

Hukilau Lanai Newsletter



Thank you to all the local farmers,
fisherman, and participants of the 2nd
Annual Earth Dinner Event that was
held on Monday, April 25th.
We appreciate you!

Join us for Dinner!
For Reservations, call
(808)822-0600 or visit
us on the web at
www.hukilaukauai.com

Located behind the
Coconut Marketplace
on the East side of
Kauai, serving dinner
Tuesday-Sunday
5pm-9pm

Entertainment Schedule

~Tuesday~

Easy Living with

Jeff & Helen

Guitar & flute

~Wednesday~

Steve Mu

Contemporary Hawaiian

~Thursday~

Ben Ahn

Rockin' Hawaiian Ukule

~Friday~

Dennis Chun

Hawaiian Favorites

~Saturday~

Wally & Polei

Hawaiian Classics with xylophone

~Sunday~

(Alternating)

Tim Laranio

Romantic Hawaiian

& Billy Paul

Acoustic guitar & classic country

CHEF TO PLATE , Gluten Free Awareness Campaign

Hukilau Lanai is proud to be one of three restaurants in the State of Hawaii to participate in a grass-roots awareness campaign with Gluten Intolerance Group of North America, a non-profit organization creating awareness of celiac disease and gluten intolerance. During the month of May, which has been deemed the National Celiac Awareness Month, Hukilau Lanai will be recognized for our efforts in serving gluten- free dishes. Interested? ...ask your server about our 5 course Gluten Free Food & Wine Tasting Menu offered 5-5:45pm Tuesday- Sunday.

Featured Wine.... HONIG Sauvignon Blanc

So many wineries are doing so many different things that are green... most feel that the quality of the wine is directly affected, so sustainable, biodynamic and organic practices are more the norm than the exception. The family owned and run Honig Winery, though, stands apart with its practices and level of commitment. This winery is 100% solar and has been since August of 2006. Check them out on the web at www.honigwine.com to see the cool (hot) tracking of their energy use & greenhouse gas avoidance. From bats, birds, & bees to biodiesel, they are decidedly not just dabbling in the green movement....And did we mention that the wine is delicious, award-winning, and affordable? That's offered by the bottle for \$27 on our list! We love HONIG sauvignon blanc so much for their corky sustainable efforts that we just couldn't resist featuring their sustainable wine at our annual Earth Day Dinner event. And, it just so happens that the Honig family name, which originates from the German language, translates to our next favorite topic....Honey!



Bill & Miriam Honig
with the Petris
from Italian Swiss
Colony

~Featured Recipes~

Honey Vanilla Gelato

By Viren Olson

Ingredients:

1 / 3 cup sugar

5 egg yolks

1/2 cup local honey

1 fresh vanilla bean pod

1 cup heavy cream

1 cup half & half

1 1/2 cup 2% milk

1 Tbl Koloa Rum

You will also require a hand mixer and ice cream maker.

Honey Vanilla Gelato Directions:

Make a vertical cut down the side of the vanilla pod and scrape vanilla beans into sugar. Then, with an electric mixer, beat egg yolks and vanilla sugar on high speed until light and fluffy.

Meanwhile, bring honey, milk, cream and half & half to a boil over medium heat. Once boiling, slowly ladle the milk mixture into the fluffy yolk mixture while briskly whisking to help temper. Once the milk and yolk mixtures are completely combined, pour the entire mixture back into the pot and whisk over medium heat. Barely bring back to a boil so that the mixture can thicken slightly, but not look curdled. Immediately remove from heat and strain into a container. Cool to room temperature, add Koloa Rum, and stir. Refrigerate overnight and freeze in ice cream maker according to manufacturer's directions. We recommend the gelato topped with Honey Mac Nuts.

Enjoy on a summer day!

Honey Mac Nuts

2 cups mac nuts

1 tsp granulated sugar

1 Tbl honey

1 Tbl egg white

1/2 tsp madam pele (or your favorite chili pepper)

1/4 tsp salt

Directions: In a small mixing bowl, toss everything until nuts are evenly coated. Line a sheet pan with parchment paper and place mac nuts on pan to dry in pre-heated convection oven at 250 for 1/2 hr. Cool mac nuts and use as topping for Honey Vanilla Gelato or store at room temperature in a tightly covered container.



The most ancient form of natural sweetener,

honey, happens to be the only food that includes all the substances necessary to sustain life, including enzymes, vitamins, essential minerals, and water. It facilitates healthy digestion, increases physical energy, and improves mental efficiency.

Thanks to the honeybee, humans have been enjoying honey for 15,000 years, a controversial estimate based on an ancient cave painting found in Valencia, Spain. Evidence also shows that Greek and Roman civilizations began 'keeping' bees as early as 3,000 years ago! They must have known how amazing this 'nectar of the Gods' truly is!

The honeybee plays a vital role in plant pollination and is quickly dropping in population. Help save these little angels of agriculture by supporting your local beekeepers and buying local honey!

Going Green Tip....The week of May 16-20th is National "Ride Your Bike to Work Week". If you live close to your place of employment, we encourage you to dust off your bikes, save some gas, and pedal your way to work!

