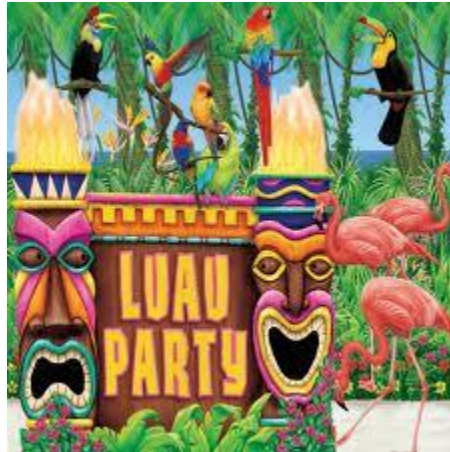


Aloha Luau



Throughout the world, feasting has been and is a universal form of celebrating happy and important events. In ancient Hawaii, men and woman ate their meals apart. Commoners and women of all ranks were also forbidden by the ancient Hawaiian religion to eat certain delicacies. These delicacies were for Royalty only. This all changed in 1819, when King Kamehameha II abolished the traditional religious practices. A feast where the King ate with women and commoners was the symbolic act which ended the Hawaiian religious taboos, and the luau was born.

The favorite dish at these feasts is what gave the luau its name. Young and tender leaves of the taro plant were combined with chicken, baked in coconut milk and called luau. Whenever you're at a luau, you are *'ohana* — family.

Step into the flavors and traditions that make Hawaiian food and their culture so much fun. You can use all or parts of the party box, or even mix and match from other party boxes, to create a fiesta in your own backyard!





Aloha Luau Invitations

Who's at the Party?

Themes parties open the door to catchy, inspired invitations. Aloha (Hello/Goodbye), Mahalo (Thank You), Ohana (Family, not just blood-related family), Aloha 'oe (I Love You)

Grass Skirts, Loud Shirts
Torch Lights, Tropical Delights
These things and more
Says a Luau is in store!



However you let people know about your party be sure your invitations include the following information:

1. Date
2. Time
3. Location
4. Dress Code – Hawaiian Shirts
5. RSVP by date (usually 1 week before the party)

Send your invites a month to three weeks before your event so people have plenty of time to respond. The ideal time for a Luau is late afternoon into the evening. This gives you enough time to relax with drinks and games and then a shared dinner in the glow of the tiki torches.

Greet your guests with a Lei. The lei is anything of beauty woven together to make a garland. It can be made of flowers, beads, nuts, shells or even teeth! A lei should be a welcomed celebration of one person's affection to another. Therefore, always accept a lei, never refuse. The proper way to wear a lei is gently draped over the shoulders, hanging down both in front and in back. It is considered rude to remove a lei from your neck in the presence of the person who gave it to you, so if you must, be discreet.





Aloha Luau

Menu

The tropical flavors and feelings of Hawaii come to life before your eyes. We have created a menu that is easy to make yet interesting and flavorful, the decorations are simple but fun and you have a step by step plan on how to pull it all together with ease right here in the party plan.

Cocktails

Mai Tai Punch

Blue Hawaii

Beer & Sodas

Appetizers (Pupu)

Edamame Bowls

Tropical Guacamole and Chips

Entrees

Island Style Pork Loin

Hula Chicken Kabobs



Side Dishes

Hawaiian Style Macaroni Salad

Sesame Cabbage Salad

Fresh Fruit Salad in Pineapple Boats

Dessert

Pineapple Upside-Down Cake

Aloha Luau Recipes



Cocktails

Mai Tai Punch



Ingredients:

4 cups light rum
2 cups dark rum
2 cups 151 proof rum (float some on top of cocktail or omit)
2 cups orange Curacao (orange flavored liqueur, like DeKuyper)
2 cups Orgeat (pronounced Or-zhat, almond flavored syrup)
20 limes, juiced
12 cups fresh orange juice
4 cups pineapple juice

Directions:

In a large jar or drink cooler, combine the light rum, dark rum, orange liqueur, Orgeat, orange and pineapple juice, and lime juice. Stir and Chill. When ready to serve, pour into tall glass filled with ice and top off with a float of 151 rum. Garnish with a pineapple wedge or wheel of orange, a cherry and of course, a paper umbrella! Do not use grenadine if you want the true Mai Tai! Makes about 50 – 8 oz drinks.



Blue Hawaii



Ingredients:

3/4 oz. Rum
3/4 oz. Vodka
1/2 oz. Blue Curacao
3 oz. Pineapple Juice
1 oz. Sweet & Sour
Ice

Directions:

Combine ingredients in a tall glass with ice and garnish with a pineapple wedge, cherry and umbrella.

Make sure you have an ice chest full of sodas and water for all the guests. A keg of chilled beer will round out all the beverage needs for a great party!





Appetizers

Edamame Bowls



Edamame (fresh soybeans still in the shell and steamed). Tossed with flavored salt, spicy chili powder or star anise, they are healthful and delicious little bites that your guests will love. Great instead of chips!

Ingredients:

Edamame – fresh or frozen (easier to find)

Salt

Directions:

If using fresh, strip all of the pods off of your soybean bunch and boil them whole in salted water for 5 minutes.

Start timing once the water returns to a boil. Drain the pods, liberally salt them, and then slip the seeds out of the pods directly into your mouth.

Have a discard bowl handy for the shells.



Tropical Guacamole and Chips



Ingredients:

2 ripe avocados, preferably Haas avocados
1 large ripe mango, peeled and diced
1 cup peeled and diced jicama (about 1/2 small jicama)
1/4 cup red onion, diced
1/4 cup cilantro, chopped
1/3 cup red bell pepper, diced
Juice of 1 -2 Mexican limes
1/2 teaspoon salt
1/4 teaspoon minced garlic
1/4 teaspoon pepper
Tortilla chips, Taro Chips or Banana Chips

Directions:

Cut 1 avocado in half. Scoop pulp into a bowl; mash with a potato masher or fork until slightly chunky. Cut 2nd avocado in half. Peel, dice and set aside.

Add mango and next 8 ingredients gently into mashed avocado until combined. Add diced avocado, and gently stir until combined. Serve with chips.



Entrees

Island Style Pork Loin



Ingredients:

For pork:

1 1/2 teaspoons salt
1/2 teaspoon black pepper
1 teaspoon ground cumin
1 teaspoon chili powder
1 teaspoon cinnamon
2 pork tenderloins (2 1/4 to 2 1/2 pounds total)
2 tablespoons olive oil

For glaze:

1 cup packed dark brown sugar
2 tablespoons finely chopped garlic
2 teaspoons Sriracha
2 tablespoons pineapple juice

Directions:

Preheat oven to 350°F. OR Prepare Barbeque grill.

Stir together salt, pepper, cumin, chili powder, and cinnamon, and rub the pork with spice rub until worked into the meat.

Stir together brown sugar, garlic, pineapple juice and Sriracha for glaze. Place in microwave for 30 seconds to melt sugar. Add more pineapple juice if needed to make the consistency of a glaze. Set aside.



Place on barbeque grill to cook until thermometer inserted diagonally in center of each tenderloin registers 140°F, about 20 minutes.

Baste each tenderloin when they are almost done, being careful not to burn the glaze.

Remove pork loins to platter and cover. Let pork stand at room temperature 10 minutes. (Temperature will rise to about 155°F while standing.)

Hula Chicken Kabobs



Ingredients:

3 tablespoons soy sauce
3 tablespoons brown sugar
2 tablespoons rice wine vinegar
1 tablespoon sesame oil
1/2 teaspoon fresh ginger, grated
1/4 teaspoon garlic, minced
8 skinless, boneless chicken breast halves - cut into 2 inch pieces
1 (20 ounce) can pineapple chunks, drained
2 red bell peppers
2 green bell peppers
1 large red onion
8 oz button mushrooms, halved (optional)
Bamboo skewers, soaked in water for 20 minutes so they don't burn on grill

Directions:

In a plastic freezer bag, mix the soy sauce, brown sugar, rice wine vinegar, sesame oil, ginger, and garlic. Place the chicken pieces, pineapple and veggies into the marinade and massage until well coated. Cover, and marinate in the refrigerator at least 2 hours.

Preheat grill to medium-high heat.

Lightly oil the grill grate. Thread chicken and pineapple alternately onto skewers. Grill 12 to 15 minutes, turning occasionally, or until chicken juices run clear.



Side Dishes

Hawaiian Style Macaroni Salad



Ingredients:

1 lb. elbow macaroni
1 Tbs olive oil
1 Tbs salt for pasta cooking water + 1 tsp for salad
6 oz frozen petite green peas
1 tsp pepper
2 Tbs canned Albacore Tuna
1 stalk celery with leaves, finely chopped
1 onion, grated
1 carrot, finely shredded
1/4 cup Napa cabbage, finely shredded
2 Tbs fresh parsley, minced
4 Tbs Best Foods Mayonnaise (add more as needed)

Instructions

In a Dutch oven or large pot, fill with water, leaving several inches boiling room and add 1 Tbs salt and the 1 Tbs olive oil. Cook the pasta according to the package directions.

Mince, grate and shred all vegetables and set aside.

When the pasta is done, drain in a colander, rinse thoroughly with cold water, and drain again.

Pour pasta into a large mixing bowl. Add mayonnaise and fold until well blended. Keep adding mayonnaise until well coated.

Add tuna, salt, and pepper; stir to combine.



Add all minced vegetables and parsley; stir to combine.

Refrigerate until cold; at least 2 hours. Check for level of mayonnaise. Macaroni should be moist so add more mayonnaise if too much has been absorbed by the pasta.

Sesame Cabbage Salad



Ingredients:

For the salad:

1/2 small red cabbage, shredded or coarsely chopped
1/4 small- to medium-sized cauliflower, coarsely chopped
1-2 cups broccoli florets, coarsely chopped
2 large carrots, shredded
1/2 cup raisins

1 package Sapporo Ichiban Ramen soup noodles, crushed (use Original, red and white package if possible)

1/2 cup slivered almonds, toasted
1/4 cup sesame seeds or sunflower seeds, toasted

For the Dressing:

1/2 cup vegetable oil
3 tablespoons white vinegar
1 clove garlic, minced
2 tablespoons sugar
Spice package from Sapporo Ichiban Ramen soup noodles
Salt and freshly ground black pepper to taste

Directions:

Mix vegetables in a salad bowl. In a jar, shake the dressing ingredients. Refrigerate until ready to serve. Toss crushed noodles, nuts, seeds and dressing with vegetables just before serving.



Fresh Fruit Salad in Pineapple Boats



Ingredients:

1 15oz can Mandarin oranges

1 pint Strawberries

1 Papaya

2 Mangos

2 Kiwis

1 Cup green grapes or purple grapes

1 Honeydew melon

1 Lime, juice of

Directions:

Open can of mandarin oranges and drain. Remove hulls and slice strawberries in half. Peel and chop kiwis, papaya, mangos. Cube melon. Combine all fruits in a bowl and add lime juice; mix well and chill. Any of your favorite fruits will work fine. Fill each pineapple half just before serving.



Dessert

Pineapple Upside-Down Cake



Ingredients:

1/2 cups butter, softened
1/2 cup packed brown sugar
1 can (20 ounces) pineapple slices, drained
10 to 12 maraschino cherries
1/2 cup chopped pecans
1/2 cup butter
1-1/2 cups sugar
2 eggs
1 teaspoon vanilla extract
2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1 cup buttermilk

Directions:

In a saucepan, melt 2/3 cup of butter; stir in brown sugar. Spread in the bottom of an ungreased heavy 12-in skillet or a 13-in. x 9-in. baking pan. Arrange pineapple in a single layer over sugar mixture; place a cherry in the center of each slice. Sprinkle with pecans and set aside.

In a large bowl, cream sugar and remaining butter until light and fluffy. Beat in eggs and vanilla. Combine the flour, baking powder, baking soda, salt, cinnamon and nutmeg; add alternately to batter with buttermilk, beating well after each addition. Carefully pour over the pineapple.



Bake at 350° for 40 minutes for skillet (50-60 minutes for baking pan) or until a toothpick inserted near the center comes out clean. Immediately invert onto a serving platter. Serve warm.

Aloha Luau

Decorations

Creating the Mood

Conch Shell Blowing

Not only will this set the mood for the party, you can use it to signal dinner being served, sunset (traditional) or the beginning of a game. It can actually be a game. A Conch Blowing Contest is hysterical because it is not easy to blow a conch shell. You can purchase a conch shell and make the horn yourself or order a **conch shell horn** already complete and ready to play! You need to press your lips together and blow like you would any wind instrument like a trumpet. Practice makes perfect and practice makes for great fun!

Colorful Tablescapes

Vinyl tablecloths are better than paper since moisture from glasses will ruin the tablecloth. You can pick up inexpensive ones at Party City. Set each table with a different color such as pink, purple, blue, green and yellow, all the colors of a Hawaiian luau. Use **Raffia table skirting** around the edges of the tables for a tropical tiki look.

In the center of each table place a small terra cotta pot planted with bright colored flowers or an orchid. This will create an eye catching look and hold down the tablecloth if the wind comes up. **Scatter small shells** and votive candles across the table top.



Tropical Accessories

If you are having your luau poolside, **float water lilies** and floating candles in the pool for the romance and wonder that is so typical of Hawaii.



What is Hawaii without the beautiful tropical birds that are all over the islands? Perch a few of these **tropical birds** from the patio cover and in nearby trees for all to enjoy.



Torches, Lanterns and Lights

Lighting is a very important part of any party. There is something about twinkling, colorful lights that tells you this is going to be a special party. String lights under umbrella, patio covers and across the yard from tree to tree.



Hang **star lanterns** from tree branches, on a wire across the yard and under the patio cover. Lights that are part of the theme like add that extra element of fun to the party.





Tiki torches are an essential for the backyard luau party. Place the torches strategically around the yard to highlight your Hawaiian décor after dark.

Aloha Luau

Music



Great Music Will Transport You to Hawaii! What's a Hawaiian Luau party without the Island sounds and the steel drums? Since you can't always get to the islands, let the rhythms wash over you and get everyone in the mood for a luau! The music will also inspire dancing, laughter and fun. Target has a selection of Tropical music CDs to pick from. They are very reasonably priced and we have never been disappointed by their quality. Some other favorites are listed below or you can always check iTunes. Start a playlist on Pandora you can revisit whenever you are in the mood for a luau!

Albums

1. [Islands](#) – Putumayo (our personal favorite!)
2. [Best of 20 Good Vibrations](#) - Beach Boys
3. [Facing Future](#) - Israel (IZ) Kamakawiwo'ole



Singles

1. Elvis Presley - "Rock A Hula Baby", "Blue Hawaii"
2. Jan & Dean - "Surf City"
3. Bette Midler - "Ukulele Lady"
4. The Ventures - "Hawaii Five-O Theme Song"
5. Don Ho - "Tiny Bubbles", "Little Grass Shack", "Pearly Shells"
6. Israel (IZ) Kamakawiwo'ole - "Somewhere Over the Rainbow/What a Wonderful World"
7. Bobby McFerrin - "Don't Worry, Be Happy"
8. Surfari's - "Wipe Out" (instrumental)
9. Grease 2 Soundtrack - "Rock-a-Hula-Luau" (Summer Is Coming)



Aloha Luau

Activities

Limbo – How Low Can You Go!



1. Partygoers dance to tropical music and try to wiggle under a stick while facing forward and bending backward. Two people hold the stick horizontally on either end or in a stand that has notches so it can be lowered “fairly” as each round of dancers goes under.
2. Dancers form a line and dance under the limbo stick one by one. As each dancer goes under successfully, they go to the back of the line to start again. Each time the last dancer has gone under, the pole is lowered one more notch closer to the ground and the line starts over, dancing under the limbo stick.
3. The goal of the limbo dancer is to get under the stick without touching it. Once the limbo dancer can no longer get under the limbo stick and falls down, he is eliminated until there is only one dancer left. The Limbo King or Queen and they get the prize!



Pineapple Lawn Bowling - Have luau fun to spare with the **Island Pineapple Bowling Set!** Just line up the pineapples and knock them down with the coconut bowling balls. A prize goes to the winning team.



The Big Kahuna - The award goes to the party animal that arrives with the most colorful Hawaiian shirt.



Aloha Luau

Favors



Greet each guest with a **shell lei**, **flower lei** or **kukui nut lei** and show them the affection you hold for them. A **plumeria flower hair clip** is a beautiful gift for the women. These look so real you will think they are and they last forever.



Aloha Luau

Ready, Set, Go

The best way to have a stress free party and feel like a guest at your own party is to plan ahead. Here is a step by step party plan that will have you confident and excited about your own party. Remember, you are the Life of the Party and your guests will follow your lead.



One Month Before

1. Choose the date for your party. Make your guest list and send out invitations. Our **Party Planner** will help you get all your ideas for the party together.
2. Decide what items you have on hand and what items you will need to purchase. Use our **Party Plan Menu** to help you plan. If they are custom items, like leis, plumeria flower hair clips, lanterns, Pineapple Lawn Bowling, order them now.
3. Consider the areas for the party and any touch ups that may be needed. Plants for outdoor beds and pots, a little tidying up indoors.

One Week Before

1. Decide where you will hang the lanterns, string the lights and wire for the Star Lanterns. Pot the plants for the centerpieces. Make a list of all accessories, serving pieces and tableware you will need. Get special glassware or plastic glasses if your party is around the pool, for Mai Tai Punch and beer.
2. Make sure your music sound system is in good working order and make your playlist/burn CDs and load iPod.
3. Shop for any non-food type items and prizes for games.
4. Make Limbo Stick.
5. String lights and place tiki torches.

1-2 Days Before

1. Shop for all food items (2 days before). Create a shopping list that will make it so much easier to plan and shop for your party. Our customized **Shopping List** will help you get organized.
2. Make spice rub for pork loin and marinate chicken up to 24 hours. Cut vegetables for kabobs.
3. Make Mai Tai Punch.
4. Make Macaroni Salad and dressing for Cabbage Salad. Refrigerate.



5. Make the Pineapple Upside-Down Cake.
6. Set up bar area for Blue Hawaii cocktails, if serving these, and ice chest for sodas & waters. Leave the ice out of drinks/punch until ready to serve so that it does not water down the drinks. Chill the beer and sodas.
7. If possible, place the decorations the day before.

Day of the Party

1. Pick a time you must begin getting yourself ready and stick to it.
2. Set up the food area with the plates, utensils, napkins and glasses.
3. Make Cabbage Salad.
4. Prepare the Fruit Salad and chill.
5. Steam Edamame.
6. Rub pork loins and refrigerate until ready to grill. Bring to room temp 30 minutes before grilling for even cooking.
7. Make the Tropical Guacamole as the last item. Cover it with plastic wrap so that the wrap lays right down on the guacamole. Air is what makes it turn brown so between the citrus in the guacamole and the plastic wrap it should be fine.
8. Place Luau party favors by the entrance to the Luau so that you remember to give them to the guests.
9. Float flowers in the pool.
10. Review lists to make sure everything is ready.
11. Get dressed in your Luau party outfit.
12. Begin the festive music and have music playing the entire time.

Once Guests Arrive

1. Greet them with a welcoming cocktail.
2. Bring out the chips, guacamole, and Edamame.
3. Time for Pineapple Lawn Bowling over cocktails. Remember to mingle with your guests letting them know how much you appreciate them as friends. Don't forget to take



pictures!

4. Grill the chicken kabobs and pork loins. Bring out salads.
5. Give the Big Kahuna Award for the Most Colorful Hawaiian Shirt while the meats are grilling.
6. Ask for volunteers to blow the Conch Shell and signal dinner is ready. Serve your Fiesta Dinner.
7. Limbo Time! Play the limbo game over more cocktails, laughter and lots of pictures!
8. Serve dessert.
9. Guests leave knowing that they have been honored in the Hawaiian custom of friendship and fun!

