

FAVORITE RECIPES
FROM
ROZ BAKER
&
FRIENDS



Dear Friends,

Here in the islands, our love of food—all ethnic varieties—is an expression of our love for those we care about. When I was growing up in Texas, the gathering place in the house was around the dinner table and there was always room for one more. Any guest that stopped by around lunch or supper time was always asked to stay. Whether it was a happy or sad occasion there was always food. Our island hospitality is very similar.

I have lots of fond memories of the kitchen—learning to make my first lemon meringue pie from scratch, talking story with my dad while he chopped pecans for the fudge (then licking the pan), and enjoying the ever-present homemade desserts. German chocolate cake, fresh peach or strawberry ice cream, and chocolate chip cookies were and still are some of my favorites.

I would like to thank the Friends of Roz Baker who contributed so many wonderful recipes to make this collection special. I hope you will enjoy these dishes as you gather around the dinner table in the company of those you love.

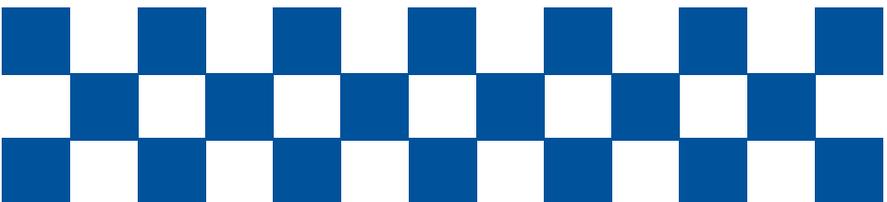
Warmest aloha,



Roz Baker

Contents

| | |
|---|----|
| Salads, soups, eggs and sides | 1 |
| Main dishes | 11 |
| Desserts | 22 |
| Other delicacies | 33 |



Salads, soups and side dishes

TARO SALAD

Courtesy of Michael Moore from Old Lahaina Luau

- 2 pounds luau leaf
- 2 cups coconut milk
- 1/4 cup white sugar
- 1 large corm taro

Take taro root, clean and cut into 1/2 inch cubes. Steam diced taro for about 1/2 hour. Wash luau leaf thoroughly, remove stems and fibrous parts of veins. Place washed luau leaves in large saucepan and add water to cover. Bring to a boil, lower heat, and simmer for one hour, stirring frequently. When done, drain luau leaf thoroughly. In a medium pot add coconut milk and sugar. Simmer until sugar dissolves. Take the luau leaves and place it in your serving bowl, add taro and then pour hot coconut mixture over the top.

BROCCOLI SALAD (OR CAULIFLOWER SALAD)

Courtesy of Jean Howell, Roz's aunt

- 1 large fresh broccoli (or cauliflower), chopped
- 1 small onion, chopped
- 1/2 cup pecans (or walnuts), chopped
- 2 to 3 strips of crushed, crispy-fried bacon

Dressing:

- 1 cup mayonnaise
- 1/4 cup sugar
- 3-1/2 tablespoons lemon juice

Mix the broccoli, onion, and pecans together and refrigerate. Prepare the dressing and add to the salad 2 hours before serving. At serving time, add the bacon bits.

ONO SPINACH SALAD

Courtesy of Lynne Woods, Kula

1/2 cup salad or olive oil
3-1/2 tablespoons red wine vinegar
2 teaspoons soy sauce
2 tablespoons dry white wine
3/4 teaspoon sugar
1/2 teaspoon dry mustard
1/4 teaspoon garlic salt
1/4 teaspoon coarse grind black pepper
Salt
1-1/2 pounds spinach leaves
2/3 pound bacon
3 hard-boiled eggs, finely chopped
1 tablespoon grated Parmesan cheese
1 cup croutons, optional
Cherry tomatoes, optional

Combine in a mixing bowl oil, vinegar, soy sauce, wine, sugar, mustard, garlic salt, pepper and salt to taste. Mix well with a whisk. Set aside. Remove most of the stems from spinach before weighing. Wash thoroughly, drain well, place in a bowl and cover with a damp towel. Refrigerate until leaves are crisp. Dice bacon in small pieces and fry until crisp. Drain bacon on paper towels. When ready to serve, tear spinach into small pieces and place in a large bowl. Add dressing and toss gently until leaves are coated. Top salad with bacon, eggs, Parmesan cheese, croutons and cherry tomatoes. Serve immediately. Makes 8-10 servings.

Note: If desired, dressing may be heated almost to boiling point before being added to salad. Do not allow to boil.

BAKED SEAFOOD SALAD 1

Courtesy of Joyce Ige, Lahaina

6 potatoes cooked and diced
1/2 pound cooked small shrimp
1/2 pound imitation crab
1 tablespoon worcestershire sauce
1 egg slightly beaten
Mayonnaise, enough to thoroughly cover mixture
Maui Style potato chips

Preheat oven to 350 degrees. Mix all ingredients with salt, pepper, and mayonnaise. Spread in big casserole dish. Thoroughly cover entire dish with mayonnaise. Brush egg mixture over this. Crush potato chips and sprinkle over salad. Bake for 30 minutes.

BAKED SEAFOOD SALAD 2

Courtesy of Marion Suehiro, Lahaina

3/4 pound fresh cooked shrimp, diced
1 can fresh crab meat or imitation crab
5 medium potatoes, cooked and diced
1/4 cup minced onion
1/4 cup celery, chopped
2 teaspoons worcestershire sauce
1 teaspoon salt
1/2 teaspoon pepper
Mayonnaise (enough to thoroughly cover mixture of above ingredients)
1 egg slightly beaten
Potato chips

Preheat oven to 350 degrees. Mix all ingredients, except egg and potato chips. Spread in 9" x 12" baking pan. Brush with egg and sprinkle crushed potato chips over salad mixture. Bake uncovered for 30 minutes or until brown. Serves 10 people.

CORN SALAD

Courtesy of Lynda Sanborn, Lahaina

12 large ears of yellow or white corn
1 large red bell pepper, chopped smaller than corn kernel
1/2 large red onion, finely minced
8 green onions including green tops, small diced
3 ripe tomatoes, small diced
1 packed cup of chopped fresh cilantro (to taste)
Salt and pepper to taste
Wine vinegar to taste
1 can of small black beans, well rinsed and chilled
Small container of crumbled feta cheese

Clean corn for blanching. Bring large pot of water to boil and place corn in boiling water for 1-2 minutes. Remove and cool corn in cold water to stop cooking. Slice corn off cob and put in large bowl or container. Add all other ingredients, except beans and cheese, and mix well. Stir in well the salt, pepper and vinegar to your taste. Chill to let flavors blend, at least two hours or overnight. Before serving, sprinkle with beans and then the crumbled cheese.

Note: This recipe is very versatile. It is possible to add domestic or imported chopped olives, celery, chicken, salad greens and many other of your favorite ingredients. It is advised to avoid overwhelming the fresh corn flavor.

CORN GAZPACHO

Courtesy of Carol Bull, Lahaina

- 3 cups cooked corn kernels (5 ears), freshly cut from the cob or canned
- 5 ripe tomatoes, peeled and lightly seeded or 1 - 32 oz. Italian plum tomatoes coarsely chopped
- 1 small zucchini diced
- 1 medium cucumber peeled, seeded and diced
- 2 ribs celery diced
- 3 to 4 scallions, the white and part of the green, finely chopped
- 1/3 cup finely chopped red onion
- 2-3 garlic cloves, minced
- 32-ounce can V-8 juice
- Juice of 1 large lemon
- Juice of 1 to 1-1/2 limes
- 1/2 cup olive oil
- 1 tablespoon ground cumin or more to taste
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon ground chili powder
- Salt and freshly ground pepper to taste
- 3/4 cup chopped fresh coriander

Combine the corn, tomatoes, zucchini, cucumber, celery, scallions, red onions and garlic in a large soup pot. Combine the V-8 juice, lemon and lime juices and olive oil in a bowl, then stir into the vegetables.

In a small bowl, combine the cumin, cayenne, chili powder, blend well and stir into the vegetables. Season the soup with salt and pepper to taste and add 1/2 cup of the fresh coriander.

Refrigerate for at least 4 hours to allow flavors to mellow. Check the seasoning before serving and sprinkle the top of each serving with some of the remaining coriander. Serves 10, about 1 cup each.

PIG'S FEET SOUP

Courtesy of John and Jean Min, Kahului

"The following recipe is from John's dad, Eddie Min. To do this right like the way he did, you have to sing and hum a lot while cooking!"

--Jean Min

Boil cut up pig's feet in water. Rinse off scum that rises after the water boils. Add water, repeat. Boil in fresh water with 2 bay leaves, a chunk of squashed ginger and a clove (or more) of garlic. Boil until tender (2 hours). Skim off fat. Add brown sugar, shoyu and white vinegar to taste. Simmer another hour. Thicken with cornstarch.

JOOK

Courtesy of Greg and Jeanne Skog, Haiku

Bones from 1 turkey

1-1/2 cups uncooked rice, washed or 3 cups leftover cooked rice

4 quarts water

1-inch piece fresh ginger root

6-inch piece chung choi

1 small can water chestnuts, chopped or sliced

2 tablespoons Hawaiian salt

1/2 cup sliced green onion for garnish

Remove meat from bones, chop meat and refrigerate until jook is done. Place bones in water, along with washed uncooked rice, ginger, chung choi, and salt. Bring to a boil then reduce heat and simmer about 1 to 1 1/2 hours. If using cooked rice, boil bones etc. about 1/2 hour before adding rice, then cook for an additional hour. Remove bones, ginger, and chung choi and discard. Add water chestnuts to jook. Season with additional salt to taste. Add the reserved turkey meat to jook. Serve hot with green onion garnish.

TACO SOUP

Family recipe contributed by Marilyn Brandl, Roz's sister

2 pounds lean ground meat
1 onion
2 cans tomatoes
1 can Rotel tomatoes (spicy tomatoes)
1 can ranch-style pinto beans
1 cup corn or cooked rice or barley
1 package ranch-style dressing
1 package taco seasoning mix
1-1/2 cups water

Brown meat and onion, then add the remaining ingredients. Cook for 30 minutes (for corn or cooked rice) or for one hour (if using barley).

CORN CHOWDER

Courtesy of Donna Domingo, Kihei

1 pound bacon (cut into strips)
1 large onion (diced)
4 potatoes (skinned and cut into small cubes)
1 Farmer John cooked ham steak (deboned and cubed)
4 cans evaporated milk
2 cans creamed corn
2 cans niblet corn (drained)
Dash of pepper
1 teaspoon sugar
Cornstarch mixed with water to thicken

Fry bacon in large pot until half cooked, add onions when bacon is cooked, drain fat, then add ham and potatoes. Add water to cover potatoes. Cook on medium heat until potatoes are cooked. Add milk, creamed corn, and can corn, sugar and pepper, add cornstarch to thicken as desired. Then add salt to taste.

TEX-MEX LAYERED DIP

Family recipe contributed by Marilyn Brandl, Roz's sister

Avocado mixture:

3 ripe, mashed avocados

2 tablespoons lemon juice

Tabasco sauce and seasoned salt to taste

Sour cream mixture:

1 cup sour cream

1/2 cup mayonnaise

1 package taco seasoning mix

Tomato mixture:

2 tomatoes, drained, well-seeded, chopped

1 cup chopped black olives

Layer in a large pan:

1st layer: 1 can refried beans

2nd layer: avocado mixture

3rd layer: sour cream mixture

4th layer: 1 bunch chopped green onions

5th layer: tomato mixture

6th layer: 2 cups of shredded cheddar cheese

Refrigerate. Serves 12.

CORN PUDDING

Family recipe contributed by Marilyn Brandl, Roz's sister

2 eggs

2 tablespoons flour

1 17-oz. can creamed corn

1/2 cup milk

1/4 teaspoon salt

Preheat oven to 350. Beat eggs with a whisk. Sprinkle flour over eggs and whisk until smooth. Add all other ingredients and combine well. Mixture will be runny. Pour into a greased 2-quart casserole or a 9-inch square dish and bake for 1 hour.

JALAPENO CORNBREAD

Family recipe contributed by Marilyn Brandl, Roz's sister

2 cups cornmeal
1 cup flour
1 cup cream-style corn
1 teaspoon sugar
2 teaspoon salt
1 cup chopped onion
1 1/3 cup grated cheddar cheese
1 1/2 teaspoon baking powder
1 cup vegetable oil
3 eggs
1 3/4 cup sweet milk
1/2 cup chopped jalapeno peppers (if you want it hotter, add more!)

Preheat oven to 350. Mix all ingredients together and pour into a 9x16 inch greased pan. Bake for one hour.

TRELAWNEY'S CHEESEPUFFS

Courtesy of Trelawney Wray, Kaanapali

"These are addictive!" --Trelawney Wray

3 cups grated sharp cheddar
2 cups mayonnaise, light or wet, as preferred
Tabasco to taste
2 to 3 beaten egg whites
4 to 5 tablespoons minced onion
Melba toast rounds
Paprika

Grate cheese into large bowl, add onion then mayonnaise. Add tabasco to taste. Beat 3 egg whites stiff. Add to grated cheese and mix thoroughly. Place a dollop on each melba toast rounds and sprinkle with paprika. Place on non-stick cookie pan and broil until poofy and slightly browned.

POACHED EGGS ITALIAN STYLE

Great for a Sunday Brunch!

Family recipe contributed by Gene and Cheryl Zarro

Use a large frying pan with a lid to cook.

1/2 cup diced Green, Red and Yellow Peppers

1 cup of Maui Onion sliced,

6 Cloves of Garlic chopped

1/4 cup of virgin olive oil

6-8 Fresh Eggs

4-6 Cups of your favorite Tomato Sauce

1/2 cup Fresh Grated Parmesan Cheese and 1 1/2 cups
Provolone or Mozzarella Cheese

Sauté the garlic and onion in the olive oil till golden, add the peppers, continue to sauté for a few minutes, next add the tomato sauce and bring to a boil, drop 6 eggs into the frying pan on top of the sauce. Turn down the heat and place the cover on the pan. Check poached eggs after one minute. Keep checking, till the whites are set in the sauce, then place the provolone or mozzarella over the yolk of the eggs. Once the first cheese melts then add the parmesan. Cook the eggs to the desired firmness. Check the yolks frequently. Sometimes I turn the heat off under the eggs with a glass lid in place to do the final 30 seconds to minute to get the eggs just right. Use a wide spatula and make sure you get the sauce under each egg. Served with Italian bread, bread sticks, garlic bread or pasta.

Main dishes

SHRIMP OR SCALLOP CEVICHE

Courtesy of Amy Kastens, Lahaina

“Working in the film industry in Los Angeles, I was introduced to some unique South American influenced dishes including this recipe for Ceviche a citrus marinated fish dish.”

--Amy Kastens

1 pound Bay Shrimp or Baby Scallops
1 red, yellow or orange pepper
1 onion (preferrably sweet Maui onion)
1 medium cucumber, peeled, seeded
1 ripe avocado
Cilantro
3 cups tomato juice, V8 or Spicy V8
Salt
Pepper
3 limes

Bring 2 cups of water to boil and place shrimp or scallops in boiling water. Remove from heat and let sit in water 2 minutes or until shrimp and scallops are just cooked through. Remove shrimp or scallops and run under cold water.

In a large bowl, combine 3 cups of tomato juice, 1 bell pepper (finely chopped), sprigs of cilantro (finely chopped), 1 onion (finely chopped), 1 cucumber (finely chopped). Add the juice of 3 limes (make sure they are juicy limes because that's the secret to Ceviche)! Stir and salt and pepper to taste. Cover and place in refrigerator for at least 2 hours. Remove and add sliced avocado and garnish with cilantro sprigs. Serve with Chips and Margaritas!



ASIAN CHICKEN THIGHS

Courtesy of Lee Radner, former West-side Maui resident

The sauteed boneless chicken thighs stay moist while broccoli flowerets turn tender-crisp in a robust soy, ginger and brown sugar pan sauce.

1-1/4 pounds skinless, boneless chicken thighs, each cut in half.
3 tablespoons (lite) soy sauce
1 tablespoon grated, peeled fresh ginger
1 bag (16 oz.) broccoli flowerets

Heat nonstick 12 inch skillet over medium heat until hot. Add chicken thighs. Sprinkle with 1/4 teaspoon coarsely black pepper. Cook chicken 10 minutes or until lightly browned on both sides. Meanwhile, in 1 cup liquid measuring cup, add soy sauce, ginger and sugar to 3/4 cup water, mix well. Add soy sauce mixture and broccoli to skillet with chicken; heat to boiling. Cover and cook over medium high heat 5 to 7 minutes, until broccoli is tender crisp and juices run clear when thickest part of chicken is pierced with tip of knife. Serve with your favorite rice or noodle. Makes 4 servings.

BBQ SALMON WITH SCALLOPS AND CRAB

Courtesy of Max Tsai, Kihei

"This is one of my favorite recipes. It's very good and I've only used on special occasions. I got it from a guy who once owned a BBQ restaurant in Texas." --Max Tsai

1 large piece of salmon filet
1/2 pound scallops
1/2 pound shrimp or crab (imitation crab is OK)
2 cups sliced mushrooms and chopped green onions (enough to generously cover the salmon filet)
Lemon Butter Dill Sauce or Golden Dipped Cream Sauce
Chef Paul Prudhomme's Seafood Magic
Aluminum foil

Lay salmon filet with skin side down over foil. Pull out all the bones. Lay out mushroom and green onions on top of salmon. Spread scallops/shrimp/crab evenly on top. Generously pour Lemon Butter Dill Sauce/Golden Dipped Cream Sauce and sprinkle Paul Prudhomme's Seafood Magic over the entire fish. Cover with foil to seal in flavor. BBQ over medium heat for 20-25 minutes. Enjoy!

Note: Sauces are available pre-bottled from the grocery store.

POPPY SEED CHICKEN

Courtesy of Jean Howell, Roz's aunt

4 chicken breasts, cooked and cut up
1 cup sour creme
2 cans cream of chicken soup
12 ounces Ritz crackers, crushed
2 tablespoons poppy seeds
1 cup butter, melted

Preheat oven at 350. Combine chicken, soup and sour creme and set aside. Combine Ritz crackers, poppy seeds and melted butter and mix well. In a greased baking dish, layer 1/2 of the cracker mixture, cover with the chicken mixture, and top with the remaining cracker mixture. Bake for 35 minutes (or at 325 degrees for 45 minutes). The oven shouldn't be too hot, because the cracker base can burn!

MAYONNAISE BAKED CHICKEN

Courtesy of Marion Suehiro, Lahaina

4 pounds chicken cut up
1/2 cup mayonnaise
1-1/2 teaspoon water
1-1/2 teaspoon salt
1/2 teaspoon garlic salt
Pepper to taste
1 cup corn flakes crumbs

Dip chicken in mayonnaise mixture. Coat well. Roll in crumbs. Cover with foil in 9" x 12" baking pan. Bake at 400 degrees for 45 minutes. Remove foil. Bake for additional 15 minutes. If crispier chicken is preferred, drain gravy from pan the last 15 minutes. Note: I use chicken thighs instead of cut-up chicken. Also go easy on the salt.

KING RANCH CASSEROLE

Family recipe contributed by Marilyn Brandl, Roz's sister

1/4 cup margarine
1 medium green pepper chopped
1 medium Maui onion chopped
1 can cream of mushroom soup
1 can cream of chicken soup
1/2 cup picante sauce (or salsa)
1-1/2 teaspoons chili powder
Minced garlic to taste
2 cups cubed cooked chicken
12 corn tortillas (torn into pieces), can also use lasagna noodles,
cooked
2 cups cheddar cheese, shredded

Saute pepper and onion in margarine until tender (about 5 minutes). Add soups, picante and chicken. Alternately layer tortillas, soup mixture and cheese, repeating 3 layers. Bake at 325 degrees for 40 minutes or until hot and bubbling. Makes 8 servings.

STEAMED FISH

Courtesy of Anita Yamafuji, Lahaina

Sauce:

1/2 cup shoyu
1/2 cup wine
2 tablespoons oil
1/2 cup sugar
Dash of Chinese Five Spice
Grated ginger
Grated garlic
2 teaspoon oyster sauce
1 drop sesame oil

Boil all ingredients above together. Steam whole fish. Garnish with green onion. Pour hot ingredients over fish and serve.

CHICKEN EVIL JUNGLE PRINCE

Contributed by Katy Maberry, Makawao

- 8 skinless/boneless chicken thighs, defatted and sliced into strips
- 1-1/2 cans coconut milk (14-ounce size)
- 1 8-ounce can bamboo shoot strips, drained
- 2 chicken bouillon cubes
- 2 tablespoons fish sauce (Nam Pla)
- 1 cup julienned fresh basil leaves, loosely packed crushed red pepper flakes, to taste
- 1/2 head white cabbage, coarsely shredded

Sauté chicken slices. Add coconut milk, bamboo shoots, bullion cubes, fish sauce, and red pepper flakes. Simmer covered for 20 to 30 minutes. Just before serving, add basil and cabbage. Simmer uncovered 5 minutes more. Serve with steamed Jasmine rice. Serves 4. Enjoy!

POTSTICKERS

Courtesy of Paul Kiang, Kihei

“This is a recipe for potstickers that my daughter, Karma, and I used to make together in her kid days. It makes around 3 dozen, and we usually ate about a dozen as we made them.” --Paul Kiang

Filling:

- 1 pound fresh lean ground pork (the key is to get it as fresh and lean as possible)
- 1 cup bok choy (or cabbage), chopped & blanched
- 1/4 cup bamboo shoots, finely chopped
- 2 scallions (or green onion), finely chopped
- 4 dried Chinese black mushrooms, soaked & finely chopped
- 1 teaspoon ginger, minced
- 1 tablespoon soy sauce
- 1 tablespoon sesame oil

Combine all ingredients in a bowl and mix well.

Wrap (if you decide to make, rather than purchase):

- 2 cups flour
- 1/2 cup boiling water
- 1/4 cup cold water

Put flour in mixing bowl. Add boiling water - stir constantly. Continue stirring and add cold water. Turn dough onto a floured surface and knead until smooth (about 5 min). Shape the dough into a ball. Cover and let rest 1/2 hour. Then shape dough into a roll (approx. 1 foot). Cut into 1/2 in slices, flatten each piece into a 3 in circle with a rolling pin.

Place a teaspoon or small tablespoon of the filling in the center of each wrap. Fold in half and pinch the edges together.

Heat a skillet - medium heat. Add 3 tablespoons of peanut (or vegetable/canola) oil. Place the potstickers close together, pinched side up. Cook until brown (approx. 2 to 3 min). Add 1 cup water. Cover tightly and cook over medium heat for about 10 min or until water is gone. Remove and serve with sauce.

(Continued on next page)



(Potstickers continued)

Dipping Sauce:

4 tablespoons soy sauce

2 tablespoons wine vinegar

1/2 teaspoon sugar

Combine ingredients and mix.

SPICY CHICKEN WINGS

Courtesy of Marion Suehiro, Lahaina

4 pounds chicken wings

2 teaspoon salt

Flour

Disjoint chicken wings and discard tip section. Rub with salt and dredge in flour. Fry until golden brown.

Sauce:

1 red Hawaiian pepper

1/3 cup sugar

1/2 cup soy sauce

1 teaspoon Mirin or sherry

Green onions, chopped

1/4 teaspoon minced ginger

1 clove garlic, minced

Heat the sauce ingredients. Dip fried chicken into sauce mixture. Remove, drain and serve.

Note: Chicken thighs can also be used.

BUTTERYAKI

Courtesy of Anita Yamafuji, Lahaina

Sauce (boil together):

3/4 cup shoyu

1/4 cup Mirin

1/4 cup white sugar

1/4 cup water

Ajinomoto

Cut the following into bite size pieces: carrots, bell peppers, mushrooms, Kula onions, zucchini, chicken, shrimp. Fry pieces in melted butter on grill or frying pan. Dip in sauce and eat.

TURKEY TETRAZZINI

Courtesy of Peg Robertson, Lahaina

8 ounces spaghetti

3 tablespoons butter

1 cup mushrooms

1/3 cup onions

3 tablespoons flour

1 cup chicken broth

1 cup milk

1/2 cup half and half

1/4 cup dry vermouth

1 teaspoon salt

1 dash pepper

3/4 cup parmesan cheese

2 to 3 cups cooked turkey

Cook spaghetti. In separate pan, fry butter, onion and mushrooms. Add the other ingredients and mix with spaghetti. Pour into casserole and bake 30 minutes at 350 degrees.

MIXED MEAT PIE

Courtesy of Monnie Gay, Kula

Pastry:

2-1/2 cups flour

3/4 teaspoon salt

1/2 teaspoon baking powder

6 tablespoons butter, cut into small pieces

6 tablespoons margarine

8 tablespoons cold water

Filling:

1/2 pound pork, cubed

1/2 pound veal, cubed

1/2 pound beef, cubed

1/2 pound boneless chicken, cubed

1-1/2 teaspoons salt

Freshly ground black pepper

1/8 teaspoon nutmeg

1/8 teaspoon cinnamon

4 tablespoons flour

1/4 cup water

1/2 cup sherry

To prepare pastry, sift the flour, salt and baking powder into a bowl. Add the butter and blend into the flour with the fingertips until the size of small peas. Mix in the margarine. Stir in the cold water with a fork, adding 4 tablespoons first, then 1 tablespoon at a time. Chill for 20 minutes. Cut the pastry in half and roll on a lightly floured board. Fit the pastry into a 9-inch pie pan. Mix the meats, seasonings and flour. Fill the pastry with the meat. Add the water and 1/2 the sherry. Cover with the second round of pastry. Cut a 2-inch slit in the center. Bake in a 350 degree oven for 2 hours. Pour sherry through the slit in the top crust before serving.

MASAO'S CHICKEN HEKKA

Courtesy of Masao Fujimoto, Kaunakakai

Masao and Lourdes Fujimoto are ohana. Masao headed up the Roz Baker campaign on Molokai and their home was both headquarters for the campaign and Roz' home anytime she was on Molokai. Chicken hekka was a mainstay for campaign gatherings.

5-pound box of chicken, cut up (can use thighs)
2 large round onions, sliced
2 bunches, green onion, chopped
2 cans button mushroom, drained, reserve 1 cup liquid
2 cans bamboo shoots, drained
4 small bundles from a package of long rice (optional), soaked and chopped
1 bunch, watercress, chopped 1" to 2" lengths
4 teaspoons Hondashi (optional)
2 tablespoons oil
1-1/2 cups shoyu
1 cup sugar
1 "finger" ginger root, sliced (brown in oil to flavor and then discard)

For additional liquid, some use 1 cup sake or can of beer for flavor; can also use water or chicken broth. Add another cup for more gravy with the dish. Watch amount of liquid if using long rice; may need additional liquid during cooking.

Heat oil in an 18-20" wok, brown the ginger, discard, add chopped chicken and sauté for a few minutes until browned. Add the liquid, simmer. Then add sugar, shoyu and sake (mixture should have a nice caramel color). Add long rice, make sure there is sufficient liquid in the pan. Simmer a bit longer. Shortly before serving, add in the veggies so they don't over cook. Serve with rice and mac salad. Serves 15-20 people.

Note: Masao said to taste as you're cooking so you can correct the seasoning.

Desserts

EVELYN'S DATE BARS

Courtesy of John and Jean Min, Kahului

The following recipe is from John's mom, Evelyn Min. She loved dates and this recipe was one of her favorites. At Christmas, she would fill mini muffin pans with the batter and top each with a small piece of maraschino cherry.

1/4 cup shortening
1 teaspoon cinnamon
1 cup brown sugar
1/8 teaspoon salt
2 eggs, beaten
1 cup chopped nuts
1/2 cup flour
1 cup chopped dates
1/2 teaspoon baking powder

Cream shortening with sugar. Add beaten eggs. Add dry ingredients. Fold in nuts and dates. Pour batter into 11" x 7" pan and bake at 350 degrees for 25 minutes. Cut while still warm and roll in powdered sugar.

MANGO BREAD

Courtesy of Alyce Yoshino, Lahaina

- 2 sticks butter or margarine
- 2-1/2 cups sugar
- 6 eggs
- 2 teaspoons vanilla
- 1 teaspoon coconut extract (optional)
- 4 cups flour
- 1 teaspoon salt
- 4 teaspoons baking soda
- 2 to 3 teaspoons cinnamon
- 4 cups mangoes
- 1 cup chopped nuts (optional)

Cream butter until soft, gradually beat in sugar. Beat in eggs one at a time, then beat in flavoring. Sift flour, salt, baking soda and cinnamon together until cinnamon is evenly distributed. Mix in dry ingredients alternatively with mango. Stir in nuts. Bake at 350 degrees for 45 minutes in 3 pans.

TWO-MINUTE FUDGE

Family recipe contributed by Marilyn Brandl, Roz's sister

- 1 1-pound box powdered sugar
- 1/2 cup cocoa
- 1/4 teaspoon salt
- 1/4 cup milk
- 1 tablespoon vanilla
- 1 stick butter or oleo

Stir sugar, cocoa, salt, milk and vanilla together in a 1 1/2 quart casserole until partially blended (mixture is too stiff to thoroughly blend in all of the dry ingredients). Put butter over the top in the center of the dish. Place in microwave oven and cook about 2 minutes, or until milk feels warm on the bottom of the dish. Stir vigorously until smooth. If all butter has not melted in cooking, it will as mixture is stirred. Blend in 1 cup chopped nuts; pour into buttered 10x6x2-inch dish or pan. Chill one hour in refrigerator or 20 to 30 minutes in the freezer. Cut into squares. Makes about 34 squares.

TEXAS BARS

Family recipe contributed by Marilyn Brandl, Roz's sister

- 1 package yellow cake mix
- 1 egg
- 1/2 cup melted butter
- 6 tablespoons cocoa
- 3 eggs
- 1 1-pound box powdered sugar
- 1 8-ounce cream cheese

Mix the cake mix, egg and melted butter, and pat down in the bottom of a large pan. Combine the cocoa with the eggs, add the powdered sugar and cream cheese, mix well, and pour over the mixture in the pan. Bake at 350 degrees for 10 minutes. Reduce the heat to 325 degrees and bake for 35 minutes longer. Cool before cutting.

PEACH COBBLER

Courtesy of Terryl Vencl, Wailuku

"This recipe brings back fond memories of childhood remembering my mom whipping up cobbler every time unexpected company came because she always had flour, sugar and milk and her own 'canned' peaches." --Terryl Vencl

1/2 stick of butter
1 cup self-rising flour
1 cup milk
1 cup sugar
1 can sliced peaches

Preheat oven to 350 degrees. Melt butter in small baking pan. Drain peaches. Mix flour, milk and sugar and pour into baking pan with melted butter. Bake for 7 minutes (dough will begin to rise). Add peaches and place back into oven for 35 minutes or until golden brown. Serves 6.

HAWAIIAN BANANA MUFFINS

Courtesy of Donna Domingo, Kihei

1/2 pound butter (2 blocks)
2 cups sugar
4 eggs
2-1/2 cups flour
1 teaspoon salt
2 teaspoon baking soda
6 to 8 over-ripe bananas, mashed
1/4 cup coconut (optional)

Cream together butter and sugar. Add eggs, one at a time and beat well. In a mixing bowl sift flour, salt, and baking soda well. Add sifted flour mixture to cream mixture, fold in bananas and coconut and mix well. Fill muffin cups 3/4 full and bake for 20-25 minutes at 350 degrees.

ROYAL BIBINGKA (MOCHI CAKE)

Courtesy of Leticia Castillo, Lanai

The first time Roz's parents visited Lanai, Letty sent them home with this delicious cake.

2 pound mochi flour
4 cups granulated sugar
1 tablespoon baking powder
1 tablespoon vanilla
6 beaten eggs
2 stick melted butter or margarine
6 cups milk

Pre-heat oven to 350 degrees. Mix all ingredients well. Pour in a greased baking pan and bake for an hour and fifteen minutes.

CASCARON

Courtesy of Leticia Castillo, Lanai

2 pounds mochi flour
1 box brown sugar
1 tablespoon baking powder
2 tablespoons granulated sugar
Grated coconut
2 cans coconut milk
2 cups cooking oil

In a pan, mix together all the dry ingredients. Then, mix in 2 cans of coconut milk. In a frying pan, heat the oil until it is about 350 degrees. Drop the mochi mix made into small balls into the hot oil. Turn the mochi balls around until brown on all sides, then drain.

In a sauce pan, boil 1/2 cup of water. Add 1-1/2 cups of brown sugar and boil for about 3 minutes until it comes a little sticky. Pour the boiling sugar mix over Cascaron and be sure to mix it so all the mochi balls are coated with the sugar.

CANADIAN MAPLE SYRUP COOKIES

Courtesy of Lynn Britton, Maalaea

This is Lynn's all-time favorite cookie recipe her mother used to bake when she was a kid growing up in Ottawa, Canada, where she was born.

2 cups sifted flour
1 cup shortening (e.g., Crisco)
1/2 cup brown sugar
1/2 cup maple syrup
1/2 teaspoon salt
1 teaspoon baking soda
2 cup rolled oats
1/2 teaspoon vanilla

Cream shortening and brown sugar. Add syrup and vanilla. Add flour mixed w/soda and salt. Mix in rolled oats. Drop by spoon onto greased cookie sheet. Press flat with fork covered with flour to avoid sticking. Bake at 350 degrees for about 15 minutes. Enjoy!

JELLO MOLD

Courtesy of Anita Yamafuji, Lahaina

1 large lime Jello
1 large cream cheese
1 large crushed pineapple (drained)
1 package gelatin (soften in 1/4 cup water)
Nuts

Dissolve Jello in 2 cups hot water. Add cream cheese and dissolved gelatin. Blend well in blender. Add pineapple, nuts and 1 cup cold water. Pour into mold greased with mayonnaise. Refrigerate 2 hours or overnight.

MANDARIN-ORANGE DESSERT

Courtesy of Joyce Ige, Lahaina

- 1 block margarine
- 1 block butter
- 4 tablespoons powdered sugar
- 2 cups mandarin oranges, drained (save juice from 1 can about 2/3 cup)
- 1 tablespoon sugar
- 16 ounces sour cream lite
- 8 ounces sour cream regular
- 2 instant lemon pudding
- 1 Cool Whip, lite (8 oz)

Crust:

Cream butters and powdered sugar. Add flour. Press into 9" x 13" pan. Bake 350 degrees until brown, about 20 minutes.

Filling:

Blend juice, sour cream, and sugar. Add pudding. Mix well. Add mandarin oranges. Pour filling over cooled crust. Spread Cool Whip.

FRIED MOCHI

Courtesy of Anita Yamafuji, Lahaina

- 1 box mochiko (16 oz)
- 1-1/4 cup sugar
- 1 teaspoon baking powder
- 3 tablespoons black sesame seeds
- 1-3/4 cup water

Mix ingredients. Refrigerate overnight. Drop cookie-size scoops into hot oil about 1/2" deep. Fry at medium heat until golden brown.

CANADIAN MAPLE SYRUP COOKIES

Courtesy of Lynn Britton, Maalaea

This is Lynn's all-time favorite cookie recipe her mother used to bake when she was a kid growing up in Ottawa, Canada, where she was born.

2 cups sifted flour
1 cup shortening (e.g., Crisco)
1/2 cup brown sugar
1/2 cup maple syrup
1/2 teaspoon salt
1 teaspoon baking soda
2 cup rolled oats
1/2 teaspoon vanilla

Cream shortening and brown sugar. Add syrup and vanilla. Add flour mixed w/soda and salt. Mix in rolled oats. Drop by spoon onto greased cookie sheet. Press flat with fork covered with flour to avoid sticking. Bake at 350 degrees for about 15 minutes. Enjoy!

BLUEBERRY CHEESE CAKE

Courtesy of Donna Domingo, Kihei

Crust:

1 cup butter

2 cups flour

1/2 cup nuts

2 tablespoons powdered sugar

Mix butter and sugar. Add flour and nuts. Press in 9" x 13" pan. Bake for 20-25 minutes at 350 degrees or until golden brown.

First layer:

18 ounces cream cheese (softened)

1 cup powdered sugar

18 ounces Cool Whip topping

Mix cream cheese and sugar. Add cool whip. Spread on top of cooled crust and refrigerate until firm. Top with one can of blueberries drained. Also works by using fresh bananas and strawberries.

MANGO JELLO

Courtesy of JoAnn Inamasu, Kihei

"This is one of my mom's favorite recipes." --JoAnn Inamasu

- 1 cup pureed mango
- 2 pkgs gelatin
- 1 (6oz) box orange jello
- 2 cups boiling water
- 1/2 cup undiluted evaporated milk
- 1/2 cup mayonaise
- 1 cup sugar
- 1 teaspoon lemon juice

Soften gelatin in a little cold water. Pour boiling water over orange jello in large mixer bowl. Immediately add softened gelatin and stir until dissolved. Beat in mango puree and remaining ingredients at low speed until smooth. Pour into 9"x 9" pan. Refrigerate.

Variation: For avocado jello substitute 1 cup mashed avocado (strain if stringy) and use lime flavored jello.

JELLO ICE CREAM KANTEN

Courtesy of Anita Yamafuji, Lahaina

- 2 boxes Jello (strawberry or your choice)
- 1 box lemon Jello
- 1/2 cup hot water (dissolve 1 envelope gelatin)
- 2-1/2 cup hot water
- 1-1/2 cup vanilla ice cream
- 1/4 cup sugar

Combine and mix Jello, sugar, hot water and gelatin and ice cream. Pour in 8" x 8" pan and refrigerate.

SHORTBREAD PUMPKIN SQUARES

Courtesy of Alice Imano, Lahaina

"Mrs. Imano made this dish for the Memorial Day Service at the AJA Veterans Hall in Lahaina May 2002 and it was delicious, she was kind enough to share it with me" --Roz Baker

Crust:

1 cup butter or margarine (I use 1 block butter and 1 block margarine)
5 tablespoons sugar
2-1/2 cups flour

Mix ingredients until well blended. Press down firmly into 9" x 13" baking pan. Spread evenly.

Filling:

4 eggs, beaten
1 large can (29 oz.) Libby's Pumpkin
1 teaspoon salt
2 teaspoon cinnamon
1 teaspoon ginger
1/2 teaspoon cloves
2 large cans evaporated milk

Mix ingredients and pour over shortbread crust. Bake at 425 degrees for 15 minutes. Reduce temperature to 350 degrees and bake for 50 minutes or until knife inserted in middle comes out clean. Cool on wire rack.

Other Delicacies

GERMAN PANCAKES

Courtesy of Peg Robertson, Lahaina

3 eggs beaten
1/2 cup flour
1/2 cup milk
1/2 teaspoon salt
2 tablespoon melted butter

Mix ingredients. Pour into greased casserole dish. Bake 450 degrees for 20 minutes. Top with apples, cinnamon and brown sugar. Sausage on the side.

PICKLED MANGO

Courtesy of Anita Yamafuji, Lahaina

Boil:
2 cups sugar
5 cups water
1 cup vinegar
Red food coloring

Peel green mango and slice. Soak in salt water overnight. Pour hot ingredients (above) over mango. Refrigerate and serve.

CABBAGE TSUKEMONO

Courtesy of Anita Yamafuji, Lahaina

2 cups water
1/2 cup white or brown sugar
1/4 cup Japanese vinegar
1 tablespoon Mirin

Bring to boil. Pour over cabbage.

YATSUMIZUKE

Courtesy of Anita Yamafuji, Lahaina

3 medium head cabbage
3 medium mustard cabbage
1 cup Hawaiian salt
3 tablespoon sesame seeds

Sauce:

2/3 cup shoyu
cup rice vinegar
1 cup brown sugar

Chop cabbage bite size. Put in large bowl. Pour Hawaiian salt on cabbage. Let stand for 1 hour. Mix well. Squeeze cabbage. Boil sauce ingredients. Pour boiled sauce over cabbage. Top with sesame seeds, if desired.

MANAPUA

Courtesy of Anita Yamafuji, Lahaina

1-1/2 cups warm water
1 package or 2-1/4 teaspoons yeast
3 cups Pillsbury flour
1 tablespoon Crisco
1 tablespoon sugar

Mix water, yeast and flour and let stand for 1 hour. Add Crisco and sugar. Mix dough well. Place your favorite filling into dough and let stand for 1 hour. Steam for 20 minutes on medium heat.

"Roz brings solid values, proven leadership, years of experience and a passion to make a difference in the lives of our community."

--Mayor James "Kimo" Apana

"The Maberry Ohana has known Roz for many years. In his infancy, son Jackson, now 13, hit the campaign trail in a backpack. He has walked it since. We believe in Roz because she has proven her commitment to youth, education, and small business."

--Katy and Michael Maberry, Makawao

"Roz's great passion in life is serving the public particularly as a Legislator. She's been an effective, result-producing legislator and we're happy that she's decided to run again for office!"

--John and Jean Min, Kahului

Recipe of Life

Take:

2 heaping cups of patience

1 heart full of love

2 hands full of generosity

Dash of laughter

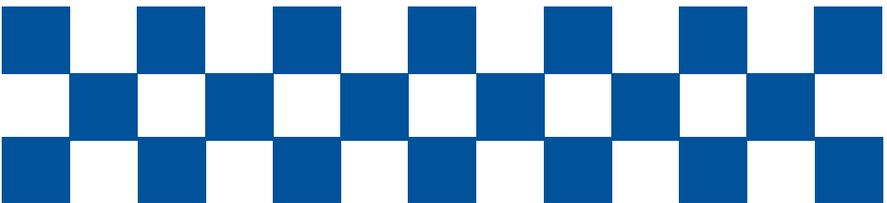
1 head full of understanding

Sprinkle generously with kindness.

Add plenty of faith and mix well.

*Spread over the period of a lifetime
and serve to everyone you meet!*

Enjoy!



Roz
Baker
STATE SENATE

5th District, South & West Maui

Strong. Seasoned. Savvy.

*Friends of ROSALYN BAKER
P.O. Box 10394 / Lahaina, Hawaii 96761
Dr. Helen Percy, Chair / JoAnn Inamasu, Treasurer*

Phone: 665-0930

E-mail: rozb@aloha.net

Website: www.rozbaker.com

