

By Request:
Veggie burgers you
can make at home.
D-3



Cook along with
Brickwood
Galuteria.
D-6

BODY & SOUL

OF HEALTH AND FITNESS

APRIL 22, 1998

WEDNESDAY AFTERNOON

SECTION D

A pot filled with taro, beef, fish or poi is a hearty way to end the day

COWBOY STEW

BY NADINE KAM
Assistant Features Editor

ON PAGE D-5
What is stew? Different things
in different cultures.



By KATHRYN BENDER, Star-Bulletin
Dr. D's beef jerky stew includes hominy,
peppers and mushrooms. Recipe, D-5.

STEWS take time. Your best accomplice in making a stew is an old-fashioned crock pot that you switch on in the morning in anticipation of a rich reward at the end of the day. The long, slow cooking renders beef, pork or lamb especially tender. More often, busy modern cooks expect to simulate a savory, slow-cooked stew in less than half an hour as a quick dinner fix. Believe it or not, they share a paniolo, or Hawaiian cowboy, tradition of cooking

up a quick, hot, easy meal after a day on the range.

The Big Island is getting ready to salute the paniolo with a stew-and-rice breakfast and stew recipe contest next month in Waimea, part of the Bankoh Old Hawai'i on Horseback celebration.

Hawaii chefs will prepare and serve their favorite ethnic stews. Some of them: a Chinese five-spice stew from Clayton Lau of Roy's Waikoloa, Hugo's menpache fish stew from Eric Von Patten; Filipino Pinaebet from Glen Alos of Kona Village Resort; and Portuguese stew from Kalani Salboro and Grandma K of Oodles of Noodles.

Chef Amy Ferguson-Ota, of Oodles of Noodles, was a natural pick for the job of stew steward. "I come from Texas where we'd go out hunting. We'd make a big batch of venison stew and that's what we lived on the rest of the hunt."

The paniolo, like the cowboys,

would carry in their day packs items to add to the stew pot while afield.

Ferguson-Ota said, "They might bring taro, sour poi, you never know what they had salted or preserved. People added things that were in their back-grounds."

"It might not be your mainstream cooking, or cutting edge in the food world, but it was real family-style," Ferguson-Ota said. "I met a lot of neat, old families. A lot of the paniolo beef stew recipes are similar, but once in a while grandma would get crazy. This year we have an entry for tickled tongue stew. What do you think of that?"

Ferguson-Ota, who's health-conscious, said she tends to enjoy chicken stew, while her husband still prefers a fatty beef brisket. He's a fisherman, so the couple naturally consumes a lot of fish stews also. Because stew represents one-pot

PLEASE SEE STEW, D-5

KTA/Chef Amy Ota Cowboy Breakfast

- Place: Waimea Shopping Center, Big Island
- Date: 8:30 to 10:30 a.m. May 31
- Cost: \$5 per person
- Call: 1-808-885-6707

Enter your favorite stew

The KTA/Amy Ota Paniolo Stew Recipe Contest offers a \$2,000 prize and is open to professionals and non-professionals:

- Write or type your recipe on an 8 1/2-by-11-inch sheet of paper. Include name, address and phone number. Enter any number of recipes in the same envelope, but each recipe must be on a separate sheet of paper.
- Send recipes to Chef Amy Ota, Oodles of Noodles, 75-1027 Henry St., Suite 102, Kailua-Kona, 96740, or fax to: 1-808-329-0123.
- Deadline is May 9. Twenty-five finalists will be chosen by May 15 to bring their stews to Waimea Center for judging.
- All recipes become the property of Waimea Main Street and will not be returned.

BIZARRO

By Dan Piraro

Students, this is Mr. Stafford, and he's here today to tell us about his "near death" experience...



Produce prices show signs of spring

Spring brings an abundance of produce from the gardens. Shop for Roma tomatoes, priced at 69 cents a pound at Star Markets, or red bell peppers at \$2.79 a pound at Foodland.

Maui head cabbage is 29 cents a pound with your Royal card at Times supermarkets, where you can also get apple bananas for 99 cents a pound.

You can also find broiler mushrooms at the Safeway club price of 97 cents for an 8-ounce package. The 8-ounce tray is \$1.79 at Star, and at Foodland, you can buy one tray and get an additional one free with your Maka'i Card.

Kailua shoppers: Sunday is the last day that Foodland on Hekeili Street will be open, so you'll have to go somewhere else Monday.

Use the mushrooms to top pan-fried flank steak. \$3.99 a pound at Times. Or go fancy with the following recipe:

STUFFS

Best buys and other tasty bits



"American Food: A Celebration"
Mushrooms pair up with flank steak.

Stuffed flank steak

From "American Food: A Celebration" (Collins Publishers), \$53

- 2 1-pound beef flank steaks
- 4 ounces mushrooms, finely chopped
- 1/2 onion, finely chopped
- 4 tablespoons butter
- 1 cup water
- 1 cup dry bread crumbs
- 1/2 cup grated Parmesan
- 2 tablespoons dry sherry

Salt and fresh ground pepper

12 button mushroom caps, for garnish
Pound the flank steaks with a meat mallet to an even thickness. Saute the mushrooms and onions in butter. Over low heat, add bread crumbs, water and Parmesan. Mix well. Add sherry and cook 1 minute longer. Add salt and pepper to taste.

Spread stuffing, not too thickly, over flank steak and roll like a jellyroll, securing with skewers. Use any remaining stuffing to fill mushroom caps.

Slice steak into pinwheels about 1-inch thick. Each steak should yield about 5 pinwheels.

Lightly grease a baking dish. Lay the pinwheels flat and broil 5 minutes each side, turning carefully. Then bake at 350 degrees 5 to 10 minutes.

Broil mushroom caps until browned on top. Serve the steak garnished with the mushroom caps. Serves 6.

■ No nutritional analysis available.

Nadine Kam, Star-bulletin



HONOLULU
LITE

By Charles Memminger

Hawaii will be
the real star
of the pageant

PRESS conferences are generally dreary affairs. As a columnist, I've found it immensely helpful to avoid press conferences like the plague.

I subscribe to the tenet that journalism is information people DON'T want you to publish; all else is publicity. And press conferences are where they shovel out information in heaps.

So how was it that I came to attend a press conference this week concerning the upcoming Miss Universe pageant? I'm not sure. I'm not really a beauty pageant kind of guy. But Miss Universe is the biggie of all pageants. It is happening right here in Hawaii and to ignore it would be like trying to ignore a hippopotamus hanging out on your lanai.

Also, as someone who is always coming up with kooky ways to promote Hawaii (i.e., airdrop a luau into Columbia Falls, Mont.; build our convention center in Las Vegas, etc.), I was wondering just how much good the Miss Universe pageant will do us.

The pageant, plus various connecting events (parades, receptions, balls and banquets), is being produced and organized by April and Al Masini. The Masinis are relatively new to the islands, having lived here only three years. But he is well known in the entertainment industry for launching such shows as "Star Search" and "Lifestyles of the Rich and Famous."

It was just one of those lucky coincidences that the Masinis lived here at the very time Hawaii's own Brook Lee was crowned Miss Universe. Brook made it clear from the beginning of her reign that she would like Hawaii to host this year's pageant.

The Masinis stepped forward to volunteer to organize the effort, the state tossed in \$3 million to help finance it and, oingo, boingo, we're having a pageant, kids.

THAT all sounds nice and easy. But from the time Masini kicked off the press conference with a rundown of all the events, from the "Welcome Home, Brook" gala to the actual international broadcast next month, it was clear that planning something on this scale is just a little less complicated than launching a space shuttle. It's something like trying to organize a Martha Stewart wedding, a carnival, an inauguration, the Macy's parade and a television variety show — all within a few weeks.

The point was driven home when April — who has been working daily on it until 3 a.m. — attempted to describe all the work that has been done and is yet to be done and broke down momentarily, unable to go on. Al stepped in and carried the ball until she was recomposed. If anyone at the press conference at first didn't believe the pageant organizers were putting their hearts and souls into this project, they became believers after that.

But when you strip away the glitter, pomp and circumstance of the Miss Universe pageant, what you have left is this: 85 countries are sending delegations to Hawaii and they are all bringing their own news media to take part in an event that will be broadcast live all over the planet. Some idiots have complained about the state kicking in \$3 million to stage the pageant. That's chump change for this kind of publicity. The only thing that would generate more exposure for Hawaii would be the Olympics. And then you'd have to spend millions to build all the venues.

There are anti-pageant feminists who just don't understand why hosting this event is important. Hawaii's economy is on the ropes. This is just the CPR the state needs. The global media will be here simply to tell the world how gorgeous and wonderful Hawaii is. Folks, in the world of public relations, it doesn't get any better than this. Now I'm getting choked up.

Charles Memminger, a National Society of Newspaper Columnists award-winner, writes "Honolulu Lite" Monday, Wednesday and Friday. Write to him at the Honolulu Star-Bulletin, P.O. Box 3080, Honolulu, 96802 or send e-mail to 71224.113@compuserve.com.