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"Sizzle a Steak" Hawaiian Style

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“Mahina Lahanau” means bright moonlight dancing over the water, warm blazing fire making bright spots on a sandy beach, delectable aroma of steaks sizzling a campfire, gay singing of songs to the accompaniment of a ukulele or guitar, and happy laughter which rings through the quiet night.

I can still vividly remember my last picnic in Hawaii. We had a “Mahina Lahanau” which lasted from four in the afternoon until three-thirty the next morning. The usual “Mahina Lahanau” picnic is brought pot-luck—delectable teriyaki steak and club steak, potato salad, Japanese sweet-sour rice, relishes, and potato chips.

It never gets very hot in Hawaii. We do not have to worry about the spoilage of food. Our club steaks remained frozen while we swam, talked and sang. The boys took the steaks to the beach and soaked them in the clean, salty ocean water until they thawed. Cooked over the campfire with the few drops of soy and Worcestershire sauce they were the best that I have ever eaten!

Teriyaki steak is traditionally the popular meat for our picnics. Thin slices of sirloin steaks are marinated in a mixture of soy sauce, sugar, garlic, and fresh ginger. You don’t have fresh ginger here, but teriyaki tastes almost as good without it. The tantalizing odor which this steak emits as it broils over the fire is the world’s best appetizer.

**TERIYAKI STEAK**

Slice thin, across the grain: 1 pound beef (round or sirloin)

Combine:
- ½ cup soy sauce
- 2-3 tablespoons sugar
- 1 clove garlic, crushed

Soak meat in sauce for at least an hour; better if soaked overnight. Place meat on rack over glowing coals and broil 5 to 10 minutes or until browned. Turn and brown on the other side. Serve hot.

The addition of macaroni helps to make this potato salad a bit more moist and gives it a different texture. Carrots add color as well as crispness and the pickles and pickle juice give it the right degree of tartness.

**POTATO-MACARONI SALAD**

Cook:
- 1-8 ounce box elbow macaroni
- 4 medium potatoes

Dice:
- Potatoes, about 1 inch square

Chop:
- ¼ cup celery
- 1 medium onion
- ¼ cup sweet pickle

Grate:
- ¼ cup carrots

Combine and mix lightly with the above:
- 1-6 ounce can tuna
- 1 teaspoon sugar
- 2 teaspoon salt
- ½ teaspoon pepper
- ¼ cup pickle juice
- 2 cups mayonnaise

Chill. Makes about 12 servings.

The bland, unglamorous rice will take on a new face with sweetened vinegar and vegetables to add a sweet tartness.

**INARI SUSHI**

Combine and let stand 30 minutes:
- ½ cup sugar
- ½ cup vinegar
- ½ bouillon cube

Cook according to directions:
- 2½ cup rice

Heat to boiling:
- ¼ cup water

Add:
- ½ cup shredded carrots
- ½ cup shredded green beans
- ¼ cup chopped mushrooms

Simmer 5 minutes.

Then add:
- 2 teaspoon sugar
- 2 teaspoon soy sauce

Combine the rice with 2 teaspoon salt. Stir in vinegar sauce and drained vegetables until well blended. Make into round balls. 12 servings.

Picnic quarter is here and the summer months are at your doorstep. Ask your friends to a “Mahina Lahanau” and treat them to a picnic with an Hawaiian atmosphere and flavor.