

Go Native With An Authentic Luau At Home

By Dorothy Johnson

The Backyard Luau is the "boss" of wonderfully flavored food simply cooked outdoors. Broiling meat over fire is one of the oldest ways of cooking and most island recipes adopted from Asia are magnificent when cooked out of doors.

Today Hawaiian backyard dinners are elaborate for they are part of this Hawaiian custom of family picnics. The dinners may seem complicated for the ingredients are not as familiar as tomato barbecue sauces, but with specialty food shops everywhere, preparing a luau should be no more trouble than frying chicken, cole slaw, or potato salad.

-MENU-

HAWAIIAN GRAB BAG
BALINESE BROILED CHICKEN
RICE AND BROILED ZUCCHINI
BANANA, PINEAPPLE, KUMQUAT KABOBS

HAWAIIAN GRAB BAG
(May be prepared ahead)

Treasures: Cherry Tomatoes, Cucumber Cubes, Green pepper chunks, Waterchestnuts, Avacado chunks, Boiled shrimp (cold), Pickled mushrooms, Cooked chicken liver chunks, Raw oysters.

SAUCE

2 cups mayonnaise, 1/2 cup sour cream, 1/2 cup prepared grated horseradish, drained; 1/2 teaspoon monosodium glutamate, 2 teaspoons dry mustard, 1/2 teaspoon salt, 1 tablespoon lemon juice. Combine all the ingredients for sauce. Bury "treasure" into sauce. Arm guests with toothpicks and let them spear for "treasures."

BALINESE BROILED CHICKEN
(May be prepared ahead)

2 tbsp. oil, 1/2 onion, minced; 2 cloves garlic, minced; 1 tsp. salt, 1/4 tsp. tumeric, 1-1/2 tsp. coriander, 3/4 lb. fryer, quartered; 1/2 cup coconut milk, 1 tsp. sugar, 1 tsp. vinegar, 1/2 c. water.

Heat oil. Add onions, garlic, salt, tumeric and coriander. Stir until onions are cooked. Add quartered chicken and fry until slightly cooked on both sides. Add coconut milk, sugar, vinegar and water. Simmer for 20 minutes. Broil partially cooked chicken in oven or over hot coals till brown and tender, basting with sauce from frying pan.

BROILED ZUCCHINI

1 clove garlic, minced; 1/4 cup vegetable oil, 8 small zucchini, salt and pepper. Add minced garlic to vegetable oil. Let stand for 15 minutes. Split 8 small zucchinis in half (do not peel them). Brush with oil and broil over charcoal, cut surface down, for 2 minutes, or until zucchini begins to brown. Turn over, brush with more oil and season with salt and pepper. Broil for 2 more minutes or until zucchini is cooked, but still firm.

BANANA, KUMQUAT, PINEAPPLE KABOBS

3 firm bananas cut into 12 chunks, 12 preserved kumquats, drained; 12 chunks of pineapple, preferably fresh; 3 tbsp. honey, 3 tsp. melted butter, 1 tsp. ground ginger, 4 skewers.

Arrange banana, kumquats, and pineapple chunk on skewers. Brush fruit with sauce made of remaining ingredients. Broil 4 inches from hot coals till bananas are golden brown. Turn and brown other side.

-MENU-

BEEF OR CHICKEN SUKIYAKI
VEGETABLE TEMPURA - RICE
PICKLED MUSHROOMS
BAKED-IN PINEAPPLE CAKE ROLL

BEEF SUKIYAKI
(May be partially prepared ahead)

1-1/2 c. oriental vermicelli, 4 lbs. sirloin, top round, or flank steak; 8 dried mushrooms soaked in 1-1/2 c. water, 1 (9 oz.) can bamboo shoots, 2 lge. onions, 3 squares bean

curd cake (tofu), 3 bunches watercress or 1-1/2 lb. fresh spinach, 1/2 c. soy sauce, 1/3 c. sake or dry sherry, 1/4 c. sugar, 1-1/2 tsp. monosodium glutamate, 1/2 c. broth (use bouillon cube, steak bone and scraps), 8 eggs.

Soak vermicelli in warm water for one hour, then cut into 3-4 inch lengths. Cut steak counter grain into strips 1/16 inch thick, 2 inches long, 1 inch wide. Save a few scraps of fat to oil pan. Discard water, remove stems and slice mushrooms. Slice bamboo shoots, onions, and cut scallions into 2 inch lengths. Cut bean cake into strips. Wash and cut watercress into 2 inch lengths. Arrange these attractively on 2 large platters for two batches of sukiyaki. Divide spices and liquids equally between the two platters.

Sukiyaki is best cooked quickly and served just after the last vegetable added, wilts. In hot skillet (400 degrees in an electric one), place steak fat or a tablespoon vegetable oil. Using ingredients from one platter, add steak, onions and mushrooms. Cook over brisk fire for a few minutes. Sprinkle with sugar, soy sauce, broth and sherry. Now add bamboo shoots, vermicelli and cook 2 minutes, stirring frequently. Add bean cake, watercress and scallions. Stir in monosodium glutamate. Baste some sauce over greens. Cover and serve as soon as watercress wilts (about 2 minutes). Repeat for second batch.

To eat: Give each guest a small bowl in which he can break a raw egg and beat slightly. Sukiyaki is eaten by first dipping it into the egg. This cools the sukiyaki and cools the egg. Serves 8.

VEGETABLE TEMPURA

(Tempura is cooked in a deep iron skillet over charcoal).

3/4 lbs. fresh vegetables, artichoke hearts, green beans, egg plant, carrots or 3 lbs. fresh asparagus tips, 2 c. flour, 1/2 c. cornstarch, 2 tbsp. baking powder, 1 tsp. baking soda, 1 egg, slightly beaten; 1-1/2 c. water, 1/2 c. flour for dredging, 1 qt. oil for frying.

Clean and cut vegetables into 2 inch lengths. If egg plant is used, first cut in half lengthwise, then into 1/4 inch thick pieces. Combine flour, cornstarch, baking powder, baking soda and salt. Stir in egg; add water and beat batter. It will be lumpy. Vegetables may be dredged lightly with flour and then dipped in batter and dropped in hot oil. If light fritter coating is preferred, omit the dredging. Fry in hot fat until light brown. Serve with tempura sauce.

TEMPURA SAUCE

1/8 tsp. powdered ginger, 3/4 c. water, 1/3 c. soy sauce, 1/2 tsp. sugar, 2 tbsp. sake or dry sherry, 1/2 c. grated white radish.

PICKLED MUSHROOMS

1 lb. fresh mushrooms or 2 (4 oz.) cans buttons, 1/2 c. vinegar, 1/2 c. oil, 1 tsp. salt, 1 clove garlic minced, 1 tbsp. chives, 1 bay leaf.

Wash mushrooms and cut off stems, or drain canned mushrooms. Make a marinade of remaining ingredients and cover mushrooms with it. Marinate for at least 4 hours or preferably, overnight. Turn them once or twice. (This also makes a wonderful hors d'oeuvre.)

BAKED-IN PINEAPPLE CAKE ROLL

2-1/2 c. crushed pineapple (No. 2 can), 2/3 c. brown sugar, 2 tbsp. chopped nuts, 1 tbsp. butter, 4 egg yolks, 1/4 c. sugar, 1/2 tsp. vanilla, 4 egg whites, 1/3 c. sugar, 3/4 c. sifted flour, 1 tsp. salt, confectioners sugar, 1 c. heavy cream, whipped and sweetened. Drain pineapple thoroughly. Spread on bottom of ungreased pan 10x15x1 inch. Sprinkle brown sugar and nuts over crushed pineapple; dot with butter. Beat egg yolks till thick and light yellow in color. Gradually add 1/4 cup sugar, then vanilla. Beat egg whites till soft peaks form. Slowly sprinkle 1/3 cup sugar, beating constantly. When stiff peaks form, fold into egg yolk mixture. Sift together flour, baking powder and salt. Gradually fold flour mixture into egg mixture. Spread cake batter over pineapple-nut base

To Aid Of Ghetto Banks

NEW YORK, N.Y., March 28 -- The Finance Department of the Executive Council of the Episcopal Church has originated a program to encourage wider investments in ghetto areas, according to an announcement by the Right Reverend John E. Hines, Presiding Bishop of the Church.

The program will be launched with individual deposits of \$15,000 in church funds in selected banks in Negro communities throughout the country, to act as "multipliers" with the hope of encouraging further deposits from parishes, dioceses and individual church-goers in those banks.

The interest-bearing deposits will be made in Negro-owned and/or managed banks and savings and loan associations. A list of institutions which will be queried by the church about their policies includes the majority of Negro commercial banks and Negro-managed Federal Savings and Loan Associations in the U.S.

The purpose of the deposits is to encourage more loans to worthwhile business in those areas, more investments in small businesses in need of funds and aid to enterprises that will benefit the community by helping Negroes to build a more viable economy in the areas where they live.

The deposits, plus matching ones from dioceses and parishes, would increase the lending power of the banks and are fully insured by the Federal Deposit Insurance Corporation.

The first step in the plan, according to Lindley M. Franklin, Jr. Treasurer of the Episcopal Church, is to ask the banks for their cooperation in this program.

The plan is an outgrowth of a resolution passed by the General Convention of the Episcopal Church in 1967 which asked that the Church assist the poor to achieve political and economic self-determination.

Bake in 375 degree oven for 20 minutes. Loosen edges, then invert cake on tea towel sprinkled with confectioners sugar. Let stand for 3 to 4 minutes, then roll it. Keep rolled in sugared towel for 10 minutes. When it has cooled, cover with sweetened whipped cream and serve.

HAWAIIAN COCKTAILS

ALOHA

1 oz. Okolehao, 1/2 oz. cherry liqueur, 1/2 oz. lemon juice, 1 dash grenadine--shake with crushed ice, strain into chilled champagne glass. (If Okolehao is not available, rum may be substituted.)

NO-MO-PAIN

1-1/2 oz. Okolehao, 1/2 oz. dry sherry, 2 dashes tabasco sauce, thin slice of lemon, green chartreuse, cube sugar. Pour first three ingredients over shaved ice into old fashioned glass. Garnish with thin lemon slice and cube of sugar. Pour green chartreuse over cube of sugar and light.

MAI TAI

The unofficial drink of the state of Hawaii is Mai Tai. Every bartender in the islands has his own secret recipe.

1-1/2 oz. light rum, 3 oz. pineapple juice, 3 oz. orange juice, 3 oz. lemon juice, 1/2 oz. orange curacao, 1-1/2 oz. dark rum. Mix together all the ingredients except the dark rum. Pour over crushed ice; float dark rum on top of drink. Garnish with tiny orchid, gardenia, maraschino cherries or a stalk of fresh pineapple. Makes 2 drinks.

PALI PUNCH

1-1/2 oz. Okolehao or rum, 1/2 oz. creme de cacao, 1/2 oz. orange juice, 3/4 oz. lemon juice. Blend with crushed ice until smooth. Pour into 14 oz. zombie type glass and garnish with sprig of mint and a Vanda orchid.

SCRATCH ME LANI

2 oz. Okolehao or rum, 2 dashes bitters, 2 oz. orange juice, 3 oz. passion fruit juice, 3/4 oz. Grande Marnier. Mix and serve in ice filled hurricane type glass. Decorate with sprig of fresh mint and a Chinese back scratcher.