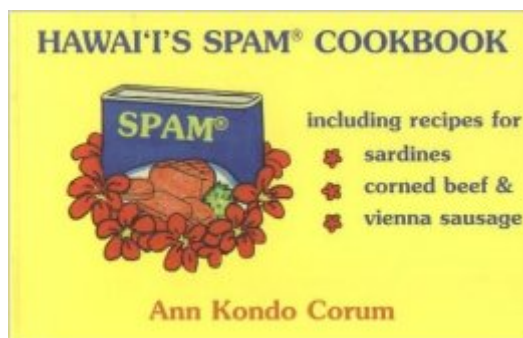


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# Hawaii's Spam Cookbook



## Synopsis

Humorously illustrated recipes for Hawaii's favorite luncheon meat, as well as sardines, corned beef, and vienna sausage.

## Book Information

Paperback: 160 pages

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Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (17 customer reviews)

Best Sellers Rank: #1,160,284 in Books (See Top 100 in Books) #75 in [Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Hawaii](#) #222 in [Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > West](#) #668 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Meat & Game > Meats](#)

## Customer Reviews

On a per capita basis, Hawaii consumes more than three and a half times more Spam annually than any other state (that's four million cans a year, all told.) The author claims, and makes a good case that Spam is "Hawaii's soul food." After World War Two when Spam became the brunt of derogatory jokes in most of the world, Hawaiians continued their Spam consumption at a voracious rate. In the process they got more and more imaginative in the preparations. I travel to Hawaii on business quite a bit, and can vouch for the popularity of Spam: even the Local McDonald's has a Spam breakfast. I just had it last week, in fact: it consists of two pieces of fried Spam, scrambled eggs, and two scoops of rice. Try finding that on the mainland. While I admit to having the McSpam breakfast as a novelty, Hawaiians take their Spam very seriously, and this book showcases some extremely imaginative methods of preparing Spam. It has "Spam and Mushroom Rolls," "Spam Musubi," "Kalua Spam," "Spam Won Ton," "Spam Chowder," "Spam Fu Young," "Spam and Zucchini Omelet," and the unpleasant sounding "Basic Spam-Fishcake Pupu Mix," among many other recipes. To say that there is a wide variety of Spam recipes here is quite an understatement, but there's much more than just Spam here. In a continuing homage to the Hawaiian love of canned and potted meat food products, there are also recipes for sardines, corned beef, and Vienna

sausages, all of which are wildly popular on the islands.

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