

# The Pineapple Princesses

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Planter's Punch ~ Hawaiian Curry Bites  
Ahi Tuna Poke ~ Jasmine Rice with Toasted Coconut  
Luau Pork ~ Maui Sunset Peppers ~  
Pineapple Sunshine ~ Tropical Carrot Cake

## How to Hawaiianize your name

There are two ways to determine the Hawaiian equivalent of your name. The first is to determine the meaning of your name and then obtain the Hawaiian word for that meaning. The second, and the most common, is by the process of transliteration -- that is, to replace the letters in the English name with Hawaiian letters. This is not so easy since, as noted above, Hawaiian only has twelve letters.

So here is the formula:

Replace **B, F, P** with **P**  
Replace **C, D, G, J, K, Q, S, T, X, Z** with **K**  
Replace **H** with **H**  
Replace **N** with **N**  
Replace **L, R** with **L**  
Replace **V, W** with **W**  
Replace **Y** with **I**

Vowels remain the same. Also be sure to separate all consonants with a vowel. For example, Barbara would be PALAPALA because there must be a vowel between the "r" and "b" in Barbara.

## Pronunciation guidelines

A few rules may help you in properly pronouncing your Hawaiian name.

Unlike English, there are only 12 letters in the Hawaiian alphabet:

**A, E, H, I, K, L, M, N, O, P, U, and W.**

### **Consonants**

Pronounce **P, K** as in English but with less aspiration.

Pronounce **H, L, M, N** as in English.

**W** after **I** and **E** is usually pronounced like **V**, but after **U** and **O** usually pronounced like **W**; initially and after **A**, it can be pronounced like **V** or **W**.

### **Vowels**

Each of the 5 vowels is generally uniform with some exceptions:

**A** like **A** in *far, tar*; also like **UH** in *much*

**E** like **AY** in *bay, lay*; also like **E** in *bet*;

**I** like **Y** in *city*; also like **E** in *Eve*

**O** like **O** in *no, so*

**U** like **OO** in *moon*; also like **U** in *true*

## Planter's Punch

3T fresh lime juice  
3T fresh lemon juice  
3T superfine sugar  
1 oz grenadine  
6 oz fresh orange juice  
6 oz fresh or canned pineapple juice  
4 oz sparkling apple cider or grape juice  
4 oz dark rum  
4 oz light rum  
Orange slices and cherries for garnish



If you prefer this with no alcohol, substitute cider or grape juice for the rum

Combine all the ingredients except the orange slices and cherries in a large pitcher and stir well. Fill 4 tumblers with ice cubes. Divide the punch among the tumblers. Garnish with orange slices and cherries. Makes 4 six ounce drinks



## Hawaiian Curry Bites

2-3 papayas cut in cubes so you have 32 pieces (or pineapple cubes)  
32 medium cooked shrimp, shelled (or strips of cooked pork)  
1/4 C chopped macadamia nuts  
mint leaves for garnish

### Curry dressing:

Blend 1/2 C each sour cream and mayonnaise (may use light or low fat)

Mix in

2 T lemon juice

1/4 tsp each, dry mustard and garlic salt.

1/2 tsp curry powder.

Chill at least an hour or overnight

### Using colorful toothpicks:

Place 1 shrimp, 1 papaya cube and mint on the toothpick

Top with a dollop of the curry dressing

Sprinkle with the macadamia nuts

Arrange on platter



## Ahi Tuna Poke

- 1 pound sashimi-grade ahi tuna, chilled
- 4 green onions, white and pale green parts, minced
- 2 Tbsp soy sauce
- 1 tsp toasted sesame seed oil
- Salt, freshly ground pepper
- 2 Tbsp toasted sesame seeds
- Chives, chopped
- Trim dark flesh and fat from tuna & discard trimmings
- Dice into ¼ inch cubes.
- Combine tuna, green onions, soy sauce, sesame oil & toss gently.
- Season to taste
- Mound in porcelain spoons. Garnish with sprinkling of sesame seeds and chives. Serve immediately



## Jasmine Rice with Toasted Coconut



- 5 Cups jasmine rice
- 1 Package (14 oz) sweetened coconut flakes
- Wash 5 cups rice until water is clear. Rest rice for 30 minutes in water.
- Put rice in rice cooker (or follow package instructions for stove cooking)
- Add water to the line marker for firm white rice.
- On medium-high, pre-heat large Teflon coated pan.
- Lower to medium
- Add 1 package coconut flakes

- Stir frequently, until light brown flakes
- Watch carefully as the sugar may burn
- Add ¾ of the toasted coconut to hot cooked rice, add more to taste



## Pineapple Sunshine

- Brush pineapple slices with melted butter or margarine
- Sprinkle with brown or granulated sugar
- Broil without turning for 5 to 8 minutes or until hot and lightly browned.

## Maui Sunset Peppers

2 Yellow peppers

2 Orange peppers

2 Red peppers

Olive or vegetable oil

Oyster flavored sauce (Lee Kum Kee brand preferred)

Remove core, seeds and white inner flesh of peppers

Cut into julienne strips.

Pre-heat olive oil at medium-high in large sauté pan

Lower to medium

Saute pepper strips until toasty brown highlights appear

Add oyster sauce to taste – should be light, not heavy



## Luau Pork

½ cup sugar

½ cup ketchup

½ cup hoisin sauce

½ cup soy sauce

2 pork tenderloins (about 2 pounds total), trimmed and silver skin removed

2 tablespoons sesame seeds, toasted, for garnish

Plum sauce and hot mustard, for serving

1. In a small bowl or sealable plastic bag, combine the sugar, ketchup, hoisin sauce, soy sauce, and stir or shake to mix. Add the pork and roll or shake to distribute the mixture evenly over the surface. Let stand, refrigerated, for 4 hours or up to 24 hours.

2. Preheat a charcoal or gas grill to medium-hot.

Remove the pork from the marinade and thread it

onto two long metal skewers, to make turning it on the grill easier. Grill the pork, turning it at least once, until the meat is dark golden brown and an instant-read thermometer registers 150 degrees, about 15 minutes. (Or, roast the pork in a preheated 450 degree oven on a rack set over an aluminum foil-lined pan for 25 to 30 minutes, turning the tenderloins over once during cooking.) Check the meat often, as the sugar and the sauce can burn quickly. Transfer the pork to a cutting board and let rest for 10 minutes.

3. To serve, slice the pork thinly, diagonally across the grain. Arrange the slices on a platter. Sprinkle with sesame seeds and serve hot, warm, or at room temperature, with bowls of plum sauce and mustard.

# Tropical Carrot Cake with Coconut Cream Cheese Frosting



## CAKE

- 2 1/3 cups sifted all-purpose flour (sifted, then measured)
- 1 cup sweetened flaked coconut
- 1 cup dry-roasted macadamia nuts
- 3/4 cup chopped crystallized ginger
- 3 1/2 teaspoons ground cinnamon
- 2 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 2 cups sugar
- 1 cup vegetable oil
- 4 large eggs
- 2 teaspoons vanilla extract
- 2 cups finely grated peeled carrots
- 2 8-ounce cans crushed pineapple in its own juice, well drained

## FROSTING

- 3 8-ounce packages Philadelphia-brand cream cheese, room temperature
- 3/4 cup (1 1/2 sticks) unsalted butter, room temperature
- 2 cups powdered sugar
- 3/4 cup sweetened cream of coconut (in the liquor department)
- 1 teaspoon vanilla extract
- 1/2 teaspoon (scant) coconut extract
- 14 whole dry-roasted macadamia nuts
- 1/4 cup chopped crystallized ginger

## FOR CAKE:

Preheat oven to 350 degrees F. Butter three 9-inch-diameter cake pans with 1 1/2 -inch-high sides. Line bottom of pans with parchment paper. Combine 1/3 cup flour and next 3 ingredients in processor. Process until nuts are finely chopped. Whisk remaining 2 cups flour, cinnamon, baking powder, salt, and baking soda in medium bowl to blend.

Using electric mixer, beat sugar and oil in large bowl to blend. Add eggs 1 at a time, beating well after each addition. Beat in vanilla. Beat in flour-spice mixture. Stir in coconut-macadamia mixture, then carrots and crushed pineapple.

Divide batter among pans. Bake until tester inserted into center of cakes comes out clean, about 30 minutes. Cool in pans on racks 1 hour. Run knife around edge of pans to loosen cakes. Turn cakes out onto racks; cool completely.

## FOR FROSTING:

Beat cream cheese and butter in large bowl until smooth. Beat in powdered sugar, then cream of coconut and both extracts. Chill until firm enough to spread, about 30 minutes.

Place 1 cake layer, flat side up, on platter. Spread 3/4 cup frosting over top of cake. Top with second cake layer, flat side up. Spread 3/4 cup frosting over. Top with third cake layer, rounded side up, pressing slightly to adhere. Spread thin layer of frosting over top and sides of cake. Chill cake and remaining frosting 30 minutes. Spread remaining frosting over top and sides of cake. Arrange whole nuts and ginger around top edge of cake. Chill 1 hour.

(Can be made 1 day ahead. Cover with cake dome and chill. Let stand at room temperature 1 hour before serving.)



↑ Planter's Punch



↑ Hawaiian Curry Bites



Clockwise from top left:  
Luau Pork,  
Pineapple Sunshine,  
Jasmine Rice with  
Toasted Coconut,  
Maui Sunset Peppers

↓ Tropical Carrot Cake



↓ Ahi Tuna Poke

