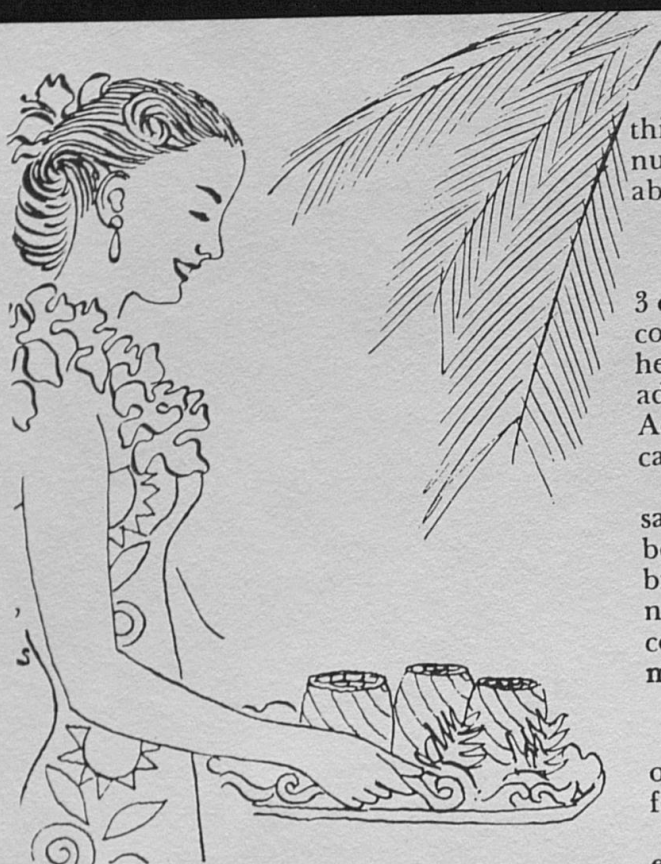
Tahitian Fruit Dessert

For a Tahitian fruit dessert, arrange three or more fruits by grouping them on a round platter — take your pick of fresh, frozen or canned pineapples, figs, apricots, cherries, berries, grapes, plums, pears or peaches. Place a small bowl of chilled coconut cream in the center and let each person help himself. (See directions for making thick coconut milk or cream.)

CURRIES ARE A SPECIALTY

Hawaiians have adapted curries from India. The following basic Curry Sauce can be used for making





a variety of curries; chicken or shrimp are preferred. Thin coconut milk is used to make the sauce. The amount of curry and ginger may be varied to suit your taste. The garlic may be omitted, if desired.

Basic Curry Sauce

1 tablespoon butter
 2 tablespoons finely chopped onion
 1 clove garlic, minced (optional)
 1 teaspoon finely chopped fresh ginger root *or*
 1/4 teaspoon dried ginger
 1 tablespoon curry powder (about)
 6 tablespoons flour (about)
 1 cups thin coconut milk
 1 tablespoon lemon juice
 Salt and pepper, to taste

Saute onions in butter until light brown. Add garlic and ginger root; then add curry powder and mix well. Stir in flour gradually, add coconut milk (see directions for making coconut milk). Stir constantly and continue cooking until

thick. Simmer, do not boil, as coconut milk curdles easily. (Makes about a quart of sauce.)

Chicken Curry

To make *Chicken Curry*, add 2 to 3 cups of cooked cubed chicken, and cook over low heat long enough to heat thoroughly. Check seasonings, add lemon juice, and salt to taste. Adding salt too soon or boiling may cause curdling.

Chicken may be cooked ahead in salted water until tender, then boned and cut into cubes. Part broth may be used in place of coconut milk, especially if packaged coconut is used to make the coconut milk.

Shrimp Curry

For *Shrimp Curry*, add 2 to 3 cups of prepared shrimp and proceed as for *Chicken Curry*.

Curries may be served in hollowed out pineapple halves, if desired.

Serve curry with rice, cooked the Oriental way, and one or more of the following condiments: chutney, pickle relish, shredded coconut, chopped green onions, chopped peanuts, raisins, chopped green pepper, or crisp crumbled bacon.

RICE, ORIENTAL STYLE

Properly cooked rice should be soft, dry and uniform in texture with all moisture completely absorbed. Rice which is to be served with Oriental dishes usually is not salted. You can add a teaspoon of salt to the water if you wish.

For 4 to 6 servings of rice, Oriental style, place one cup of rice in a broad, heavy saucepan or dutch oven having a tight-fitting cover. Use "converted" rice for B vitamins. Add 2 cups of water, bring to a vigorous boil, and boil about 5 minutes, stirring occasionally to prevent sticking.

Turn down heat, cover and cook for about 20 minutes more, or until water is absorbed and rice is done. Remove cover, and let the rice

steam dry to the desired consistency. (Rice triples in volume during cooking.)

SWEET POTATOES NIU

Coconut and baked sweet potatoes make an unusual flavor combination.

Scrub medium-sized sweet potatoes. Grease with butter or margarine. Bake for about 45 minutes at 375° F. or until tender. Make a criss-cross opening in the top of each potato. Add a pat of butter and sprinkle generously with coconut. Return to oven until coconut browns—about 5 minutes.

Hawaiian cooks make sweet potato pudding by adding coconut milk to cooked mashed sweet potatoes and garnishing them with shredded coconut. Crushed pineapple is also combined with sweet potatoes.

PINEAPPLE, THE GOLDEN FRUIT

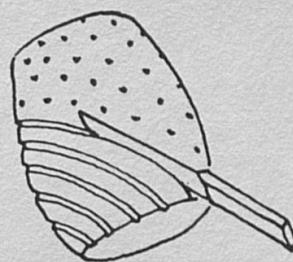
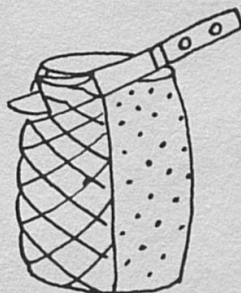
The word "Hawaiian" appearing on any menu usually means "served with pineapple". The pineapple not only has distinctive flavor, but is also a source of several vitamins and minerals in small amounts. Some varieties contain more ascorbic acid than others.

Pineapple — fresh, canned or frozen — is available as juice, crushed, in chunks, slices, in tidbits, and as mixed cocktail or pie mix. The golden fruit makes a flavorful contribution to beverages, punches, fruit cocktails, salads, desserts, breads, cookies, cakes, pies, pickles and preserves.

To prepare fresh pineapple family style, cut a thick slice from the top and the bottom. Peel thickly from top downward. Remove eyes by cutting grooves diagonally. Slice in 1/2 inch slices or lengthwise spears. Remove core.

Fresh pineapple, cut luau style, may be used to decorate the table. At dessert time, the guests simply lift the lid and help themselves.

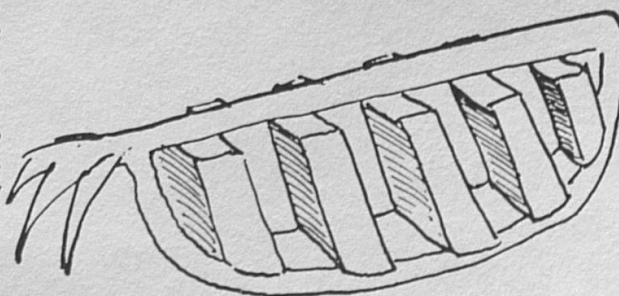
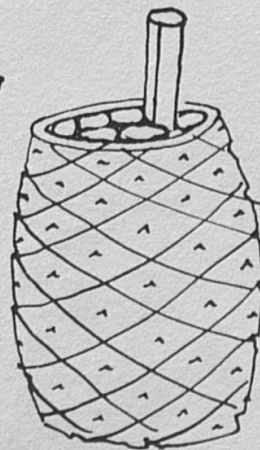
PINEAPPLE



FAMILY
STYLE



LUAU
STYLE



PINEAPPLE BASKET

To prepare fresh pineapple luau style, cut a thick slice from the top and the bottom. Remove the center in one solid cylinder; then cut it in two lengthwise. Cut fruit into lengthwise spears. Refill shell with the spears and replace top. Forks may be used for serving.

Fresh pineapple "baskets" may be prepared several hours in advance, then chilled until served. They are made by cutting pineapple into quarters lengthwise through the center of the fruit. The fruit is cut out with a sharp knife, leaving the core section intact within the shell. The fruit is then cut into sections and arranged in the "basket" so that every other piece extends out.

The pineapple is combined with vegetables and fruits for delicious salads high in vitamins.

Pineapple-Cabbage Salad

To make a Pineapple-Cabbage Salad, combine a cup of shredded pineapple with 2 cups of shredded cabbage. For Pineapple-Carrot Salad, use a cup of grated raw carrots to 1½ cups of canned or fresh pineapple. Season to taste. Serve on crisp salad greens with French dressing or mayonnaise. Peanuts or green peppers may be used as a garnish.

For molded salads, the pineapple must be cooked before being used; otherwise, bromelin, an enzyme in uncooked pineapple, liquefies the gelatin.

FRUIT 'N MEAT

Hawaiian cooks have a flair for serving colorful, flavorful tropical fruits with meat for main dish.

Pineapple has a flavor that blends well with pork and other meat dishes. Here are two easy-to-prepare, economical main dishes with a Hawaiian flavor. Serve with rice, Oriental style, and a tossed green salad or a leafy green vegetable cooked only until tender crisp.

Hamburgers, Hawaiian Style

Combine 3 tablespoons soy sauce, 2 tablespoons salad oil, 2 tablespoons chili sauce, and 1 tablespoon vinegar. Add a mashed clove of garlic, if you wish.

Pour mixture over 4 to 6 thick hamburgers (made from one pound of lean chopped beef) and marinate for about half an hour. (Go easy on the salt when using soy sauce.) Turn a couple of times.

Arrange hamburgers on broiler pan, save marinade. Broil on one side for about 10 minutes, turn and press a slice of canned pineapple into each hamburger. Baste with the marinade, and continue broiling until done. (4-6 servings.)

Pork Chops, Waikiki

6 medium size pork chops
Salt and pepper, to taste
1 tablespoon flour, about
6 slices canned pineapple
6 pitted prunes
6 medium sized carrots
¼ cup water, about

Season pork chops with salt and pepper and sprinkle with flour.

Arrange chops in heavy skillet, place ring of pineapple on each chop with a pitted prune in the center. Cut peeled carrots into fourths lengthwise and arrange between chops.

Add water, cover and simmer on top of stove for about an hour (or bake in 350° F. oven). Gravy may be thickened with flour and water, if desired. (6 servings.)

AVOCADOS ARE FAVORED FOR SALADS

The avocado, with its delicate flavor, is a favorite salad fruit. As it has a high fat content, it combines well with acid fruits and vegetables such as oranges, grapefruit, pineapple and tomatoes.

To make a **Fruit Avocado Salad**, combine equal amounts of grapefruit and orange sections with slices or cubes of ripe avocado. Arrange

on a nest of salad greens and serve with French type dressing. Fresh cubed pineapple, mangoes or tomato sections might be used in place of the citrus fruit.

Delicious creamy dips, sherbets and salad dressings may also be made from avocados. To make a cup of **Avocado Salad Dressing**, combine $\frac{1}{2}$ cup of mashed ripe avocado pulp with $\frac{1}{2}$ cup of grapefruit juice and $\frac{1}{2}$ teaspoon salt. Mix until smooth. Chill and serve over salad greens. (A third of a cup of lemon or lime juice may be used in place of the $\frac{1}{2}$ cup of grapefruit juice.)

Here is a salad dressing to serve with avocado fruit or tomato salads and also for tossed fruit and gelatin salads.

Oahu Salad Dressing

- $\frac{1}{2}$ cup pineapple juice
- $\frac{1}{4}$ cup lemon juice
- $\frac{1}{4}$ cup salad oil
- 1 teaspoon paprika
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon celery seed
- $\frac{1}{4}$ teaspoon monosodium glutamate
- 1 teaspoon brown sugar

Combine ingredients and chill. Shake thoroughly before using. Serve with fruit and gelatin salads. (Makes about 1 cup.)

FRUIT AMBROSIA FOR DESSERT

Hawaiian homemakers combine fresh fruits to make glamorous desserts. The year-round supply of fresh fruits makes it possible for them to serve a variety of colorful, flavorful fruit desserts which are low in calories, high in vitamins and minerals and thus help to balance meals.

One of the most popular fruit desserts is appropriately called Ambrosia. Hawaiian cooks would make use of native fresh fruits such as pineapple, bananas, papaya and shredded fresh coconut. Canned or

frozen fruits could be used in preparing this dessert by mainland cooks. There are many versions of this dessert as the selection of fruits and the proportions depend on the individual. Try the following proportions, then vary this dessert to suit your family's taste.

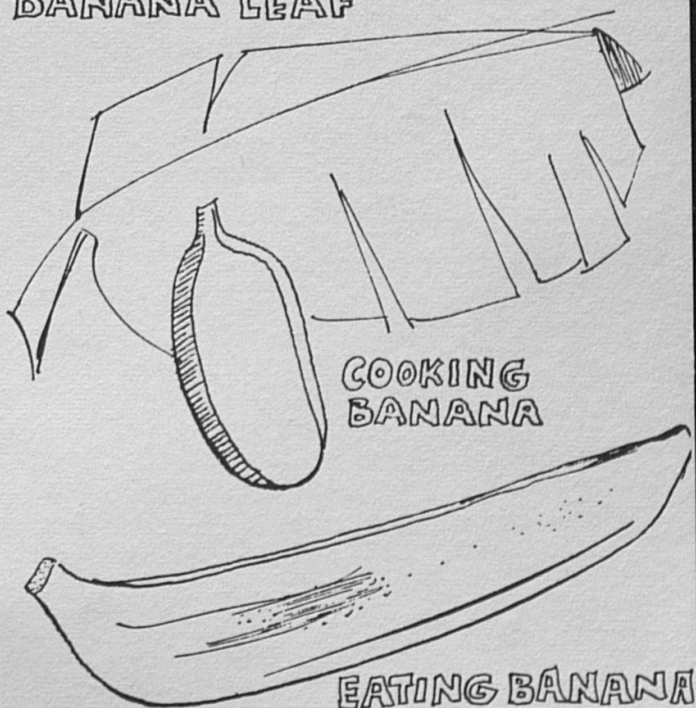
To make **Hawaiian Fruit Ambrosia** combine two cups of fresh, frozen or canned pineapple chunks, 1 cup orange sections, 2 sliced bananas and $\frac{1}{2}$ cup of pineapple juice. Chill the fruit, serve with a garnish of shredded fresh or packaged coconut. Maraschino cherries or strawberries may be used as a garnish. If a tart Ambrosia is desired, a little lemon or lime juice may be added. Serve Hawaiian style in pineapple or coconut shells, if you wish. (6 servings.)

Other fruits in season — these might include grapefruit sections, sliced peaches, apricots and dates — may also be used to make Ambrosia.

FRUIT AND MORE FRUIT

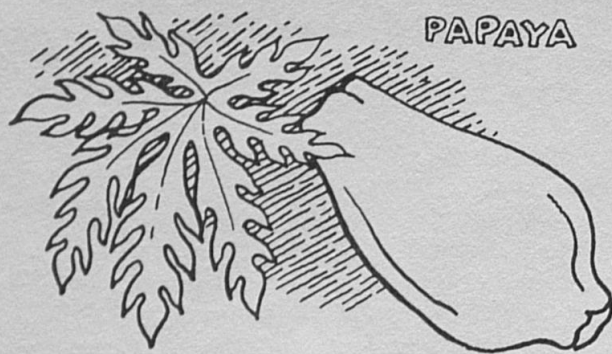
Bananas are plentiful throughout Hawaii. The cooking bananas or plantains are baked, boiled or sauteed and served hot as a vegetable in place of potatoes or rice.

BANANA LEAF



Bananas are served as a fruit alone or in combination with other fruits in salads and desserts.

The papaya is a melonlike fruit with a distinctive flavor and odor. It varies in size from small to large. The ascorbic acid value of papaya increases as the fruit ripens—it is also an economical source of vita-



min A. The ripe papaya is used fresh as a breakfast or dessert fruit—usually served with lemon or lime. It is also combined with pineapple or citrus fruits in fruit cocktails or salads. It makes excellent jams and marmalade alone or in combination with other fruits. The green papaya may be boiled and served as a vegetable.

Mangoes, rich in both vitamins A and C, are used fresh as a dessert fruit or in combination with citrus fruits, pineapple, avocado or papaya, in fruit cocktails, salads and desserts. The green or half ripe mango may be stewed or baked.

The guava is one of the most common wild fruits in the Islands. It is an excellent source of vitamin C, although the wild fruit may vary greatly in its ascorbic acid content.

Fruit trees and even ornamental shrubs grown in home gardens provide additional sources of vitamins. These include the following fruits rich in vitamin C: carambola, an ornamental shrub with translucent yellow-green fruit; carissa, (natal plum) a bright red fruit of a thorny shrub; Java plum, an olive-sized purple fruit; kitambilla, a small

plum or cherry; black mulberry; poha or bush tomato; surinam cherry and strawberries.

In recent years, Hawaii has grown a large supply of melons of the thin-rind types. They are used alone and in combination with other fruits for refreshing desserts, salads and cocktails.

To make Tropical Hawaiian Fruit Dessert, cut out a lid from the top of a watermelon. Cut or scoop out the meat. Remove seeds and cut into bite-size pieces. Cut fresh cantaloupe into cubes or melon balls. Combine watermelon and cantaloupe with chunks of canned pineapple. Place fruit mixture in watermelon shell, alternating with layers of chipped ice. Cover with rind lid—a couple of holes may be cut to make it easier to remove lid. Place in refrigerator and chill for about one hour. The fruit will become very crisp and crunchy. Serve as dessert—garnish with sprig of mint, if desired.

Other combinations of fruit may be used—a Hawaiian homemaker might use papaya in place of cantaloupe. The fruit may also be served as a fruit salad on a nest of crisp salad greens.

JAPANESE KAU KAU

In Hawaiian kitchens, the foods (kau kau) of many countries are prepared. The foods favored by Japanese are somewhat similar to those of the Chinese.* One frequently hears the saying, "The Chinese eat with their mouths, but



the Japanese eat with their eyes." The Chinese like their food hot and well seasoned; the Japanese like decorated foods, especially for parties. Although Japanese cooking is plain and simple, great care is given to arranging foods attractively.

Both use large amounts of rice and a variety of bean products. The salty "shoyu" takes the place of salt in many dishes. Ajinomoto is a fine powdered seasoning used in Japanese foods as we use salt. The Japanese eat a large amount of fish because they like it. They are famous for their beef dish, Sukiyaki and their batter dipped shell fish and vegetables (Tempura).

There are many versions of Teriyaki, beef marinated in soyu sauce. Tiny cubes are broiled over charcoal hibachi and served as an appetizer (pupus). Large cubes are served as a luncheon dish and steaks as a main course for dinner. Thus, the number of servings depends on the way you plan to serve Teriyakis, and may range from 8 servings as appetizers to 2 servings of steak from a pound of beef. Allow for seconds.

Island Teriyaki

- 1 pound tender top round or sirloin tip of beef, cut $\frac{3}{4}$ " thick
- $\frac{1}{4}$ cup soy sauce
- 1 tablespoon vinegar or sherry
- 1 clove garlic, chopped fine
- 1 teaspoon chopped fresh ginger root or $\frac{1}{4}$ teaspoon ground ginger
- 1 teaspoon brown sugar
- 2 cups pineapple chunks, drained
- Wooden or metal skewers

With a sharp knife, cut meat into bite-size pieces, about the same size as the pineapple chunks. (Meat may be cut steak size for dinner.) Combine soy sauce, vinegar or sherry, garlic, ginger and brown sugar. Pour over meat cubes and marinate at room temperature for at least 1 hour. Place meat and

pineapple chunks on wooden or metal skewers. Broil for 5 to 10 minutes, or to rare or medium rare stage — turn once and baste with soy marinade. Serve very hot with rice and a salad for luncheon or supper. (3-4 servings.)

KAU KAU FROM SOUTH KOREA

The Koreans were the last of the Oriental group to come to Hawaii —they arrived about 1903. Although they are one of the smallest national groups living in Hawaii, they have contributed many interesting foods and food habits.

Looking over Korean recipes, one notices that their foods are highly seasoned. Red chili pepper and garlic are used in almost every dish. Sesame seeds and shoyu are also characteristic of Korean dishes. Koreans use beef sparingly to add flavor to soups, eggs and vegetable dishes.

Rice, a staple in their diet, is offset by a highly seasoned raw relish, Kimchi. A Korean specialty, it is made from Won Bok (celery cabbage), alone or in combination with sliced turnips and cucumbers. Vegetables are soaked in brine for several hours, then rinsed and mixed with finely chopped red pepper and other seasonings. The mixture is allowed to age for several days before serving—warm temperature shortens time, refrigeration lengthens time. This method of preserving vegetables was necessary in Korea to insure a food supply for the winter months.

To make about a quart of **Peppery Cabbage Relish** (Kim Chi) wash 2 pounds of celery cabbage (Won Bok) and cut into 1 inch slices. Add $\frac{1}{2}$ cup salt to 1 quart water and soak cabbage in the brine for about an hour. Wash and drain the cabbage thoroughly. Add 2 teaspoons finely chopped seeded Hawaiian red peppers, a minced clove of garlic, 2 tablespoons

chopped onions, 1/2 teaspoon finely chopped ginger root, a teaspoon of salt, and a tablespoon of sugar. Mix well and press into a stone or glass jar. Cover and keep in a cool place for 2 to 3 days to ripen—if refrigerated, allow several days for ripening. Serve as a relish.

Cucumbers may be used instead of the celery cabbage. Cut peeled cucumbers into 1 1/2" lengths, then cut each into 6 lengthwise pieces. Remove seeds before salting. A scant teaspoon of cayenne pepper may be used in place of the red peppers.

KAU KAU FROM THE ISLAND OF LUZON

The Filipinos are the most recent arrivals and adhere most closely to their own customs. However, they are gradually adopting new foods and American methods of preparing and serving them. White bread, sweet cakes and pastries are assuming a more important place among their foods than they did in their homeland.

The Filipino families are enthusiastic gardeners and grow many of their favorite vegetables not found on the local markets. They use pumpkins, squash, beans and root vegetables in a variety of ways.

The Stuffed Tomato Salad indicates Hawaiian adaptation of a traditional favorite.

Stuffed Tomato Salad

(Insaladang Camatis)

- 6 medium-sized fresh tomatoes
- 1/2 teaspoon salt (about)
- 1 cup shredded fresh, or crushed canned pineapple
- 1/3 cup chopped peanuts
- 1/3 cup diced celery
- 1 tablespoon French dressing
- Salad greens

Cut a slice from the top of each tomato and remove some of the pulp. Sprinkle the tomatoes with salt and chill them thoroughly. Dice tomato pulp and combine with

drained pineapple, peanuts, celery and French Dressing. Fill the tomatoes and chill. Arrange on salad greens. (6 servings.)

PORTUGUESE BREAD IS A FAVORITE

The sweet bread, Pao Doce, is the traditional Portuguese holiday bread. For special occasions, the Portuguese bake coins, charms and



HIBISCUS

whole eggs in the dough. This delicious bread has become popular with other Islanders.

Sweet Bread (Pao Doce)

- 1 tablespoon sugar
- 1 package active dry yeast
- 1/4 cup lukewarm potato water
- 1/2 cup mashed potatoes
- 1/8 teaspoon ginger
- 1/2 cup milk
- 1 1/4 teaspoon salt
- 1/4 cup butter or margarine
- 3 eggs
- 3/4 cup sugar
- 4 cups enriched all-purpose flour (about)

Add the tablespoon of sugar and yeast to the potato water and stir until dissolved. Blend in mashed potatoes and ginger. Set aside to rise until doubled in bulk.

Scald milk, add salt and butter, and cool to lukewarm.

Beat eggs, save out a tablespoonful to use as glaze. Add 3/4 cup sugar gradually to the remainder of eggs and continue beating until light.

Combine yeast, egg and milk mixtures; blend thoroughly. Stir in two cups of the flour, and beat until well blended, about 5 minutes. Add

remaining flour gradually, kneading when dough becomes too stiff to beat. Turn out on a floured board and knead until smooth and elastic, about 5 minutes; add only enough extra flour to prevent sticking.

Place the dough in greased bowl, turning once to grease surface. Cover, and let rise in a warm place until double in size, about an hour.

Punch down dough, and divide it into 2 balls. Shape into round loaves. Place in greased round baking pans or on cookie sheet. Cover and allow to rise until double in bulk, about 1½ hours.

Brush loaves with beaten egg. Bake at 350° F. for about 30 minutes or until done. (Makes 2 loaves)

HOLO HOLO HAWAII

"Seeing the sights" (holo holo) can be an exciting experience in Hawaii. All of the islands are easily reached by inter-island airways. Good highways and hiking and horseback trails reach the Islands' many scenic spots. The magnificent scenery includes forests of exotic trees and ferns; valleys ablaze with orchids, bougainvillea, and torch ginger; angular emerald mountains jutting up from the surf; beaches of gleaming white sand; volcanoes crowned with snow and fire; waterfalls that plunge downhill, and even one that runs uphill.

Each of the eight islands has something special to offer:

Oahu, the Aloha Island, is the starting place for most tourists. *Oahu*, appropriately, means "the gathering place". Three-fourths of the population lives on the island of Oahu.

Honolulu, the capitol and largest city of our 50th State, is located on the island of Oahu. Honolulu started as a fishing village, and now it serves as the transportation center for the Islands and the Pacific. With its tropical setting and internation-

al population, Honolulu combines old Polynesian traditions with big city facilities. *Iolani Palace*, where kings of Hawaii lived, is now used by the government. *Diamond Head* is as famous a landmark to the traveler as our Statue of Liberty. Honolulu's mile-long *Waikiki Beach* is world famous. Many Americans are familiar with *Pearl Harbor*, *Fort De Russy*, *Schofield Barracks*, and *Hickam Airfield*.

Hawaii, the Orchid Isle, gets its name from the orchids it produces. It is best known for snow-capped Mauna Kea, the highest peak of the Pacific, and the two periodically active volcanoes, Mauna Loa and Kilauea. Hawaiian cowboys, called "paniolas" (after the original spanoles) herd thousands of cattle on large ranches. Some of the range lands are parched lava lands.

Kauai, the Garden Isle, offers lush tropical scenery, and *Waimea Canyon*, Hawaii's miniature Grand Canyon.

Maui, the Valley Isle, is the second largest in size. The rich *Iao Valley* is famous for its monolith Iao Needle.

Molokai, the Friendly Isle, is best known for its leper colony. Father Damien, the martyr priest who contracted the disease, is well known for his contribution to improving conditions for this unfortunate group.

Lanai, the Pineapple Isle, is located a few miles south of Molokai. It is only about 12 miles in diameter, and used primarily for producing pineapples.

The island of *Niihau* is privately owned by a ranching business.

The island of *Kahoolawe*, barren and uninhabited, is used for target practice by the Navy and Air Force.

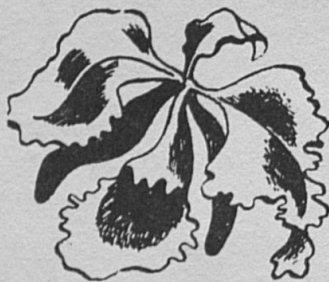
HOLIDAYS FOR ALL

In Hawaii, each season provides its own East-West variety of holidays. Many families celebrate with

traditional holiday dishes from their native lands.

New Year's Eve starts with the shooting of firecrackers, a custom introduced in the Islands by the Chinese. About a month later, the Chinese New Year makes its gala appearance with the elaborate Narcissus Festival, parades and dragon dances.

May Day is Lei Day. Children and adults, Hawaiian and non-Hawaiian, rich and poor, adopt the ancient Polynesian custom of wear-



ORCHID

ing fresh flower garlands. There are many parades and contests; prizes are given for the most attractive and original leis, and the Lei Day Queens are selected. On Memorial Day, children place thousands of leis on the graves of the war dead at Punchbowl National Cemetery.

Summer means vacations, camping, picnicking, and the Fourth of July. On the first of June, a legal holiday honors King Kamehameha I, who unified the Islands a century before Hawaii's annexation by the United States.

Fall brings United Nations Week, Halloween, Thanksgiving (with turkey and all the fixings), and the Chinese Moon Festival. Round "moon cakes" filled with various meats and nuts are an important part of the family feasts in honor of the full moon.

During Aloha Week, the Islands' major October festival and tourist attraction, several centuries of Hawaiian history are re-enacted by Islanders of many backgrounds. In festive "mardi gras" spirit, men,

women and children of half a dozen racial stocks dance and sing in their traditional costumes. Even the spectators don their brightest "aloha" shirts, muumuu (loose flowing Mother Hubbard gowns), and holokus (fitted princess-style gowns with trains).

Japanese cypress, Hawaiian kiawe trees, driftwood and Mainland evergreens are all used for decorations during Christmas season. Most families celebrate with family parties and traditional holiday dishes. On December 30, Rizal Day honors the memory of Jose Rizal, who helped the Philippines win their independence from Spain.

EARLY DAYS IN HAWAII

The ancestors of the Hawaiians were a seafaring people who probably had their origins in South Asia. They were skilled voyagers who discovered and populated all of the inhabited islands of the Pacific in the Polynesian triangle.

When they came to settle in Hawaii, they must have brought pigs, dogs and chickens, seeds and plant cuttings. Their staple foods were poi, fish, bananas, coconuts and seaweed. The men of old Hawaii not only provided the food for the home, but they also did the cooking. The women's work included the bringing up of children, plating of mats, and weaving of bed covers and any clothing they needed.

In the early days, thatched grass huts were used. These have disappeared. Instead of dividing the house into rooms, a separate hut was built for each main activity. For example, a farmstead might consist of a couple of huts and a storehouse, but a more important person might have six or seven huts for his family's needs. As fire was a hazard, outdoor fires and cooking ovens were used.

In good weather, the meal was spread outdoors, and the food was

usually eaten cold. Mealtime was flexible. If the food was plentiful, five or six meals might be eaten—including a night-time snack. On the other hand, if food was scarce, the people might fast for two or three days at a time, then make up for it with feasting when food was available.

Coconuts were intertwined into the everyday life of the early Hawaiians. The palms from the coconut were used to thatch many of the huts. Nut shells were made into cups, dippers and other utensils. The fibers from the husks yielded sennit, while the wiry fibers that grew in the crown were woven into fabrics. The timber was used for building. The rib fronds, when dry, made good kindling. Most important of all, the coconut provided food. When immature, it contains a jelly-like substance (spoon coconut). It then matures into firm sweet coconut meat. The nuts also provide "water" to quench thirst.

Large dishes and platters were carved of wood. Gourds were made into dishes, funnels and covers.

Fancy designs were etched on the outside. Some dishes were made of stone, and stone implements were used for pounding taro and seaweed.

Although the stone age craftsmen of Hawaii lacked metals, they had amazing skill in working with tools made of stone, shell, wood and bone. Knives were made of sharks' teeth, and needles from bone were used in sewing together the edges of sheets of tapa (a cloth from mulberry fiber). The Hawaiians used vegetable fibers to make pillows, fans, sandals and canoe sails.

The Hawaiians excelled in the craft of feather work. Helmets and cloaks were made from the tufts of thousands of small birds—these were worn only by chiefs. Some of these may now be seen in museums. The

most treasured ornament, worn only by persons of high rank, was a hook-shaped whale's tooth, hung on many strands of human hair. Both men and women were fond of bracelets, pendants and anklets. The favorite adornment was the lei, a necklace of flowers, which is still the symbol of love and friendship in the Islands.

STEPS TOWARD STATEHOOD

A small group of New England missionaries started the Islands on their way towards Christianity and Western civilization. One of the leaders, Reverend Asa Thurston, was a Congregationalist minister, educated at Yale. Several native Islanders were trained at the Mission School in Cornwall, Connecticut.

Many of Hawaii's most prominent business leaders are descended from the mission families. They established themselves as advisers to the Hawaiian Kings, and engineered the Great Mahele, the land division of 1848. The efforts of the Hawaiians to achieve statehood were marked by repeated delays and setbacks. The following dates marked Hawaii's progress towards statehood:

1778 — Captain Cook "discovered" the islands and named them the Sandwich Islands.

1795 — Islands unified by King Kamehameha I.

1820 — New England missionaries arrived.

1840 — First Constitution drawn up.

1842 — Islands sovereignty recognized by U. S.

1894 — Republic of Hawaii established.

1900 — Hawaii became U. S. territory.

1950 — Constitution for state of Hawaii ratified.

1959 — Hawaii becomes 50th state.

SCHOOLS AND SCHOLARS

The Hawaiian school system rates high. The Kingdom asked the missionaries to set up a free, compulsory education system about 1840. Some of the early settlers in the western states sent their children to Honolulu to be educated.

Hawaii's unified school system has acted as a leaven in the Hawaiian melting pot. Although different customs and traditions prevailed in their homes, at school all boys and girls learned the same reading, writing and arithmetic. They were taught American attitudes and ideals. Every immigrant group has quickly learned that education is an essential rung on the New World ladder of success.

Hawaii's libraries and museums are rich in the various folk arts and cultures, and children are encouraged to take advantage of them.

"After-school" hours have their own importance, and the Island child, like his American counterpart, may have a varied schedule of music, dancing, art lessons or sports. Water sports are especially popular—these include swimming, diving, surfboard riding and canoeing. In Hawaii, too, children troop off to the Saturday movie matinee, and Westerns!

UNIVERSITY OF HAWAII

The University of Hawaii was organized in 1907 as a Federal Land Grant college, similar to our state universities. It has become a cultural clearing house for the Pacific, and an important research center for Asian studies, marine biology, tropical agriculture and race relations. Its Teachers' College furnishes well-trained teachers for Hawaii's expanding schools. The Agricultural Experimental Station works on overall major agricultural problems. The Home Economics research staff has contributed research data on nutritive value of

native foods. The Extension staff has provided Island families with up-to-date information on nutrition, meal planning, food preparation, and food preservation, with special emphasis on native Hawaiian fruits and vegetables.

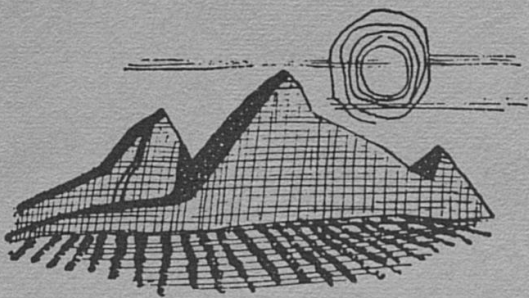
ISLAND'S PROGRESS

Hawaii had an attraction to the immigrant similar to that of the United States. It was a land of economic opportunity and a haven for the oppressed. Although the majority of the immigrant groups came as agricultural laborers on the sugar and pineapple plantations, the sons of laborers advanced rapidly, in the new social climate. They have prospered as government and professional workers.

Within a period of less than two centuries Hawaii's economy has developed from subsistence conditions similar to the stone age to advanced capitalism. The early Islanders lived from land and sea, with very little trade. Since there were no mineral resources to make metal tools, they had to rely on stone and wooden tools. Hawaiians quickly became accustomed to the new ways of doing things introduced by their various visitors.

The major agricultural enterprises in Hawaii are highly industrialized. Many of those engaged in the production and processing of sugar and pineapple live in urban areas. Financial organizations, transportation and communications key their dealings to the sugar and pineapple industries. The research of Hawaii Sugar Planters' Association makes Hawaii the world's most efficient sugar cane producer.

Since 1930, commercial tourists and defense industries have become increasingly important to the Islands' economy, with a decline in the importance of sugar and pineapple production. Fewer workers



are engaged in agriculture. Hawaii's location and limited natural resources make it unlikely for it to become as highly industrialized as the Mainland.

With the end of the war, however, the pace of progress has quickened. The changes have not been accomplished without problems and some losses, for valuable and interesting customs are bound to be discarded along with less desirable ones. The true Hawaiians, descended from the Polynesians, are gradually disappearing. For more than a century they have met and mingled with a variety of immigrant cultures, European, American and Asiatic, so that a cosmopolitan race is emerging in their place. They can teach other people of the world a good deal about achieving unity with diversity of race and culture.

HAWAIIAN LANGUAGE

American missionaries put the Hawaiian language into written form, and supported its instruction. The Hawaiian language continued to be used by the natives throughout the nineteenth century. Although English has been the official language since 1900, popular speech is apt to be a blend of English and Hawaiian, with occasional words or phrases adopted from other cultures.

Hawaiian is a dialect of the Polynesian language. It has only twelve letters in its alphabet. Seven of these are consonants: H, K, L, M, N, P and W; and five are vowels: A, E, I, O, U. The vowels have the following sounds: A is broad as "ah"; E is like the "e" in "they"; I

is like the "i" in "machine" (sometimes short as in "sin"); O has the long sound as in "go"; U is like "oo" in "soon". In rapid speech, however, some of the vowels may be run together, thus "ai" becomes "eye"; "au" becomes "ou" (as in "out"); and "ao" becomes "ow". Most words are accented on the next to the last syllable.

SOME HAWAIIAN WORDS

- Aloha (ah-low-hah) love, welcome, farewell
 Hale (hah-lay) house
 Hana (hah-nah) work, make
 Haole (how-lay) foreigner, stranger, white person
 Hu Hu (hoo-hoo) angry, mad
 Hui (hoo-we) club, join
 Kalua (kah-loo-ah) bake
 Kamaaina (kah-mah-eye-nah) old-timer
 Kane (kah-nay) man, husband
 Kapu (kah-poo) tabu, forbidden
 Kau Kau (cow-cow) food
 Keiki (kay-e-key) child
 Kope (koh-pay) coffee
 Lanai (lah-nye) porch
 Lei (lay-e) garland, necklace of flowers
 Mahalo (mah-ha-low) thanks
 Mai e ai (mah-eay-ah-e) come and eat
 Nui (noo-ee) large, plenty
 Ono ono (oh no) very good, delicious
 Pali (pa-lay) hill, mountain
 Pau (pow) finished, end
 Puka (poo-kah) hole, tunnel
 Tu-tu (too-too) grandmother
 Wahine (wah-he-nay) woman, wife
 Wai ("y") water, liquid
 Wiki wiki (we-key- we-key) quick, hurry up



PELE,
VOLCANO
GODDESS

SOME SUGGESTED DISCUSSION QUESTIONS

(The following questions may be used as discussion aids. Check how many of them you can answer. You will find the answers to all of them in this bulletin.)

Hawaiian Traditions and Customs

- What are some of the outstanding characteristics of Hawaiian people? Describe their family life, their community life.
- How are holidays celebrated? Describe several of the customs.
- What role has education played in determining progress of the Islands?
- How do Islanders earn a living?
- What are the most important agricultural products in Hawaii?

Hawaiian Food Habits

- How can a Hawaiian homemaker balance her meals, especially in regards to vitamins A and C, and protein?
- What part do fruits and desserts play in Island meals in terms of calories?
- How does the Island housewife add "eye and appetite" appeal to her meals?
- What are the most popular seasonings used in Hawaii? What is their origin?
- How have various nationalities influenced changes in Hawaiian meals? How have their food habits been influenced by their coming to Hawaii?