

November 8, 2022

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

Our Bookstore is OPEN! Come by Monday through Friday, 9 am to 4:30 pm. Be sure to scroll down to learn more about parking and curbside pick up!

We have an author signing coming up this month. **Meet Chef Sam Choy at Barnes & Noble Ala Moana this Saturday, Nov 12 at 2 pm.** Scroll down for more information!

We have a **featured November book**, *Catholic Churches of Hawai'i*. All our **new titles** are on special, and our **jigsaw puzzles** are at a special price of \$11.99! Let's get to it...

Our Bookstore is OPEN!



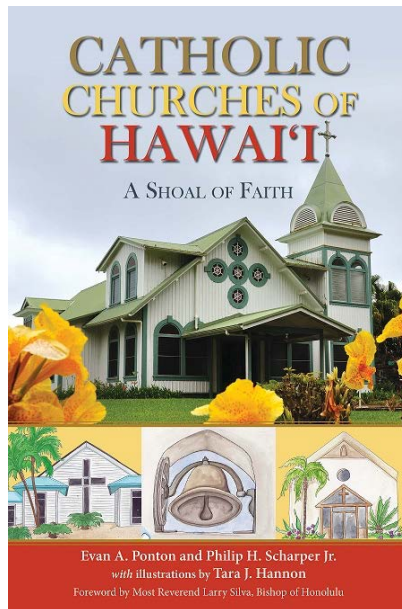
Come by Monday through Friday, 9 am to 4:30 pm. We will announce special Saturday hours soon, so stay tuned.

We've got **CLEARANCE BOOKS**, new titles, special sales, and as a member of our Book Club, you receive 20% off!

This month we're offering many titles at special prices!

FEATURED NOVEMBER BOOK!

On sale the month of November!

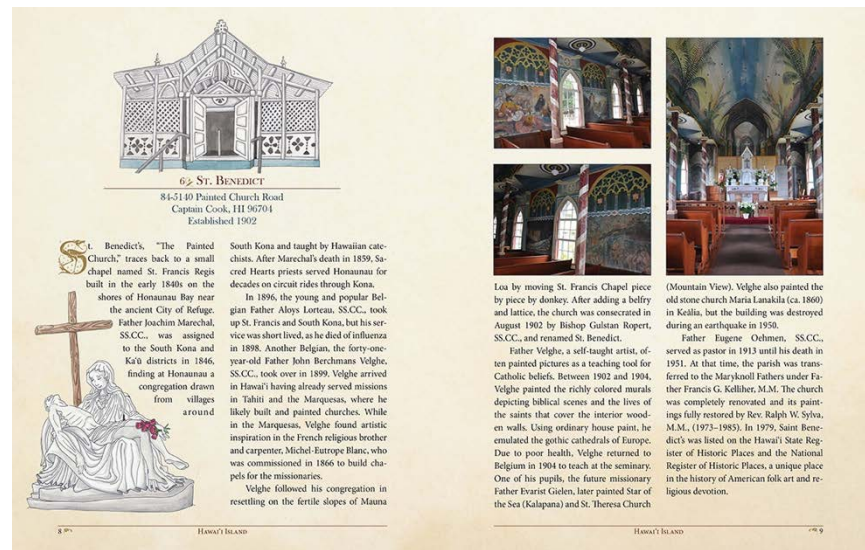


Catholic Churches of Hawai'i: A Shoal of Faith

7 x 9, 200 pages, softcover, retail \$19.95

ON SALE \$8.99!

Catholicism in Hawai'i encompasses a unique, captivating, and occasionally controversial legacy since its arrival to the Islands nearly two centuries ago. *Catholic Churches of Hawai'i: A Shoal of Faith*, provides a thorough and compelling reference to the historical, spiritual, and cultural richness that Catholicism contributed to Hawai'i's identity including saints, coral cathedrals, and remote wooden churches.



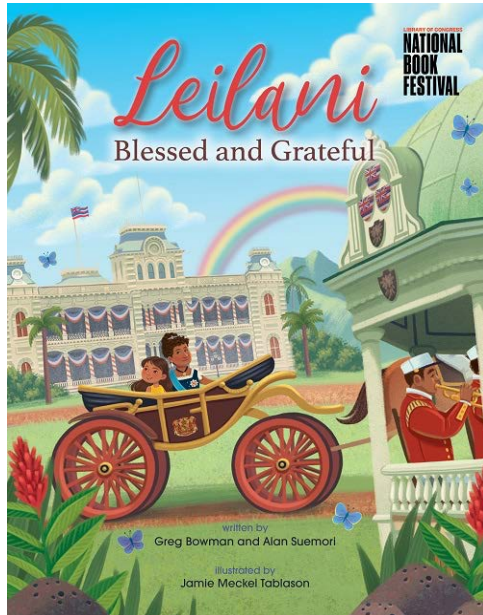
NEW TITLES ARE IN!

On sale the month of November!

So many new titles! We're so excited to share them with you, we are offering them at special introductory prices.

Don't miss our new children's book, *Leilani Blessed and Grateful*, written by two 'Iolani School teachers. Want to learn more about Hawai'i's fascinating history? Check out *Women of Old Hawai'i* and *Kalākaua: Hawai'i's Last King*. Need something to help you de-stress and reduce anxiety? *Meditations of Hawai'i* is a must and the perfect gift for those people in your life who need to slow down, recalibrate, or reignite an appreciation for Hawai'i's natural beauty. Ready

to get back in the kitchen, eat healthy, and save money by eating at home? *Sam Choy's 'Ulu Cookbook* provides a wealth of information and recipes for this sustainable, significant crop and *Hawai'i's Community Cookbook* provides over 600 recipes from fifty community cookbooks across the state. You'll never wonder what to make for dinner again.



Leilani Blessed and Grateful

by Greg Bowman and Alan Suemori, illustrated by Jamie Meckel Tablason

8.5 x 11, 32 pages, hardcover, retail \$14.95

ON SALE \$9.99!

During a school field trip to 'Iolani Palace, Leilani learns about King Kalākaua and Queen Kapi'olani's enduring legacy of support for the Hawaiian people. Leilani is filled with gratitude. After falling asleep that night, she wakes to find herself back in old Hawai'i with Queen Kap'iolani who takes her on a short tour of Honolulu. Leilani gains a greater appreciation for the way Hawai'i was and still is today due to the King and Queen's contributions, protections, and stewardship.

Leilani Blessed and Grateful is Hawai'i's 2022 selection for the Library of Congress' Great Reads from Great Places program.



Sam Choy's 'Ulu Cookbook

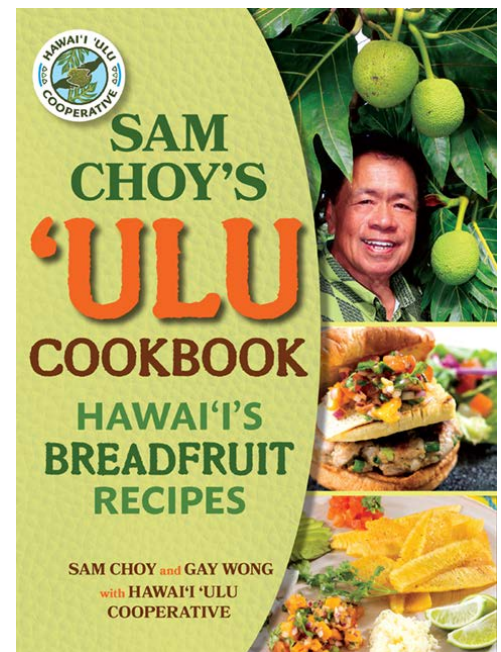
by Sam Choy and Gay Wong with the Hawai'i 'Ulu Cooperative

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

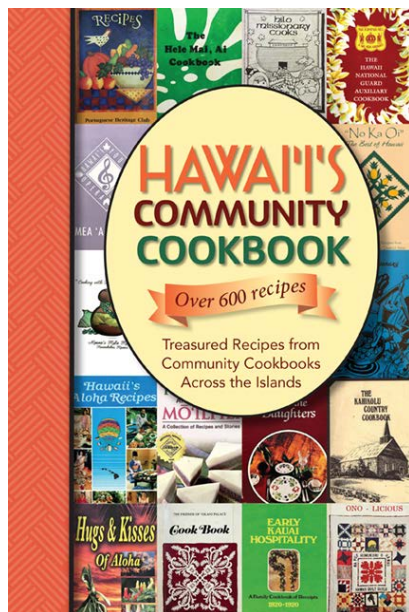
ON SALE \$14.99!

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 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.



Hawai'i's Community Cookbook: Over 600 Recipes Treasured Recipes from Community Cookbooks Across the Islands

6 x 9, 512 pages, softcover, comb binding, retail \$24.95

ON SALE \$17.99!

Hawai'i's Community Cookbook has over 600 delicious recipes from the islands' most treasured community cookbooks.

Back in the day, most cooks did not keep written recipes. The community cookbook became a way to preserve culinary and cultural traditions from generation to generation. As more people arrived in the islands from other countries, they became neighbors and generously shared their food with each other.

The cookbooks they compiled reflected Hawai'i's diverse

communities and how different cuisines were melded.

Some cookbooks were a proud statement of heritage. Some spread the mission for organizations of every type—schools, business groups, civic groups, churches, quilting guilds, choirs, hospitals, and more.

This anthology of recipes, selected from fifty community cookbooks, invites the home cook to a statewide potluck with an abundance of personality.

There are “old-fashioned” recipes that are popular again,

like popovers and made-from-scratch breads and biscuits, chutneys and jams. There are neighborhood favorites like Chicken Hekka, Coconut Fish, and Pulehu Ribs and recipes for quick, easy-to-make meals like Beef Tomato, Mochiko Chicken, and Saimin. Salads, vegetable dishes, pūpū, and desserts use island ingredients like ‘ulu (breadfruit), taro, ‘ōhelo berries, liliko‘i, and more.

<p>CRISP FRIED TOFU Makes 3 to 4 servings</p> <p>1/2 pound tofu 1/4 cup rice flour 2 tablespoons cornstarch</p> <p>5 cups oil for deep-frying Spring Roll Sauce</p> <p>Cut tofu into strips, 2 x 1 x 1/4-inches. Combine rice flour and cornstarch. Preheat oil for deep-frying on medium heat. Coat tofu with rice flour mixture. Deep-fry for 7 to 10 minutes, or until golden brown. Drain on absorbent paper towels. Serve with sauce.</p>	<p>CRAB PUFFS</p> <p>1 (6-ounce) can crabmeat 1/4 cup chopped black olives 2 tablespoons minced onions 2 tablespoons minced green onions 2 tablespoons minced green pepper</p> <p>2 tablespoons minced celery 3 drops of pepper sauce 1/4 cup mayonnaise 24 miniature cream puff shells (halved)</p> <p>Combine crab, olives, onions, green pepper, celery, and pepper sauce in mixing bowl. Blend in enough mayonnaise to moisten. Pile into bottom of puff shells and top with the lids.</p> <p>Place on greased cookie sheet and bake in preheated oven 350°F for 20 minutes.</p> <p>Serve hot. May be made in advance and frozen. To serve, heat as above.</p> <p><small>NOTE: Shrimp or tuna can be substituted for crab.</small></p>
<p>Spring Roll Sauce Makes 1 cup</p> <p>1/4 cup sugar 1/2 cup water 1/2 cup red wine vinegar 1 to 2 tablespoons fish sauce</p> <p>2 to 3 teaspoons ground fresh red chili peppers 1/4 cup coarsely chopped peanuts 1/2 carrot or daikon, shredded</p> <p>In a small saucepan, combine sugar and water; bring to boil. Reduce heat and simmer for about 10 minutes, or until sugar is dissolved. Remove from heat. Stir in red wine vinegar, fish sauce, and red chili peppers. Pour sauce into serving bowl. Chill; top with carrots/daikon and sprinkle with peanuts before serving.</p> <p><small>WENDI Y. MURASHIGE 1988 4-H Local & Ethnic Food Show</small></p>	<p><small>ADELE DAVIS We, the Women of Hawaii Cookbook</small></p> <div data-bbox="1177 1327 1339 1402"> <p>MAILE BUTTER 55 CENTS A POUND</p> <p><small>"MAILE BUTTER" is a registered trademark of MAILE BUTTER, INC. All rights reserved. No other product may be sold under this name without the written consent of MAILE BUTTER, INC.</small></p> <p>MAILE SODA & ICE WORKS, LTD. "We Serve Your Drink!" Phone: 935-1010</p> </div>

Meditations of Hawai'i

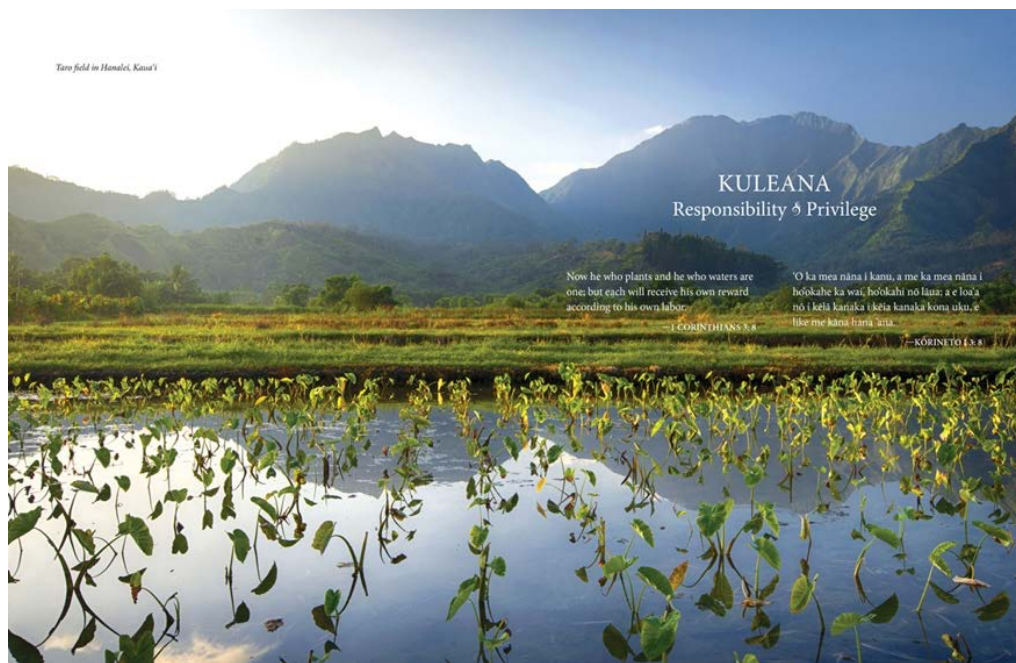
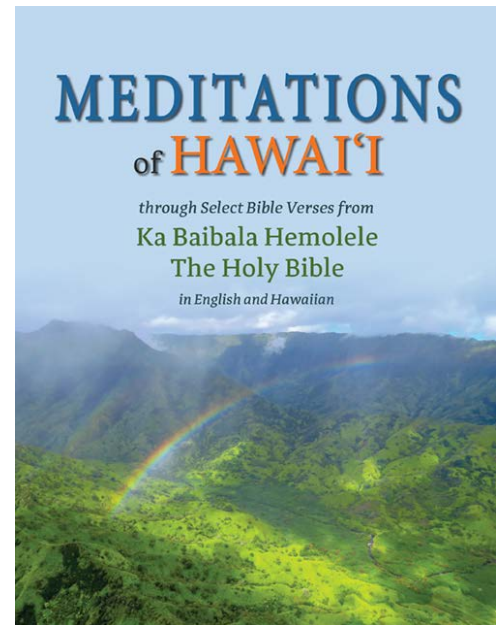
Through Select Bible Verses from Ka Baibala
Hemolele The Holy Bible in English and Hawaiian

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

ON SALE \$14.99!

On the glorious splendor of
Your majesty,
And on Your wonderful works,
I will meditate.
—Psalms 145:5

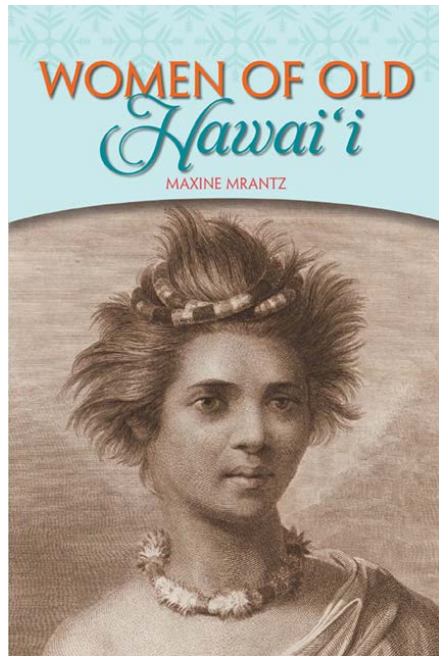
E hō'ike aku nō wau i ka nani 'ihi'ihī o kou hanohano,
A me nā mea o kāu mau hana kupanaha.
—Haleū 145:5



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.



Women of Old Hawai'i

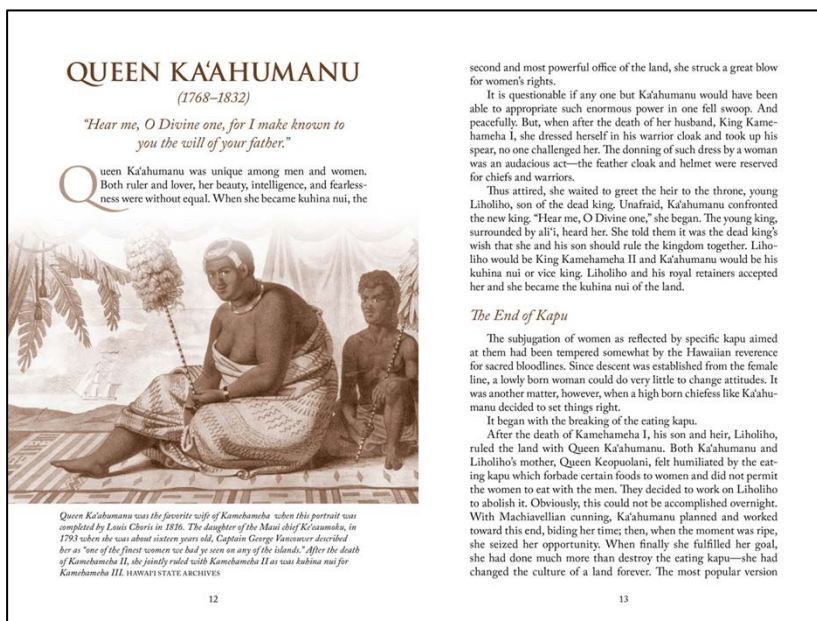
by Maxine Mrantz

6 x 9, 48 pages, softcover, retail \$7.95

ON SALE \$5.99!

Throughout the history of Hawai'i, women have played a crucial role in shaping the government, societal landscape, and future of the Islands by leading their people through immense change. *Women of Old Hawai'i* offers a basic overview of just a handful of the outstanding figures whose influence and work are still felt today.

Author Maxine Mrantz begins by just scratching the surface of what life was like for women in ancient Hawai'i, explaining the importance of genealogy and bloodlines, marriage and children, and women's roles as caregivers, artists, rulers, and lawmakers.



Among the most notable women presented are Queen Ka'ahumanu, wife of Kamehameha I, Chiefess Kapi'olani, Elizabeth Kīna'u, Kekāuluohi, Princess Victoria Kamāmalu, Queen Emma, Princess Ka'iulani, and Queen Lili'uokalani.

Their accomplishments exceed what's listed here and continue to be seen and felt throughout Hawai'i today—from the laws created, to the buildings erected, to the land

preserved, to the songs written. Hawai'i's presence on the world stage would not have been possible without the courage and strength of the women leaders who paved the way forward.

Kalākaua: Hawaiʻi's Last King

by Kristin Zambucka

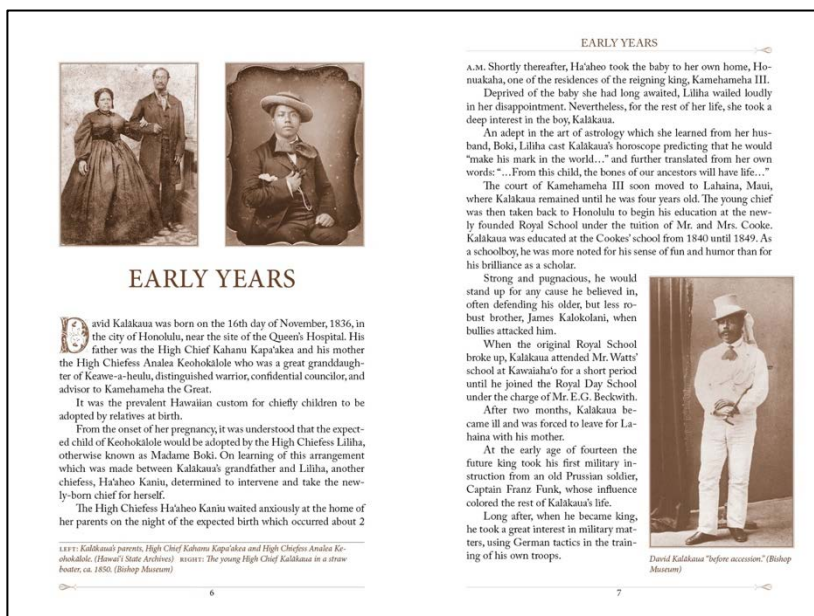
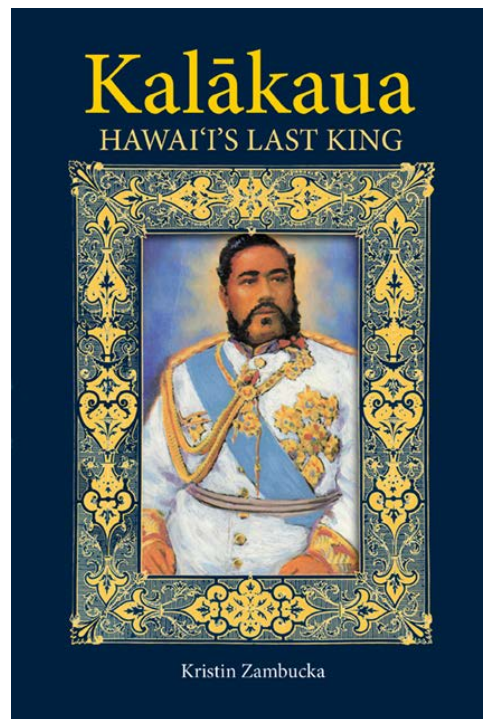
6 x 9, 128 pages, softcover, retail \$12.95

ON SALE \$8.99!

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 Hawaiʻi's last king. David Kalākaua ruled the Hawaiian Islands from 1874 until 1891 at a crucial time in Hawaiʻi'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

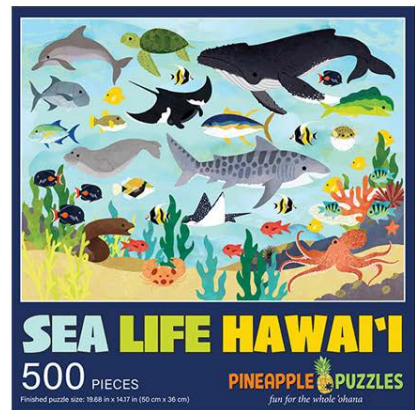
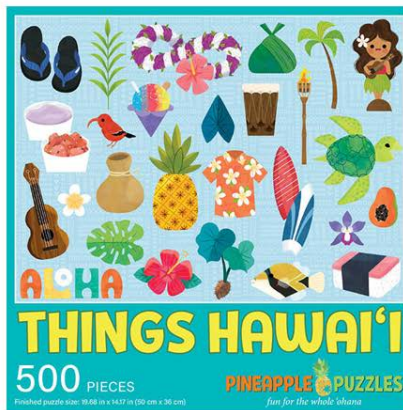
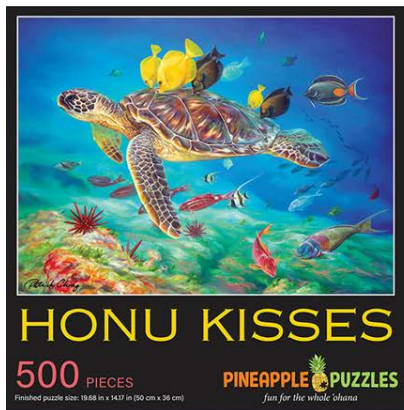
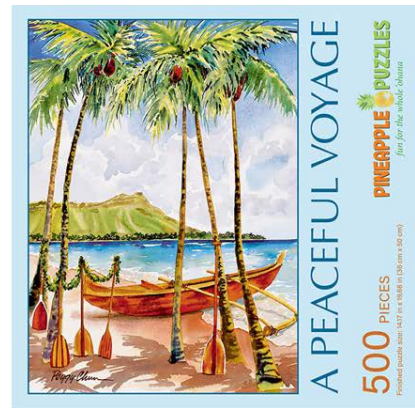
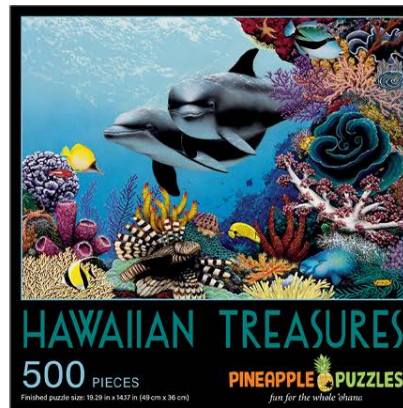
traditions. Thus he set about reviving the ancient chants and hula and the Hale Naua (The School of Wisdom). Under the king's patronage there was an enormous resurgence of Hawaiian culture. But his enemies in the missionary party were relentless in prying this innovative king from his throne. The strain 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.



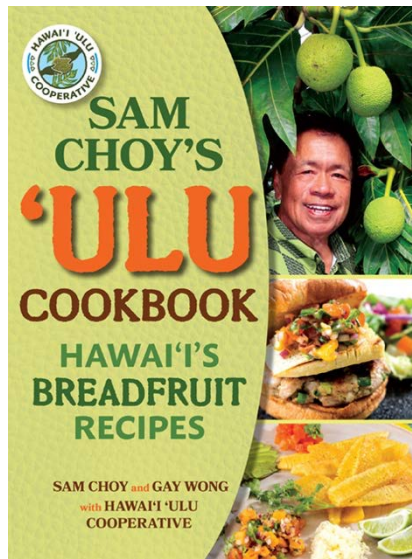
JIGSAW PUZZLES

Only \$11.99 through the month of November!

These 500-piece jigsaw puzzles are the perfect holiday gift for your eagle-eyed friends and family members. Perfect for the entire family, they can be done together with keiki, friends, or alone as a meditative time away from screens. They also make a wonderful gift for friends and family on the mainland who miss Hawai'i and need a little something that reminds them of home.



NOVEMBER BOOK SIGNINGS!



SAM CHOY'S 'ULU COOKBOOK

Barnes & Noble Ala Moana

Saturday, November 12

2 pm

Come meet Sam Choy and Tamara Butterbaugh from Hawai'i 'Ulu Cooperative and learn more about this versatile and delicious food!

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!

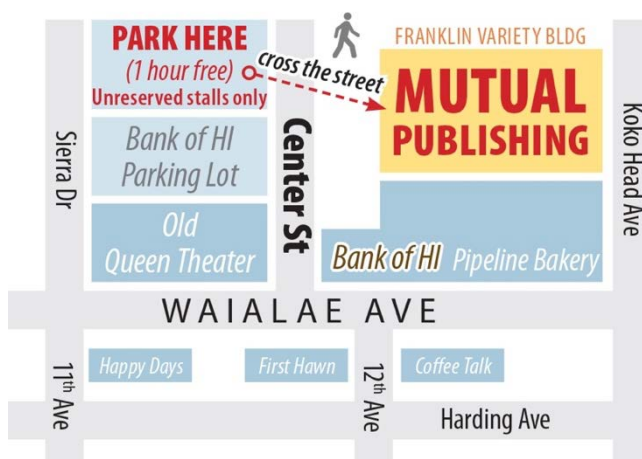
PARKING

A QUICK AND IMPORTANT NOTE: The parking lot on Center Street, across the street from the Franklin Building where we are located, now has **SIX RESERVED** spots that you **cannot park** in—you **will be towed**. Please look out for them and do not park in these spots.

Unfortunately, these are not for customers or clients of the building.

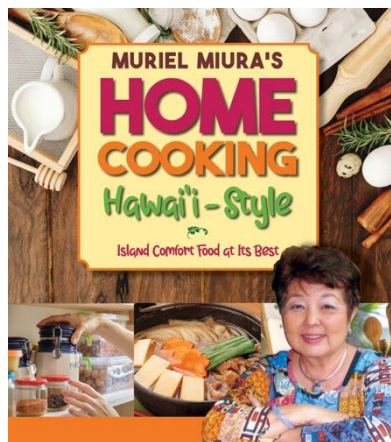
Please park in unreserved stalls only. If you think you will need help, call 808-

732-1709 ahead of time and we can bring your purchase out to you or help you find parking.



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

FEATURED RECIPE



Here are two dessert recipes from Muriel Miura's cookbook, *Home Cooking Hawai'i-Style*, that you can make for Thanksgiving!

Custard Pie

Yield: 1 (9-inch) pie

Due to shortages of fresh milk during the Second World War,

Hawai'i bakers began to substitute evaporated milk in their recipes. The taste caught on in Island homes. If you're looking to give your custard desserts a distinctive local flavor, I recommend the use of evaporated milk.

5 eggs, slightly beaten

$\frac{3}{4}$ cup sugar

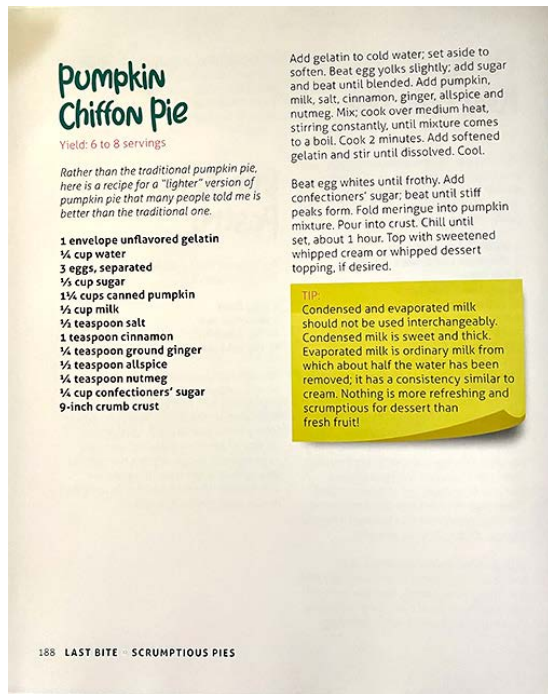
$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon nutmeg



3 cups undiluted evaporated milk
1 teaspoon vanilla extract
9-inch unbaked pie shell

Beat eggs slightly; stir in sugar, salt, nutmeg, milk, vanilla extract. Whisk to blend ingredients well. Pour into pie shell. Bake at 425°F for 30 to 40 minutes, or until knife inserted in center of pie comes out clean.



Pumpkin Chiffon Pie

Yield: 6 to 8 servings

Rather than the traditional pumpkin pie, here is a recipe for a “lighter” version of pumpkin pie that many people told me is better than the traditional one.

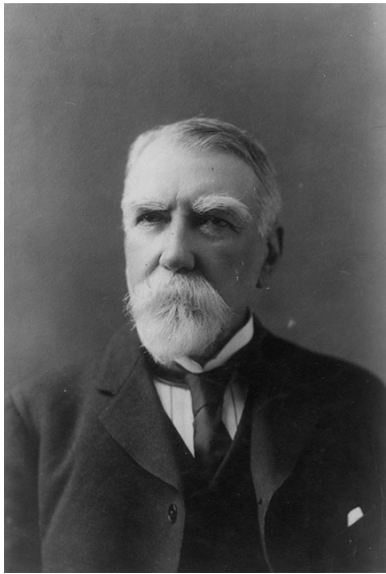
1 envelope unflavored gelatin
1/4 cup water
3 eggs, separated
1/3 cup sugar
1 1/4 cups canned pumpkin
1/2 cup milk
1/2 teaspoon salt
1 teaspoon cinnamon

1/4 teaspoon ground ginger
1/2 teaspoon allspice
1/4 teaspoon nutmeg
1/4 cup confectioners’ sugar
9-inch crumb crust

Add gelatin to cold water; set aside to soften. Beat egg yolks slightly; add sugar and beat until blended. Add pumpkin, milk, salt, cinnamon, ginger, allspice, and nutmeg. Mix; cook over medium heat, stirring constantly, until mixture comes to a boil. Cook 2 minutes. Add softened gelatin and stir until dissolved. Cool.

Beat egg whites until frothy. Add confectioners’ sugar; beat until stiff peaks form. Fold meringue into pumpkin mixture. Pour into crust. Chill until set, about 1 hour. Top with sweetened whipped cream or whipped dessert topping, if desired.

THIS MONTH IN HAWAIIAN HISTORY



November 1 1910—Archibald Cleghorn, governor of O'ahu during King Kalākaua's reign and father of the late Princess Ka'iulani, dies at his home, 'Ainahau at age 74.

November 3, 1922—Governor Wallace R. Farrington officiates at the laying of the cornerstone of the Scottish Rite Cathedral at Wilder and Kewalo Street.

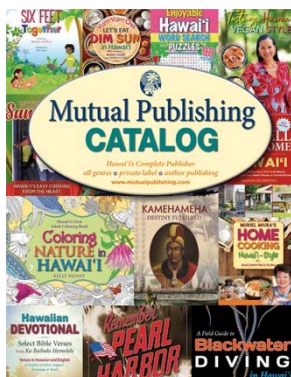
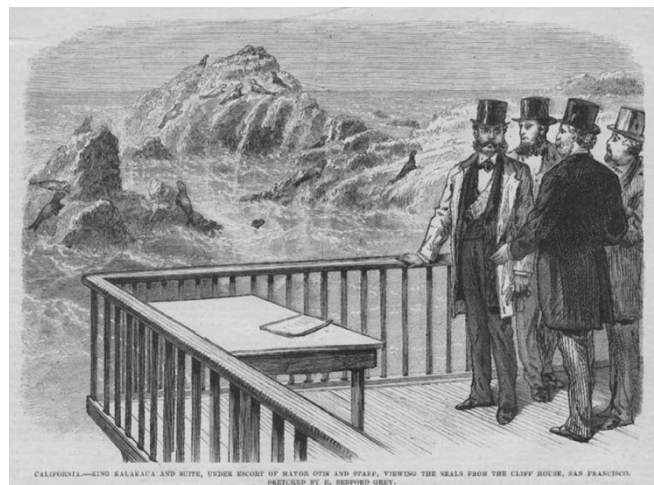
November 6, 1850—The first Volunteer Fire Brigade is organized under Chief Engineer William Parke.

November 11, 1917—Former Queen Lili'uokalani dies at Washington Place. The bells of Kawaiaha'o Church and St.

Andrew's Cathedral announce her passing.

November 17, 1874—King Kalākaua and his party depart for San Francisco aboard the steamer *Benicia* for a goodwill tour of the United States. They will return February 15, 1875.

November 23, 1982—Hurricane 'Iwa strikes Hawai'i. It is one of the most destructive storms to hit in recent times.



MUTUAL'S CATALOG

Our catalog featuring over 330 books is available on our website. Click [here](#) to view a PDF. Or, call us at **808-732-1709** to have a catalog mailed to you.