



October 1, 2023

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

It's already October! Time for ghosts and ghouls, trick-or-treating, and gearing up for the holidays. Our in-office Book Store will open around the middle of this month, so look for our announcement. Once again we will have discounted books, new releases, and special sales you won't want to miss!

We have a lot of new titles available including a gorgeous new cookbook titled **Hawai'i Washoku: Plant-Based Japanese Cuisine**. But first, here are two oldies but goodies to get into the spooky spirit...

FEATURED BOOKS

On sale the month of October!



Obake Ghost Stories in Hawai'i

5 x 7.75 in • 272 pp • softcover • retail \$14.95

ON SALE \$9.99

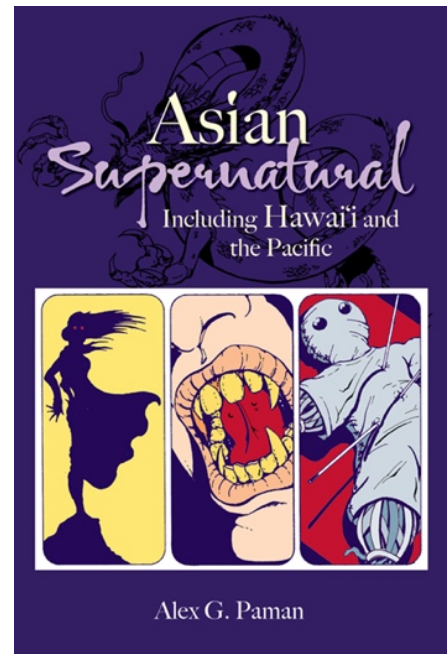
This large format edition of *Obake: Ghost Stories in Hawaii* belongs in every library collection. The book showcases supernatural tales collected from islanders of all backgrounds that first appeared in 1983 in the *Hawaii Herald*. They are presented here for the first time in a single volume.

Asian Supernatural Including Hawai'i and the Pacific

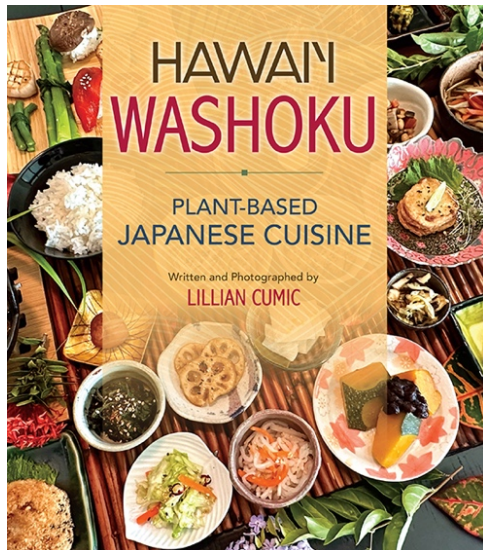
6 x 9 in • 288 pp • softcover • retail \$18.95

ON SALE \$7.99

The supernatural traditions of Asia, Hawaii, and the Pacific have flourished independently for thousands of years, but have remained largely unrecognized against mainstream conventions. The recent popularity of Asian horror cinema in the West, however, has led to a renewed interest in Eastern ghost lore, and it is in this resurgence that *Asian Supernatural, Including Hawaii and the Pacific*, aims to pacify the curious reader. Meant to bridge the gap between East and West, the book provides a listing of ghosts, demons, and witches from virtually every single Asian nation and culture. New readers will be introduced to characters previously unknown due to language and resource barriers, while natives of the outlined countries will see their *guei*, *yurei*, *kwisin*, *ma*, *hantu*, *multo*, and *lapu* proudly represented alongside each other in one comprehensive volume.



NEW TITLES AVAILABLE NOW!



Hawai'i Washoku

Plant-Based Japanese Cuisine

written and photographed by Lillian Cunic

7.5 x 9 inches, 288 pages, hardcover wire-o, \$31.95

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.



CHAPTER 2

PICKLED THINGS (TSUKEMONO)

Virtually every meal is accompanied by some kind of *tsukemono*, or “pickled thing”, as a garnish adding flavor, crunch, color and nutrition. They’re also served with rice as *okazu* (side dishes), with drinks as an *otsumami* (snack), and as a course in the *kaiseki* portion of a Japanese tea ceremony. Japanese food culture is heavily influenced by the principals of *kaiseki* (Japanese haute cuisine) which suggest meals should contain five flavors and cooking methods while taking into account sensory and aesthetic

considerations. *Tsukemono* helps create this harmony by cleansing the palate and providing piquancy to balance the strong *umami* flavors of Japanese food.

To guide you on your travels through *Washoku* I’ve pulled together some *tsukemono* recipes for simple salt-based pickling and the more lengthy, complex process of creating *umeboshi* (Pickled Sour Plums p. 68). *Gari* is the “Sushi Ginger” (p. 66) you’ll see served alongside your *sushi* plate and is made with young ginger. The best young ginger on the planet is grown locally in Hawai‘i, so take advantage of the zesty rhizome when it’s in season and make your own rose pink palate cleanser. Get friendly with *amazuke* “sweet and sour” pickles where virtually any vegetable can be marinated in a universal *Amazuke* Pickling Liquid (p. 50). I’ve also included a fairly traditional style of *tsukemono* called *mukazuke* “rice bran pickles” made by fermenting vegetables in a rice bran bed which imbues a refreshingly tangy flavor and aroma, while maintaining their crunch. The rice bran mixture is a suitable environment for the microorganisms in vegetables such as lactic acid bacteria and yeast to ferment which enhance the nutritional value of the vegetables. And the best part is, you can keep your rice bran bed indefinitely if you take care of it, just like a bread starter that keeps on giving.

You’re going to learn a lot about Japan’s *tsukemono* in this chapter and I’m excited for you. Happy experimenting!



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.



NIGIRI SUSHI *Nigirizushi* Yield: 8 pieces

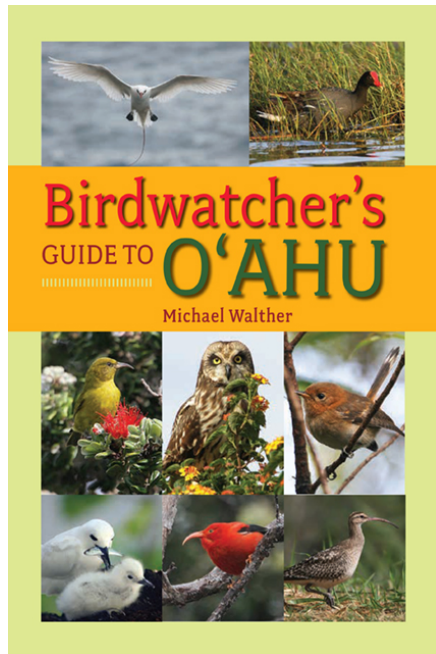
Nigirizushi means “hand-pressed” *sushi* in Japanese and is one of the easiest to prepare. It’s made by shaping *sushi* rice into small oval shapes topped with a pinch of *wasabi* and raw fish, or in this case “planted *sashimi*.” The proper etiquette is to use your hands when eating *nigiri*, not chopsticks, and dip the *sushi* topping-side down (not the rice) into the soy sauce (or *tamari*).

8 pieces “Planted Tsuna” (p. 230)
1 batch Sushi Rice (1 rice cooker cup p. 212)
Wasabi
Soy sauce or gluten-free *tamari*

Dip your hands into water to prevent the rice from sticking. Place a slice of “planted *sashimi*” in the palm of your left hand and dab a pea-sized portion of *wasabi* into the center using your right index finger. Grab a small ball of rice (about 20g) with your right hand and softly ball it in your right palm. Place it on the *sashimi* and press down with your left thumb to make a hole in the center of the rice ball (this allows it to easily fall apart in the mouth). Adjust the shape of the rice with your right thumb and index finger or middle finger. Flip the *nigiri* over and adjust the shape using your right index and middle fingers. Place the *nigiri* on a serving plate and repeat with remaining ingredients. Serve with soy sauce (or *tamari*) and *wasabi* to taste for dipping.



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.



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.

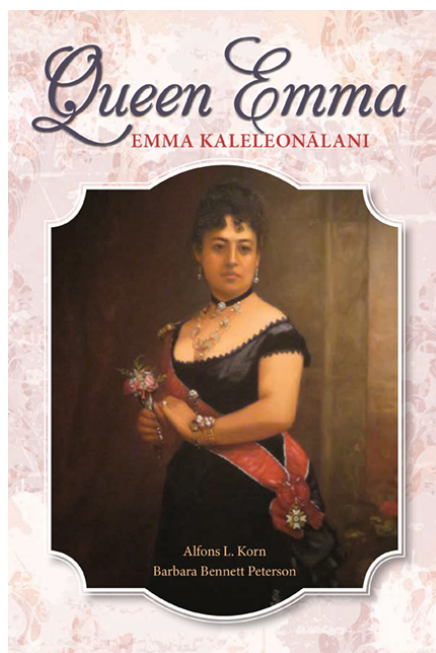
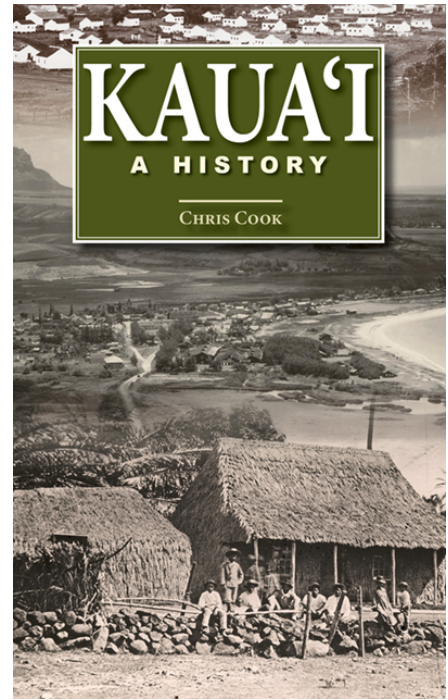
Kaua'i A History

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.



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.

Princess Ruth Ke'elikōlani

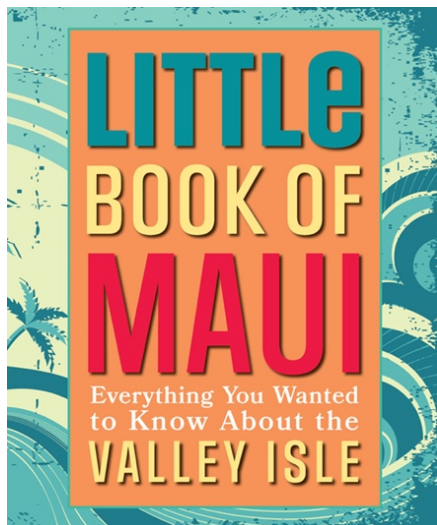
by Kristin Zambucka

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.



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!

Maui This & That

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

Which beach is the best for windsurfing?

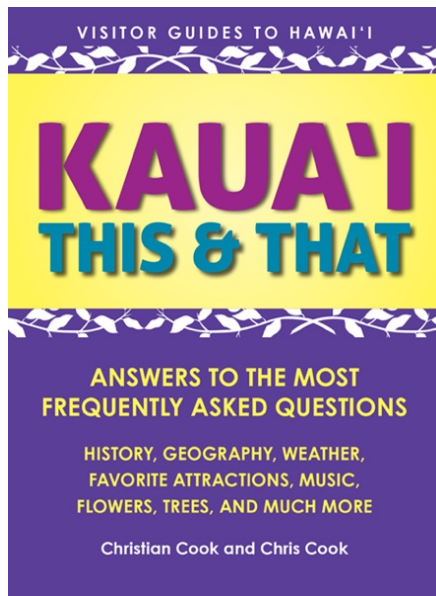
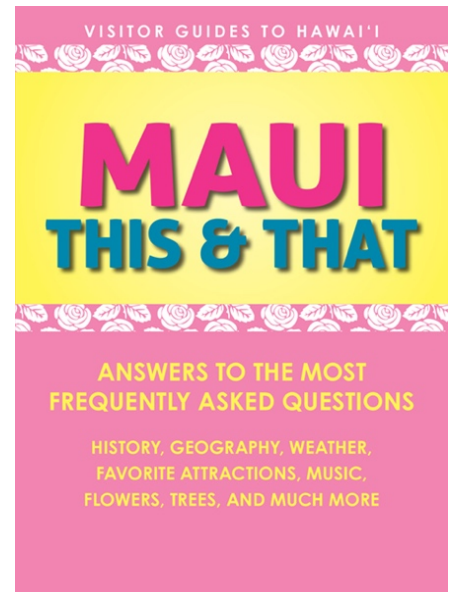
How many people visit Haleakalā National Park every year?

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 Hawaiʻi's beautiful and beloved island.



Kaua'i This & That

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

How high is Mount Waiʻaleʻale?

How many people visit Waimea Canyon every year?

How much does it cost to live on Kauaʻi?

What happened on Kauaʻi 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 Kauaʻi and gain a deeper appreciation for Hawaiʻi's oldest and beloved island.

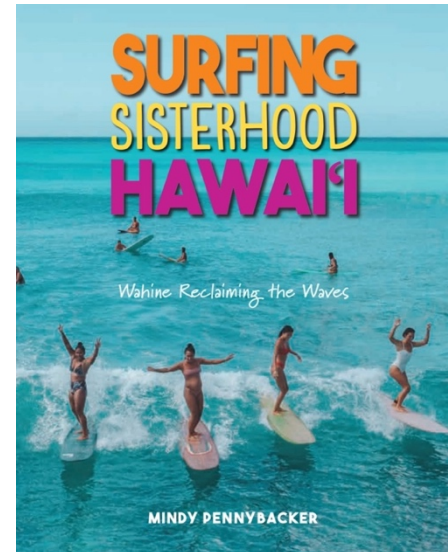
Surfing Sisterhood Hawai'i

Wahine Reclaiming the Waves

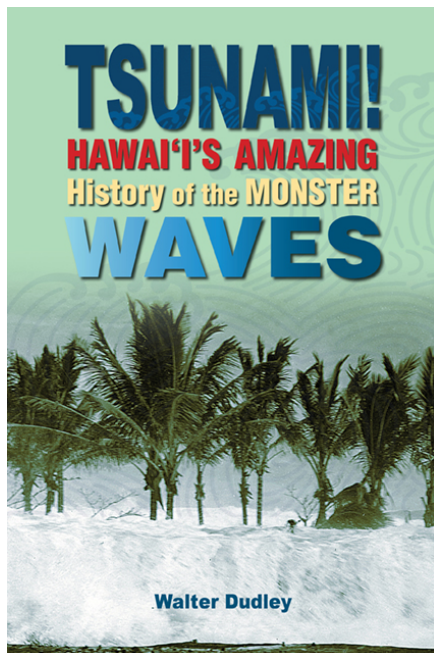
by Mindy Pennybacker

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

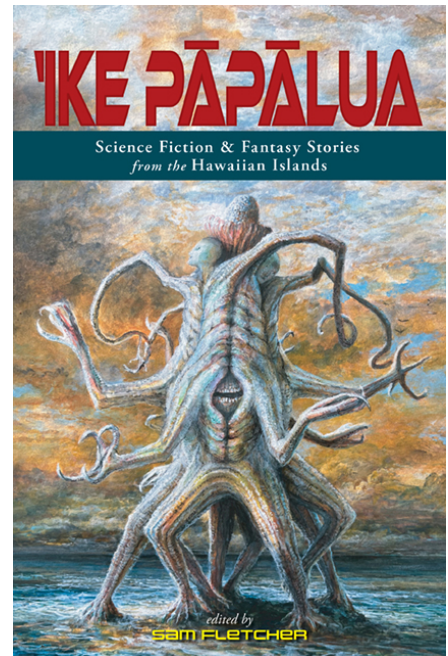
edited by Sam Fletcher

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

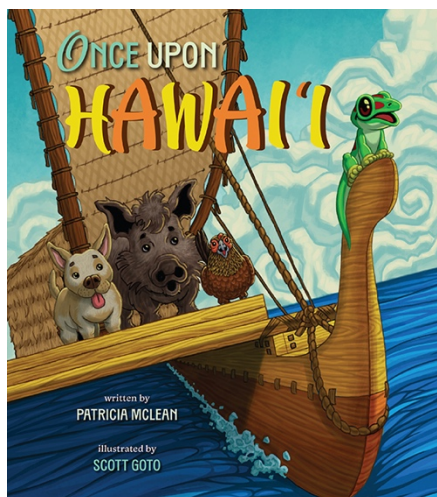
Are you a fan of science fiction? This new collection of science fiction and fantasy short stories set in Hawai'i by some of the islands' foremost fiction writers will transport you to other dimensions and have you think about Hawai'i in a whole new way.

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 Hāna. 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.



NEW FROM BEACHHOUSE



Once Upon Hawai'i (Available Oct 12!)

written by Patricia McLean and illustrated by Scott Goto

8 x 9 inches, 32 pages, picture book, \$14.95

This beautifully illustrated story introduces kids to the early voyaging Polynesians who set out to find distant land and found the islands of Hawai'i.

As the villagers stock their canoes, three animals: a pig, a dog, and a chicken, declare how important they are to such a big journey and how they can help. The dog exclaims that he's the best paddler. The chicken declares she is the best navigator. The pig announces he can steer the best. Meanwhile, a little gecko becomes an accidental stowaway and finds himself tucked away inside the canoe. He's not ready for such a big journey and can't understand how he got into this situation.

As the voyage begins, they sail smoothly along until one day, the clouds come, the wind blows, and the waves start to churn. The dog, the chicken, and the pig are all seasick and unable to help the crew. The stowaway gecko, however, is not seasick. He gathers his courage and decides he is the one who can help them out of the storm.

With a brave heart, the gecko leads the canoes to land in his half-shell coconut proving that even a little gecko can help when help is needed.

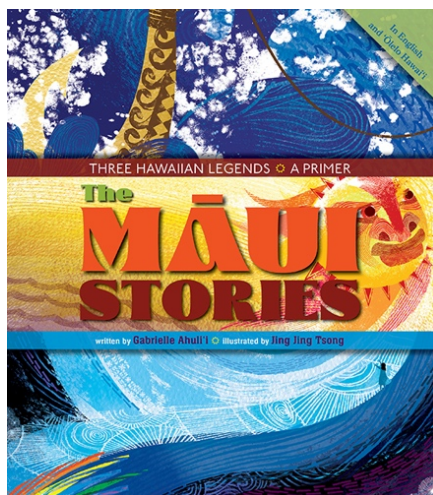
The Māui Stories

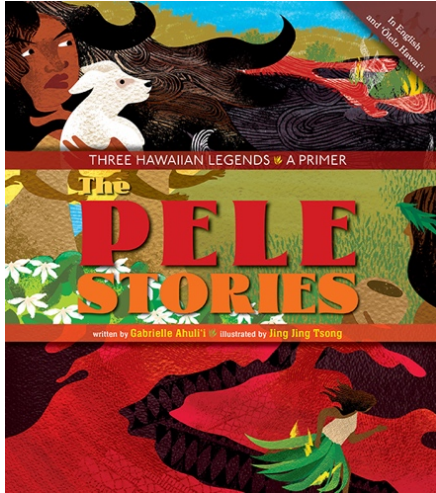
Three Hawaiian Legends, A Primer

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

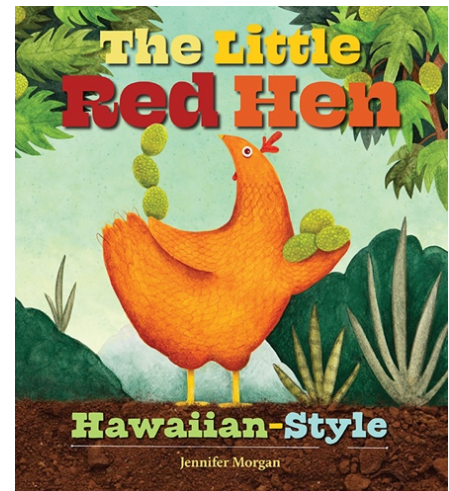
volcano goddess.

The Little Red Hen Hawaiian-Style

by Jennifer Morgan

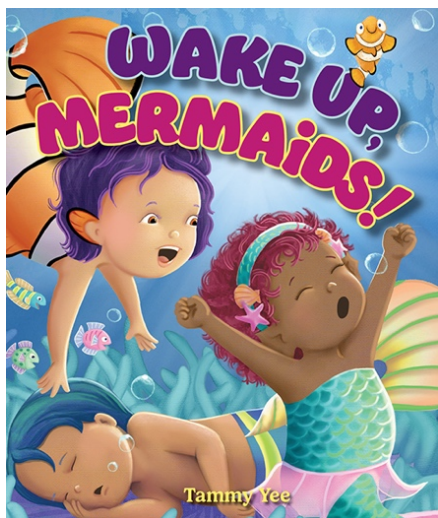
8 x 9 inches, 32 pages, hardcover, \$14.95

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.



Wake Up, Mermaids!

written and illustrated by Tammy Yee

5 x 6 inches, 16 pages, board book, \$8.95

Wake up with three keiki mermaids and join their daily routine in Hawai'i's underwater world. After brushing their teeth, combing their hair, and making their beds, they're off to swim with seals and sing with whales...all except one sleepy mermaid...Toddlers will relate to the mermaid's daily routine and laugh at the one mermaid who simply sleeps

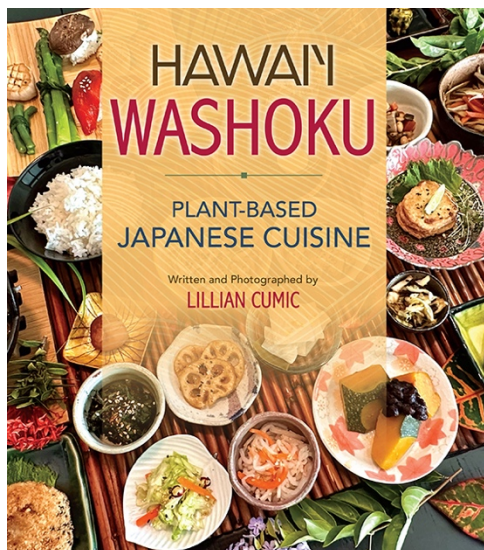
throughout the day's adventures.

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 RECIPE



This recipe is from our upcoming book, *Hawai'i Washoku* by chef Lillian Cunic.

Lemon-Simmered Sweet Potato Tempura

Satsumaimo no

Remon Tenpura

Yield: 4 to 6 servings

I enjoyed some incredible Japanese food during my thirty-year stay in Sendai, and this is one of those dishes I found quite enticing. I was in a tempura restaurant seated at the counter with a front row view of the open kitchen when the chef offered to “tempura” the last piece of lemon-simmered sweet potato (p. 107) I had ordered as a side. Intrigued with this offer I curiously agreed, and it is one of the most memorable tempura bites I have ever tried. Make a batch of the lemon infused satsumaimo just so you can tempura it. Simply amazing.

1 batch Lemon-Simmered Sweet Potato (p. 107)

6 large shiso leaves

TEMPURA BATTER

$\frac{3}{4}$ cup (100g) all-purpose flour or gluten-free flour

$\frac{1}{4}$ cup (30g) cornstarch

$\frac{1}{4}$ cup (30g) rice flour

1½ teaspoons baking powder

1½ teaspoons salt

1 cup (240ml) chilled club soda or beer

$\frac{1}{4}$ cup (60g) vegan mayonnaise

Vegetable oil or other neutral oil for frying

GARNISH

Flavored salt (below)

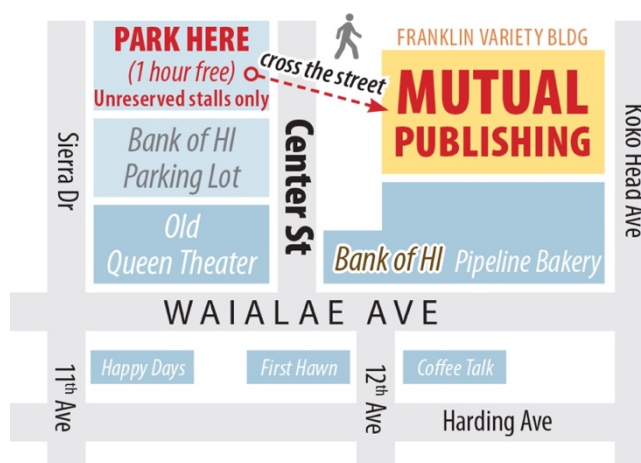


Whisk the flour, cornstarch, rice flour, and baking powder in a bowl. Add club soda (or beer) and mayo; stir just enough to combine mixture (the batter should be lumpy and not overmixed).

Heat 2 inches of oil in a pot between 365°F to 375°F (about 190°C). Dip sweet potato into the batter and fry on both sides for 2 to 3 minutes, or until golden brown. Drain on paper towels. Repeat with the shiso leaves and serve with flavored or regular salt of choice.

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.