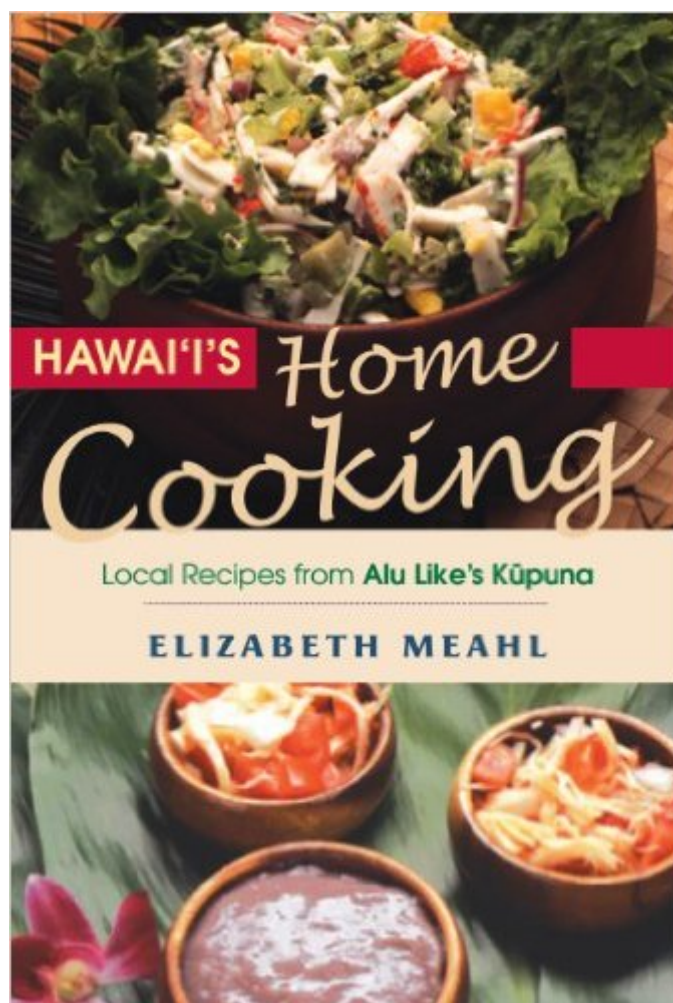


The book was found

Hawaii's Home Cooking: Local Recipes From Alu Like's Kūpuna



Synopsis

Home cooking is Hawai'i's everyday food fare; what we eat in the comfort of our home with our loved ones. Hawai'i's Home Cooking contains a full range of Hawai'i's favorite local comfort foods, recipes from kāpuna with years of experience cooking for their loved ones, compiled by nutritionist Liz Meahl. The easy-to-prepare recipes offer a wide variety of the islands' multi-ethnic cuisine. Some showcase the bounty of the sea and land, such as poke recipes with fresh 'ahi and "Goat Ribs" with its wild goat meat, others, like "Can Sardines," are the delectable results of wartime rationing. In addition to the recipes, the kāpuna offer their wisdom; captivating personal stories of growing up in Hawai'i, advice and insight into living. The "Ho'omana'o I Ka Wa"; Remembah Wen"; tales will bring back fond memories of island days gone by.

Book Information

Spiral-bound: 128 pages

Publisher: Mutual Publishing (October 2004)

Language: English

ISBN-10: 1566476801

ISBN-13: 978-1566476805

Product Dimensions: 0.8 x 6.5 x 9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #842,229 in Books (See Top 100 in Books) #57 in Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Hawaii #98 in Books > Cookbooks, Food & Wine > Asian Cooking > Pacific Rim

[Download to continue reading...](#)

Hawaii's Home Cooking: Local Recipes from Alu Like's Kupuna Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Best of the Best from Hawaii: Selected Recipes from Hawaii's Favorite Cookbooks (Best of the Best State Cookbook) Hawaii Cooks with Spam: Local Recipes Featuring Our Favorite Canned Meat Snorkel Hawaii The Big Island Guide to the beaches and snorkeling of Hawaii, 4th Edition Hawaii's New Best Local Desserts Hawaii's Best Local Desserts Hawaii's Best Local Dishes Sushi Secrets: Easy Recipes for the Home Cook. Prepare delicious sushi at home using sustainable local ingredients! The Everything Guide To Cooking Sous Vide: Step-by-Step Instructions for

Vacuum-Sealed Cooking at Home (Everything: Cooking) Smoothies for Diabetics: 85+ Recipes of
Blender Recipes: Diabetic & Sugar-Free Cooking, Heart Healthy Cooking, Detox Cleanse Diet,
Smoothies for ... loss-detox smoothie recipes) (Volume 54) Handbook of Local Anesthesia: Text
with Malamed's Local Anesthesia Administration DVD Package Local SEO: Proven Strategies &
Tips for Better Local Google Rankings (Marketing Guides for Small Businesses) Wiley GAAP for
Governments 2014: Interpretation and Application of Generally Accepted Accounting Principles for
State and Local Governments (Wiley ... of GAAP for State & Local Governments) New York Baby: A
Local Baby Book (Local Baby Books) Know Your Onions - Graphic Design: How to Think Like a
Creative, Act like a Businessman and Design Like a God Taste of Home:Casseroles: A Collection of
Over 440 One-Pot Recipes - Straight from the Kitchens of Taste of Home Readers (Taste of Home
Annual Recipes) Taste of Home Home Style Cooking: 420 Favorites from Real Home Cooks!
Cooking Italian in Hawaii Over a Fire: Cooking with a Stick & Cooking Hobo Style - Campfire
Cooking

[Dmca](#)