

# RECIPE ROUNDUP

## MANGO GRANITA

from the Editors

1 ripe mango, chopped very fine  
2 ½ cups guava/passion fruit juice  
½ t. lime zest  
½ cup Maui sugar  
¼ Cup Maui Mango Sugar  
1 cup boiling water  
Mint for garnish

Mix first three ingredients well.  
Add boiling water to sugar in separate bowl and mix till dissolved.  
Add sugar water to mixture and mix.

Pour into 9-inch glass pan and freeze 3–4 hours.  
Every now and then churn it up with a fork.

Serve in pretty glasses, and top with a tiny dollop of coconut ice cream.  
Serves 6.

*Maui Mango Sugar is made from pure Hawaiian sugar cane by the Maui Culinary Academy. Net proceeds benefit the Maui Culinary Academy. [www.mauiculinary.com](http://www.mauiculinary.com)*

## RED CABBAGE AND PINEAPPLE SALAD

from the Editors

1 small head local red cabbage  
1 cup finely chopped celery  
½ cup peppers (for eye appeal, try to find orange ones)  
1 cup fresh pineapple, cut in ½-inch pieces  
Salt and pepper to taste

Dressing:  
Reduced Balsamic drizzled over mixture

### Balsamic Reduction

4 cups balsamic vinegar

Reduce by slowly simmering on low heat down to 1 cup. This should take about 2 hours. Simmer slowly until it evaporates to a heavy syrup. Needs to be watched constantly ... do not boil or place on high heat as it may burn. It takes a lot of patience but is worth it. Save in a bottle; no refrigeration needed. You can save bottles from other vinegars for this purpose.

## SALAD OF ARUGULA, DUCK CONFIT AND BALSAMIC REDUCTION

from Cookie LaMadrid

3 cups young arugula greens  
1 leg of duck confit  
Slices of fresh mango (pears work well too)  
Slivered almonds to sprinkle on top (optional)  
Olive oil  
Balsamic reduction (recipe follows)  
Shaved Parmesan cheese  
Salt and pepper to taste

Shred duck confit and lay on bed of arugula  
Shave several slivers of Parmesan cheese  
Drizzle balsamic reduction and olive oil over greens  
Season with salt and pepper.  
Makes 2 entrées or 4 small salads

Note: Use only fresh Parmesan cheese.

### Balsamic Reduction

4 cups balsamic vinegar

Reduce by slowly simmering on low heat down to 1½ cups. This should take about 2 hours. Simmer slowly until it evaporates to a heavy syrup. Needs to be watched constantly ... do not boil or place on high heat as it may burn. Store It takes a lot of patience but is worth it. Save in a bottle; no refrigeration needed.

This reduction is great drizzled on:

- Any salad
- Chunks of Parmesan cheese
- Roast beef
- Roast lamb
- (Especially cold roast beef or lamb sandwiches with fresh tomato and arugula)
- Vanilla ice cream (believe it or not!)

Note: Duck confit is available at Fujioka's in Honolulu.