



August 1, 2023

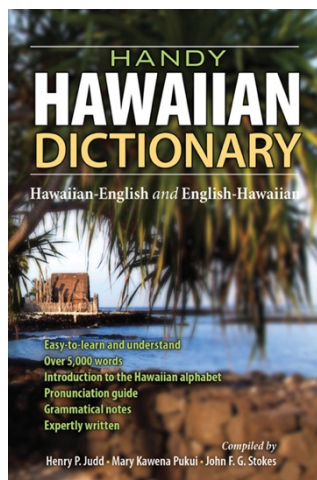
Welcome again to **BOOKBEAT**, a monthly newsletter about Hawai'i books focusing on Mutual Publishing titles.

Back-to-school season is almost here! For families with small keiki, shopping for school supplies—new backpack, pencil case, notebooks, and markers—is a crazy kind of fun. For families with keiki about to leave the nest for college, it's a time filled with anticipation, excitement, and optimism. Students prepare for the big future before them; parents wonder how time passed so quickly.

Our featured books on sale this month are for students ready to leave the nest. Provide them with some comforting and useful knowledge like how to make a full meal using just a rice cooker with recipes from *Hawai'i's Rice Cooker Cookbook*. *Hawai'i's Best Quick & Easy Recipes* and *Hawai'i Cooks with Spam* are perfect for dorm rooms and studio apartments where your student can whip up some food from home. The stunning photography in *Hawai'i Moods of the Islands* is sure to remind your student of home.

FEATURED AUGUST BOOKS

On sale the month of August!



Handy Hawaiian Dictionary

5 x 7 in • 320 pp • softcover • retail \$7.95

ON SALE \$5.49

This collaborative work of three leading authorities on the Hawaiian language offers a Hawaiian-English and English-Hawaiian dictionary of over 5,000 words. Easy to use and understand, it includes an introduction to the Hawaiian alphabet, pronunciation guide and grammatical notes. Anyone interested in learning the Hawaiian language will find the Handy Hawaiian Dictionary a must!

Compiled by: Henry P. Judd, Mary Kawena Pukui, and John F. G. Stokes

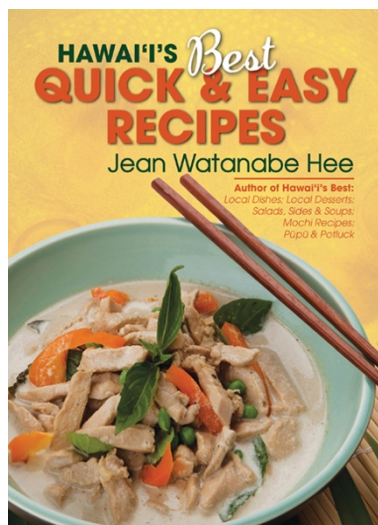
Hawai'i Cooks with Spam

by Muriel Miura

5 x 4.5 in • 96 pp • softcover • retail \$7.95

ON SALE \$5.49

Now you can enjoy SPAM® cooking in a convenient compact size ideal for use in our crowded kitchens. Here are over 50 favorite recipes from the best-selling *Hawai'i Cooks with SPAM®* including local, American, Japanese, Chinese, and Korean dishes that Hawai'i enjoys so much in its love affair with this amazing food. This mini edition is also the ideal gift for food lovers and the grab bag.



Hawai'i's Best Quick & Easy Recipes

by Jean Watanabe Hee

6 x 9 in • 152 pp • softcover • retail \$15.95

ON SALE \$9.99

Life in the Islands is busy. Between working, commuting, volunteering, doing community service, and spending time with family, who has time to cook? Jean Watanabe Hee, that's who. In her cookbook, *Hawaii's Best Quick & Easy Recipes*, Jean shows even the busiest readers how to prepare delicious and nutritious meals in minutes. There's no need to worry when there are last minute uninvited guests, change in eating out plans, or both.

Written in an inviting and easy-to-follow style that will appeal to novice cooks and experienced chefs alike, these recipes cover a wide range of dishes—from simple, tasty appetizers, to rich main courses like Furikake Salmon, to delectable desserts, like Easy Mint Chocolate Chip Pie.

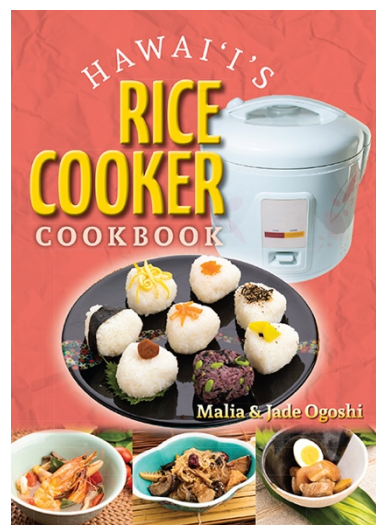
Hawai'i's Rice Cooker Cookbook

by Malie & Jade Ogoshi

6 x 9 in • 184 pp • hardcover wire-o • retail \$19.95

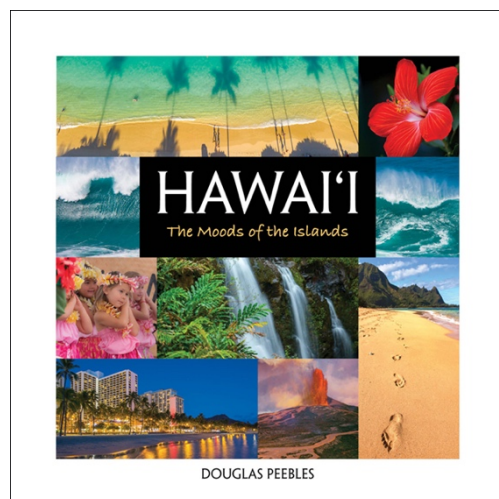
ON SALE \$12.99

Hawai'i's Rice Cooker Cookbook shares a mother and daughter's perspective of an island family table through the lens of an everyday household appliance—the automatic rice cooker. Introduced in the 1950s, the electric rice cooker has become the workhorse of Island kitchens. Surprisingly multi-purpose, you will



be as amazed with the versatility of this seemingly one-note cooker.

Over 120 recipes showcase family favorites with some surprise dishes drawn from different places and times in our lives. Here are fast and simple recipes for time-constrained weekday meal preparation as well as for times when culinary experimenting is possible. Recipes include favorites such as Chicken Hekka, Vegetable Curry, homemade Mochi (Japanese rice cakes), Chili Pepper Water (the ultimate lū'au table condiment), and even a Calamansi Cake. Just for fun, there are tips on regrowing green onion and lemongrass leftovers, cultivating your own supply of sweet potato leaves, and concocting homemade vanilla extract. Hawai'i's Rice Cooker Cookbook will make us see the automatic rice cooker with new eyes and expand our range of cooking options.



Hawai'i The Moods of the Islands

by Douglas Peebles

7.75 x 7.75 in • 96 pp • hardcover • retail \$18.95

ON SALE \$11.99

Hawai'i is famed for its natural beauty and scenic wonders. It has it all and photographer Douglas Peebles has shot it all in over seventy books—active fiery volcanoes, stunning waterfalls, amphitheater valleys, unforgettable summits and sunrises, pounding surf, amazing flora and animal life, colorful cultural

traditions, and, of course, dreamlike beaches.

This book is different. The appeal of the photographs is to our visual senses using the amazing colors of what we see everyday. The focus is on the textures and moods of what is around us in Hawai'i. We are often too preoccupied to take in Hawai'i's vibrant beauty and the array of colors that illuminate the background of our busy lives.

Some of the imagery Peebles presents is easily recognizable; most can be seen on any of the islands. Enjoy this new way of looking at our island beauty.

NEW TITLES AVAILABLE NOW!

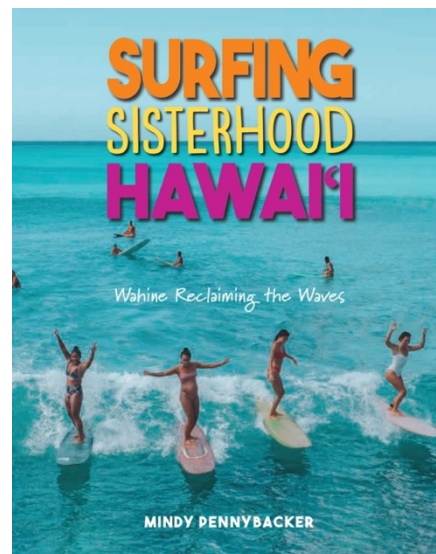
Surfing Sisterhood Hawai'i

Wahine Reclaiming the Waves

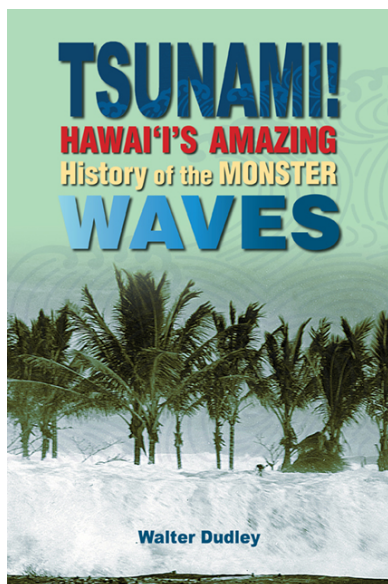
by Mindy Pennybacker

7 x 9, 200 pages, softcover, retail \$21.95

Surfing Sisterhood Hawai'i, written by Honolulu Star-Advertiser surf columnist, Mindy Pennybacker celebrates women surfers in Hawai'i. Not just the pro surfers, but the everyday moms, daughters, and aunts 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.



Tsunami!

Hawai'i's Amazing History of the Monster Waves

by Walter Dudley

6 x 9, 152 pages, softcover, retail \$14.95

Tsunamis are Hawai'i's most deadly natural hazard, having killed more people than earthquakes, volcanic eruptions, and hurricanes combined. The 1946 tsunami from the Aleutians killed 159 people across the Islands causing deaths on Kaua'i, O'ahu, Maui, and especially on the Big Island. Furthermore, our volcanic islands experience their own periodic earthquakes, which can generate local tsunamis.

Hawai'i's history of tsunamis extends far back in time with accounts from missionaries in the 1800s and indigenous Hawaiian lore predating written records. But it is the true stories of those here in Hawai'i who survived the tsunamis of 1946, 1960, 1964, and 1975 that can teach us what the near-death tsunami experience was actually like.

This book contains true stories told to the author by some forty-five tsunami survivors and includes over seventy-five remarkable photos. You will learn what mistakes were made and what actions we need to take to stay safe. Improvements in the Tsunami Warning System are carefully explained, along with what actions to take during a tsunami warning. Learn from our cousins in American Samoa of how tsunami evacuation training at local schools saved hundreds of children's lives. We don't want you to be scared, we want you to be prepared. It's not "if" but "when" the next tsunami strikes.

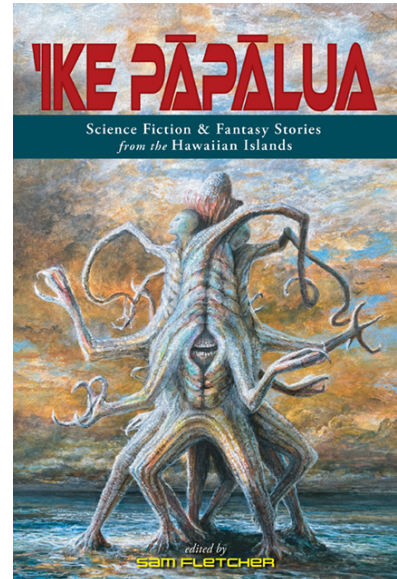
'Ike Pāpālūa

Science Fiction & Fantasy Stories from the Hawaiian Islands

edited by Sam Fletcher

6 x 9 inches, 336 pages, softcover, \$16.95

Are you a fan of science fiction? This new collection of science fiction and fantasy short stories set in Hawai'i by some of the islands' foremost fiction writers will transport you to other dimensions and have you think about Hawai'i in a whole new way.



Twenty-one tales of adventure, magic, beasts, gods, Menehune, advanced technology, apocalypse, ghosts, robots, and shapeshifters across the Hawaiian Islands. Featuring stories from A.A. Attanasio, Gregory Norman Bossert, Alan Brennert, A.M. Dellamonica, Tom Gammarino, Darien Gee, Alaya Dawn Johnson, Lehua Parker, Rhiannon Rasmussen, and more. A child is born as the kahuna prophesied, but to a misinterpreted prophesy. A Menehune duo plays pranks on tourists in Hana. A Navy Diver attempts to salvage a wreck off Honolulu and finds something else lurking in the deep. After his grandfather passes, a young boy can still hear his call—but is it really him or a trickster spirit? Vampires have taken over Hawai'i, harvesting the last remaining humans in concentration camps. An ensign of the Star Union high above the Islands must prove worthy of their rank—and lineage.

UPCOMING EVENTS!

Please join us at these fun events and meet author of *Surfing Sisterhood Hawai'i*, Mindy Pennybacker.

Saturday, August 5, 2023

Na Mea Hawaii at Ward Village

11:30 am - 1 pm

Native Books at Arts and Letters Nuʻuanu

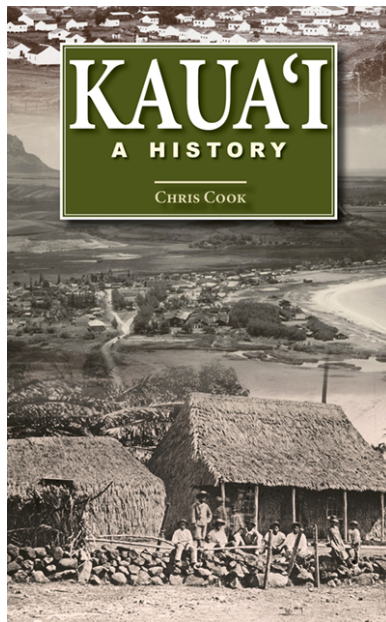
2:30 pm - 4 pm

Surfing Sisterhood in the Media

Learn more about the book and read reviews of Mindy Pennybacker's book:

<https://mutualpublishing.com/surfing-sisterhood-hawaii/>

AVAILABLE BY MID-AUGUST



Kaua'i A History

by Chris Cook

6 x 9 inches, 136 pages, softcover, \$14.95

Kaua'i A History paints a portrait of Old Kaua'i in words and images, bringing back to life the rich heritage and independence of an island portrayed as the Separate Kingdom by historian Edward Joesting.

The narrative and images concisely offer informed accounts of Kaua'i's history, both island-wide and individual towns.

Explored are the mythical ancient days of a primordial island and the arrival of Polynesian settlers voyaging from Kahiki, their homeland in the South Pacific; the western discovery of the

Hawaiian Islands by Captain James Cook landing at Waimea, Kaua'i; the bringing of Christianity and literacy by New England missionaries; Baja California cowboys of the 1830s establishing the paniolo ranching culture; the establishment of the first commercially-run sugar plantation at Kōloa, the first ever in Hawai'i; the Victorian Era of the monarchy at Princeville; the overthrow of the Hawaiian Kingdom and annexation by the United States opening the floodgates of federal funding to develop the island; the drama of World War II in the Pacific bringing extended stays of thousands of off-islanders modernizing local ways; Hollywood choosing Kaua'i as its favorite tropical location island; tourism displacing sugar plantations in the economy.

A Birdwatcher's Guide to O'ahu

by Michael Walther

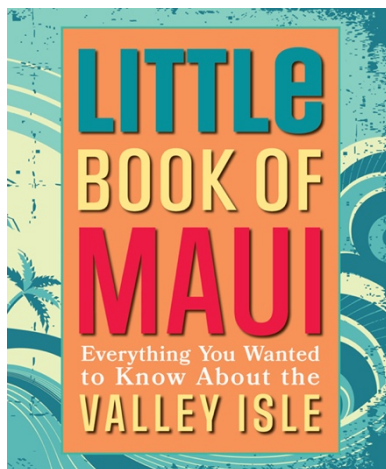
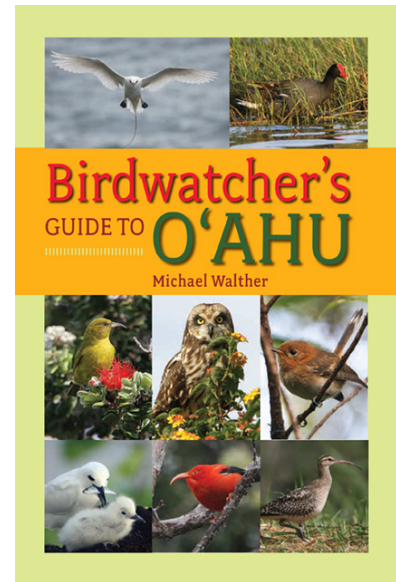
6 x 9 inches, 224 pages, softcover, \$16.95

Birdwatcher's Guide to O'ahu provides the necessary information to plan a visit to twenty-four of the best locations on O'ahu to see our fascinating avifauna. It is divided into seven geographic regions—Honolulu, Southeast, East, North Shore, Central, Ko'olau Range, and Pelagics. Birding hotspots in the island's coastal, rainforest, urban and offshore environments are also included.

Despite O'ahu being densely populated with people and buildings, there are excellent opportunities to see birds across the island—from urban areas to beaches to hiking trails to wildlife refuges. O'ahu is an ideal place for birding with 218 species on the official bird list that include waterfowl; game birds; seabirds; herons, egrets, and ibis; shorebirds; skuas and jaegers; gulls and terns; birds of prey; songbirds; and endemic forest birds.

O'ahu has more breeding seabirds on the island than any other in the Southeastern Hawaiian Islands. It is the best island to see the rare Bristle-thighed Curlew and the only island with breeding White Terns which are extremely rare on the neighbor islands.

Whether you're a backyard birder or a seasoned birder ready to hit the hiking trails with binoculars in hand, *Birdwatcher's Guide to O'ahu* is a must have with maps, charts, and information on all the birds you can find on the island.



Little Book of Maui

Everything You Wanted to Know About the Valley Isle

5 x 6 inches, 176 pages, softcover, \$9.95

Everything you ever wanted to know about the island of Maui is right here—facts and figures, the major districts, beaches, Hawaiian legends, historical figures, ancient sites, natural wonders, special events, movies, music, and food. Pick up the book and read any page to broaden your understanding and appreciation of the Valley Isle. Maui nō ka 'oi—Maui is the best!

Princess Ruth Ke'elikōlani

by Kristin Zambucka

6 x 9 inches, 104 pages, softcover, \$12.95

Princess Ruth Ke'elikōlani, a pictorial biography, is a colorful account of the life and times of the controversial Princess Ruth (1826–1883), one of the last chiefesses of old Hawai'i.

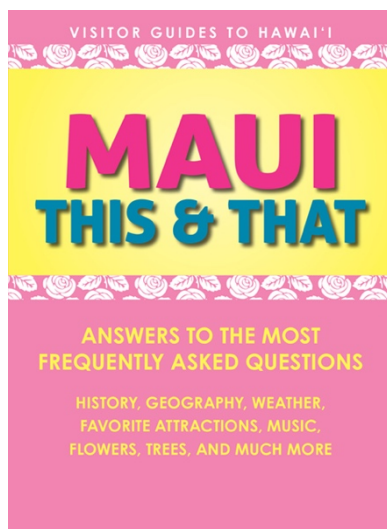
Ruth never left the islands throughout her life—Hawai'i was her world—and stubbornly, she clung to the old Hawaiian ways, ignoring the missionaries and their growing influence.

When the lava flow of 1881 threatened the town of Hilo, the High Chiefess was credited with stopping the fiery molten rock in its tracks by interceding with Pele, the goddess of volcanoes.



AVAILABLE IN SEPTEMBER

Similar to our book, *Hawai'i This and That*, these two island specific books are full of fun facts, tidbits, statistics, and bite-sized history for visitors who want to learn more about the island they are visiting.



Maui This & That

4.375 x 6 inches, 96 pages, softcover, \$5.95

Which beach is the best for windsurfing?

How many people visit Haleakalā National Park every year?

How much does it cost to live on Maui?

How many miles is the Road to Hāna?

When is the best time to see humpback whales?

Here are quick, easy answers to these and many other questions about the Valley Isle, statistics, facts and figures, and a historical timeline of significant events. Brush up on your knowledge of

Maui and gain a deeper appreciation for Hawai'i's beautiful and beloved island.

Kaua'i This & That

4.375 x 6 inches, 96 pages, softcover, \$5.95

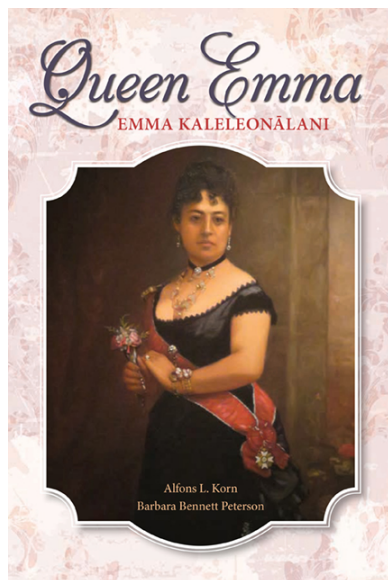
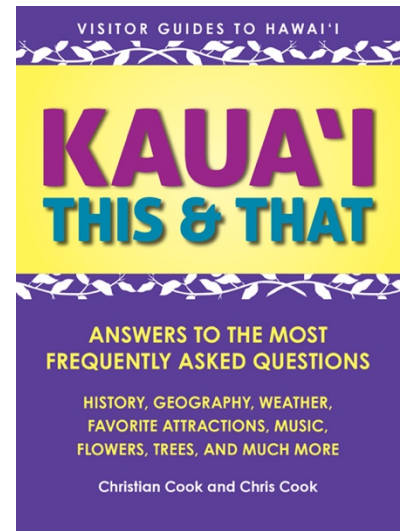
How high is Mount Wai'ale'ale?

How many people visit Waimea Canyon every year?

How much does it cost to live on Kaua'i?

What happened on Kaua'i after the overthrow of the Hawaiian monarchy? Where is the best place to see native birds?

Here are quick, easy answers to these and many other questions about the Garden Isle, statistics, facts and figures, and a historical timeline of significant events. Brush up on your knowledge of Kaua'i and gain a deeper appreciation for Hawai'i's oldest and beloved island.



Queen Emma: Emma Kaleleonālani

6 x 9 inches, 64 pages, softcover, \$11.95

Queen Emma, published in partnership with Queen Emma Summer Palace, is an intimate history of her extraordinary life and legacy—from her birth; to her marriage to Alexander Liholiho (Kamehameha IV); to her role in establishing The Queen's Hospital and introduction of the Episcopal Church in Hawai'i; to the birth and death of her son, Prince Albert; to her world travels and dedication to philanthropy, education, and healthcare; to her death and legacy of maintaining Queen's Hospital, St. Andrew's Priory, and St. Andrew's Cathedral.

THIS FALL...

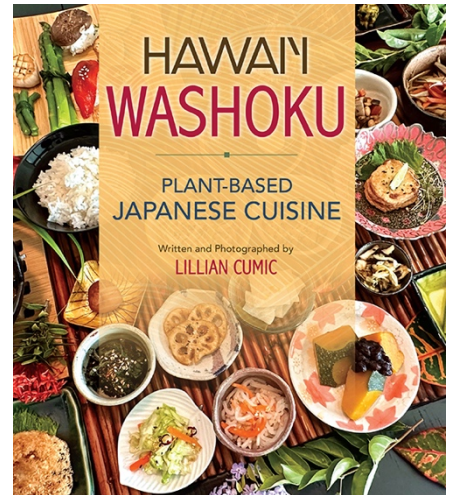
Hawai'i Washoku

Plant-Based Japanese Cuisine

written and photographed by Lillian Cunic

7.5 x 9 inches, 288 pages, hardcover wire-o, \$28.95

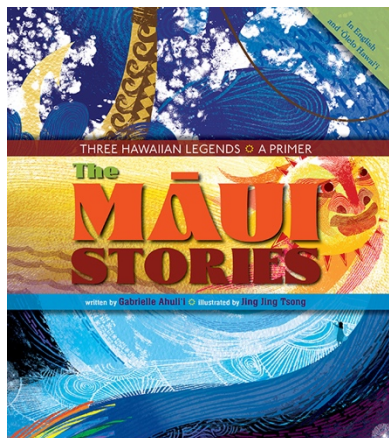
Hawai'i Washoku unites one of the world's great cuisines with the spirit of Aloha to create harmony and peace at your table. Through a superbly photographed collection of over 175 plant-based and gluten-free Japanese recipes, vegan chef Lillian Cunic's third cookbook is the ultimate chaperone for reimagining Japanese recipes into deliciously "planted" successes. Lillian began her cooking career in Japan where she lived for thirty years and fell in love with the people, its culture, and the food, leading her to the way of *washoku* and a whole new outlook on the dining experience.



Washoku is based on the Japanese Buddhist principals of incorporating five colors, five flavors, five cooking methods, five senses, and five reflections in every meal to bring balance and alignment to the mind, body, and spirit. *Hawai'i Washoku* teaches the basics of modern Japanese cooking from a plant-based perspective with stellar recipes including colorful tsukemono "pickled things," pub-style izakaya sides and nibbles, traditional simmered dishes with *ofukuro no aji* "mother's taste," and jaw-dropping "planted sashimi" hard to believe isn't from the briny deep, while fascinating *wagashi* sweets confirm Japan's cuisine as a true art form.

Hawai'i Washoku is a complete guide to help you master *washoku* with a plant-based twist. Lillian shares in-depth commentary on key ingredients and where to find them to stock your pantry. A must-have for Japanese foodies and a great table topper to evoke story and add to your cookbook collection.

NEW FROM BEACHHOUSE



The Māui Stories

Three Hawaiian Legends, A Primer

written by Gabrielle Ahuli'i, illustrated by Jing Jing Tsong

8 x 9 inches, 60 pages, hardcover, bilingual, \$16.95

A collection of three Hawaiian legends written in English and Hawaiian: *Māui Hooks the Islands*, *Māui Slows the Sun*, and *Hina* for kindergarten through second grade. These stories, written by elementary school librarian, Gabby Ahuli'i, introduce young kids to the demigod Māui and his mother, Hina.

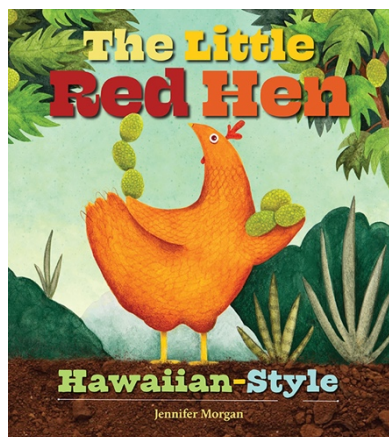
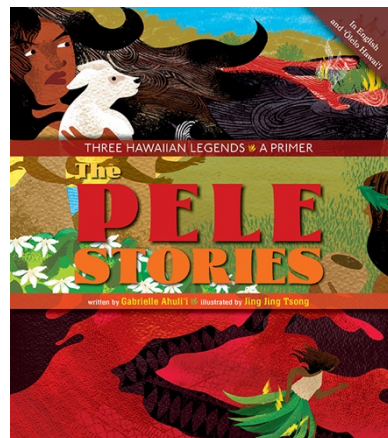
The Pele Stories

Three Hawaiian Legends, A Primer

written by Gabrielle Ahuli'i, illustrated by Jing Jing Tsong

8 x 9 inches, 60 pages, hardcover, bilingual, \$16.95

A collection of three Hawaiian legends written in English and Hawaiian: *Pele Finds a Home*, *Hi'iaka Battles the Wind* and *Naupaka* for kindergarten through second grade. These stories, written by elementary school librarian, Gabby Ahuli'i, introduce young kids to stories about Pele, the volcano goddess.



The Little Red Hen Hawaiian-Style

by Jennifer Morgan

8 x 9 inches, 32 pages, hardcover, \$14.95

A local version of the classic fable about a little red hen who decides to cook some ulu in an imu. As she sets about digging the hole, gathering lava rocks and banana leaves, she asks her friends the cat, dog, and pig to help. But at every step, they each say they are too busy to help.

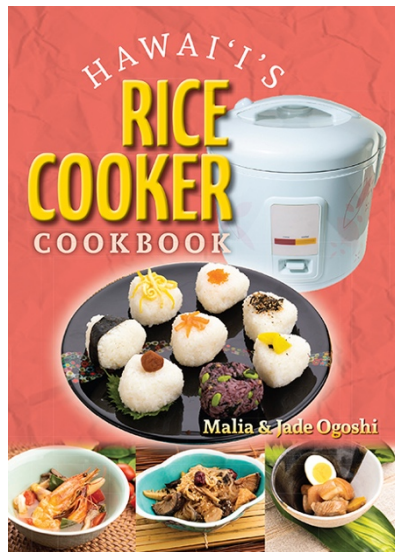
When the ulu is cooked and the red hen uncovers the imu, letting out enticing aromas, cat, dog, and pig come sniffing over. But the little red hen will not have any of it. She exclaims that they cannot have any of the delicious ulu because they didn't help her dig the hole, collect the lava rocks, or cut the banana leaves.

After her outburst, the little red hen feels terrible. In Hawaii, she knows she must show aloha. So she shares the ulu and to her surprise, her friends also bring food to share. The reason they were unable to help the little red hen the day before was because they, too, were busy gathering food to make a big feast. Cat was out catching fish; dog was collecting mangoes, and pig was harvesting kalo to make poi. After all their hard work, they sit together and enjoy their ono feast.

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!



FEATURED RECIPES

Chicken Long Rice

Serves 4

3 chicken thighs
2 teaspoons soy sauce
1 teaspoon sesame oil
½ teaspoon sugar
1 dash pepper
2 teaspoons fish sauce
1 clove garlic, mashed

1 (2-inch) piece ginger, sliced
¼ onion, sliced
½ teaspoon dashi (Japanese soup stock) powder
4 cups chicken stock
1 (7.75-ounce) package long rice (bean thread noodles)
2 tablespoons whiskey, optional
green onion, garnish

Place chicken pieces in rice cooker pot. Mix soy sauce, sesame oil, sugar, pepper, and fish sauce together and pour over chicken. Stir Place pot in rice cooker and turn on to Cook or Quick Cook, depending on your type of rice cooker.

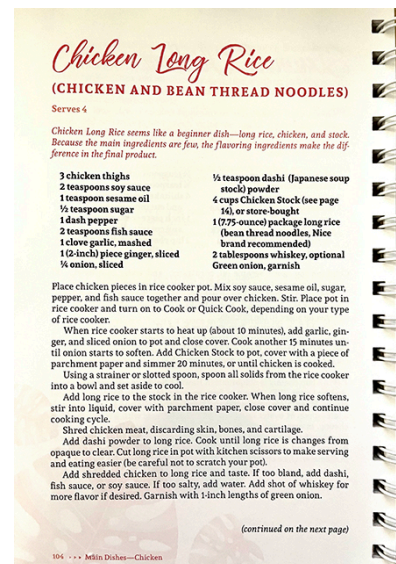
When rice cooker starts to heat up (about 10 minutes), add garlic, ginger, and sliced onion to pot and close cover. Cook another 15 minutes until onion starts to soften. Add chicken stock to pot, cover with a piece of parchment paper and simmer 20 minutes, or until chicken is cooked.

Using a strainer or slotted spoon, spoon all solids from the rice cooker into a bowl and set aside to cool.

Add long rice to the stock in the rice cooker. When long rice softens, stir into liquid, cover with parchment paper, closecover and continue cooking cycle.

Shred chicken meat, discarding skin, bones, and cartilage.

Add dashi powder to long rice. Cook until long rice changes from opaque to clear. Cut long rice in pot with kitchen scissors to make serving and eating easier (be careful not to scratch your pot).



Add shredded chicken to long rice and taste. If too bland, add dashi, fish sauce, or soy sauce. If too salty, add water. Add shot of whiskey for more flavor if desired. Garnish with 1-inch lengths of green onion.

Note: For an easier version of this dish, use cut up boneless, skinless chicken or drummets, leave in the rice cooker, and skip the deboning and shredding steps. The parchment paper cover is optional, but minimizes splashing and clean up time. Crumple a sheet of parchment and place lightly on top of the liquid, or cut a circle of parchment to fit your rice pot.



Spam® Fried Rice

Makes 6 to 8 servings

3 tablespoons salad oil

¼ pound shrimp, cleaned and minced

1 ¼ cups diced Spam®

6 cups cold cooked rice

Seasonings

2 tablespoons soy sauce

1 tablespoon oyster sauce

¼ teaspoon salt

2 eggs, beaten

Garnishes

½ cup chopped green onion

2 slices Spam®, slivered

Stir-fry shrimp and Spam® in hot oil 1 to 2 minutes. Add rice and stir-fry additional 2 minutes or until rice is heated through. Add Seasonings and egg; cook additional minute while mixing and tossing gently until egg is cooked. Garnish with green onion and additional Spam® to serve.



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!



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.