



FRESH FROM THE NET



October 2012

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4TH ANNUAL GARDEN ISLAND RANGE AND FOOD FESTIVAL

Join us on November 18th for Kauai's 4th annual Locavore Pa'ina! The Kauai Agricultural Initiative sponsors this event to educate consumers about our Hawaiian agricultural products and to bridge the gap between the cultivation of local ingredients and the consumer.

Through the combined efforts of all partners in this food show venture, the Garden Island Range and Food Festival (GIRFF) hopes to shed some light on the availability, quality and diversity of Kauai's wonderful agricultural products, who's using them and where you can buy them.

The event focuses on the promotion of locally grown foods...grass-finished beef, lamb, poultry, and pork, as well as the bouquet of fresh Island grown fruits and vegetables.

<http://kauaifoodfestival.com/index.html>



Photo by Keri Cooper

FOOD & WINE TASTING MENU

5-5:45 PM (AVAILABLE GLUTEN-FREE!)

Island Gazpacho w/ Koloa Rum Pineapple Basil Sorbet
• *St. Gabriel Riesling Auslese, Mosel, Germany*

Candied Ahi w/ Coconut Chipotle Sauce
• *Gazela Vinho Verde, Portugal*

Sausage & Warabi—char-grilled house made longanisa, local warabi & tomato
• *Torres 'Las Mulas' Rosé, Central Valley, Chile*

Fresh Catch served on summer quinoa with Kauai kale salad & preserved lemon vinaigrette
• *Poggio Anima Sangiovese, Toscana, Italy*

Choice of Artisan Cheese Duo (two cheeses, baguette, w/ accompaniments) or Big Island Vanilla Bean Crème Brulee (local vanilla bean custard, caramelized sugar)
• *R.L. Buller & Son Muscat, Victoria, Australia*

Food & Wine \$40.00 • Food Only \$28.00

GLUTEN-FREE GOAT CHEESE SOUFFLE

Makes Six Servings. Preheat Oven to 375°. Butter 4 six ounce ramekins.

1/2 pound Kunana Dairy goat cheese
2 tablespoons fine diced onions
4 each egg yolks
3 tablespoons butter
3 tablespoons rice flour
1 cup milk or heavy cream

1/2 teaspoon Dijon mustard
1/2 teaspoon Maui lavender
3/4 teaspoon salt
pinch pepper
5 each egg whites

In a medium sauce pan, make a roux: melt butter and stir in rice flour, cook 5 minutes, stirring occasionally.

Add milk and simmer for about 3-5 minutes.

Remove from heat and add egg yolks, then mustard, lavender and goat cheese.

Whisk until the cheese is melted.

In a separate mixing bowl whip egg whites with wire whisk to medium peaks.

Fold 1/3 of the egg whites into the cheese mixture, then fold in the rest.

Fill each of the buttered ramekin about 3/4 full with the the batter.

Bake @ 375° for 20 minutes and serve immediately.



Ocean View Dining · Live Music · In Kapaa behind Coconut Marketplace · 520 Aleka Loop