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Shiitake Bean Patties pg. 8 Kanten Parfait pg.18 Shiitake Bean Patties ^{pg. 8}



Hoku Kamakou KTA Express Kealakekua Store Director

Aloha KTA 'ohana,

One of Hawai'i Island's most cherished traditions is the Waimea Cherry Blossom Festival, which takes place this year on Saturday, Feb. 1. For more than three decades, this festival has celebrated Church Row Park's annual blooming of historic cherry trees at multiple venues throughout the island.

This year's festival honors the late Ruth Dick, who was a long-time festival participant known for her bonsai expertise. There will be a fun lineup of hands-on Japanese and multi-cultural activities and performances, including mochi pounding, cooking demos, free tours, reiki activities, bon dancing and much more.

Will you be attending? Let us know via Facebook or Instagram and remember, you're always someone special here at KTA!



Kanten Parfait ^{pg. 18} Firecracker Tofu with Coconut Rice pg. 40

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Featured Chef



Alyssa Moreau

Alyssa Moreau is a personal chef for private households, focusing on healthy, vegetarian meals. Her recipes have been featured in Vegetarian Times, Eating Well, Better Homes and Gardens, the Honolulu Advertiser and local cookbooks, A DASH of Aloha and A Sweet DASH of Aloha.



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SARDINES

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Shiitake Bean Patties

Created by Chef Alyssa Moreau



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Shiitake Bean Patties

15 oz. can cannellini beans, rinsed & drained well pg.8
2 tbsp. olive oil
2 cup onion, chopped
2 tbsp. celery, chopped
½ cup fresh shiitake, chopped
1½ tsp. fresh rosemary 1 tsp. dry oregano ½ tsp. salt ½ tsp. black pepper 2 garlic cloves, minced ¼ cup sun-dried tomatoes, chopped ¼ cup parsley, chopped 3 tbsp. breadcrumbs

In a food processor, pulse the beans until partially mashed.

In a large skillet, heat oil and sauté the onion, celery and shiitake for a few minutes. Add in the rosemary, oregano, salt, pepper and garlic and cook a few more minutes then add it to the beans in the processor and pulse to combine. Transfer mixture into a large bowl and add in the sun-dried tomatoes, parsley and bread crumbs; mix well then form into patties.

In a large skillet on medium high heat, add a bit of oil to coat the pan and sauté both sides until browned, about three minutes. Alternately, you may bake in a 350°F oven on a parchment lined baking sheet for approximately 30 minutes, turning once.

Delicious served with hot rice and sautéed greens!

Servings: 4 servings **Total Time:** 45 minutes Pair With: Ginger Beer



















Kanten Parfait

Created by Chef Alyssa Moreau



Visit ktasuperstores.com/recipes or scan the code for recipe videos and more!





Kanten Parfait

2 cups cranberry pg.18,19 or apple juice pg.28 sugar, optional 2 cups fresh fruit, cut up

1/4 cup Golden Coins agar agar powder or 1/2 kanten stick

In a small saucepan, combine the juice and agar agar powder or kanten. Bring to a boil and stir to dissolve the agar agar. Add sugar to taste if needed. Pour the juice into individual serving bowls or a small pie plate to firm up. Chill. Cut into bite size cubes for serving.

Serve with fresh fruit. Enjoy!

Servings:

4 servings

Total Time: 20 minutes **Pair With:**

Stash Lemon Ginger Tea pg.17













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Firecracker Tofu with Coconut Rice

Created by Chef Alyssa Moreau



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Firecracker Tofu with Coconut Rice

1 cup jasmine rice, rinsed ½ cup coconut milk pg.40 1¾ cup + 2 tbsp. water, divided ¼ tsp. salt ¼ cup shoyu pg.38 1 tbsp. toasted sesame oil pg.39,42 1 tsp. sriracha or sambal 3 tbsp. sweet chili sauce 1 tsp. rice vinegar 2 garlic cloves, minced 1 tsp. ginger, minced 1½ tsp. cornstarch

1 block extra firm tofu, drained, dried, cut into 1" cubes pg.40

2 cups carrot, slivered

2 cups red bell pepper, sliced

2 cups bok choy, chopped

2 cups green onions, chopped

Combine rice, coconut milk, 1³/₄ cup water, and salt in a medium pot and bring to a boil. Stir, reduce heat and cover. Simmer for 20 minutes. Take off heat and let sit for about ten minutes with the lid on.

Whisk together shoyu, sesame oil, sriracha, sweet chili sauce, rice vinegar, garlic, ginger, cornstarch and 2 tbsp. water to make a sauce.

In a medium-large nonstick pan, sauté the tofu in a bit of sesame oil and shoyu to cover the bottom until crispy and browned, on both sides. Remove from the pan. Now sauté the carrot and bell pepper until crisp tender. Add in the sauce and simmer until thickened. Add back the tofu, bok choy and green onion and stir until the tofu is coated and the bok choy and green onion are lightly cooked. Serve over rice and enjoy.

Servings:

4 servings

Total Time: 30 minutes

Pair With:

Real Coco Coconut Water pg.20

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