



Fun things for cooking!!!

## Time for SumFun Cooking



**STEAK ON THE GRILL HAWAIIAN STYLE** Two hours before grill time punch each steak with a fork numerous times and pour on 1 tablespoon Lanai Hot Sauce. Fork it some more. Turn over (the steak), add 1 tablespoon Lanai Hot Sauce. Marinate for 2 hours. Before grilling the steak use a fork to wipe off excess back into marinate pan. Grill steaks. Heat marinate sauce. On serving platter, place the grill steaks and pour heated marinate sauce on top. Use Big Island Hot Sauce or Lanai Hot Sauce on pork chops.

**KAUAI VEGETABLE STIR FRY** Add a little vegetable oil to wok or skillet. Add mixed frozen or fresh vegetables. Five minutes before veggies are done add 1 teaspoon of cumin per pound of veggies (try more or less the next time). Just before serving lower the heat and add 3 tablespoons of Kauai Hot Sauce (try more or less the next time). Stir thoroughly and serve. Be ready for a standing ovation.

**GIRL SCOUT DA KINE POTATOES** In case you forgot how to do Girl Scout potatoes. Place diced raw potatoes on small sheet on heavy aluminum foil. Add couple tablespoons of diced red and green bell peppers and diced onions. Drizzle with one tablespoons olive oil and/or butter. Amount of oil/butter depends on you. Bring two side of foil together and roll to seal. Flatten down and roll up ends slightly. Don't make too tight. Place on grill near on edge of main heat. Cook 10 minutes and turn over. cook another 10 minutes and turn over. Press on package to see if potatoes are soft and mailable. If not, cook more. The heat of the fire depends on the time. When done place package on plate to cool for several minutes. Carefully open and scoop out contents onto individual serving plates. Drizzle on 1 tablespoon of Oahu Hot Sauce. This is soooo good!

**LUSCIOUS LAMB BY DEMAND** For six small lamp chops. In a separate bowl mix 2 tablespoons Kauai Hot Sauce, 1 tablespoon tarragon and 2 minced cloves of fresh garlic. Pour over lamb chops as you poke the chops with a fork. Marinate for 4 hours.

**COLORFUL LANAI FUN RICE** This dish goes great with the Luscious Lamb. In a big skillet warm 1/8 cup olive oil and 1/8 cup vegetable oil. When warm (about 250 deg F) add 3 cups of frozen stir fry vegetables. Be careful that hot grease doesn't splatter on you. Turn up heat and cook vegetables until just hot. Add two cups of cooked white rice. Turn down heat. Mix rice and veggies together, cover and steam for 3 to 5 minutes. Remove cover and drizzle on 1/4 cup Lanai Hot Sauce. Salt to taste and serve.

**HAWAII STYLE CARROTS** Cook or steam carrots in little water until tender. Strain off water. Return carrots to pan. Drizzle your favorite flavored hot sauce from Arturo's Hot Flavors of Hawaii to coat the carrots. Stir over low heat for a couple of minutes so carrots can absorb the flavor. Serve. Suggestion on which sauce to use. Big Island Hot Sauce, Lanai Hot Sauce or Oahu Hot Sauce.

**TASTY YAMS** Cook or steam yams or sweet potatoes in a little water until tender. Strain off water. Return yams or the sweet potatoes to pan. Drizzle your favorite flavored hot sauce from Arturo's Hot Flavors of Hawaii to coat the yams or the sweet potatoes. Stir over low heat for a couple of minutes so yams or the sweet potatoes can absorb the flavor. Serve. Suggestion on which sauce to use. Big Island Hot Sauce, Lanai Hot Sauce or Oahu Hot Sauce.

**BANANA COCONUT CURRY CHICKEN** This is so good and so easy. Ready to eat in 15 minutes. For 2 to 4 servings. Serve with rice. Cut 2 boneless and skinless chicken breast in to bite size pieces. Saute in two tablespoons of olive oil until golden on both sides. Drain off excess oil. Add 1 cup frozen or fresh corn. Cover and steam over medium heat until corn is warmed. Add three or more tablespoons Molokai Hot Sauce. Cover and cook for 5 minutes on low heat. Serve with rice and a salad. What a meal!