



September 1, 2022

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

We have just learned that Costco will discontinue carrying Hawai'i and mainland books. Many of you have been able to buy our leading titles, particularly our cookbooks and children's books, at Costco warehouse.

We are pleased to announce that all our titles Costco has been carrying will be available at our Mutual Publishing Book Store and on our website at the same prices Costco had been selling them for*.

We hope this helps Hawai'i's families as we all continue to tighten our belts during these difficult times.

*Only for individual customer orders. Not applicable for authors and wholesale orders.

Happy September!

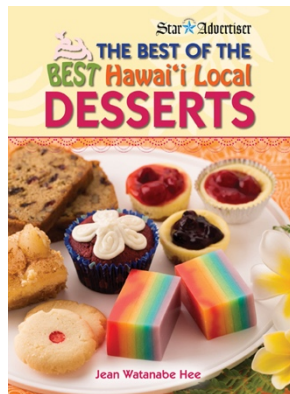
It's already fall and even though the leaves don't change color, we have back-to-school traffic, football, Mid-Autumn Festival celebrations, and at Mutual, we're busy tracking incoming shipments of new titles, planning book signings again, and getting ready to open our office bookstore for holiday shopping.

Besides Labor Day, September is notable for some fun national holidays. September 2 also marks Queen Lili'uokalani's birthday.



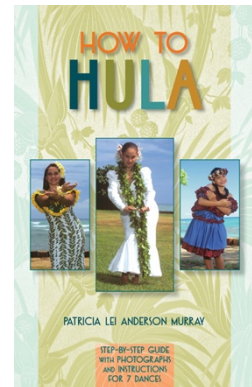
Learn more about Hawai'i's last queen in Allan Seiden's book, [Lili'uokalani: A Royal Album](#).

September 11 is Grandparents Day. [It's Just Aging](#) is a wonderful intergenerational story grandparents can share with their grandchildren to help them understand and not be afraid of old age.



September 13 is International Chocolate Day. [Best of the Best Hawai'i's Local Desserts](#) by Jean Hee has plenty of chocolate recipes to celebrate with.

September 17 is National Dance Day. Gift a copy of [How to Hula](#) to the dancer in your life or to family and friends coming to visit! It's a fun way to introduce them to this beautiful art form.



FEATURED BOOKS

On sale the month of September!

September 10 marks the beginning of the Mid-Autumn Festival, or the Moon Festival, celebrated by Chinese all over the world and in Korea, Vietnam and other cultures heavily influenced by China.

To help you celebrate, [A Chinese Kitchen](#), [A Korean Kitchen](#), and [Yum Yum Cha: Let's Eat Dim Sum in Hawai'i](#) are all on sale this month.



A Chinese Kitchen

by Lynette Lo Tom

6 x 9 in • 216 pp • hardcover • retail \$21.95

ON SALE \$14.99!

Whip up some amazing Chinese food to celebrate the lunar new year with Lynette Lo Tom's *A Chinese Kitchen*.

A Chinese Kitchen does more than just show how to cook Hawai'i's favorite Chinese recipes. It goes behind the scenes explaining the recipes, providing insights into Chinese food traditions and the Chinese culture and experience in Hawai'i. The many vignettes interspersed throughout the book along with nostalgic photos of gone-by places and family give colorful insights into Chinese life in Hawai'i from the 1950s until the

present.

Lynette, a Hawai'i born, fifth-generation Chinese, explains some of the unique foods in Hawai'i such as "cake" noodle, as well as dishes almost identical to those cooked centuries ago in China, such as Pot Roast Pork with Taro (called Kau Yuk) and Hakka-style Pork Spareribs with Black Beans (called Dau See Pai Gwat).

Lavishly illustrated with food photography, the book's 112 recipes includes popular dishes such as Prune Apricot Mui, Boiled Peanuts with Star Anise, Chinatown-style Crispy Skin Roast Pork, Marinated and Barbecued Pork (called Char Siu), Sweet and Sour Pork Spareribs, Hot and Sour Soup, and Green Onion Fried Bread (called Chung Yau Beng).

As well, more traditional recipes are also included: Winter Melon Soup, Oxtail Soup, Chicken Soup with Ginger and Whiskey (called Gai Jow), Chinese-style Poached Whole Fish, Fried Oyster Rolls, Barley Duck, and Manoa Valley Stuffed Fried Bean Curd (courtesy of designer Sig Zane).

A Korean Kitchen

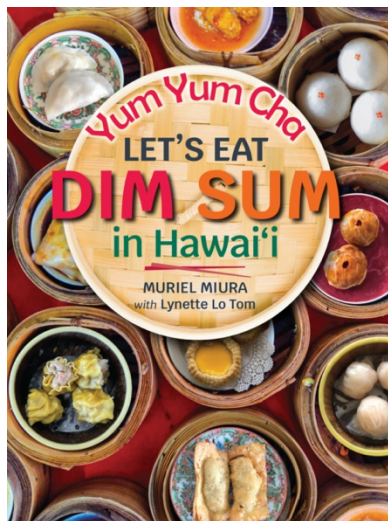
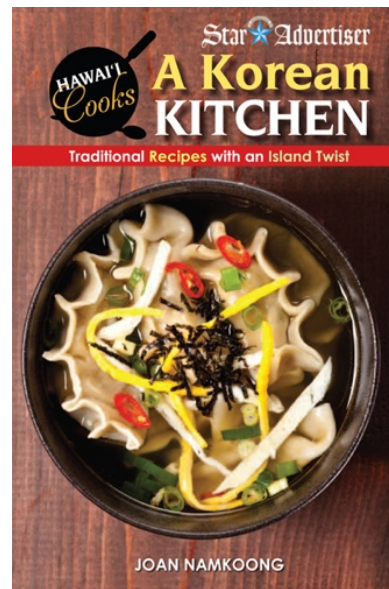
by Joan Namkoong

6 x 9 in • 180 pp • hardcover • retail \$21.95

ON SALE \$14.99!

The first title in our *Hawai'i Cooks* series of cookbooks, *A Korean Kitchen* shows how the cooking brought by the first immigrants adapted to available ingredients to become the Korean food so popular in Hawai'i through the mid-20th century—salty, sweet, spicy and bold flavored with an island twist. Later immigrants brought with them more recent flavors and dishes that had evolved in Korea after World War II, resulting in a cuisine of more varied ingredients sometimes spicy, sometimes bold, well-seasoned but subtle in flavor.

More than 70 recipes in *A Korean Kitchen* reflect the food that the first wave of Korean immigrants ate and cooked, and became the Hawai'i Korean repertoire. There are also contemporary recipes reflecting Hawai'i's changing Korean community and the Korean restaurant scene, and comparisons of island preparations versus those in Korea.



Yum Yum Cha Let's Eat Dim Sum in Hawai'i

by Muriel Miura with Lynette Lo Tom

6 x 9 in • 224 pp • hardcover • retail \$20.95

ON SALE \$14.99!

Going for dim sum, known as yum cha in Cantonese, is a favorite culinary outing in Hawai'i when all tastes can be satisfied among dozens of small plates that are shared and enjoyed with family and friends. It's the perfect way to sample beautifully presented bites of food that are steamed, pan-fried, deep-fried, rolled, and wrapped.

Yum Yum Cha Let's Eat Dim Sum in Hawai'i has over 100 recipes that duplicate what you can order in restaurants serving dim sum or shops and bakeries specializing in dim sum in the Islands. Included are delicious favorites such as pork hash bites (siu mai), shrimp in translucent wheat starch wrap (har gao), steamed then pan-fried turnip cake (lo bak go) and tender steamed pork spareribs in fermented black bean sauce (dow see pai gwat).

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!

COMING SOON

Available next month

Meditations of Hawai'i

Through Select Bible Verses from Ka Baibala
Hemolele The Holy Bible in English and Hawaiian

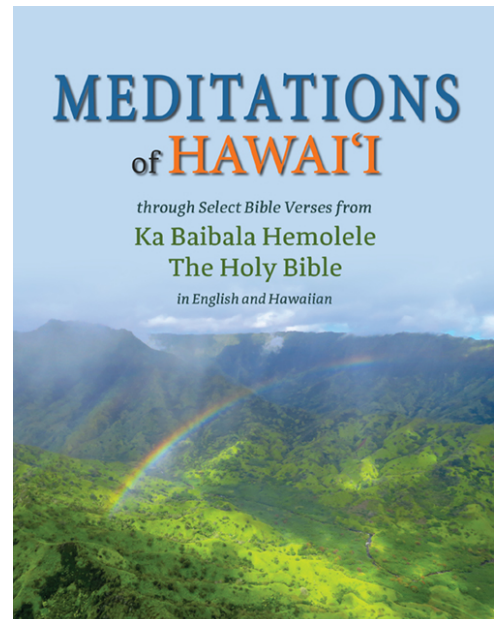
7 x 9, 160 pages, softcover, retail \$21.95

On the glorious splendor of
Your majesty,
And on Your wonderful works,
I will meditate.

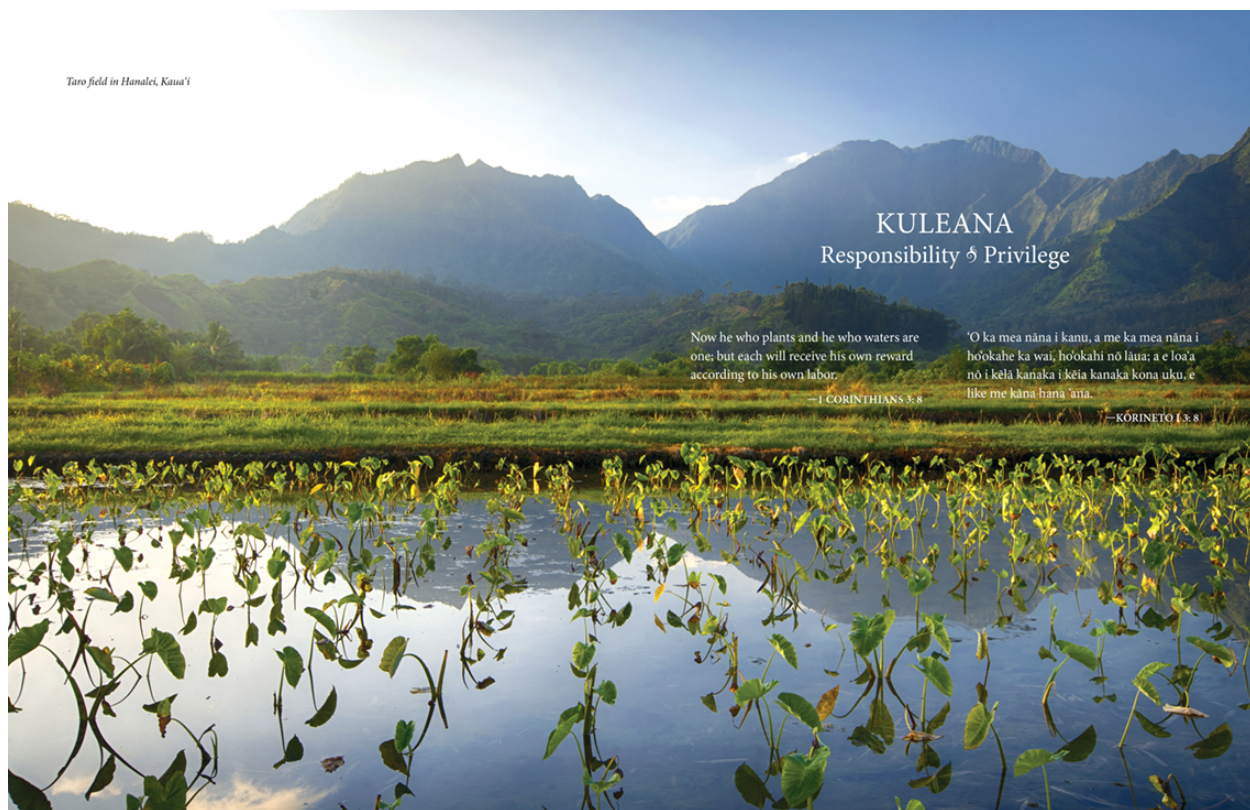
—Psalms 145:5

E hō'ike aku nō wau i ka nani 'ihi'ihī o kou hanohano,
A me nā mea o kāu mau hana kupanaha.

—Haleū 145:5

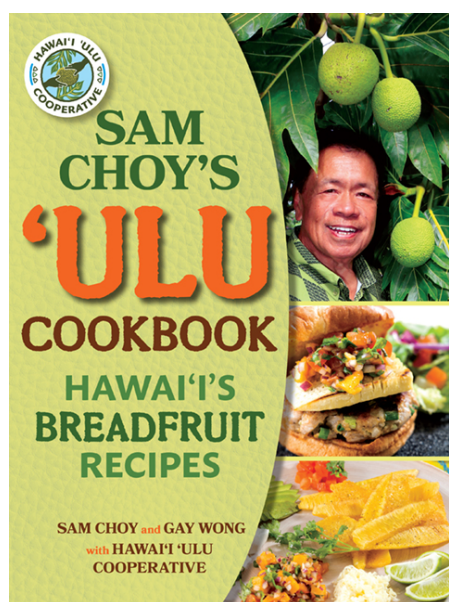


Hawai'i is a unique place on earth with awe-inspiring natural beauty ranging from white sand beaches, to plunging waterfalls, to cloud-covered summits. It's a place where the creation of land continues with fiery volcanic eruptions and streams of lava that cool, coil, and cement into hardened black rock out of which new life miraculously sprouts through cracks and crevices under the same sun that the demigod Māui slowed with his rope.



These natural wonders invite us to slow down, drink in, and ponder the beauty before us—from misty rainbows, to dazzling sunrises and sunsets, to massive crashing waves. Meditations of Hawai'i invites you to meditate on God's work as reflected in Hawai'i's picturesque landscapes. Each stunning photograph is paired with scripture in both English and Hawaiian from Ka Baibala Hemolele to provide reflection, celebration, and instruction.

AVAILABLE THIS FALL



Sam Choy's 'Ulu Cookbook

by Sam Choy and Gay Wong

6 x 9, 192 pages, hardcover, wire-o binding, retail \$21.95

Chef Sam Choy had his first bite of 'ulu as a child growing up in Lā'ie, on O'ahu's North Shore, in a neighborhood where everyone had a breadfruit tree in their yard.

Sam learned methods of preparing 'ulu from both family and neighbors who originated from all over the Pacific, bringing to Hawai'i their cherished traditions. This upbringing permeates his entire professional career.

Sam Choy's 'Ulu Cookbook is a rare recipe collection devoted to a truly Hawaiian and Polynesian staple. The recipes are Sam's own, from friends, and the Hawai'i 'Ulu Cooperative, who partnered in creating this book. Gay Wong, who felt passionately about 'ulu's health values, pioneered with Sam the idea of an entire book devoted to what she considered was a wonder food. The book comes at an ideal time for home cooks now that the Hawai'i 'Ulu Cooperative has helped to increase supply and make frozen, recipe-ready 'ulu available throughout the islands and even by mail order.

The recipes are both traditional and contemporary: 'Ulu chips with a multitude of dips to accompany them. Salads that pair 'ulu with other island favorites like hō'i'o (fern shoots). Soups made substantial and creamy through the magic of 'ulu. Burgers, croquettes, and more—including a host of desserts.

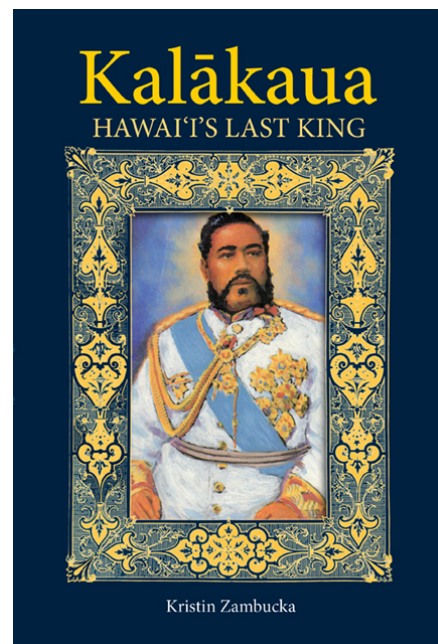
Kalākaua: Hawai'i's Last King

by Kristin Zambucka

6 x 9, 128 pages, softcover, retail \$12.95

In this pictorial biography, over 180 old photographs, anecdotes written by personages of the day, letters, and newspaper accounts paint a glowing picture of the colorful reign of Hawai'i's last king. David Kalākaua ruled the Hawaiian Islands from 1874 until 1891 at a crucial time in Hawai'i's history when the Islands were undergoing great changes. There was an alarming influx of foreigners who brought with them other cultures and unknown diseases.

King Kalākaua saw that the only way to preserve his fast diminishing people was to lead them back to their old traditions. Thus he set about reviving the ancient chants and hula and the Hale Naua (The School of Wisdom). Under the king's patronage there was an enormous resurgence of Hawaiian culture. But his enemies in the missionary party were relentless in prying this innovative king from his throne. The strain of withstanding their attacks took its toll on Kalākaua. After reigning over his island kingdom for seventeen years, he went to San Francisco to alleviate his failing health in late 1890. He died there, at the Palace Hotel, in January, 1891.



FEATURED RECIPE

September 4 is National Macadamia Nut Day! Celebrate by making this vegan cheesecake from Lillian Cunic's cookbook, [Tasting Hawai'i Vegan Style](#).



Baked Vegan Cheesecake with Macadamia Nut Crust

Yield: 1 (9 x 5-inch) loaf pan, about 8 slices

What's not to love about cheesecake? I can't think of anything more soothing to the soul, satisfying, and sociable than having a piece of cheesecake. It's rich, not too sweet, and contains none of the world's most loved ingredients—cheese. Whaat, you ask? No cheese?! I'm a huge fan of "cheese" cake, and after going on a recipe adventure to create the perfect vegan version, I can honestly say this is my favorite dessert hands down. Test

it out and see for yourself why people go crazy for plant-based cheesecake. Regardless of your apprehensions, it tastes like cheesecake, looks like cheesecake, and will have you feeling like a pastry chef of note once you pull it off.

Crust

1/3 cup (40g) macadamia nuts
1/3 cup (30g) old-fashioned rolled oats
2 tablespoons sugar
1/2 teaspoon nutritional yeast
2 tablespoons melted refined coconut oil
(microwave for 15 seconds if coconut oil is hard)

Filling

1 cup (160g) raw cashews, rinsed, soaked overnight, drained
1 cup (240g) canned coconut cream (see note)
1 (8-ounce/227g) container vegan cream cheese
1/2 cup (170g) maple syrup or agave syrup
3 tablespoons lemon juice
2 tablespoons cornstarch or arrowroot
1 tablespoon nutritional yeast
2 teaspoons vanilla extract
1/4 teaspoon salt



Garnish

¼ cup fresh pomegranate seeds or fresh berries
2 tablespoons chopped roasted macadamia nuts

Preheat oven to 350°F (180°C) and line a 9 x 5-inch loaf pan with parchment paper allowing 1-inch of overhang on each side for easy removal.

Pulse the nuts, oats, sugar, and nutritional yeast in a food processor until crumbly. Pour in the coconut oil and pulse again until well-combined. Press into the bottom of the pan using your hands or the bottom of a measuring cup. Bake for 15 minutes. Remove from oven and reduce heat to 325°F (160°C).

Blend the filling ingredients until smooth and creamy. Pour the filling evenly over crust. Bake for 50 to 55 minutes until the center appears slightly jiggly when you shake it. (Filling will continue to set as it cools.) Cool to room temperature and chill in the refrigerator for at least 5 hours or overnight.

Lift out of pan and slice into 8 triangles or bars. Sprinkle with pomegranate seeds and macadamia nuts.

Note: Can must be chilled for at least 24 hours in the refrigerator so the layer of cream at the top of the can solidifies and separates from the liquid making it easy to scoop out. Reserve liquid for another use such as in soups.

THIS MONTH IN HISTORY



September 1, 1877—C.H. Dickey establishes the first commercial telegraph system in Hawai'i, connecting two of his stores on Maui.

September 2, 1838—Lydia Kamaka'eha, later to become Queen Lili'uokalani, the last reigning monarch of Hawai'i, is born.

September 11, 1847—The Thespian Theatre, the first regular theater in Honolulu, opens with a melodrama and a farce.

September 30, 1968—“Hawaii 5-0 debuts in the islands, four days after the new CBS show makes its mainland debut.

September 28, 2002—Congress Woman Patsy Takemoto Mink dies at age 74. Principal author of “Title IX Amendment of the Higher Education Act” prohibiting gender discrimination by federally funded institutions, introduced the first comprehensive “Early Childhood Education Act” and authored the “Women’s Educational Equity Act.”



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