



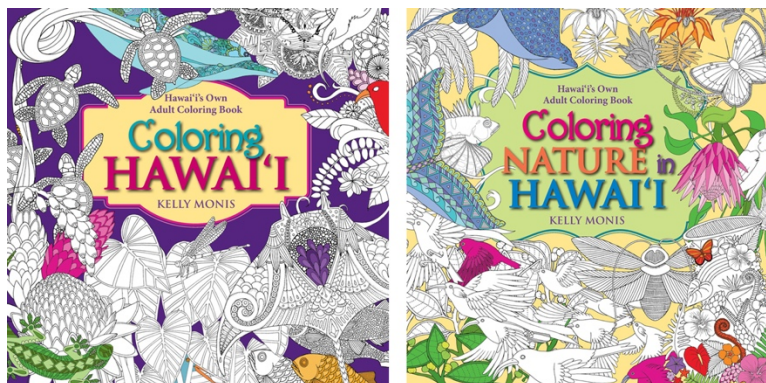
December 1, 2022



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!

Check your in boxes because we've been having weekly sales you can take advantage of for the holidays! This week it's our two adult coloring books: **Coloring Hawai'i** and **Coloring Nature in Hawai'i**. Next week's special book will be **Remember Pearl Harbor** on sale for \$15.99.



We have three featured December books: **Waikiki An Illustrated Pocket History**, **Hawai'i's Food Dictionary**, and **Surfing He'e Nalu** all of which make great stocking stuffers and grab bag

gifts! All our **new titles** are on special, and our **jigsaw puzzles** are at a special price of \$11.99! Let's get to it...

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## Our Bookstore is OPEN!

Monday through Friday

9 am to 4:30 pm

and

Saturday, December 3

9 am to 2 pm

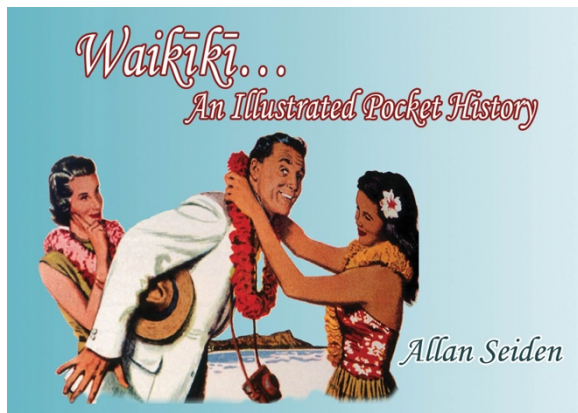
We've got **CLEARANCE BOOKS**, new titles, special sales, and as a member of our Book Club, you receive 20% off!

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

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## FEATURED DECEMBER BOOKS

On sale the month of December!



### Waikiki...An Illustrated Pocket History

Allan Seiden

7 x 5 in, 76 pages, softcover, retail \$12.95

**ON SALE \$5.99!**

“When they said Hawai‘i, they meant Waikiki.” Honoring nature’s enduring role in creating Waikiki as a place of stunning beauty, and an iconic vision of all that makes Hawai‘i

paradise. *Waikiki...An Illustrated Pocket History* follows the changes that passing centuries have brought, nostalgic reminders of simpler times that honor the hope that the on-going process of transformation does justice to what once was and is respectful of Waikiki’s unique history and sense of place.

## Hawai'i's Food Dictionary

Over 800 Familiar and Not So Familiar Ingredients Found in  
Hawai'i's Local Cuisines

5 x 8 in, 128 pages, softcover, retail \$10.95

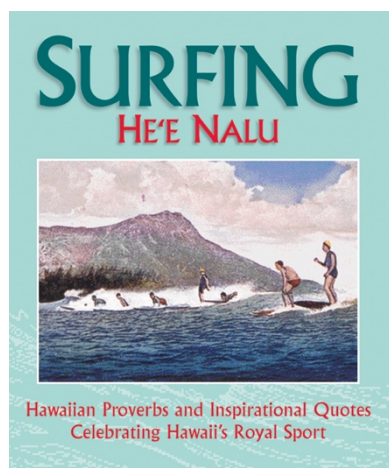
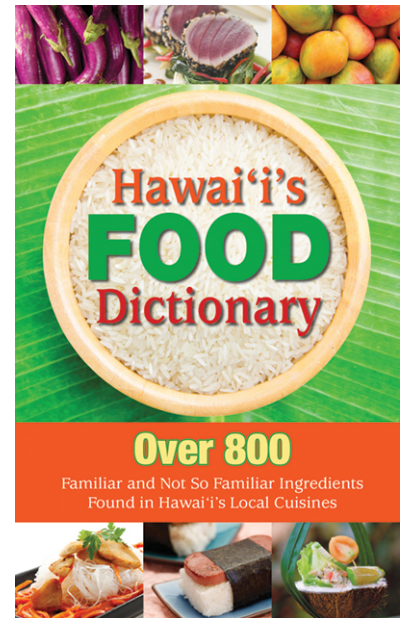
**ON SALE \$4.99!**

Hawai'i's culinary terms can be baffling, whether supermarket shopping, looking for recipe ideas in local cookbooks, or reading restaurant menus, particularly at fine dining ones where chefs like to show off by using new and fancier food terminology. While newcomers to the islands are at the most disadvantage, even longtime residents can get stumped by forgotten meanings of ingredients.

Being familiar with every culinary term or ingredient, particularly those not from one's heritage/ethnicity, is impossible. Add in local pidgin and one can be excused for not knowing the meaning of many local culinary terms.

*Hawai'i's Food Dictionary* ends all the confusion and unknowns. No longer do you have to be in the dark about an ingredient's meaning or a food term. No longer do you have to be stumped at the grocery store or intimidated at a restaurant when you hear the specials.

Culling over 40 local cookbooks, from *The Choy of Seafood* by Sam Choy, to *A Taste of Hawaii* by Jean-Marie Josselin, from *D.K.'s Sushi Chronicles from Hawai'i* by Dave D.K. Kodama, to *Roy's Fish & Seafood* by Roy Yamaguchi, *Hawai'i's Food Dictionary* is all inclusive to understand local culinary food usage including many relevant non-Hawai'i meanings.



## Surfing: He'e Nalu

Hawaiian Proverbs and Inspirational Quotes  
Celebrating Hawaii's Royal Sport

5 x 6 in, 80 pages, hardcover, retail \$10.95

**ON SALE \$4.99!**

The third addition to Mutual Publishing's inspirational line, *Surfing* is a collection of over 30 universal quotes and inspirational proverbs accompanied by over 35 vintage photographs which present a nostalgic portrait of Hawai'i's favorite sport. Surfing today is known and enjoyed around the world. In ancient times, surfing was a favorite pastime of all the people, but it was the men and women of the ali'i class who



perfected the art of riding waves. Their feats are celebrated in ancient chants and legends. The Hawaiian name for surfing is he'e nalu, a name that contains the poetic nuance that typifies the Hawaiian language. The first word he'e can mean to run or flow, like liquid, to slip or glide along. Nalu, or wave, implies the surging rolling motion of the ocean. Put the two together and you have he'e nalu, wave sliding – or surfing.

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## NEW TITLES ARE IN!

**On sale the month of December!**

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.

### Sam Choy's 'Ulu Cookbook

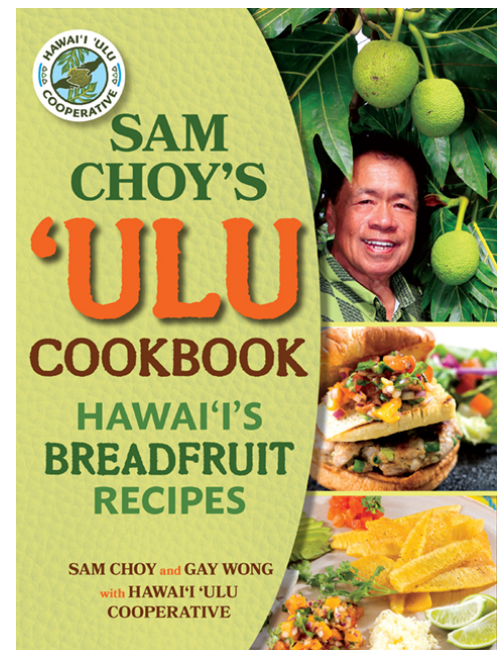
by Sam Choy and Gay Wong with the Hawai'i 'Ulu Cooperative

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

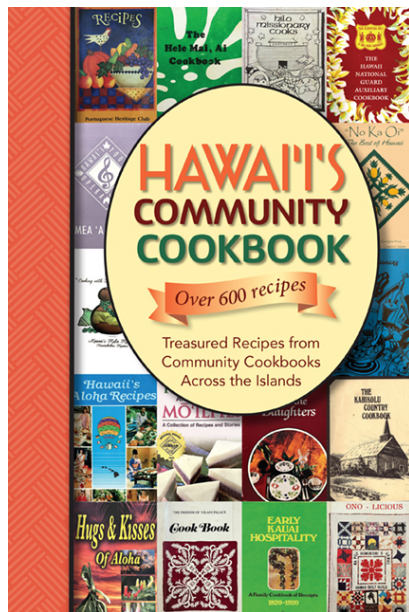
**ON SALE \$14.99!**

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.

### CRISP FRIED TOFU

Makes 3 to 4 servings

½ pound tofu  
¼ cup rice flour  
2 tablespoons cornstarch

5 cups oil for deep-frying  
Spring Roll Sauce

Cut tofu into strips, 2 x 1 x ¼-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.

#### Spring Roll Sauce

Makes 1 cup

¼ cup sugar  
½ cup water  
½ cup red wine vinegar  
1 to 2 tablespoons fish sauce

2 to 3 teaspoons ground fresh red chili peppers  
¼ cup coarsely chopped peanuts  
½ carrot or daikon, shredded

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.

WENDI Y. MURASHIGE  
1988 4-H Local & Ethnic Food Show

### CRAB PUFFS

1 (6-ounce) can crabmeat  
¼ cup chopped black olives  
2 tablespoons minced onions  
2 tablespoons minced green onions  
2 tablespoons minced green pepper

2 tablespoons minced celery  
3 drops of pepper sauce  
¼ cup mayonnaise  
24 miniature cream puff shells (halved)

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.

Place on greased cookie sheet and bake in preheated oven 350°F for 20 minutes.

Serve hot. May be made in advance and frozen. To serve, heat as above.

NOTE: Shrimp or tuna can be substituted for crab.

ADELE DAVIS  
We, the Women of Hawaii Cookbook

**MAILE BUTTER**  
55 CENTS A POUND  
MADE WITH THE BEST AND FINEST BUTTER IN THE WORLD FOR  
BREADS AND OTHER BAKED GOODS. IT'S THE BEST!  
**HAWAII SODA & ICE WORKS, LTD.**  
"We Bake Your Bread!" Phone 481-8811

26Appetizers @ Pūpū

Appetizers @ Pūpū27



## Meditations of Hawai'i

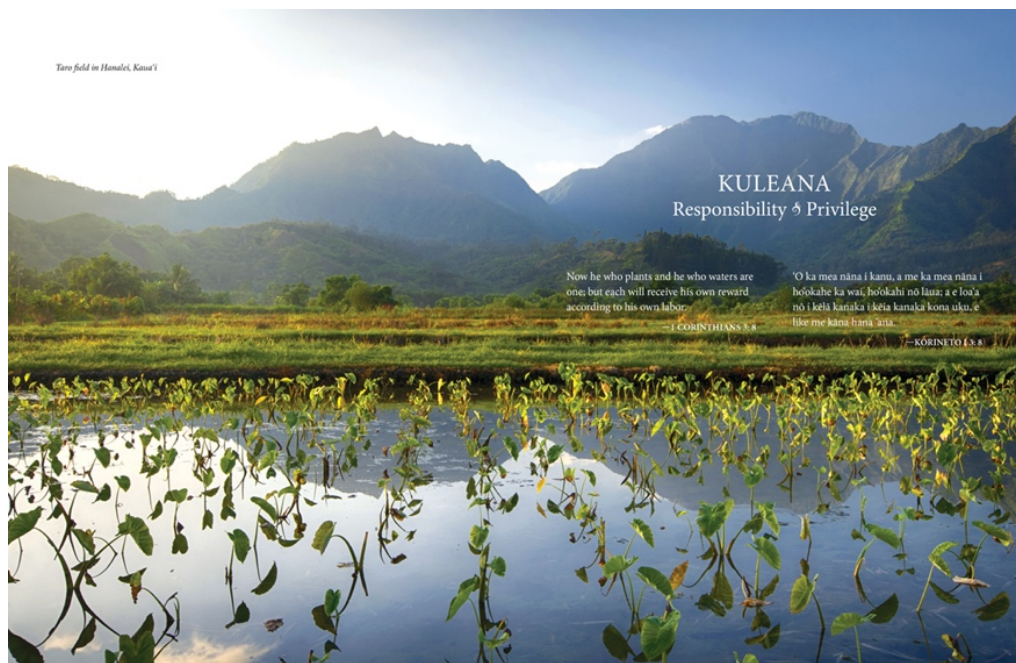
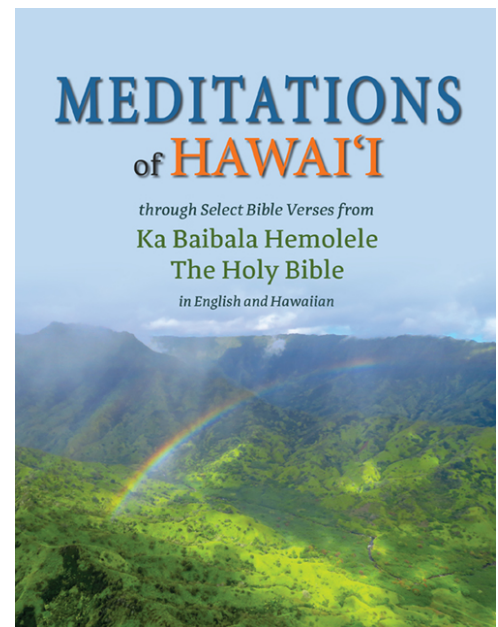
### Through Select Bible Verses from Ka Baibala Hemolele The Holy Bible in English and Hawaiian

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

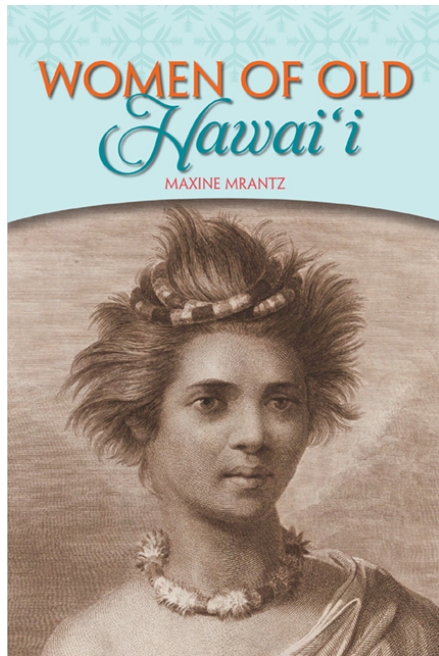
E hō'ike aku nō wau i ka nani 'ihi'ihī o kou hanohano,  
A me nā mea o kāu mau hana kupanaha.  
—Haleū 145:5



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

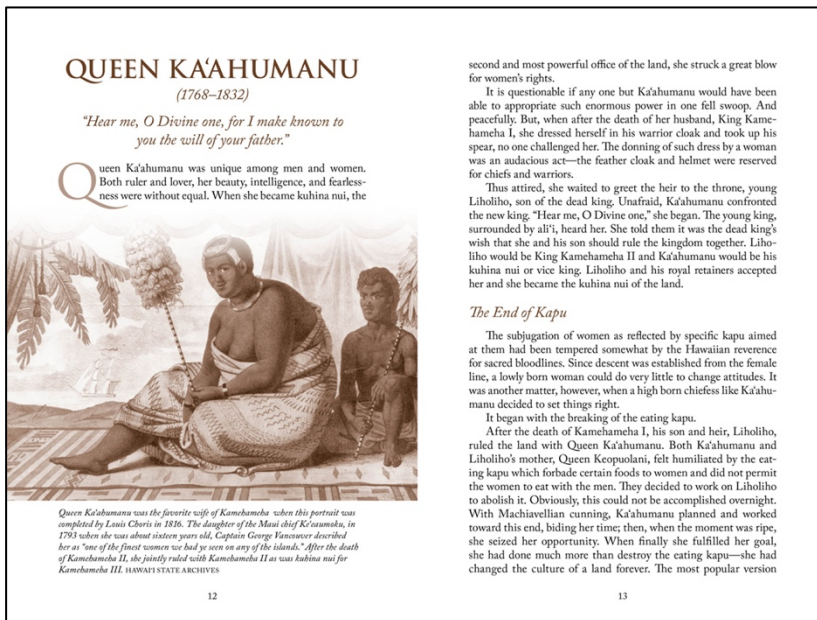
by Maxine Mrantz

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: Hawai‘i’s Last King

by Kristin Zambucka

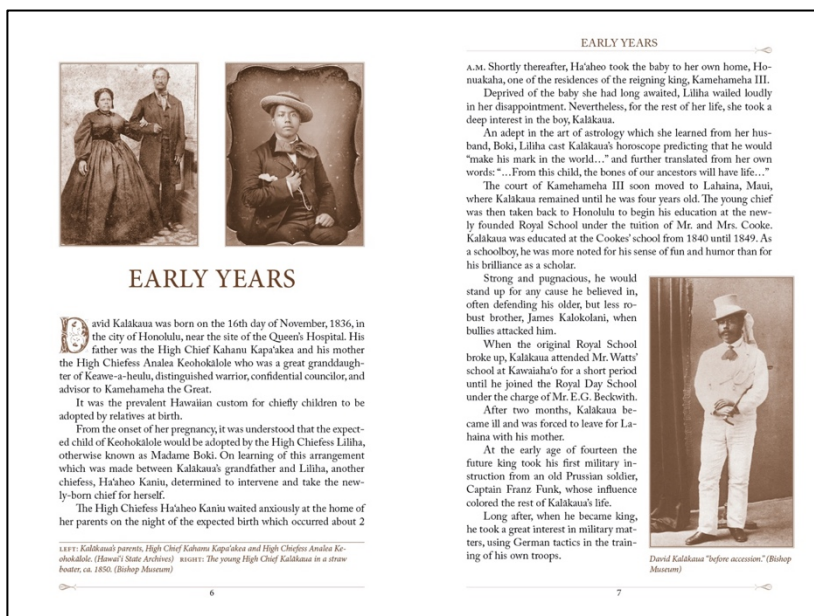
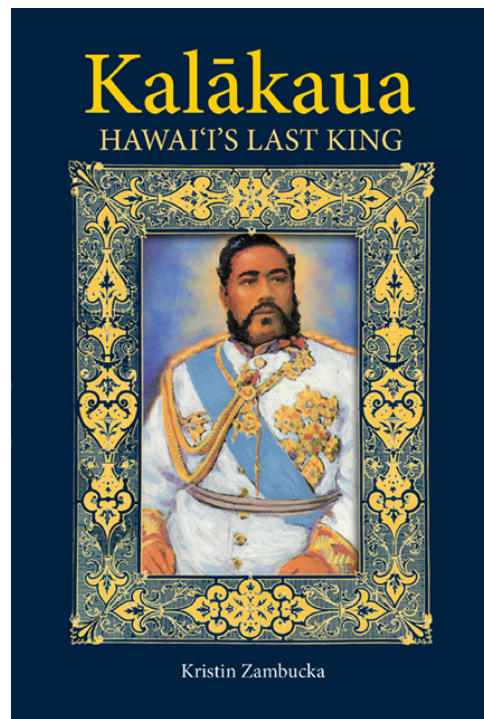
6 x 9, 128 pages, softcover, retail \$12.95

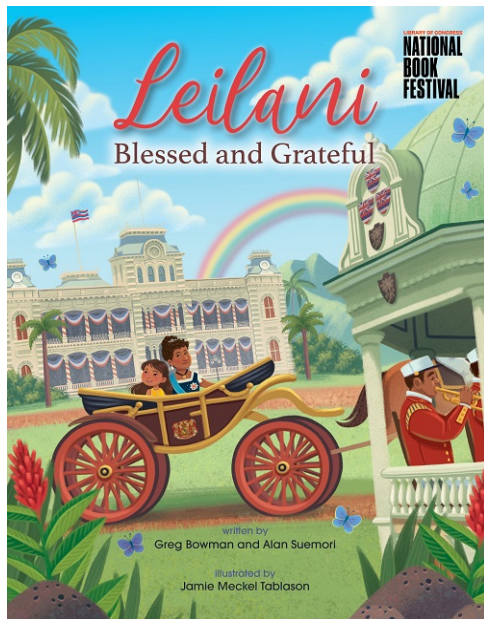
**ON SALE \$8.99!**

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 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.





## 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.

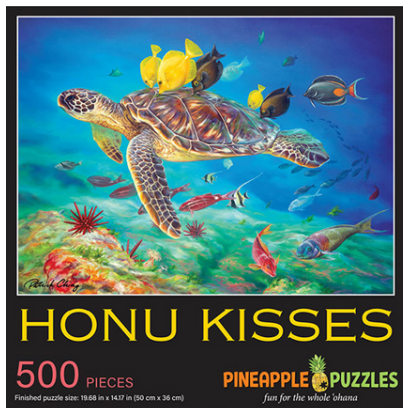
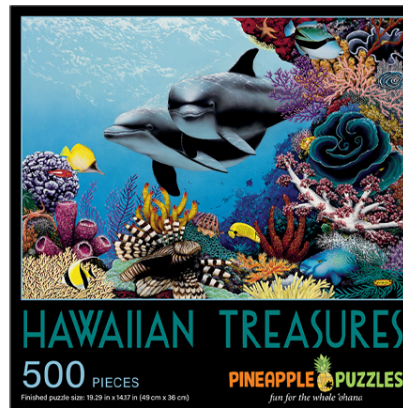




## JIGSAW PUZZLES

Only \$11.99 through the month of December!

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.



**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!



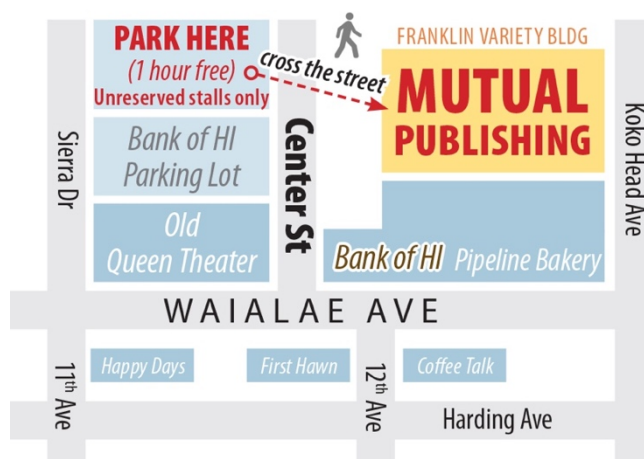
## PARKING

**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-

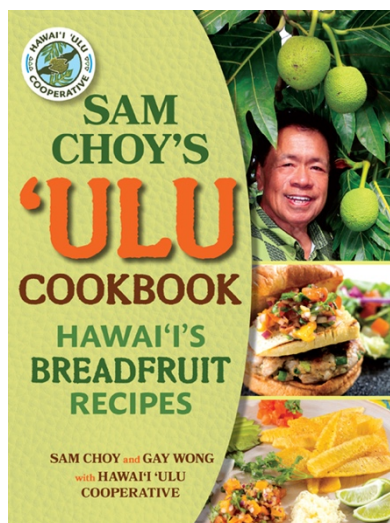
732-1709 ahead of time and we can bring your purchase out to you or help you find parking.



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

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## FEATURED RECIPES



These two recipes come from Chef Sam Choy's newest cookbook that features the amazing 'ulu, or breadfruit. Now that we are deep in the season of entertaining, prepare one of these 'ulu recipes for your next event.

### 'Ulu Crab Cakes with Mac-Nut Pesto

**Serves 4**

This dish was prepared for the governor of Sāmoa, Lolo Matalasi Moinga, in 2017. He asked me to make a meal of 'ulu to show the younger generation the versatility of this staple food. They were tired of the traditional uses of 'ulu—straight from the imu or boiled without much seasoning. The governor's vision was to keep Sāmoa eating 'ulu and staying healthy by introducing some new recipes.

- 1 pound mature 'ulu, steamed
- 1 cup chopped crab meat
- ½ small Maui onion, diced
- 1 bunch green onion, chopped
- Salt and white pepper, to taste

1 egg, beaten  
1 (8-ounce) package fine panko  
Vegetable oil, for pan-frying

### Macadamia Nut Pesto

¼ cup macadamia nuts  
1 cup chopped cilantro  
1 cup chopped green onions  
½ cup chopped ginger  
Salt and white pepper, to taste

Peel and core 'ulu; mash.

Combine 'ulu, crab meat, onion, green onion, salt, and pepper. Form into patties. Dip each patty in beaten egg, then dredge in panko. Shake off excess.

Add oil to a heavy frying pan, about ½-inch deep. Heat to medium-high. Fry patties until golden. Drain on paper towels.

To make pesto: Purée ingredients in a food processor or blender, until smooth. Drizzle over crab cakes.



## 'Ulu Squares with Haupia

**Serves 8 to 10**

### Filling

2 cups mashed, boiled, ripe 'ulu  
½ cup (1 stick) butter, softened  
2 eggs, beaten  
½ cup evaporated milk  
1 teaspoon vanilla extract  
½ cup sugar  
¼ teaspoon salt

Haupia Sauce, for serving

### Crust

1 ½ cups flour  
¼ cup sugar

½ cup chopped macadamia nuts  
¾ cup butter (1 ½ sticks) cubed, chilled

Heat oven to 325°F.

To make crust: Combine flour, sugar, and nuts. Cut in butter cubes until mixture resembles coarse crumbs. Spread evenly into a 9 x 13-inch pan, press gently. Bake 20 minutes until crust is lightly golden. Cool slightly.

Increase oven heat to 350°F.

To make filling: Cream butter and sugar in mixing bowl. Add eggs, milk, vanilla, sugar, and salt. Fold in mashed 'ulu. Pour into crust and bake 30 to 35 minutes. Cool.

Cut into squares and top with Haupia Sauce or serve on the side.

### Haupia Sauce

24 ounces coconut milk

3 cups milk

1 ½ cups sugar

1/3 cup cornstarch

1 cup toasted sweetened coconut flakes

Combine coconut milk and milk in saucepan. Combine sugar with cornstarch; stir into unheated milk mixture. Cook on medium heat, stirring frequently, until mixture thickens. Garnish with coconut flakes.

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## THIS MONTH IN HAWAIIAN HISTORY



**December 2, 1829**—Boki, governor of O‘ahu, departs on a sandalwood expedition to the South Pacific with nearly 600 people and 2 ships. One ship returns August 1830 with only 12 natives and 8 foreigners on board. More than 400 men perished, including Boki.

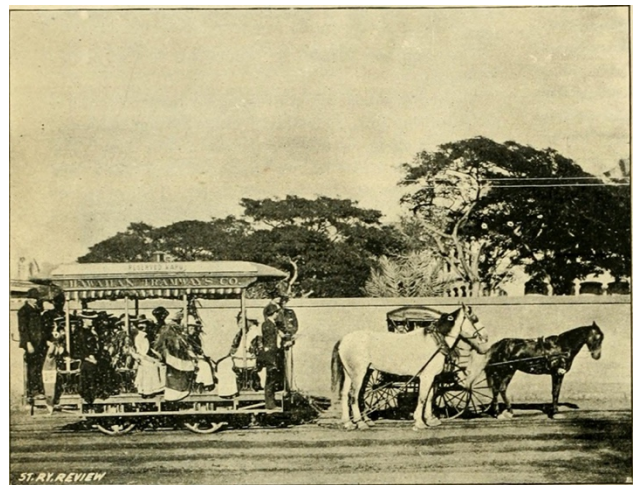
**December 3, 1922**—The cornerstone is laid for the third Central Union Church on the Dillingham homestead grounds, corner of Punahou and Beretania Streets.

**December 14, 1827**—A meeting is held marking the beginning of formal legislation in the Kingdom of Hawai‘i. All chiefs are present and the following are made into law: thou shalt not kill, commit adultery, or steal.

**December 16, 1955**—The Hawaii Aeronautics Commission gives its final approval to a new \$7 million jet-age terminal on the mauka side of the then-Honolulu Airport.

**December 20, 1906**—The first Filipino plantation workers arrive on the *S.S. Doric*.

**December 28, 1888**—Hawaiian Tramways, Ltd. Starts a mule-car service in Honolulu. In November 1900 it is taken over by Honolulu Rapid Transit & Land Co.



## 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.