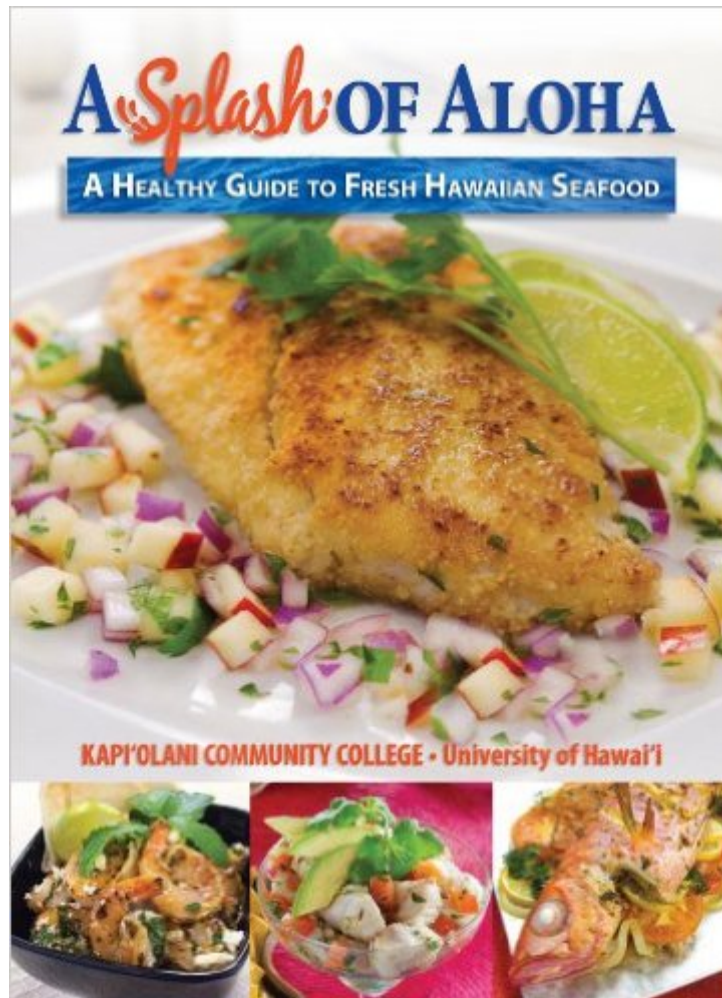


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A Splash Of Aloha



Synopsis

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.

Book Information

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