

Hawaiian Luau

(Hawaiian “loo-ow”)

ABOUT

Hawaii became our 50th state on August 21, 1959. A luau is a Hawaiian party, accompanied by a feast and entertainment.

CELEBRATING

A luau is a great way to celebrate summer, especially in the month of August when you can be outside to enjoy the weather. If there's a beach nearby, you can use this location for your party. Or a backyard will do just fine. Wear colorful summer and beach attire and include foods that are typically enjoyed at a Hawaiian luau, such as pineapple, barbecued pork, fried rice, banana bread, barbecued chicken, nuts, fish, and sweet potatoes.

CHATTER

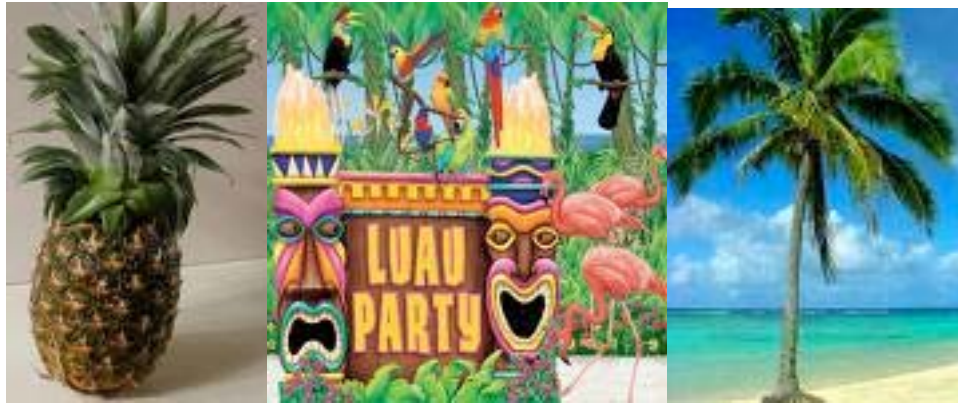
Some interesting tidbits to know about Hawaii and a luau...

Hawaii is:

- Nicknamed the Aloha (ah-low-ha) state (“aloha” means hello and good-bye)
- Made up of eight main islands and is the widest and southern most state in the U.S.
- The only U.S. state that grows coffee
- A producer of more than 1/3 of the world's supply of pineapples
- Home to one of the world's largest volcanoes (Mauna Loa)
- On its own time zone
- The only U.S. state that has two official languages (English and Hawaiian)

A luau:

- Celebrates special occasions
- Is filled with dancing (hula dancing), music, games and traditional foods (such as those listed above)



Turn Your Luau into a Real Party!



Wear very colorful beach and summer attire

Wear leis (pronounced “lays”) around your neck, which you can purchase at a party store

Serve traditional luau foods (see first page under “Celebrating”)

Include pineapple in your menu and as decoration

Have music playing (try to find some Hawaiian music—search “Hawaiian” on iTunes!)

Consider playing a game such as limbo

Decorate your tables with brightly colored cloths and other festive items

Use candles, lanterns or tiki torches as decoration

Use beach equipment (inner tubes, rafts, beach towels, snorkels, etc) for decoration

Use sand for decoration

Use coconuts for decoration

Bring in some hula hoops, so everyone can get in on the hula dancing!

(search “hula” on iTunes for accompanying music)



Remember to say “mahalo” (pronounced “ma-ha-lo”), which means thank you!

Invite your friends, neighbors and families—everyone loves a luau!

Use the invitation on the next page.



We're Having a Hawaiian Luau and We Want You to Come!

When:

Time:

Where:

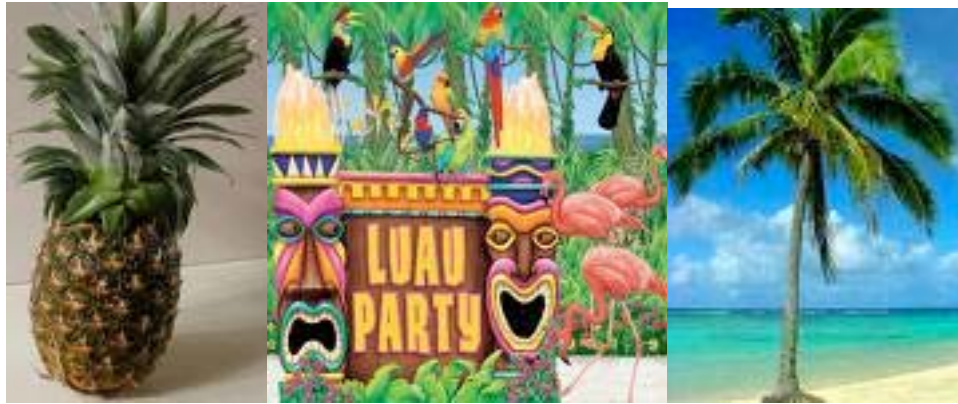
Given by:

RSVP:

Wear casual, colorful beach and summer attire!

Please Come Hula With Us!





Barbecue Sauce, Hawaiian Style

Ingredients

1/3 cup **unsweetened pineapple juice**

1/4 cup **low-sodium teriyaki sauce**

1/4 cup **ketchup**

1 **garlic clove**, peeled and minced

1 tablespoon **brown sugar**

1 tablespoon fresh **ginger**, minced



Directions

In a small saucepan combine pineapple juice, teriyaki sauce, ketchup, garlic and brown sugar

Bring to a boil on the stove top, stirring over med-high heat

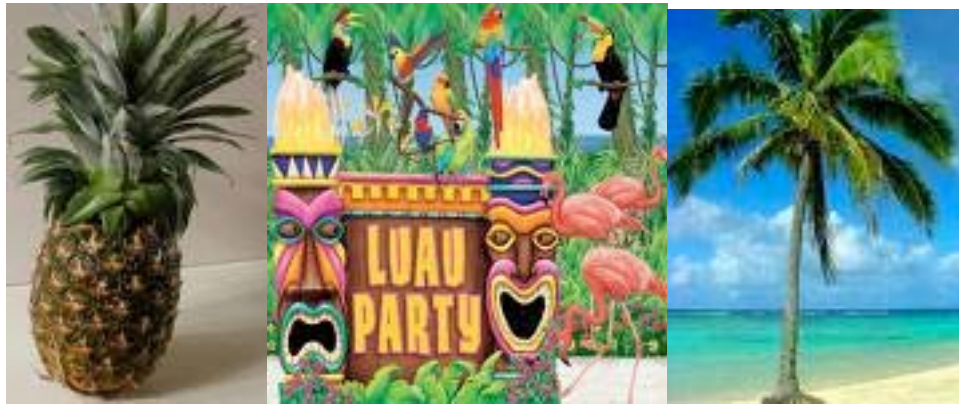
When sauce starts to boil, reduce heat to low, and simmer for 10 minutes, stirring occasionally

Stir in ginger

Remove from heat and let cool

Spread or brush barbecue sauce over chicken before cooking, *or*

Spread on top of cooked hamburgers for a Hawaiian burger



Banana Bread



INGREDIENTS

2 cups all-purpose flour

1 teaspoon baking soda

1/4 teaspoon salt

1/2 cup butter

3/4 cup brown sugar

2 eggs, beaten

2 1/3 cups mashed, overripe bananas

DIRECTIONS

Preheat oven to 350 degrees. Lightly grease a 9x5 inch loaf pan.

In a large bowl, combine flour, baking soda and salt.

In a separate bowl, cream together butter and brown sugar. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture; stir all together until moist. Pour batter into loaf pan.

Bake in preheated oven for 60 to 65 minutes, until a toothpick inserted into center of the loaf comes out clean. Let bread cool in pan for 10 minutes, then carefully turn over the pan so the bread gently falls from the pan onto a plate.

A Luau's Sensory Side



A Hawaiian luau holds the possibility to ignite our senses.

Smell Pineapple, coconut, nuts, coffee, sand, the beach, tiki torches

Touch An uncut pineapple, an uncut coconut, sand

Taste Pineapple, coconut, barbequed pork, macadamia nut, sugar cane



Hear

Waves rolling in to shore at the beach, the sound of a ukelele (pronounced “you-kih-lay-lee”)—a traditional Hawaiian instrument often played at a luau (search “ukelele” on iTunes)



See

Search “hula dancing” on www.youtube.com and see how it’s done in Hawaii
Rent the oldie, but goodie, movie—*Blue Hawaii* with Elvis Presley

