

Happy Thanksgiving

It's that time of year again—time to gather with loved ones and feast on excessive amounts of food, then hibernate for a few days. Thanksgiving is coming and the fun and pleasure of eating great food will run through the minds of Americans.

However, foodies might be thinking, “How can I jazz up this Thanksgiving’s meal? I’m bored with the same turkey, mashed potatoes, stuffing and canned cranberry sauce. What’s out there that will intrigue my palate?”

Fear not, food lovers! We hope you will enjoy these tasty recipes that come from people who feel the same way about spicing up Thanksgiving.

—by Sam Bui, Ka ‘Ohana Staff Reporter

Holiday Oysters

A seafood lover's delight.

Ingredients and cookware:

1 bell pepper green or yellow	1 lbs raw shucked oysters
2 table spoons minced garlic	1 box white mushrooms
½ cup chopped green onions	1 red onion
1 cup Japanese sweet mayo (Oriental food aisle of grocery stores)	
Salt and Pepper	
Mixing bowl	
*Portions are for 1 to 1 ½ lbs of oysters.	



Clean and finely chop mushrooms, bell pepper, and onion. Mix all ingredients together in a bowl and spoon mixture on top of oysters. Bake in oven until top of mixture is golden brown and bubbly.

Stuffed Mushrooms

Mouth-watering goodness!

Ingredients and cookware:

1 box of white mushrooms
Red or yellow bell pepper
1 tbs minced garlic
1 cup parmesan cheese
1 beaten egg
½ cup bread crumbs
½ lbs ground Italian sausage or sweet sausage
¼ cup chopped parsley
¼ cup chopped onion
Sautee pan
Olive oil
Baking sheet pan



Remove mushroom stems and clean mushrooms. (Tip: Do not wash under water but wipe with damp paper towel or cloth to remove dirt. Washing or dunking in water will bruise and make mushrooms mushy.)

Roast pepper in oven or on stove top until skin is charred. For oven, preheat 375 degrees. Then chop fine and season with salt and pepper.

Sautee sausage, onions, garlic and mushroom stems. Then mix with bell peppers, bread crumbs, parmesan cheese, beaten egg and parsley. Fill mixture into mushroom caps and place onto baking sheet. Broil mushrooms in oven, leaving mushrooms about 5 to 6 inches from boiler. Bake until golden brown.

Citrus Cream Delight

A refreshing break from canned soda.

Ingredients and cookware:

1 liter 7UP or any citrus soda	2 lemons
1 can condensed orange juice	2 limes
1 box vanilla ice cream	Punchbowl
1 large orange	Ladle

Dilute can of condensed orange juice according to instructions on can. Pour equal parts of soda and orange juice into punchbowl. Add about six generous scoops of vanilla ice cream to bowl. Thinly slice orange, lemons and limes and place into bowl. Serve as is and enjoy!

Plymouth Shepherd’s Pie

A Thanksgiving take on Shepherd’s Pie.

Layer the bottom of a baking dish with non-stick spray or melted butter.

Add chopped leftover turkey to the first layer. Then add stuffing followed by mashed potatoes and a layer of green beans and corn. Top with cheese and bread crumbs and bake until cheese has melted and top is golden brown.

Easy to make and a quite filling dish sure to satisfy any appetite.

Don’t forget to serve it with gravy and cranberry sauce.

Stuffed Turkey Breast

Not making a big meal? Try this small, intimate Thanksgiving meal.

Ingredients and cookware:

Two turkey breasts with skin on
2 cups spinach
1 tablespoon minced garlic
½ cup feta cheese
½ cup ricotta cheese
Chopped parsley
¼ cup soft but not melted butter
Oil to sear and cook
Pot of water
Bowl of ice water
Salt and pepper to taste
Paper towels
Small knife



Bring pot of water to a rolling boil. Add a good pinch of salt to boiling water. Add spinach to boiling water until wilted. Immediately take spinach out of water and dunk into ice cold water. Remove spinach from cold water and dry as much water as possible using paper towels. Then mix spinach, butter, feta cheese and minced garlic along with salt and pepper.

Take turkey breast and pat turkey dry. Make sure the skin is dry. Take knife and gently separate skin from meat. Don’t completely separate skin from meat.

Preheat oven to 400 degrees. Cut a slit into the side of the turkey breasts to create a pocket. Stuff spinach mixture into pocket. Brush skin side of turkey breast with olive oil and season with salt and pepper or any other choice of seasoning.

Bake in oven until golden brown or until meat is no longer pink. For a healthier option, remove skin.

Pumpkin Trifle

A great alternative to the traditional pumpkin pie.

Ingredients and cookware:

1 can of purée pumpkin
1 cup of cream cheese
¼ cup condensed milk
1/3 cup whole milk
½ cup ricotta cheese
Ground cinnamon
1 loaf of sweetbread
1 can whip cream
¼ cup rum(optional)
Deep clear container or clear party cups for individual servings
Mixing bowl
Whisk
Refillable spray



Break up sweetbread into bite size pieces. Spray with rum to moisten bread. Next take all the other ingredients and whisk together. Mixture should be consistency of pudding when done mixing. Put first layer of the sweetbread at the bottom of the container. The second layer is pumpkin mixture. Repeat until all ingredients are incorporated. Top off with whip cream. For a nice little kick, add lemon zest and chopped mint on top for a refreshing dessert.

Nana’s No Bake Cookies

For the sweet tooth in all of us.

Ingredients and cookware:

2 cups sugar
½ cup cocoa powder
½ cup oleo (margarine, butter, or shortening will do)
3 cups quick oatmeal
½ cup peanut butter
½ cup milk
1 teaspoon vanilla
Cooking pot
Wax paper or plastic wrap on baking pan



Have oatmeal and peanut butter pre-measured to be ready. Boil sugar, cocoa powder, oleo, milk and vanilla in a pot for 2 ½ minutes then immediately take off of stove or turn off heat. Then add oatmeal and peanut butter and mix until evenly distributed. Spoon mixture onto wax paper or plastic wrap lined baking pan. Let cool and harden, then enjoy!

Turkey Salad

A healthy way to get rid of those love handles.

Ingredients:

Spinach or mixed greens
Leftover cold turkey (preferably the white meat)
Dried cranberries
Slivered almonds and/or any other nuts
½ cup any choice of crumbled cheese
1/3 cup apple cider vinegar
¼ cup olive oil
Dijon mustard
Salt and pepper
Toasted sesame seeds

Lightly toast almonds in dry pan and then toast sesame seeds separately. Next whisk together apple cider vinegar, Dijon mustard, salt and pepper. Then drizzle olive oil while whisking vinegar mixture until everything is completely blended. Toss spinach with dressing and top with almonds, cranberries, cheese and sesame seeds.

Everything Goes Turkey Sandwich

Great way to clean out the refrigerator.

You can add whatever you want to this but here are the basics.

Mix canned cranberry sauce with cream cheese and spread on a slice of toast. Spread refrigerated gravy on the other slice of toast. Put on sliced turkey, stuffing and a thin layer of mashed potatoes. That’s it!

Will also go great as a breakfast dish with eggs and cheese on a toasted bagel—just don’t add the gravy.



Lend a hand

Come one, come all. Phi Theta Kappa, Trio and ASUH-WCC are sponsoring a bake sale fundraiser Wednesday, Nov. 26 from noon to 2 p.m. in the Palanakila courtyard.

All proceeds go to Hawai’i Meals on Wheels, whose volunteers will deliver over 200 hot meals this Thanksgiving to housebound senior citizens and the disabled.

Any person wishing to donate baked goods (pies, cakes, cookies, etc.) can contact Lauren Chou at 265-2778, lmchou@hawaii.edu or Carrie Kiyabu at 226-3019, kcdc6789@yahoo.com



What are you most thankful for?

I am thankful for my health, my family and their support, the opportunities I have as an American and the education I’ve obtained and will pursue in the years to come. Most of all I am thankful for being born, living in Hawai’i and being able to raise my daughter here.

—Bunny Yutaka

I’m thankful for a lot of things in my life, but something I am really thankful for is my dog. He has given to (comforted) me during the really hard times in my life; he is the one that can make me feel better.

—Marie Iwasaki

I am thankful for the opportunity to live and go to college in Hawai’i—the most beautiful, enriching and culturally diverse place I have ever lived.

—Karen Bryan

I am thankful for my friends and family and all the traveling I’ve been able to do. I’m thankful for the “wanderlust” that makes me want to go and see all those

places rather than be content to hear about them from other people.

—Olie Hellsund

I am thankful for my family, my life and my crazy son!

—Rachelle Leong

I am thankful for my family and friends. My mom had emergency surgery a few months ago and it put everything into perspective for me. You figure out what really matters in life.

—Tori Langley

My job...with the way the economy is going, I am glad I still have a way to make money and take care of my financial obligations.

—Precious Vincent

Being able to live in a beautiful place with a person who loves me, having family in my life and always having the support of my awesome friends.

—Anna Mitchell

WCC’s KuPono club lends a helping hand

by Kelii Alapai

Ka ‘Ohana Staff Reporter

Laulima (cooperation) and kokua (help) are some of the values that guide WCC’s KuPono Hawaiian Club — especially at Thanksgiving.

Every year the club, led by advisor Winston Kong, gives back to the community with its annual Imu Turkey Cookout. All money and proceeds from other college Hawaiian clubs who participated in the 15th Annual Inter-collegiate Volleyball tournament Nov. 7 were used to purchase the turkeys that were donated to needy families.

“Over the years, this event has grown throughout the community,” says Kong. “It’s a way for club members to get in touch with their mission and their Hawaiian culture.”

About 60 turkeys will be put into

an imu on Thanksgiving eve in the back of Hale ‘Ao on the WCC campus, where all supplies such as rocks, logs and bags are available.

On Thanksgiving Day, the turkeys are then delivered warm to the homeless at different places in Waimānalo such as St. George’s Church, Weinberg Village, the Kupuna housing and other individual families in need.

“This volleyball tournament is a way for students and faculty from different schools to get together and share in all of the things KuPono values,” says Kong. He described how everyone comes together



WINSTON KONG

KuPono club members on a field trip to Moku O Loe.

with good feelings as “good sports” for one single reason: to help others during the holiday season.

“If we can come together and do this, we can do anything,” adds Kong.