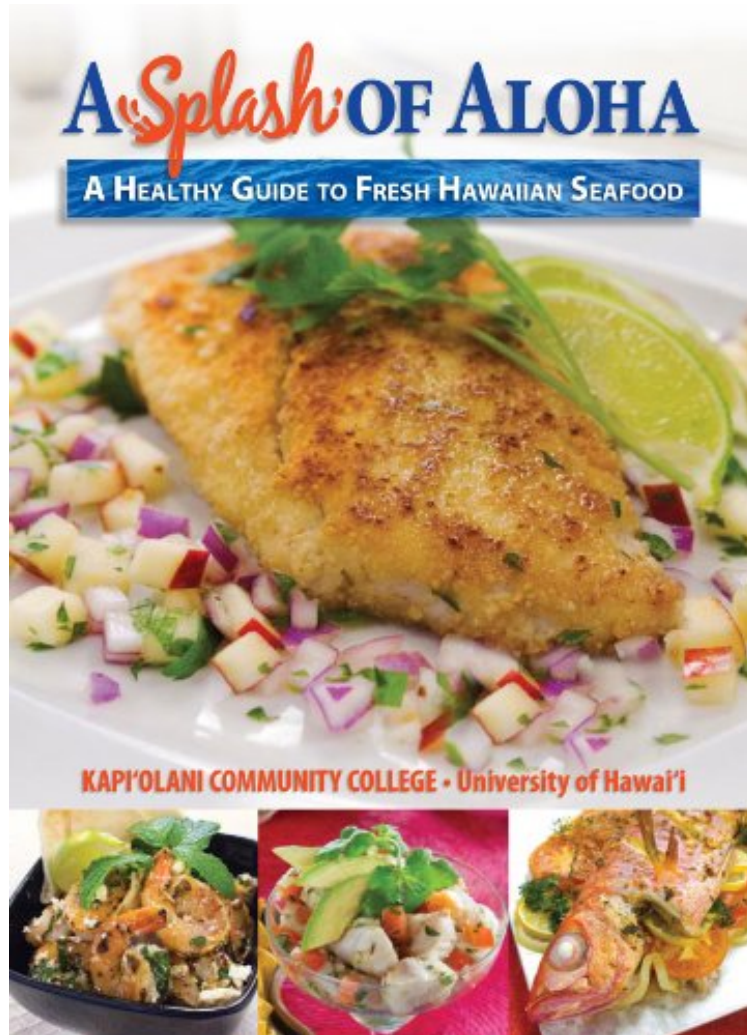


A Splash of Aloha

Kapiolani Community College
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Kapiolani Community College : A Splash of Aloha before purchasing it in order to gage whether or not it would be worth my time, and all praised A Splash of Aloha:

Hawaii's clear blue waters and thriving fish farms produce a bounty of seafood that's as healthful as it is delicious. A Splash of Aloha, a unique guide from the Kapiolani Community College Culinary Arts Department, will help you enjoy fresh Island fish and shellfish for good health and good nutrition, too. This beautifully photographed companion volume to the bestselling A DASH of Aloha and A Sweet Dash of Aloha includes buying and safety tips, nutritional labels and nearly 100 innovative recipes for preparing Island favorites from ahi to uku, from butterfish to Kona

abalone.

About the Author Kapiolani Community College, a program that has turned out some of the Islands' top chefs, assembled a team of dietitians, doctors, educators and culinary instructors to produce this book to educate Hawaii's population on how to prepare our local seafood easily, deliciously and healthily!