



February 1, 2023

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

We inadvertently skipped a month following a holiday season and month of January that zipped by—before we knew it, it was almost February.

A belated Happy New Year to everyone! We hope you all enjoyed the holiday season and we want to thank you for all your support in 2023. We're excited to be working on new titles for you, our amazing readers who love to learn more about the Hawaiian islands' cultures, history, food, people, and places.

Here are some suggested **February books** for you:

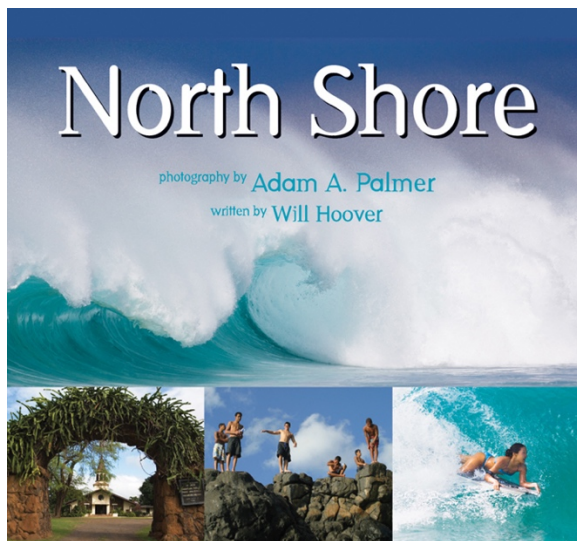


Starting the new year right with healthier eating? Try **Tasting Hawai'i Vegan Style** by Lillian Cumic (psst...fyi, she has a new book coming out later this year titled *Hawai'i Washoku: Vegan Japanese with an Island Twist!*)

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.

Lillian has a new monthly column in the *Honolulu Star-Advertiser's* foodie insert, **CRAVE**, titled **Secret Garden**. Her inaugural column appeared on January 18, 2023. Look for next column coming up in the middle of February!





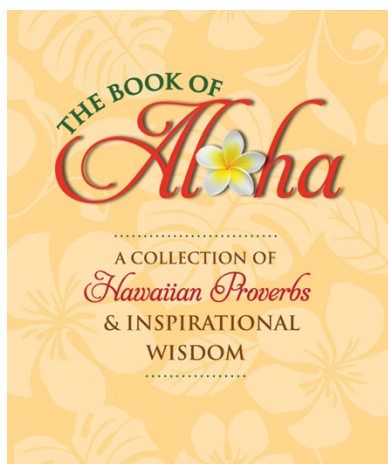
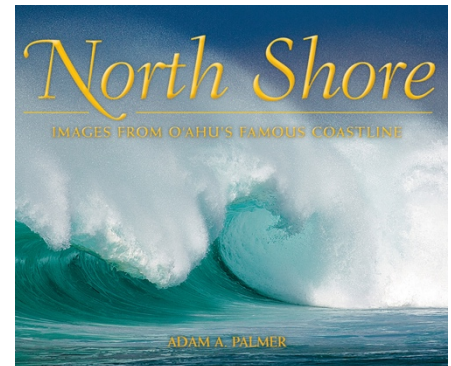
# North Shore

photography by **Adam A. Palmer**  
written by **Will Hoover**

For those of you still feeling the excitement surrounding The Eddie Big Wave Invitational, our coffee table book, **North Shore**, featuring photography by Adam Palmer, written by Will Hoover, is an excellent memento of why the North Shore is so special.

The North Shore was once a remote and undocumented playground to Hawaiian Royalty, but with the introduction of the railroad, the Haleiwa hotel and finally big-wave surfers, Oahu's North Shore has become more of a 24-hour carnival than a lazy country town. Life-long North Shore resident and talented photographer Adam Palmer has captured the many facets of this "seven-mile miracle" and Will Hoover has covered the North Shore beat in the Honolulu Advertiser since 2002. North Shore is a fantastic and beautiful photographic ride from Laie to Waimea Bay.

**North Shore: Images of O'ahu Famous Coastline**, is a smaller, photo album version small enough to mail in flat rate envelope to your envious friends on the mainland who wish they could be in Hawai'i.



And don't forget Valentine's Day/Galentine's Day! Share the aloha with your bestie with **The Book of Aloha: A Collection of Hawaiian Proverbs & Inspirational Wisdom**. Aloha is an integral part of the Hawaiian culture and can be considered its gift or legacy to the world. Giving aloha, acting with aloha, and caring with aloha sets examples for all mankind to follow. Here is a collection mainly from those of Hawaiian ancestry of their understanding of aloha. Some are from authors or scholars, some from famous personages, and some from cultural practitioners. In some cases the meanings or definitions are in the form of proverbs or wise sayings handed down from generation to generation, in other cases they are represented by inspirational thoughts.

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## FEATURED FEBRUARY BOOKS

**On sale the month of February!**

For all you football fans, Super Bowl LVII is just days away on February 12, 2023. It's the Kansas City Chiefs vs the Philadelphia Eagles. Time to plan your Super Bowl menu. Jean Hee's best-selling cookbook has lots of delicious, easy-to-make recipes that are perfect for Super Bowl parties.

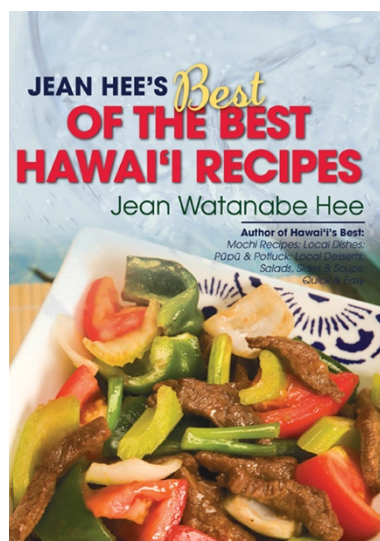
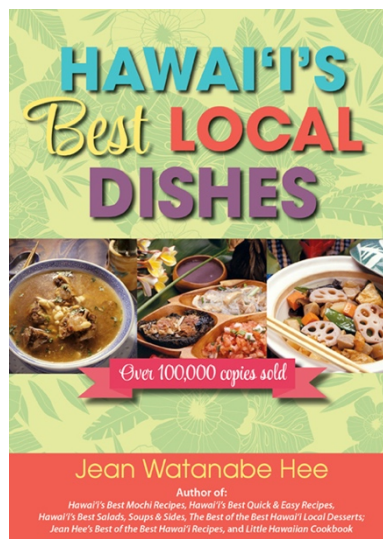
### Hawai'i's Best Local Dishes

Jean Watanabe Hee

6 x 9 in, 170 pages, softcover, retail \$15.95

**ON SALE \$9.99!**

Hawai'i's local cuisine is a smorgasbord of flavors with influences from Chinese, Japanese, Filipino, Portuguese, Hawaiian, and a multitude of other international styles of cooking. The author of the bestselling cookbooks *Hawai'i's Best Mochi Recipes* and *Hawai'i's Best Local Desserts* now brings more than 140 favorite island recipes to the dinner table – from savory Pork Adobo, Oxtail Soup, and Honey-Glazed Walnut Shrimp to Lazy Style Lauau, Portuguese Bean Soup, and the island-style Loco Moco. These are the recipes passed on from friends, coworkers, and relatives; the local favorites that are found at potlucks and beach beach barbecues through the Islands. Many recipes are quick and easy for those who need to whip up a meal in 30 minutes or less after a long day at work.



### Jean Hee's Best of the Best Hawai'i Recipes

Jean Watanabe Hee

6 x 9 in, 176 pages, softcover, retail \$14.95

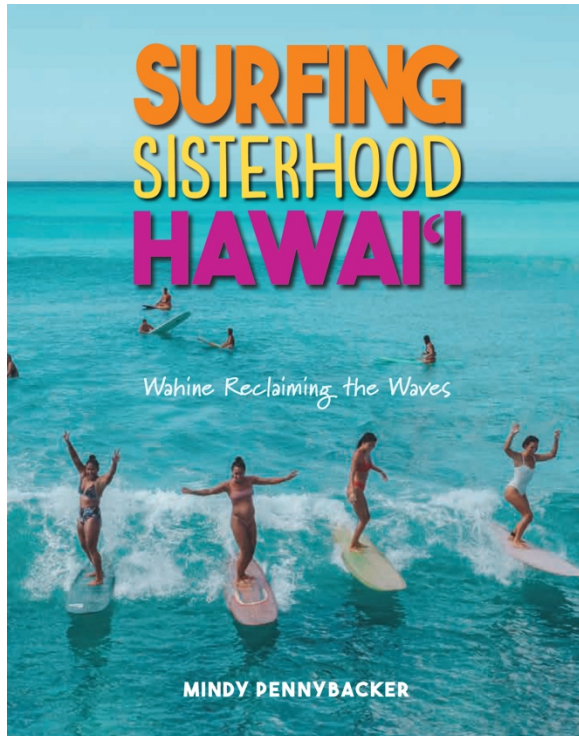
**ON SALE \$9.99!**

Look no further for the local recipes you love and crave. Jean Watanabe Hee has handpicked the most delicious, can't-miss dishes from her five "Hawai'i's Best" cookbooks and put them into one handy volume-complete with a few new recipes you won't find anywhere else. With a bounty of pūpū, salads, sides, soups, desserts, and fifty-two mouth-watering main courses, these recipes have been gathered from family tables, group

picnics, and school cookbooks across Hawai'i, then tested and perfected in Hee's homestyle Kaneohe kitchen. Decades of culinary history are distilled in this treasury of island cooking—a history that's rich, delicious, and still putting smiles on even the youngest faces.

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## WHAT WE'RE WORKING ON



We have a beautiful, highly illustrated book coming out in the spring/early summer titled **Surfing Sisterhood Hawai'i**, written by *Honolulu Star-Advertiser* surf columnist, Mindy Pennybacker, that celebrates women surfers in Hawai'i. Not just the pro surfers, but the everyday moms, daughters, and aunties who hit the waves despite a myriad of obstacles they need to overcome like sexist attitudes both on the waves and off, limited time and resources, and personal anxieties.

Above all, the book is a celebration of the freedom these women surfers have created for themselves, carving out a space for women on waves meant to be shared by both sexes.

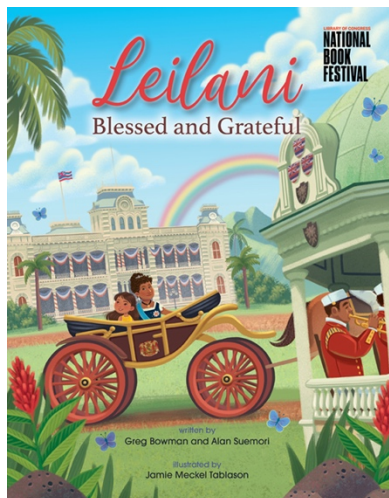
Pennybacker, herself an avid surfer, includes a

historical look at women who surfed in ancient Hawai'i, personal stories that shine a light on why surfing is so enticing for women, how it's different than for men, and a brief yet comprehensive look at the trailblazing women pro surfers of Hawai'i who paved the way and broke barriers. She also includes tips and advice for beginner surfers and explains surf etiquette.

7 x 9 inches (portrait) • 200 pages • softcover • \$21.95

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## UPCOMING EVENTS




Authors of children's picture book, **Leilani Blessed and Grateful**, Greg Bowman and Alan Suemori, will be reading at McCully-Mo'ili'ili Public Library on Saturday, February 11, 2023, at 10 a.m. It's free and open to all ages! Join them for their dynamic and interactive reading.

**Saturday, February 11**  
**10 am**

**McCully-Mo'ili'ili Public Library**


HAWAII STATE PUBLIC LIBRARY SYSTEM PRESENTS

 **Story Time**  
with  
**Greg Bowman & Alan Suemori**


 **McCully-Moiliili Public Library**  
2211 South King Street Honolulu, Hawaii 96826  
(808) 573-1093

**Saturday**  
**February 11, 2023**  
**10:00 a.m.**  
Free and open to all ages  
No sign up required

Please join us in the 1st floor storywell for a dynamic reading of *Leilani Blessed and Grateful* by the co-authors. Selected as the Hawaii State Book at the 2022 Library of Congress National Book Festival.



We have taken enhanced health and safety measures for you, our patrons, and our staff. You must follow all posted instructions while visiting and/or participating in library programming. As inherent risk of exposure to COVID-19 exists in any public place where people are present. By visiting and/or participating in library programming, you voluntarily assume all risks related to exposure to COVID-19. Please help keep each other healthy. If you need an auxiliary aid/service or other accommodation due to a disability, please contact the library 7 days prior to the program date. We will make every attempt to fulfill all requests for accommodations. All programs are subject to change.

 FOLLOW US @HPLHAWAII

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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!

## 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.

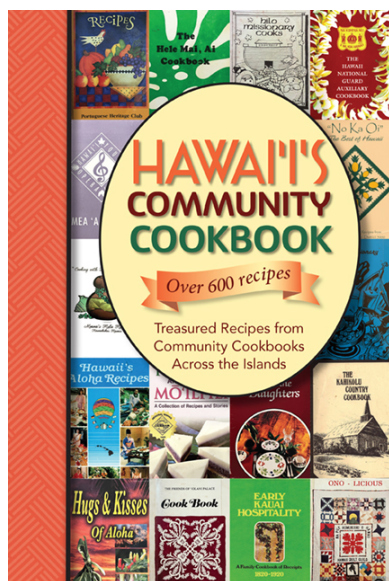


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## FEATURED RECIPES

It's game time! Here are three 'ono recipes from [Hawai'i's Community Cookbook](#) for this Super Bowl Sunday that are sure to crush it. Game on!



### Mango Salsa

Makes 3 cups

- 2 large ripe mangoes
- ½ medium cucumber, peeled, seeded, and cut into ¼-inch cubes
- 1 (4-ounce) jar roasted red peppers, drained and cut into ¼-inch cubes
- ½ medium red onion, cut into ¼-inch cubes
- ¼ cup chopped parsley
- 1½ tablespoons fresh lime juice
- 1½ tablespoons juice from pickled jalapeño peppers
- Pinch of salt

Peel, slice, and cut mangoes into ¼-inch cubes.

In medium bowl, combine all ingredients. Toss gently but thoroughly. Let stand at room temperature 30 minutes to allow flavors to mellow.

Serve at room temperature with assorted grilled sausages or fish steaks.

Lillian Maeda

Our Daily Bread Centennial Cookbook, Iao Congregational Church

## Teriyaki Stix

2 pounds sirloin tip

3 cups shoyu

½ cup brown sugar

1 clove garlic, sliced thin

1 finger ginger, well-crushed

1 jigger gin or bourbon (optional)

Slice the sirloin tip in pieces 1½-inches wide by 1-inch long and ¼-inch thick. Marinate the sliced meat for an hour in the shoyu, brown sugar, garlic, ginger, and the gin or bourbon. Thread the marinated meat on bamboo sticks and cook quickly over a low charcoal fire. If you have a hibachi set up on the lanai, your guest can do their own.

Teona Poloa

“Cooking with Lovely Hula Hands,”

Moana’s Hula Halau, Kaunakakai

## Spicy Korean Chicken Wing

Makes 8 servings

5 pounds chicken wingettes

Cornstarch for coating

1 tablespoon ko choo jang (Korean-style hot sauce)

2 eggs, beaten

1½ tablespoons soy sauce

2/3 cup cornstarch

¼ cup sugar

1½ tablespoons salt

2 stalks green onions, thinly sliced

1 clove garlic, minced

1 tablespoon toasted sesame seeds

Oil for deep-frying

Coat chicken with cornstarch. Combine chicken wingettes with all the remaining ingredients, except oil for deep-frying; mix well. Marinate, refrigerate overnight. Heat oil for deep-frying to 375°F. Deep-fry chicken until done.

David Kawamura

Puuloa Hawaiian Civic Club



## 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.