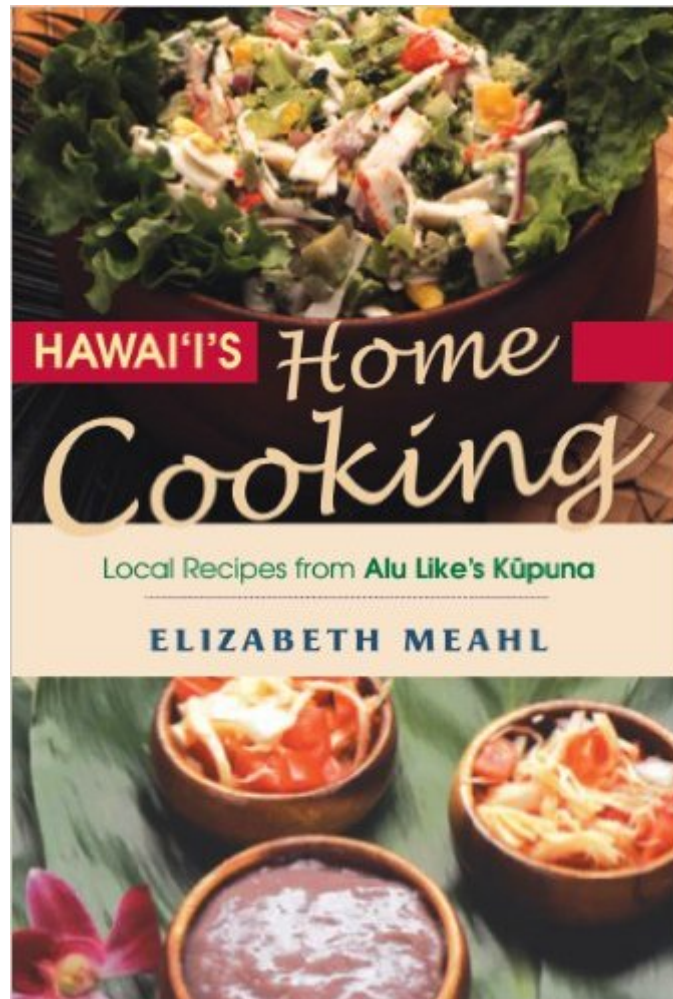


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# Hawaii's Home Cooking: Local Recipes From Alu Like's Kupuna



## Synopsis

Home cooking is Hawai'i's everyday food fare; what we eat in the comfort of our home with our loved ones. Hawai'i's Home Cooking contains a full range of Hawai'i's favorite local comfort foods, recipes from kāpuna with years of experience cooking for their loved ones, compiled by nutritionist Liz Meahl. The easy-to-prepare recipes offer a wide variety of the islands' multi-ethnic cuisine. Some showcase the bounty of the sea and land, such as poke recipes with fresh 'ahi and "Goat Ribs" with its wild goat meat, others, like "Can Sardines," are the delectable results of wartime rationing. In addition to the recipes, the kāpuna offer their wisdom; captivating personal stories of growing up in Hawai'i, advice and insight into living. The "Ho'omana'o I Ka Wa"; "Remembah Wen"; tales will bring back fond memories of island days gone by.

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