

Recipes from

BANANA SPLIT

A CULINARY MYSTERY BY

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Island Teriyaki Chicken

- 1 cup soy sauce (Aloha brand is best)
- 1 cup white sugar
- 1 cup water
- 3 cloves garlic
- 1 teaspoon ground ginger (more to taste), or a 1-inch piece of ginger root
- 2 pounds boneless, skinless chicken breasts, or 3 pounds any type bone-in chicken

Twenty-four hours before serving, combine everything but the chicken in a saucepan and bring to a boil on medium-high heat. Boil one minute. If grilling chicken, reserve $\frac{1}{2}$ cup of sauce. If using chicken breasts, tenderize the meat. Combine sauce and chicken in a zip-top bag or airtight container. Allow to marinate in the refrigerator overnight. (For a quick-cook method, you can skip marinating, but the flavor of the meat won't be as strong.)

To Bake: Arrange chicken breasts and marinade in 9x13 pan. Cover pan with foil. Bake at 350 degrees for 40 minutes.

To Grill: Discard marinade. Grill chicken on medium-high heat until cooked through. Use reserved sauce to enhance grilled chicken as desired.

Slow-Cooker Method: Combine everything in a slow cooker and cook on low heat for 8 hours. If using ginger root, remove root after 5 hours.

Serve with white rice.

Serves 6.

Note: To make shoyu chicken, a Hawaiian version of teriyaki chicken, add the following ingredients to the marinade, then follow the rest of the directions as stated:

- 1 teaspoon black pepper
- $\frac{1}{2}$ teaspoon oregano
- up to 1 teaspoon crushed red pepper flakes
- up to 1 teaspoon paprika
- up to 1 teaspoon cayenne pepper

Fish Tacos

Cilantro Sauce

1/4 cup mayonnaise
2 tablespoons cilantro, chopped
1 tablespoon lime juice
1 clove garlic, minced or pressed
1 teaspoon water
1 teaspoon white sugar
1/8 teaspoon cumin

Fish

1 1/2 pounds white fish cut into 1-inch cubes (halibut, cod, roughy, snapper, perch, swai)
2 tablespoons chopped cilantro
1/2 cup pineapple juice
1 tablespoon butter
1 clove of garlic, minced or pressed
1/4 teaspoon white or black pepper
1/4 teaspoon cumin
1/4 teaspoon salt
Zest of one lime
Flour or corn tortillas, warmed

Toppings

Shredded lettuce or cabbage
Diced tomatoes
2 mangoes, cut into slices (mangoes make all the difference)
Avocados or guacamole (optional)
Freshly squeezed lime juice (optional)

In a small bowl mix all the ingredients for the cilantro sauce. Set aside.

Cut up fish and put into a small glass or plastic (anything non-metal) bowl. Add cilantro and pineapple juice. Set aside. (For a tangier version, soak fish in 2 tablespoons lime juice instead of pineapple juice.)

In a frying pan, melt butter on medium-high heat. Add garlic and sauté for 1 minute. Add spices and sauté for 30 seconds. Drain the pineapple juice (or lime juice) from the fish. Add drained fish to butter and spices. Sauté for 2 minutes, stirring constantly. Add lime zest. Cook an additional 3 to 4 minutes, stirring constantly until fish begins to flake apart. Remove from heat.

To prepare tacos, place a large spoonful of cooked fish in the center of a warm tortilla. Add toppings as desired. Top with cilantro sauce. Add lime juice, if desired. Roll up and eat.

Makes approximately 8 tacos.

Macadamia Nut Pancakes with Coconut Syrup

2 cups all-purpose flour
1/3 cup sugar
2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon salt
2 cups buttermilk or sour milk
1/3 cup vegetable oil
2 eggs
1 teaspoon vanilla
1/2 cup macadamia nuts, chopped

Coconut Syrup

1 (14-ounce) can of coconut milk
1/2 cup white sugar
1/4 teaspoon sea salt
1/2 teaspoon vanilla

Heat griddle or frying pan to medium-high heat. Combine all dry ingredients in one bowl whisk together. Add wet ingredients and stir together to form a batter, adding more flour or water to get the right consistency. Add nuts, and mix to combine. Spray heated griddle or frying pan with nonstick spray, or lightly brush with butter or vegetable oil. Drop batter by one-third cup portions onto hot, greased pan. Cook 2 to 3 minutes or until edges of pancakes are dry. Turn pancakes and cook 1 to 2 additional minutes, or until cooked through. Remove to a plate and butter immediately.

To make syrup, strain coconut solids from the coconut milk. Save 1/2 cup of the resulting coconut water and combine with sugar in a small saucepan over medium-high heat. Bring to a boil. Simmer about 5 minutes, or until mixture begins to thicken. Add coconut solids and simmer another 2 to 3 minutes, until mixture is combined and smooth. Add sea salt and vanilla. Stir to combine flavors. Serve over hot, buttered pancakes. (You can also use traditional maple syrup with macadamia nut pancakes.)

Serves 6.

Note: For a thicker syrup, make a slurry from 1 teaspoon cornstarch and 1 tablespoon coconut water, add with solids.

Note: Add 1 ripe mashed banana to batter for Banana Macadamia Nut Pancakes.

Sweet Hawaiian Dinner Rolls

4 to 5 cups of all-purpose flour, divided

$\frac{1}{3}$ cup sugar

2 tablespoons dry milk

1 tablespoon instant yeast (To use regular yeast, reduce pineapple juice to 1 cup and add yeast to $\frac{1}{2}$ cup warm water.

Add proofed yeast with other liquids.)

1 teaspoon salt

$1\frac{1}{2}$ cups pineapple juice, heated

3 tablespoons butter

2 tablespoons honey

1 egg

$1\frac{1}{2}$ teaspoons vanilla

Preheat oven to 150 degrees (or as low as it will go). Mix one-half of the flour and the rest of the dry ingredients in a mixing bowl. In a saucepan, heat pineapple juice until warm, but not hot. Add butter and honey to warmed pineapple juice. Stir until butter is melted and honey is incorporated. Add to dry ingredients. Add egg and vanilla. Mix everything until smooth.

Add remaining flour a little at a time until dough is tacky but does not stick to fingers when touched. Knead 5 minutes. Form dough into balls (a little larger than a golf ball) and place 1-inch apart on greased jelly roll pan. Turn off oven. Cover rolls with a dish towel and put pan of rolls into still-warm oven. Allow rolls to rise 40 minutes or until just doubled. Leave rolls in the oven, but remove towel and turn heat to 350 degrees. Bake 15 to 20 minutes or until rolls are a golden brown. Immediately brush tops with butter.

Note: For a lighter roll allow to rise the first time right after kneading, still in mixing bowl. Follow the directions here for the second (shaped) rise.

Banana Splits

Pineapple Topping

4 tablespoons butter

1 (20-ounce) can crushed pineapple, drained

$\frac{1}{3}$ cup sugar

$\frac{1}{4}$ teaspoon salt

Melt butter in small saucepan on medium-high heat. Add pineapple. Mix well. Add sugar and salt. Bring to a boil while stirring continually. Stir until thickened. Allow to cool.

Great-Grandma Jensen's Caramel Sauce

1 cup brown sugar

1 cup corn syrup

$\frac{1}{2}$ cup butter (or margarine)

$\frac{1}{4}$ teaspoon salt

Mix all ingredients in a small saucepan. Bring to a boil over high heat and boil for exactly one minute. (The longer it boils, the thicker the sauce will become.)

Laree's Hot Fudge

$\frac{1}{2}$ cup butter

2 cups sugar

$\frac{1}{4}$ cup cocoa powder

1 (15-ounce) can evaporated milk

1 teaspoon vanilla

$\frac{1}{4}$ cup flour

Combine butter, sugar, and cocoa powder in a 2-quart saucepan on medium heat, stirring consistently until butter is melted. It will be very thick and chunky. Add milk gradually, stirring constantly until smooth. Add vanilla and flour. Bring to a boil then remove from heat. Mixture will thicken as it cools. Serve while sauce is still warm. (You can keep the hot fudge warm in a slow cooker set on the lowest heat setting.) Store leftovers in the refrigerator.

Sadie's Sassy Grilled Pineapple

- 1 teaspoon honey
- 3 tablespoons melted butter or balsamic vinegar
- Dash of cayenne pepper
- 1 fresh pineapple, peeled, cored, and sliced into $\frac{3}{4}$ -inch thick rings
- Dash of salt

Combine the honey, butter or vinegar, and cayenne pepper in a large zip-top bag. Add pineapple slices and allow to marinate for at least 1 hour.

Grill 4 to 5 minutes, turning halfway through, on cleaned and lightly oiled grill. Serve warm.

Notes: If using canned, sliced pineapple dry rings on a paper towel before marinating. You can also thread 1-inch chunks of fresh or canned pineapple onto metal skewers or soaked bamboo skewers instead of grilling pineapple rings. (Most grocery stores will core the pineapple for you if you ask a produce employee.) Pineapple can also be broiled in the oven on the middle rack for 15 minutes, turning halfway through.

Green Bean Bow Tie Salad

- 3 Roma tomatoes, diced (the riper the better)
- 1½ tablespoons balsamic vinegar
- 1½ tablespoons olive oil
- 2 teaspoons dried basil
- 1 teaspoon sea salt
- 3 cups dry bow tie pasta
- 2 cups fresh green beans, ends removed and broken into 1-inch pieces

Combine diced tomatoes, vinegar, olive oil, basil and sea salt in a bowl. Set aside. In a large pan, heat 1 quart of salted water to boiling. Add pasta, stirring to separate as it cooks. Boil pasta for 5 minutes. Add green beans and boil 6 more minutes, or until pasta is tender. Drain pasta and beans in a colander and return to cooking pot. Add tomato-vinegar mixture while pasta and beans are still hot. Stir together. Adjust seasoning as needed. Transfer salad to serving bowl. Serve warm or at room temperature. Chill leftovers.

Note: To spice it up, add $\frac{1}{2}$ cup diced red onion and/or black olives to the tomato-vinegar mixture. Also, $\frac{1}{2}$ cup crisp bacon, diced, makes the salad even more fabulous.

Spam-Fried Rice

Sauce

½ cup soy sauce

4 tablespoons sugar (if using Aloha brand of soy sauce, then reduce sugar to 2 tablespoons)

4 cloves of garlic, minced or pressed

1 tablespoon oyster sauce (optional)

2 teaspoons sesame oil (omit for a less-spicy dish)

Rice

2 tablespoons vegetable oil divided

5 eggs, mixed

1 onion, diced

1 (12-ounce) can of Spam (light or regular), diced

½ cup red pepper, diced

2 cups of your choice of corn, carrots, or peas (if using frozen vegetables, thaw first)

4 cups rice, cooked and cooled (day-old rice works best)

Mix sauce together and set aside.

In a wok or large skillet, heat 1 tablespoon vegetable oil on medium-high heat until hot. Scramble eggs. Remove from pan and set aside. Add another tablespoon of vegetable oil to wok. Heat, then add onion and diced Spam. Cook until Spam is crispy and onion is browned and transparent. Add sauce, red pepper, and vegetables. Bring to a boil and boil for one minute. Add rice and break up any clumps that have formed. Combine the ingredients and stir until color is uniform throughout. Add scrambled eggs. Mix to combine.

Serves 8.

Note: This dish is delicious, healthy, and quick for breakfast! You can also change it up by adding baby corn, mushrooms, water chestnuts, or bean sprouts along with the other vegetables.

Slow-Cooked Kalua Pig

3 to 8 pound pork shoulder, butt, or picnic roast
¾ teaspoon Hawaiian sea salt per pound of pork
1 teaspoon liquid smoke per pound of pork
1 banana

With a steak knife, pierce pork several times—don't be shy. Rub pork with sea salt and then with liquid smoke. Put in slow cooker. Slice an unpeeled banana down the center and lay the halves on top of the pork, peel side down. Cook pork on lowest setting for 8 to 16 hours, depending on the size of the roast and how low you can set the temperature of your slow cooker.

Halfway through the cooking time, remove and discard the banana, and turn roast. Remove pork from slow cooker 1 hour before serving and let cool for 10 minutes.

Remove pork drippings from slow cooker to a container and place in freezer to allow fat to congeal. Once the pork is cool enough to handle, remove the fat (and bones, if necessary), and shred the meat with a fork. Return shredded meat to slow cooker. Once the drippings have congealed, skim fat from the top with a spoon and discard. Add drippings to the shredded pork.

Serve pork and drippings over short-grain white rice. (Pork can also be served with shredded cabbage that has been lightly sautéed with soy sauce.)

Notes: Hawaiian sea salt is a specific type of seasoning usually found in specialty stores or whole food markets. It's similar in texture to kosher salt, but has a specific flavor. This is a traditionally salty dish, so if your family doesn't eat a lot of salt, cut it down accordingly.

For a quick version of this recipe, use pork ribs, omit the banana, and cook in a slow cooker on low for 6 hours.

Aloha Cookies

½ cup butter
½ cup shortening
1 cup sugar
1 cup brown sugar
2 eggs
1 teaspoon coconut flavoring (optional)
1 teaspoon butter flavoring (optional)
1 teaspoon vanilla
2 cups flour
1 teaspoon baking soda
1½ teaspoons baking powder
½ teaspoon salt
1 cup quick oats
1 cup coconut (sweetened or unsweetened)
1½ cups macadamia nuts, chopped
1 cup white chocolate or regular chocolate chips

Preheat oven to 350 degrees. Cream butter, shortening, and sugars together. Add eggs and mix well. Add flavorings and vanilla and mix well. Add flour, baking soda, baking powder, and salt. Mix well. Add oats and coconut. Mix until combined. Add nuts and chocolate chips. Mix until well blended. Drop by 1-inch balls (or use a 1-inch scoop) onto a greased cookie sheet. Bake for 10 to 12 minutes or until just barely browned. Cool two minutes on cookie sheet before removing to cooling rack.

Makes 5 dozen cookies.

Note: Gayle prefers this with the coconut and butter extracts. Tanya prefers milk chocolate chips.