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Crispy Pork Belly with Chili Pepper Gastrique

> Vegetable Pouches with Garlic Herb Butter pg. 16

Pineapple Cranberry Chutney with Granny Smith Apples pg. 52



Vegetable Pouches with Garlic Herb Butter pg. 16

Sanford Toma KTA Puainako Store Director

It's the most wonderful time of the year! KTA 'ohana, we're officially launching into the holidays and Christmas music seems to be everywhere – yes, "Jingle Bells" is playing on repeat in our stores! There's something just extra special in the air and I'm very excited to be able to share that spirit with all of you.

Speaking of sharing, we're all about sharing a meal together at the end of the year. Potlucks, whether it's with family, friends or co-workers, can be a great way to break bread and enjoy each other's company. Need ideas of dishes you can bring? Pumpkin crunch is my personal favorite (pg.4). While you're at it, start thinking about Christmas gifts and save on your budget by doing a few DIY gifts (pg.66). And, be sure you're getting enough sleep (pg.58) and boost your own and your family's immune systems during this busy season with ginger (pg.48)!

We're always open to any suggestions or feedback you might have for our coupon book. Check us out online at ktasuperstores.com and on our social media pages on Facebook, Twitter and Instagram. Remember, we're always here for you at KTA, serving Hawai'i Island since 1916. Crispy Pork Belly with Chili Pepper Gastrique pg. 20 **Pineapple Cranberry Chutney** with Granny Smith Apples pg. 52

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Featured Chef



Adam Tabura

Chef Adam Tabura, who grew up on Lana'i and whose Aloha Plate food truck won the Food Network's national "Great Food Truck Race" in 2013, says he always keeps it as real as possible. For the former executive chef at Ruth's Chris Steak House, The Westin Maui and Kona Village Resort, that means staying true to creative local cooking that's also "simple, clean and more 'ono than 'ono!"

The recipes within are provided as suggestions only as part of our service to customers and are intended for use by persons having appropriate technical skill, at their own discretion and risk. KTA Super Stores cannot guarantee that favorable results will be obtained from their use, and assumes no obligation or liability and makes no warranties with respect to these recipes.





Pumpkin Crunch Away

Everyone loves pumpkin crunch, an 'onolicious holiday dessert that's perfect to bring to your next family potluck. Here's an easy and simple recipe if you want to try your hand at making it yourself!

15 oz. can pumpkin 12 oz. can evaporated milk 3 eggs 1 tsp. cinnamon 1 cup sugar 1 box yellow cake mix 1 cup walnuts, chopped 2 sticks butter, melted

Preheat oven to 350°F. In a large mixing bowl, combine the pumpkin, evaporated milk, eggs, cinnamon and sugar; pour into 9" x 12" pan lined with parchment paper.

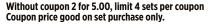
Pour half a box of yellow cake mix over the pumpkin layer. Sprinkle 1 cup of chopped walnuts, then layer the other half of cake mix. Lastly, spoon the melted butter over the top.

Bake for 50 to 60 minutes. The top is the crust, so when it's cool, loosen the cake and invert pan onto a tray. Top with whipped cream, frosting or haupia for an added touch of sweetness. Cut into squares and serve in cupcake holders.

Too much work? For those wanting instant gratification, Pumpkin Crunch is available at KTA bakery locations!





















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Cheeseburger Dip



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Vegetable Pouches with Garlic Herb Butter

Created by Chef Adam Tabura





Vegetable Pouches with Garlic Herb Butter

 ½ lb. butter, unsalted, room temperature
 1 cup ad

 ¼ cup garlic, minced + 2 tbsp. garlic, slivered
 5 to 6 a

 1 tbsp. garlic salt
 8 to 10 g

 1 tbsp. Italian parsley, chopped
 3 to 4 H cut le

 1 tbsp. dried chili flakes
 3 to 5 c

 1 tbsp. olive oil pg.17
 4 to 5 c

 2 ea. aluminum foil squares, 8"x 8", double the thickness for a sturdier pouch, 8" x 16"
 4 cup s

1 cup acorn squash, medium diced

- 5 to 6 asparagus tops
- 8 to 10 young green beans
- 3 to 4 Hamakua Ali'i mushrooms, large, cut lengthwise
- 4 to 5 cherry tomatoes
- 4 to 5 pearl onions, whole
- 1/4 cup shallots, cut into wedges

In a small mixing bowl, combine the butter, minced garlic, garlic salt, Italian parsley and chili flakes. Mix well, shape into a log, wrap in cling film and refrigerate until ready to use.

Preheat oven to 350°F. Drizzle oil on the bottom of each foil square. Divide the squash, asparagus, green beans, mushrooms, pearl onions, tomatoes, slivered garlic and shallots between the foil squares, taking care not to poke any holes in the foil, as natural juices will leak out.

Add 1 to 2 tbsp. cold garlic herb butter to each portion of the vegetables. Fold each foil square in half and crimp the edges tightly, so steam and juices do not run out. Bake in the oven or over a grill for 14 to 16 minutes; remove from heat and let rest 3 to 4 minutes as steam will finish cooking and produce al dente vegetables. Cut the pouches open at top and serve with a heart-healthy protein, green salad and ice-cold coconut water with a wedge of lime.

Servings:

Serves 2

Total Time:

30 minutes

Pair With: Coconut Water







Crispy Pork Belly with Chili Pepper Gastrique

Created by Chef Adam Tabura



Crispy Pork Belly with Chili Pepper Gastrique

2 lbs. pork belly, skin on, 2" strips pg.50
2½ qts. water
2 bay leaves
1 tbsp. Hawaiian rock salt
1 jalapeno, cut in half
2 tbsp. olive oil pg.17

½ cup reserved pork belly liquid
½ cup sugar
½ cup apple cider vinegar pg.21
1 tsp. fish sauce
2 or 3 green onion stalks

In a large stock pot, combine the pork belly, water, bay leaves, Hawaiian salt and half of a jalapeno pepper. Simmer for 35 to 40 minutes or until the pork is fork tender. Remove the pork from the liquid and refrigerate until completely chilled.

Cook the pork belly liquid on medium heat for about 35 to 40 minutes to reduce it to 2 cups. Remove from heat, strain and refrigerate.

Score the skin of the chilled pork belly with a sharp knife; season to taste with salt and pepper. Heat the olive oil in a saute pan; add the pork belly and sear for 8 to 10 minutes skin down until the skin is crispy and golden brown. Cover pot while searing.

In a small saucepot, combine the 2 cups of pork belly liquid and sugar. Simmer until it starts to bubble, stirring to cook evenly. Add the vinegar and stir well; it will reduce and thicken. Remove from heat and add the fish sauce; stir well to combine.

Arrange the sliced pork belly on a serving plate and finish with the chili pepper gastrique. Garnish with green onions and enjoy with an ice-cold local lager.

Servings:

Serves 4

Total Time:

55 min

Pair With:

Maui Brewing Co. Bikini Blonde pg.78

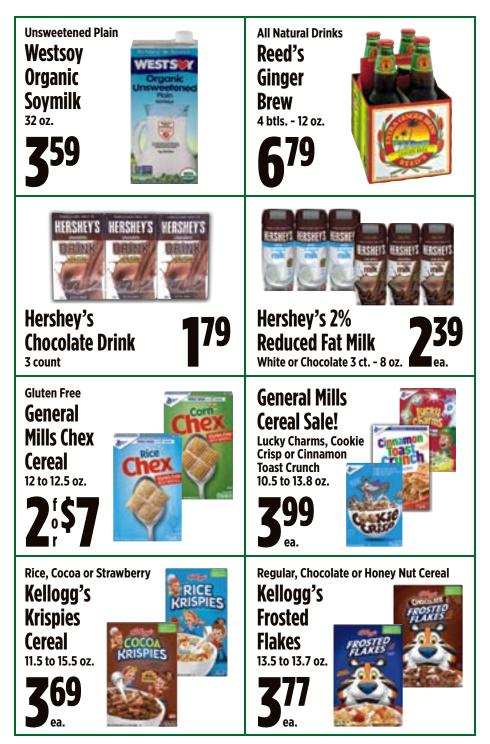
































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1326-50













Ga Ga for Ginger

Flu season is in full swing, which is why keeping your health up is vital to your overall wellness. Give your body an immunity boost by adding ginger to your diet!

This root vegetable can add delicious flavor and heat to a dish while also helping your body fight germs.

Choose Well. Pick ginger that has shiny, taut and thin skin. It should also smell pungent and have no soft spots.

Store Smart. Store in a resealable bag in the crisper drawer of the fridge. Otherwise, store in freezer and grate.

Good Ginger. Ginger has gingerol, a bioactive substance that can help lower risk of infections, diseases and growth of many bacteria. It can also be helpful against respiratory and gum infections.

Tummy Trouble? If you have a queasy stomach, whether from pregnancy, getting sick or from your whale-watching ride out on the waves, try taking ginger to ease nausea.

Try Ginger Tea. An easy way to incorporate ginger is to drink it. Slice 20 to 40 grams of fresh ginger and steep in hot water. Add lemon or honey for flavor and sweetness. Enjoy!





Frozen Wang Korea **Seafood Mix** 14 oz. IJQ

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Oscar Mayer Bacon

Regular, Lower Sodium, Thick Cut 16 oz., Selects **Natural or Center Cut** 12 oz.



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Frank's Foods

Franks 16 oz., Cheese Cocktail Franks, Longanisa, Blood, **Reg. or Cocktail Portuguese** Brand Sausage 12 oz.



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1520-50





1524-30

Pineapple Cranberry Chutney with Granny Smith Apples

Created by Chef Adam Tabura



Pineapple Cranberry Chutney with Granny Smith Apples

2 cups cranberries, frozen, rinsed and drained
3 cup orange juice pg.53
1 cup water
¼ cup mirin
1 cinnamon stick, cracked
2 tbsp. olive oil pg.17
½ cup Maui onions, small diced
¼ cup red bell pepper, small diced 2 cups granny smith green apples, peeled, small diced
1 tbsp. rice vinegar
1 lemon, zest and juice
Hawaiian salt, to taste
2 tbsp. local honey
2 tbsp. fresh mint, thinly sliced
2 cups fresh pineapple, small diced

Place cranberries, orange juice, water, mirin and cinnamon stick in a sauce pot. Bring to a light simmer, cook on medium heat for 18 to 20 minutes or until cranberries are soft but not over cooked, stir for even cooking; chill and reserve.

In a separate sauce pot add the oil and onions; cook over medium high heat for 2 to 3 minutes or until onions are translucent; stir to prevent scorching. Add the bell pepper and apples; cook for 2 minutes, then add the rice vinegar to deglaze pan. Cook on medium heat to reduce liquid until mixture starts to come together.

Add the chilled cranberries, lemon juice, zest, salt, and honey and cook for another 4 to 5 minutes on medium low heat, stirring to avoid scorching. Remove from heat, spread chutney on flat sheet pan to cool quickly and evenly; chutney should be moist but not too wet. It will thicken as it cools. Once cooled, fold in fresh mint and pineapple; adjust seasoning if needed. Serve chilled as a side dish, or warmed up to top off any roast. Also great with any ala mode desserts as a compliment!

Servings: Serves 4

Total Time: 50 minutes Pair With: Kendall-Jackson Sauvignon Blanc pg.78















Sleep Like A Champ

Getting the right amount of sleep is important for health during this busy winter season. Here are a few tips on how you can sleep better consistently:

Schedule Sleep. Experiment by setting aside 7 to 9 hours a day for sleep for just one week and make a mental note of how you feel each day. You will most likely notice better focus and energy by the end of the week!

Organize Your Bedroom. Sleeping in a messy bedroom filled with papers, clothes on the floor, games and exercise equipment can subconsciously affect your sleep in a negative way. "Marie Kondo" it up and see if a clean environment can positively affect your sleep.

No Blue Lights. Blue lights from our cellphones, televisions and other sources can prevent restful sleep and also hinder productivity the next day. Buy a regular alarm clock so you're not sucked into the mobile vortex in the morning and also put your phone in another room or somewhere you can't reach to prevent midnight scrolling.

Cut Down Caffeine. You can still enjoy your daily cup or two of coffee, but try to avoid drinking coffee later in the day. Caffeine can stay elevated in your blood for six to eight hours, so that latte after 3pm might not be such a good idea. If you are craving coffee, go for decaf.

Nap Smart. We are all for short power naps – in fact, they can improve your efficiency and energy – but long or irregular napping during the day can end up backfiring and give you poor sleep quality or disrupted sleep at night. Keep those naps short, sweet and consistent!

Nutrex Supplements

BioAstin Hawaiian Astaxanthin Reg. 60 ct. - 4 mg., Once Per Day 25 ct. - 12 mg. or Spirulina Pacifica Nature's Multi-Vitamin Tablets 200 ct.





















Holiday Gifts on a Budget

Homemade holiday gifts can add a special touch while also being gentler on your bank account. These gifts are easy to put together and take only a few ingredients:

Cocoa Mug Mix. Add 2 cups powdered sugar, 1 cup unsweetened cocoa powder, ½ cup dry milk, 1 tsp. salt, ½ cup chocolate chips and top with marshmallows in an airtight container.

Hurricane Popcorn. In a large bowl, add 13 cups of popped popcorn, 2 to 3 tbsp. butter flavored popcorn oil and $\frac{1}{2}$ tsp. shoyu. Add 2 to 3 tbsp. of Nori Furikake mix and 1 to 2 cups of Japanese arare. Toss to combine.

Bath Salts. Combine 6 parts coarse sea salt, 3 parts epsom salts and 1 part baking soda. Add a few drops of essential oils and combine. Add a few drops of food coloring, until you achieve the desired shade.

Lip Sugar Scrub. Mix 1 tbsp. each honey and sugar. Add $\frac{1}{2}$ tsp. coconut oil and mix well. Fill container. For use, apply a small dime sized amount for exfoliation, followed by lip balm.

After making the gifts, you can go as fancy or as simple as you want with the packaging. You can decorate a mason jar, small bag, cute mug or a nondescript container. Anything works, as long as they're airtight and will store well.

























Grocery

7-UP, A&W, Sunkist, Canada Dry, RC Cola, or Diet Rite Soda	25
Aloha Maid Natural Drinks Alvarado St. Bakerv Sprouted Bread	25 20
Aroy-D Thai Curry	
Barilla Pasta	9
Bell's Small Ripe Olives	
Best Foods Real Mayonnaise	
Big Island Delights Cookies or Party Mix	
Bumble Bee Chunk Light Tuna	
Bush's Best Baked Beans	
Bush's Best Beans Classico Pasta Sauce	
Dave's Killer Organic Bread	
Diamond Bakery Soda Crackers or Shortbread	
Dole California Seedless Raisins	
Duncan Hines Moist Cake Mix	
Essential Everyday Ice Cream Cups	
Essential Everyday Oats	
Family Shiitake Mushrooms	
Field Day Sparkling Water From the Ground Up Cauliflower Snacks	
General Mills Cereal	
Gen-Ji-Mai Brown Rice	
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Hawaiian Host Founder's Collection Chocolate Macadamia Nuts	
Hawaiian Punch Juice Drinks	
Hawaiian Sun Kona Krunch	
Heinz Apple Cider Vinegar	
Hershey's or Jolly Rancher Candy	
Hershey's White Milk Hidden Valley Ranch Dressing	
Hormel Chili with Beans	
Hormel Turkey. Smoked Ham or Chicken	
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PanaPesca Mussels	
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