

a•lo•ha

/əˈloʊ, hə/ exclamation n.

Definition: love, affection,
peace, and compassion.

In Hawaii and at Intercap,
it's how we say **Hello**.



COOKBOOK

Intercap Lending



STICKY RICE

INGREDIENTS

2 cups sushi rice - medium grain white rice

3 cups water

1/2 cup rice vinegar

1/4 cup sugar

1 tablespoon vegetable oil

1 teaspoon salt

INSTRUCTIONS

1. Rinse uncooked rice until water runs semi-clear.
2. Add rice and water to sauce pan. Bring to boil. Cover and turn to medium heat. Cook covered rice for 20 minutes until water has evaporated.
3. While rice is cooking, mix rice vinegar, sugar, vegetable oil and salt in a small sauce pan. Heat and stir until sugar and salt dissolve. Set aside to cool.
4. Place rice in large bowl. Let cool for about 10 minutes then pour rice vinegar mixture over rice and mix with wooden spoon. Cover and let sit.



SPAM MUSUBI

INSTRUCTIONS

1. Open the can of Spam and shake or tap out the meat so it comes out in one piece.
2. Slice the Spam into 1/4 inch slices, length-wise.
3. Grill the Spam slices in a skillet on medium heat until light brown or to liking. Spam meat does not require cooking to eat.
4. Add sticky rice to the empty can of Spam and press firmly with a spoon to create a 1/2 inch pad of rice. Tap rice out of can in one piece.
5. Place the rice pad on a plate and a piece of grilled Spam on top. Season top of rice pad with soy sauce (optional)
6. Cut a Nori sheet 1 to 3 inches wide and wrap around rice and Spam. Slightly wet the Nori so it sticks together.

Enjoy your
Spam Musubi!

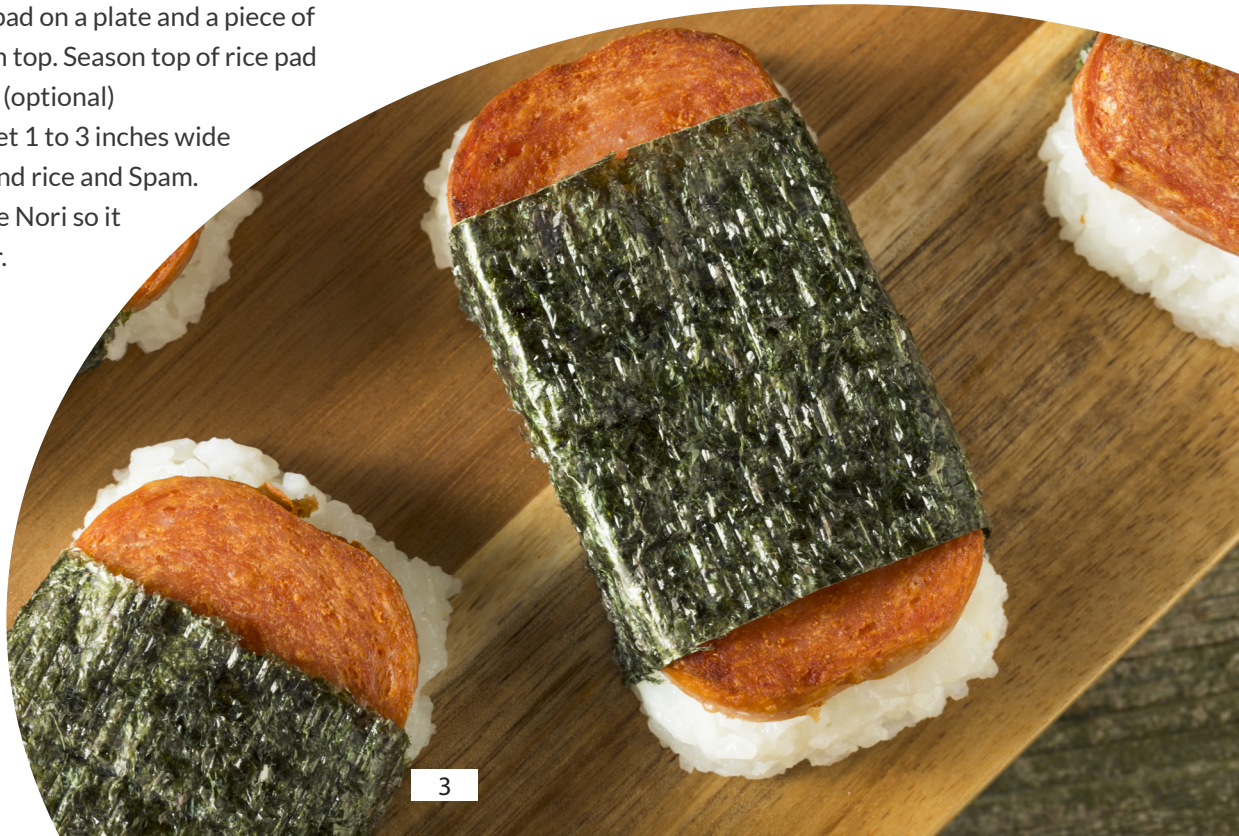
INGREDIENTS

Sticky Rice

Spam

Nori - roasted seaweed

Soy Sauce



SUSHI



INGREDIENTS & SUPPLIES

Sushi Rice
Cellophane Wrap
Nori - roasted seaweed
Soy Sauce
Wasabi
Bamboo Sushi Mat
Wooden Spoon
Chop Sticks

FILLINGS & SAUCES

Avocado
Cucumber
Sprouts
Celery
Sesame Seeds
Carrots
Mango
Tofu
Imitation Crab
Smoked Salmon
Cooked Shrimp
Whipped Cream Cheese
Spicy Mayo
Unagi



PREPARATION

There's no rule to your sushi fillings. It's all about your favorite combinations of taste and texture. If you want to try raw fish, be sure to buy "sushi-grade" fish. Otherwise, stick to cooked or smoked meats. We don't want you to get sick!

Cut sushi fillings into thin strips from matchstick size to the thickness of asparagus.

Prepare your sticky rice and let it cool to room temperature. Keep it covered with a cloth so it doesn't dry out.

Wrap the bamboo rolling mat in Saran wrap.

INSTRUCTIONS

1. Place a sheet of Nori on your cellophane-covered bamboo mat.
2. Press a thin layer of rice on the Nori sheet with a wooden spoon. Press firmly until there are no lumps and the layer of rice is thin and even. You shouldn't see the Nori through the rice.
3. If you want the rice on the outside of your roll, flip the Nori and rice over on your bamboo mat so the Nori faces up. Either way is fine; just your preference.
4. Place your fillings on the bottom third of your unrolled sushi. Run the fillings evenly across the sushi so each sushi slice will have an equal amount. Don't overdo your fillings. You can always make more sushi rolls! If you are going to use cream cheese, spread a thin layer on the bottom third and place your fillings on top.
5. Lift up the bottom of the bamboo mat and tightly roll the sushi. Tightly roll the sushi, moving your hands and fingers along the sushi with each turn. Repeat until the sushi is rolled into a tight cylinder.
6. You can also add items to the top of your sushi roll before cutting it into slices. Sesame seeds, avocado slices, and thinly sliced smoked or raw fish are common toppings.
7. Wrap the uncut sushi roll in cellophane wrap and use a sharp knife to cut the sushi in eight slices. Start with a cut in the middle of the roll and keep cutting in the middle of each slice until you have eight slices. A clean, sharp, and wet knife works best.
8. Remove the cellophane wrap and plate your sushi. You can add sauces and other toppings as desired.