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Chinese Five Spice Grilled Pineapple with Coconut Ice Cream pg. 46

> Cantaloupe Gazpacho pg. 8 Shiitake Mushroom Lamb Burgers pg. 38



Cantaloupe Gazpacho ^{pg. 8}

Keith Hayama KTA Keauhou Store Director

Aloha KTA 'Ohana. It's the season to celebrate graduates! Whether it's your child finishing a college degree or a grandchild moving on from elementary, here's to all our loved ones and their amazing accomplishments!

While graduation ceremonies may look different this year due to COVID-19, there are still ways to celebrate with your 'ohana. Coordinate a drive-by graduation party, made all the merrier with festive signage and decorated vehicles. Or, you can choose to host a virtual celebration online and invite as many family and friends as you want. You can make it extra special by mailing or dropping off handwritten thank yous from the graduate and/or treat bags for those celebrating with you.

Speaking of accomplishments, we at KTA Super Stores are thankful for our achievements this past year. Despite the disruptions caused by a global pandemic, we are proud to be able to continue serving our Hawai'i Island community—a testament to the support and patronage from our loyal customers!

Share how you celebrate the grads in your life this year with us on Facebook, Twitter and Instagram. You're someone special at KTA since 1916.

Shiitake Mushroom Lamb Burgers

pg. 38

Chinese Five Spice Grilled Pineapple with Coconut Ice Cream pg. 46

Coupons

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Featured Chef



Ryan Covert

Ryan Covert is both the owner and head chef of Covert Affairs, which caters to locals and celebrities alike. His dynamic cooking style is a global celebration, focusing on Asia-Pacific, Mediterranean and Caribbean cuisines.



Sign up to receive our Coupon Book with Quick & 'Ono recipes and \$150 in savings at ktasuperstores.com/stay-in-touch or scan the code!

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.









Cantaloupe Gazpacho

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Created by Chef Ryan Covert

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



Chilled Cantaloupe Gazpacho

2 lemons, zest one, juice both
¼ cup water pg.17
1 large ripe cantaloupe, remove skin and seeds, diced into small pieces ¹⁄₄ tsp. pepper pg.8 1 Japanese cucumber, diced small 6 tbsp. Crème Fraiche or sour cream 8 mint leaves, chiffonade or finely cut

1/4 tsp. salt pg.8

In blender, add in the lemon juice, water, cantaloupe, salt, pepper and lemon zest. Puree until smooth. Pour the soup into a large bowl and refrigerate for one hour.

Place the Gazpacho into a soup bowl and garnish with diced cucumber, crème fraiche or sour cream and mint. You can serve this dish as an appetizer or light refreshing lunch.

Chef's Note: To pick a ripe cantaloupe it should have a sweet, slightly musky scent and has a stem end that yields slightly when pressed with your thumb.

Servings:

Serves 4 to 6

Total Time:

1 hour 15 minutes

Pair With: La Crema Pinot Gris pg.62

Beef, Vegetable or Free Range Chicken Kitchen Basics Organic Stock for Cooking All Natural 32 oz.

Without coupon 3.47, limit 8 per coupon



























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Dessert Mix .3 to 3 oz.









1345-20







1320-30







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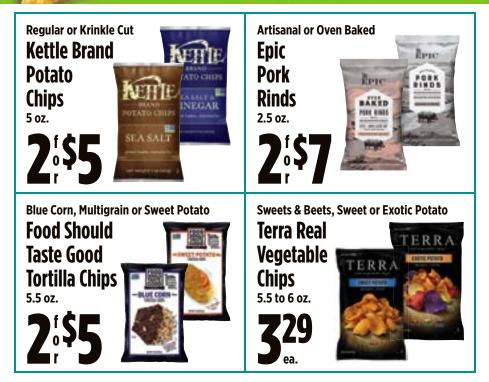






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Limit 1 coupon per product, per visit, per customer. Descriptive, typographical and/or photographical errors are subject to correction.





Family Coconut Milk, Chef's Choice Coconut Milk or Cream 13.5 oz.



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1355-50

Shiitake Mushroom Lamb Burgers

Created by Chef Ryan Covert



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



Shiitake Mushroom Lamb Burgers

16 oz. ground lamb meat 1 cup Shiitake mushrooms, stemmed, small dice

¹/₂ tbsp. garlic, minced

1/2 tbsp. ginger, minced

1/2 cup red onion, small dice

1/2 cup fresh cilantro, rough chop 2 tbsp. oyster sauce pg.39 1 tbsp. Sriracha, optional non-stick cooking spray pg.24 4 hamburger buns pg.21

In a large bowl, add the ground lamb meat, shiitake mushrooms, garlic, ginger, red onion, cilantro, oyster sauce, Sriracha and mix well. Form into 4 patties and place onto baking sheet. Spray both sides of burgers with non-stick cooking spray. Grill over high heat 2 to 3 minutes per side or to desired temperature.

To assemble, add burgers to buns and serve with your favorite toppings and condiments.

Chef's Note: If you're not a lamb fan, you can easily replace it with ground beef.



Total Time: 30 minutes

Pair With: Sterling Vintner's Chardonnay pg.62















Chinese Five Spice Grilled Pineapple with Coconut Ice Cream

Created by Chef Ryan Covert



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



Chinese Five Spice Grilled Pineapple with Coconut Ice Cream

1 ripe fresh pineapple, cut into rounds 3 tbsp. white sugar 1 tsp. Chinese five spice non-stick cooking spray pg.24 coconut ice cream, store bought

Cut off the top and bottom of the pineapple using a sharp chef's knife. Stand the fruit upright and cut off the skin, following the curve of the fruit. Remove any remaining hard brown spots, or "eyes," with a paring knife. Slice the peeled pineapple crosswise into 6 to 8 rounds depending on the size of pineapple. Use a small round cookie cutter to punch out the core of each slice or cut out with a paring knife.

In a small bowl, add sugar and five spice and mix well. Place pineapple rings on a large baking sheet and sprinkle the sugar mixture on each side of the pineapple rings; let marinade for 10 minutes.

Spray both sides of the pineapple rings with non-stick cooking spray and grill on high heat for 2 minutes per side until lightly charred. To serve, place a grilled pineapple in a bowl and top with coconut ice cream.

Chef's Note: To pick a ripe pineapple, it should have a light, sweet pineapple fragrance, especially at its base.

Servings: Serves 6 to 8 Total Time: 25 minutes Pair With: Fetzer Monterey Riesling pg.62







Nutrex Supplements

BioAstin Supreme Hawaiian Astaxanthin 60 ct., Pure Hawaiian Spirulina 5 oz. powder or Spearmint Flavor 1000 mg - 180 ct.





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Hand Soap 7.5 07.





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Body Wash

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ea.







Limit 1 coupon per product, per visit, per customer. Descriptive, typographical and/or photographical errors are subject to correction.



















Grocery

Aquafina Purified Drinking Water	
Barbara's Cheese Puffs	
Best Foods Mayonnaise	13
Betty Crocker Bisquick Pancake & Baking Mix	
Bush's Best Chili Beans	
Capri Sun Juice Drinks	
Cheetos or Sunchips	
Chicken of the Sea Chunk Light Tuna	
Diamond Bakery Crackers or Shortbread Cookies	
Dole California Seedless Raisins	
Duncan Hines Cake Mix	
Early California Extra Large Olives	
Essential Everyday Evaporated Milk	25
Essential Everyday Sugar Cones	23
Family Coconut Milk, Chef's Choice Coconut Milk or Cream	37
Gamesa Marias Cookies	
Gatorade Sports Drinks	17
General Mills Cheerios Cereal	19
Ghirardelli Baking Chips	
Glacéau Vitamin Water or Coca-Cola Energy Drinks	
Hawaiian Sun Chocolate Covered Macadamia Nuts	
Hawaiian Sun Natural Drinks	19
Heinz Apple Cider Flavored Vinegar	13
Hidden Valley Ranch Dressing	
Hormel Chili No Beans	5
Hunt's Tomato Ketchup	11
Jell-O Gelatin Dessert Mix	23
Kellogg's Pop•Tarts	23
Kikkoman Soy Sauce or Teriyaki Marinade & Sauce	37
King Arthur Flour Gluten Free Mix	25
Kitchen Basics Organic Stock for Cooking	9
Kraft Barbecue Sauce & Dip	
Krusteaz Pancake or Waffle Mix	25
La Tour Japanese Style Bread	21
Late July Organic Tortilla Chips	33
Lee Kum Kee Oyster Sauce	39
Lipton Black Tea	15
Lipton Recipe or Soup Secrets	7
Mars, Wrigley Candies or Combos Snacks	29
Maxwell House Ground Coffee	15
Maya Kaimal Everyday Dal	37
Mezzetta Peppers or Peperoncini	11
Morinaga HI-CHEW Candy	29
Nabisco Nutter Butter, Oreo Cookies or Ritz Crackers	31
Nestlé Coffee mate Creamer	15
Oberto Jerky	35
Orion O!Tube Potato Snacks	35
Oroweat Bread or Buns	21
Pepsi Soda	17
Progresso Soup	
Rice Dream Classic Rice Drink	
Rosarita Refried Beans	
Shirakiku Nishime Kombu	
Shirakiku Panko Bread Crumbs	
Siete Grain Free Tortilla Chips	
Star Olive Oil	15
Sweet Sue Broth	
Taco Bell Thick & Chunky Salsa	
Van Camp's Pork and Beans	
Wrigley's Candies	
Yamamotovama Tea	77

Perishables

Banguet Frozen Meals	45
Ben & Jerry's Ice Cream or FroYo	
Brevers Ice Cream	
Busseto Antipasto	
Frank's Foods Franks or Sausage	43
Hot Pockets Stuffed Sandwiches	45
Kraft Singles or Velveeta Slices	45
Meadow Gold 100% Pure Orange Juice	49
Meadow Gold Ice Cream or Sherbet	49
Naturally Omega Large Eggs	
Oscar Mayer Beef Franks	43
PanaPesca Hardshell Clams	
Tyson Chicken Thighs	43
1916 EZ Peel Shrimp	

Health & Beauty

Allegra, AllerLife or Nasacort Allergy Relief	ונ
Banana Boat Light as Air Sunscreen	53
Bayer Aspirin Pain Reliever	51
Colgate Toothpaste	51
Depend Protection	53
Dove Shampoo or Conditioner	53
Ensure Original Nutritional Shake	49
Nutrex BioAstin or Spirulina Supplements	

Non-Foods

Ajax Ultra Dish Liquid	55
Energizer Max Alkaline Batteries	59
Essential Everyday Coffee Filters	59
Essential Everyday Paper Napkins	55
Glad Clear Food Cling Wrap	55
King Citronella Mosquito Coils	
Kingsford Charcoal Briguets	59
Kleenex Tissues	53
Locals Massage Rubber Slippers	59
Milk-Bone MaroSnacks	57
Purex Laundry Detergent	55
Purina Friskies Dry Cat Food	57
Raid Ant & Roach Killer Spray	57



50 East Puainako Street Hilo, Hawai'i 96720 www.ktasuperstores.com

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