



[Trending]

Pickled/Fermented

They can make you grimace. They can make your mouth pucker. They can even make you cry. Even so, pickled and fermented ingredients catch your palate's attention in a good way. Try these innovative dishes, and you'll see what we mean.

—Cheryl Chee Tsutsumi

RumFire Poipu Beach

Sheraton Kauai Resort
2440 Ho'onani Road,
Po'ipū, Kaua'i
(808) 742-4786;
rumfirekauai.com

You'll usually find cucumber, turnip, and carrot in namasu. Here, cantaloupe provides a delightful twist on the traditional Japanese pickled dish. Cold, sweet-sour, and colorful, **cantaloupe namasu** (pictured) is the perfect complement to the **spicy-hot pork ribs appetizer**.

DUO Steak and Seafood

Four Seasons Resort
Maui at Wailea
3900 Wailea Alanui Drive,
Wailea, Maui
(808) 874-8000;
fourseasons.com/maui

The **kale and strawberry salad** is light, healthy, vegan, and beautiful to boot. It's perked up with agave-lime dressing, fresh citrus, and steamed tempeh (cooked, fermented soybeans), which adds a bit of a bite and lots of nutrients.

Koko Head Cafe

1145-C 12th Avenue, Honolulu, O'ahu
(808) 732-8920; kokoheadcafe.com

Surprise! **Kimchi**, that piquant Korean side dish, appears in an 'ono breakfast/brunch offering. Who would've thought? Served warm, though, the kimchi bacon cheddar scone is a nice balance of spicy and savory flavors that go well with cool crème fraîche.

[3 Questions With ...]

Author and food historian Arnold Hiura



A Hawai'i Island native and resident, Arnold Hiura has spent many evenings with elders talking story about the "good ole days" of Hawai'i's Plantation Era. "By the end of every conversation, they'd say, 'You're a writer. Put all this stuff down.'" Hiura did just that, becoming one of Hawai'i's preeminent food historians and

an award-winning cookbook author. Read his latest foray, *From Kau Kau to Cuisine*, and it's easy to imagine Hiura scribbling down notes during those story sessions. What awaits guests in his kitchen? "I always keep rice, soy sauce, sugar, and ginger on hand. Throw those in a sauce pan with meat and vegetables and you're good to go."

—Bekah Wright

1 WHAT DISHES FROM YOUR CHILDHOOD REMAIN FAVORITES TODAY? Comfort foods strongly identified with the Plantation Era like Chicken Hekka, soups, and stews. People didn't have much money back then, so stews and a pot of rice stretched whatever meat or vegetables were available.

2 WHERE WOULD YOU DIRECT VISITORS FOR A TRADITIONAL TASTE OF HAWAII ISLAND? We excel at simple, hole-in-the-wall food. Visitors should try Hawai'i's version of food trucks—lunch wagons. In Hilo, there's Gina's Lunch Waggon, where they serve huli-huli-style roast pork and chicken cooked on a spit over a charcoal pit.

3 WHAT'S SOMETHING SURPRISING YOU'VE LEARNED ABOUT HAWAII'S FOOD HISTORY? *Kau kau* is the common term for *food* or *to eat* in Hawai'i. For example, to call folks to a meal, one shouts, "Kau kau time!"—the equivalent of "It's chow time!" or "Come and get it!" Many of us in Hawai'i grew up with this familiar phrase and always thought it was Hawaiian in origin. Some believe it's a pidgin English derivative of the Chinese term *chow chow*, or *pakaukau*, the Hawaiian word for table. Language, like so many things in Hawai'i, including food, has many possible sources of origin, ambiguities that are an indication of our shared multicultural history.