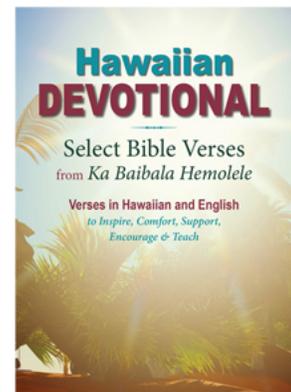
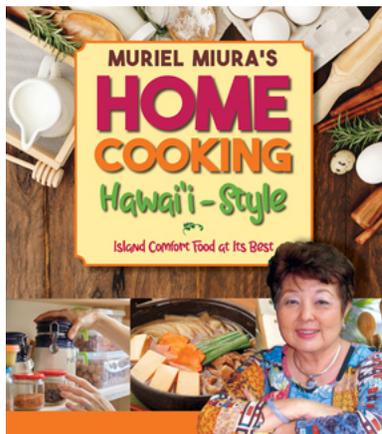


October 5, 2021

Welcome again to **BOOKBEAT**, a monthly newsletter about Hawai'i books focusing on Mutual titles.

Fall is here and even though we don't get to experience the leaves changing colors, we can get cooler temps and bigger waves on the North Shore. And there is a feeling of anticipation as we get into gift-mode and start planning for the holidays.

Our new titles are, like everything else, arriving late because of world-wide shipping delays. But don't let that stop you! **You can PRE-ORDER your books now at a special price!** They will be available (fingers crossed) by mid-November at which time you can pick up your books at Mutual's Office Book Store (curbside delivery still available), or we can mail them to you. Beat the rush, get your copies early so you don't have to worry!



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## FEATURED BOOKS

On sale the month of October!



### Obake Ghost Stories in Hawai'i

5 x 7.75 in • 272 pp • softcover • retail \$13.95

**ON SALE \$8.99**

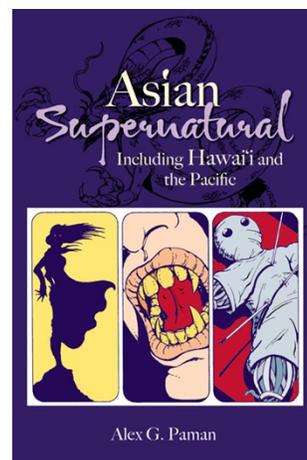
This large format edition of *Obake: Ghost Stories in Hawaii* belongs in every library collection. The book showcases supernatural tales collected from islanders of all backgrounds that first appeared in 1983 in the *Hawaii Herald*. They are presented here for the first time in a single volume.

### Asian Supernatural Including Hawai'i and the Pacific

6 x 9 in • 288 pp • softcover • retail \$18.95

**ON SALE \$9.99**

The supernatural traditions of Asia, Hawaii, and the Pacific have flourished independently for thousands of years, but have remained largely unrecognized against mainstream conventions. The recent popularity of Asian horror cinema in the West, however, has led to a renewed interest in Eastern ghost lore, and it is in this resurgence that *Asian Supernatural, Including Hawaii and the Pacific*, aims to pacify the curious reader. Meant to bridge the gap between East and West, the book provides a listing of ghosts, demons, and witches from virtually every single Asian nation and culture. New readers will be introduced to characters previously unknown due to language and resource barriers, while natives of the outlined countries will see their *guei*, *yurei*, *kwisin*, *ma*, *hantu*, *multo*, and *lapu* proudly represented alongside each other in one comprehensive volume.



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## 20% OFF PROMO CODE STILL VALID FOR BOOK CLUB MEMBERS

We are still offering free shipping to Hawai'i addresses for orders of \$30 and over. And be sure to use your Book Club member promo code to get 20% off all regular-priced books! Let your family and friends know that if they join our Book Club they will receive a special promo code and receive notice of all our upcoming promotions.

**CURBSIDE PICK UP** is still available. Just call us at 808-732-1709 when you're here and we will bring your order out!

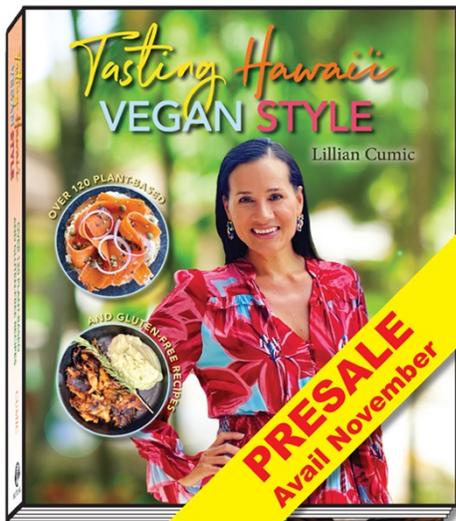
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## PRE-ORDER NOW!

PRE-ORDER our three of our new titles now.

**Books will be available mid-November.**

Order NOW to get the book at a special PRE-ORDER price!



### Tasting Hawai'i Vegan Style

Over 120 Plant-Based and Gluten-Free Recipes

by Lillian Cunic

7.5 x 9 in • 272 pp • hardcover, wire-o • \$25.95

**PRE-ORDER NOW FOR \$20.00**

Vegan chef, Lillian Cunic, returns with a second cookbook! With over 120 Island-inspired recipes, all plant-based and gluten-free, *Tasting Hawai'i Vegan Style* opens your mind to the myriad of possibilities the plant kingdom offers and gives you the confidence to take on a healthy vegan lifestyle.

Traditional local favorites include Chik'n Hekka, Kalua "Pork," and Candied Hurricane Popcorn. Poke has its own chapter of recipes in all the colors of the rainbow, featuring a mouth-watering Chuna (vegan tuna) Watermelon Poke Bowl. Vegan seafood is also showcased—a decadent Lobsta Roll, Oyster "Calamari," Eggplant Unagi Don, and the iconic Chuna Sandie.

A chapter of vegan cheeses will delight all cheese-lovers with recipes for Tofeta, Cashew Brie, and a Mockarella Caprese guaranteed to turn any platter into something special.

Cumic's desserts like Rocky Beach Road, Impossible Snicky Bites, and Baked Vegan Cheesecake will melt in your mouth and heart, too.

Experience the innovative and exciting dishes now trending Island-wide and among plant-based foodies. *Tasting Hawai'i Vegan Style* is the perfect cookbook to add to your collection, a conversation starter for every coffee table and kitchen, and the ideal gift bringing people together with food.

## **Muriel Miura's Home Cooking Hawai'i Style Island Comfort Food at Its Best**

by Muriel Miura

7.5 x 9 in. • 228 pp • hardcover, wire-o • \$23.95

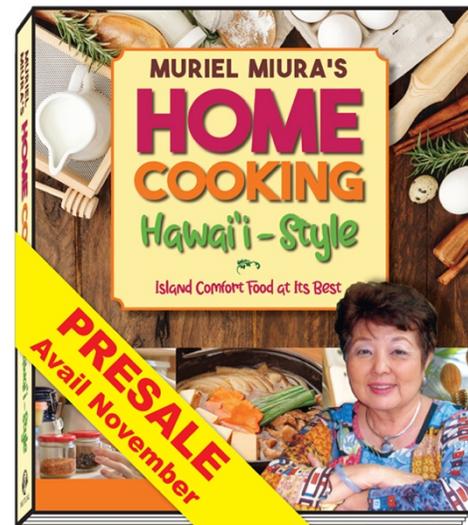
**PRE-ORDER NOW FOR \$16.00**

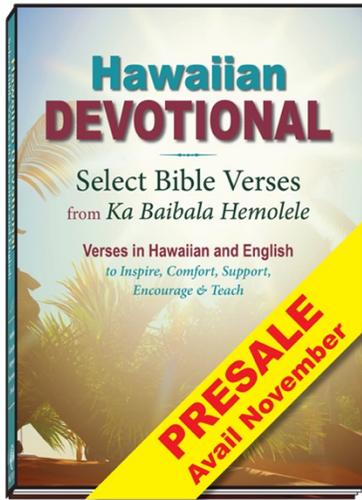
*Home Cooking Hawai'i-Style* is a collection of "old-time favorite" recipes reflecting and celebrating Hawai'i's ethnic and cultural diversity. With recipes ranging from Gau Gee with Sweet and Sour Sauce to Adobo to Shrimp Tempura to Guava Chiffon Pie, there's truly something to tickle every taste bud. Written and edited in part during the pandemic, this cookbook emphasizes economical food prep and encourages cooking from scratch at home for the comfort, distraction, and pleasure it can provide.

Author Muriel Miura offers helpful tips on "stretching food dollars" by doing simple things such as preparing less food, sticking to a list when grocery shopping, and shopping without a basket to eliminate the inclination to impulse buy.

Miura includes tips and tricks on things like what sorts of pūpū to serve at an event, a chart of cooking times for a variety of vegetables, and a blurb detailing how to identify different cuts of meat.

*Home Cooking Hawai'i-Style* is a must for every cookbook shelf owing to its extensive variety of dishes and its detailed, carefully selected and honed recipes, some of which have been passed down for generations. There is much inspiration to be gleaned from this cookbook, so let's get cooking!





## Hawaiian Devotional: Select Bible Verses from *Ka Baibala Hemolele* Verses in Hawaiian and English to Inspire, Comfort, Support, Encourage & Teach

5 x 7 in. • 256 pp • softcover • \$12.95

**PRE-ORDER NOW FOR \$9.00**

Life has become challenging with the growing amount of uncertainty, the new issues we deal with at work, in school, in our relationships with families and friends, and how we allocate our time. For most of us, there are now more stresses.

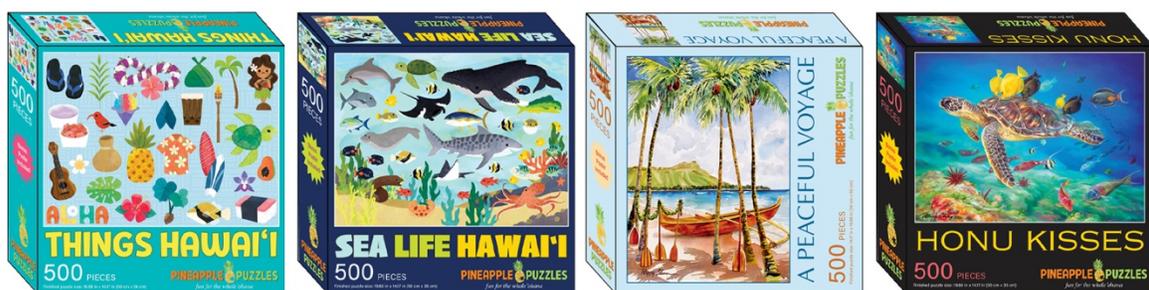
How do we deal with this sudden change? How do we cope? How do we keep our canoe sailing safely and smoothly over the varying seas of life? Not surprisingly, answers are close at hand—the Bible. The good book has always guided us in how to live and its wisdom is as valued today as ever to deal with the uncertainty, division, and insecurity we all now face.

*Hawaiian Devotional* is a collection of over 580 scripture verses in English and Hawaiian, chosen to bring comfort, solace, advice, and encouragement. Organized by topics that affect our modern-day lives such as conflict resolution, depression, addiction, perseverance, hope, and grace, the verses serve as reminders that we are not alone and they provide a compass when guidance is needed.

*Hawaiian Devotional* is compact enough to accompany you while traveling, be within easy reach on the bedside table, and to share with others. Its verses cover a wide-range of teachings that are helpful in times of crisis, joyful in times of gratitude, and encouraging in times of doubt.

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**We're reprinting our jigsaw puzzles! Until we have more stock, purchase from your local independent bookstore or gift shop!**



Mutual and BeachHouse have developed a line of high-quality, 500-piece jigsaw puzzles featuring local artists that celebrate the iconic images that define the Islands. We only have a

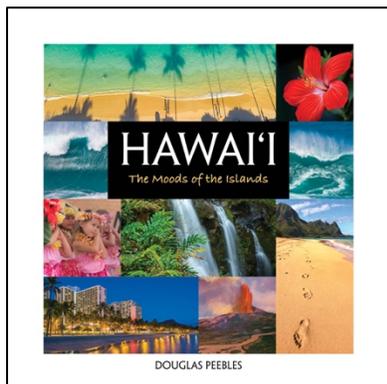
few of these two designs left. The puzzles can be found in retail stores across the state—check your local independent bookstore and Barnes & Noble.



## FEATURED AUTHOR

**Douglas Peebles**

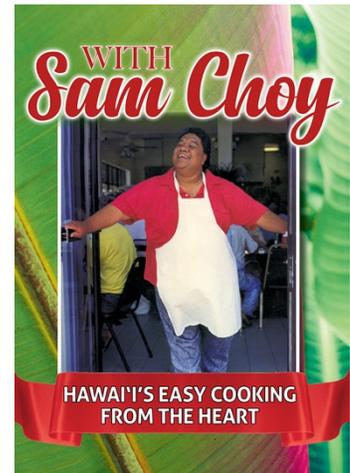
One of Mutual's most prolific authors happens to be an award-winning photographer who has been capturing the scenic beauty, cultural wonders, mouth-watering cuisines, and extraordinary people of Hawai'i and the South Pacific—from the land, the sea, and the sky—for forty-seven years and counting.



His distinctive images—aerials of fiery Kīlauea, pink sunsets over Waikīkī, huge wave surfers, delicate flora and fauna, dedicated hula dancers, the finest Pacific rim cuisines—have been published in over sixty books by Mutual Publishing including "From the Skies of Paradise", a series of five aerial photo books of the islands, and his newest book *Hawaii: Moods of the Islands* which was released in 2019.

He has also worked with Chef Sam Choy on his numerous cookbooks, capturing the soul of Sam's cuisine from his famous poke to traditional Hawaiian fare to high-end Pacific rim cuisine that feature the unparalleled bounty the Hawaiian Islands have to offer.

Peebles works out of a studio in Kāneʻohe, Oʻahu, and sells stock photography that includes images of Maui, Kauaʻi, Oʻahu, Molokaʻi, Lānaʻi, Tahiti, Fiji, French Polynesia, Samoa, Guam, Palau, Tonga, the Cook Islands, Papua New Guinea, Guam, New Zealand, Easter Island, and Mexico. Image file subjects include islands, sunsets, volcanoes, beaches, waves, flowers, and many landscapes and aerial photography.



### **A brief interview with Douglas Peebles:**

#### **When did you start publishing books and what was your first book?**

My first book was *Majesty, The Exceptional Trees of Hawaii*, published by The Outdoor Circle in 1982.

#### **How long have you been working as a photographer in Hawai'i?**

I started in 1974.

What are some of your favorite books that you've published?

*Kauai, A Many Splendored Island*, published by Mutual in 1985.

The five book series, *Hawai'i, Kaua'i, O'ahu, Maui*, and *Hawai'i the Big Island*, published by Mutual starting in 1999.

*Poke*, by Chef Sam Choy, published by Mutual in 2009.

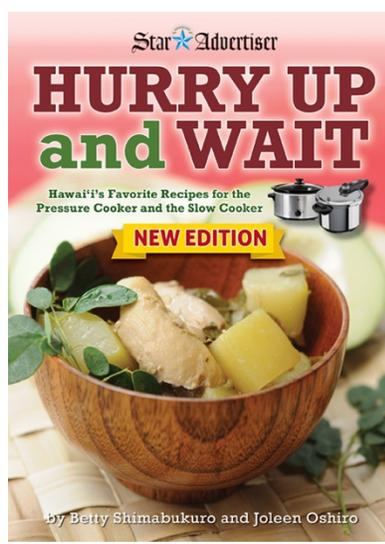
*Hawai'i, The Moods of the Islands*, published by Mutual in 2019.

#### **What advice can you give another photographer starting out in the business, especially now with social media—do you recommend using social media to get your work out there?**

These days it is very hard to get published in magazines or books. Social media is probably the best, and certainly the easiest. However, I am not sure how, in most cases, to make that financially viable. You can sell prints through galleries, art fairs, or online, but each of those are difficult as well. That said, if you have enough talent and drive, it is still possible.

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## FEATURED RECIPES



These two recipes are from *Hurry Up and Wait*, by Betty Shimabukuro and Joleen Oshiro. The ribs are made with a slow cooker, the bread pudding is made with a pressure cooker.



### Hoisin-Guava Baby Back Ribs

Ribs are perfect for the slow cooker. Made tender and flavorful through long, slow cooking, they're usually prepared in an oven, on a grill, or in a smoker. It can be high-maintenance. A Crock-Pot version will take hours, but you don't even have to be in the building. You could do without the broiling and glazing at the end—but if you take the trouble you will be so much happier.

**Serves 6**

5 to 6 pounds pork baby back ribs

Pepper, to taste

2 tablespoons cornstarch dissolved in 1/4 cup water

**PORK**

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**5 to 6 pounds pork baby back ribs**  
Pepper, to taste  
2 tablespoons cornstarch dissolved in 1/4 cup water

**Sauce:**  
1 (8.5 ounce) jar hoisin sauce, about 1 cup  
1 (10-ounce) jar guava jelly  
1/4 cup red wine, dry sherry or whisky  
2-inch piece ginger, peeled, smashed, and minced, about 1/4 cup  
6 cloves garlic, minced  
2 teaspoons red pepper flakes

Season ribs with pepper and stand upright around sides of a 6-quart slow cooker. Meaty sides should face outward, with the thicker part of the ribs at the bottom. Overlap slabs if necessary.

Combine sauce ingredients, pour over ribs. Cook on low until tender, 6 to 8 hours. Ribs should not be so soft that the meat is falling off the bone.

Place ribs on a greased broiling rack, meaty side down. Preheat broiler. Skim fat from liquid in slow cooker; strain 2 cups into saucepan over medium heat. Stir in cornstarch slurry, and simmer until thickened.

**PORK**

Brush ribs with thickened sauce and broil until beginning to brown, 2 to 4 minutes. Turn ribs, brush with more sauce and broil until well browned and sticky, about 10 minutes longer. Brush with more sauce occasionally.

Let rest 5 minutes. Slice ribs; serve with extra sauce.

**(EASY DOES IT.)** The simplest approach to slow cooker ribs relies on store-bought barbecue sauce. I like the Spicy Hawaiian Bar-B-Q Sauce from Noh Foods. Stand ribs around the crock, squeeze the juice from 1 lemon over ribs, followed by most of a bottle of sauce (save some). Once cooked, ribs can be broiled and glazed with extra sauce. Or serve them straight from the crock, with sauce for dipping.

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### Sweet Bread Pudding

This luscious dessert uses two local favorites, sweet bread and macadamia nuts, though you can swap them for any other type of bread or nut, and a variety of add-ins, including dried fruit or chocolate chips. The dessert is cooked in a 7-inch round glass bowl or casserole dish, which is placed on a trivet and foil strips. For details on this technique, see page xv.

### Serves 6 to 8

1/2 cup sugar



1 tablespoon cinnamon  
5 tablespoons butter, softened  
8 to 12 slices sweet bread, cut into 2 x 4-inch pieces  
3 large eggs

1-1/2 cup half-and-half  
1/3 cup brown sugar  
1/8 teaspoon salt  
Diced macadamia nuts, for topping (optional)

In small bowl, combine sugar and cinnamon. Set aside.

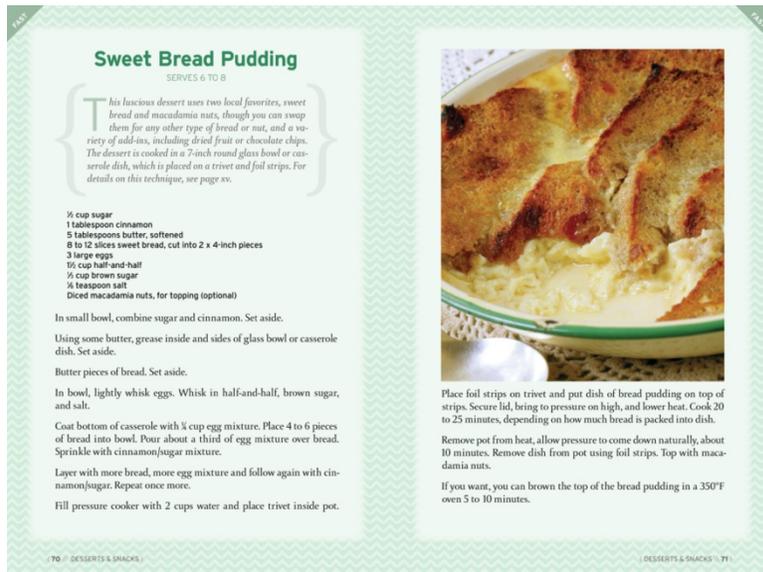
Using some butter, grease inside and sides of glass bowl or casserole dish. Set aside.  
Butter pieces of bread. Set aside.

In bowl, lightly whisk eggs. Whisk in half-and-half, brown sugar, and salt. Coat bottom of casserole with 1/4 cup egg mixture. Place 4 to 6 pieces of bread into bowl. Pour about a third of egg mixture over bread. Sprinkle with cinnamon/sugar mixture. Layer with more bread, more egg mixture and follow again with cinnamon/sugar. Repeat once more.

Fill pressure cooker with 2 cups water and place trivet inside pot. Place foil strips on trivet and put dish of bread pudding on top of strips. Secure lid, bring to pressure on high, and lower heat. Cook 20 to 25 minutes, depending on how much bread is packed into dish.

Remove pot from heat, allow pressure to come down naturally, about 10 minutes. Remove dish from pot using foil strips. Top with macadamia nuts.

If you want, you can brown the top of the bread pudding in a 350°F oven 5 to 10 minutes.



**Sweet Bread Pudding**  
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1 tablespoon cinnamon  
5 tablespoons butter, softened  
8 to 12 slices sweet bread, cut into 2 x 4-inch pieces  
3 large eggs  
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**Additional instructions:**  
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## THIS MONTH IN HISTORY



**October 1, 1917**—The Halekulani Hotel is opened by Clifford Kimball

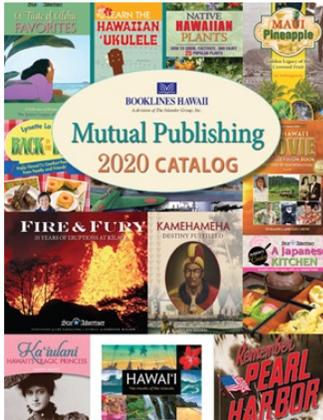
**October 8, 1899**—The first cars appear on the streets of Honolulu when both Henry P. Baldwin and Edward D. Tenney take possession of their new automobiles.

**October 11, 2009**—Saint Damien canonized by Pope Benedict XVI.

**October 14, 1954**—The F.W. Woolworth store opens at Fort and Hotel streets.

**October 16, 1884**—Bernice Pauahi Bishop dies in Honolulu. The Bernice Pauahi Bishop Trust is established to found the Kamehameha Schools.

**October 19, 1872**—An electric telegraph is in operation in downtown Honolulu.



## MUTUAL'S 2020 CATALOG

Our 2020 catalog featuring over 330 books is available on our website. Click [here](#) to view a PDF. Or, call us at **808-732-1709** to ask for a catalog and we will mail one to you.