

# INTRODUCTION TO AIKIDO

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## morsels BY ROBBIE WILLIS

# Real Ono Grinds, Brah

Enjoy aloha-style eats right here on the mainland.

**N**ext door to the Stop and Shop convenience mart on the busy corner of 18th Avenue and City View might be the last place you'd expect to find the aloha spirit, but there it is in the form of **Hawaiian Time**, a little restaurant serving popular Hawaiian "grinds" in a slightly upscale version of the traditional island lunch counter.

Hawaiian Time keeps the menu pretty simple and mainland friendly — you won't find *manapua* (steamed buns filled with barbecued pork) or *poke* (raw fish or seafood mixed with seaweed and spices) or the more exotic lomi salmon or *laulau* (meat and/or coconut cream wrapped and cooked in taro or ti leaves). But no worries, you'll still enjoy a selection of delicious plate lunch items like teriyaki beef, Huli Huli chicken, Kalua pig and plenty of saimin (noodle soup) combinations. All plate specials come with the requisite scoop

has found a way to cook it oven style that brings on a good version of the smoky luau flavor. The pork is shredded and served over rice with, yes, you guessed it, macaroni salad. I should say, the macaroni salad is *very* good — simple mayonnaise dressing with lots of pepper — goes real nice with the sweet, salty flavors of the entrees.

Lighter fare includes Kekoa's Garden Mix (\$6.95), a stirfry of grilled veggies tossed with a rich soy-sauce-based marinade, and Chinese Chicken Salad (\$6.95), a bed of Romaine lettuce with Huli Huli chicken, mushrooms, green onions and cilantro, all covered with chow mein noodles and a tangy Island dressing.

The menu also includes sandwiches made from the teriyaki beef (\$5.95), the Kalua pork (\$6.95) and the Huli Huli chicken (\$5.95), all of which are served with the mac salad. Hawaiian Time also offers

## WARNING:

If you go to Hawaiian Time, you better be ready to *eat*...

of rice and macaroni salad and can be *ali'i*-sized for an added dollar or so. You can also order the plates smaller for a \$5 flat price, or create your own mixed plate, combining different entree items from the menu.

If this is your first venture into Hawaiian cuisine, give the Huli Huli Chicken Plate (\$6.95) a try. What really makes this dish special is the Huli Huli sauce, a sweet-tangy condiment that combines the flavors of barbecue and teriyaki into one fine dish. Kekoa's Special (\$6.95), thinly sliced beef, marinated in sweet teriyaki sauce, then grilled and served with rice and macaroni salad, is also a local-style standout.

If you've ever enjoyed a luau feast, then you'll be happy to see the Kalua Pig Plate (\$7.95). Of course, since this is a restaurant, Hawaiian Time can't really set up the traditional outdoor, underground cooking pit to roast the pork. However, Hawaiian Time

saimin bowls with a variety of add-ins you can select according to your tastes (\$4-\$7). Along with fountain drinks and bottled water, Hawaiian Time serves Hawaiian Sun beverages in combinations of island flavors like lilikoi and passion fruit — the perfect sweet to go with these dishes.

Warning: If you go to Hawaiian Time, you better be ready to *eat*, or at least to take da kine leftovers for lunch the next day — even if you don't *ali'i*-size it, the plates are very generously portioned. You can get food to go, or there is also plenty of seating in the tidy restaurant, decorated in warm colors with beach and surf posters, and tapa cloth motifs.

So dig up your rubbah slippahs and your favorite hibiscus print rayon shirt, practice your pinkie-thumb "shaka," and head over to Hawaiian Time to "broke da mout" on real ono eats.

EW

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