

# CRAVE

COOK • EAT • DRINK

## GET ORGANIZED

*Take steps to boost kitchen efficiency*

OIL

WEEKLY  
EATER

*Aunty's  
Ramen*

BY REQUEST

*Cooking  
with  
collards*

## SOCIAL HOUR AT THE Veranda

Social Hour 5:30-10 p.m. daily during June  
Live music 7:30 p.m.

Reservations 739.8760 | KahalaResort.com

*\*tax & gratuity not included.*



### WINE FLIGHTS

Reds and whites from Italy.  
Flight of two \$12\*



### GIN FLIGHTS

Flavorful selection of gin spirits.  
Flight of two \$12\* (Includes a mixer)



### DELECTABLE APPETIZERS

The perfect complement to your wine or spirits.  
\$20-\$35\*

# A kitchen designed for efficiency

## Organize your space

If your kitchen is in disarray and you don't know what to do, start with this concept: Everything needs a home. Everything — from your frying pans to that can of kidney beans.

This is the advice of Donna McMillan of Island Organizers, who's been in the business of getting people's homes and offices in order for more than 30 years.

"Being organized means being able to quickly find whatever you need whenever you need it, even in the dark," she said. "If you're going to keep something, it deserves a home. If you're not using it, get rid of it — it's eating up valuable real estate."

McMillan's five steps to every organizing project:

>> **Separate.** Divide things into categories of keep, toss or donate.

>> **Eliminate.** Remove what doesn't belong in the space.

>> **Designate.** Give things a home.

>> **Contain.** Give everything a place to live (think spice rack or cooking utensil canister).

>> **Maintain.** Put things back where they belong.

Integral to her approach is the concept of "million-dollar real estate," premium spaces for the most-used items. In a pantry that means the portion of a shelf that's at eye level and easiest to access; around the stove, it's the adjacent cabinets and counter space.

**Text by Joleen Oshiro**  
**Illustration by Bryant Fukutomi**

joshiro@staradvertiser.com  
bfukutomi@staradvertiser.com

**Deep freeze:** Repackage bulk purchases in smaller bags. Seal, label and date everything, using meats within four weeks for best quality. Freeze sauces and soup stocks flat in plastic bags, then stack.

**Easy access:** Lazy Susans help you reach items in the back.

**Use the door:** Keep frequently used condiments in the door of the fridge for quick access.

**Be selective:** Consider the five tastes — sweet, sour, salty, bitter, umami — and pick your favorite items for each one, instead of loading up on tons of seasonings. Honey could replace sugar if you prefer it; alaea or spiced Hawaiian salt could replace plain salt; a bottle of bitters could suffice for bitter flavor. Asian basics to consider: fish and soy sauces, and miso.

**Crystal clear:** Store leftovers in clear containers so you can quickly see what's inside.

**Segregate:** Keep vegetables in one bin; fruits in the other.

• Common cooking ingredients such as oil, salt, pepper and soy sauce should always be close by.

• Stand baking sheets and racks so they can be easily pulled out.

• Pull-out shelving makes it easy to reach the pot or pan needed.

**MILLION-DOLLAR REAL ESTATE**

Keep items used often in prime spaces so they are readily accessible.

**Keep things visible:** Tiered shelves let you see all your canned goods. Place items on shelves according to expiration date.

**Turnabout is fair play:** Use Lazy Susans on high shelves to give you easy access to items in the back.

**Under the sink:** Store cleaning supplies on a rack inside the door to keep them accessible and out of sight.

**Box 'em:** Keep items in labeled containers so you can grab the container, find what you need and put the whole thing back.

**Front and center:** Put the most commonly used items where they are easiest to find.

**Sort things out:** Place items on shelves by category. Label the shelves.

## Organize your foods

Daniel Swift, culinary instructor at Kapiolani Community College, recommends the "supermarket template" for sorting pantry staples.

Arrange items in categories: oils, sweeteners, flours, canned goods, starches, legumes and grains, then consider how they need to be stored — do they need a dark, cool space? A dry space?

From there, pare down. "Consider how much space you've got and pick how many you can fit," he said. For example, "there are literally hundreds of different kinds of vinegars — rice, balsamic, fruit, etc. Narrow it down. For oils, you might use an olive to saute or for drizzling and a canola for frying." You don't need a half-dozen types.

Approach canned goods in the same way. In his cooking, diced tomatoes are a staple ingredient, so he keeps that stocked. Other folks might rely the same way on coconut milk or corn, he says. "These items provide a consistent flavor you can always count on."

Apply the same concept to produce and other refrigerated items. These may include onions, garlic and butter, plus celery and carrots for some, ginger or olena for others.

The bottom line, says Swift, is to be clear about what you will use. "If you don't cook it, you don't need it," he said.

## MILITARY SPECIALS



Hickam  
Kaneohe  
Pearl Harbor  
Schofield

Sale Prices good 6/1-6/7.  
While supplies last.

**White EZ Peel  
21/25 cnt.  
Shrimp**

**8<sup>99</sup>**  
lb.  
(while supplies last)



**Fresh island  
Kajiki Fillet**

**4<sup>99</sup>**  
lb.  
(while supplies last)



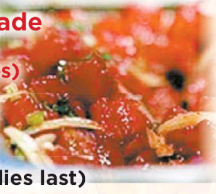
**Fresh  
Island  
Ahi Fillet**

**10<sup>99</sup>**  
lb.  
(while supplies last)



**Freshly Made  
Ahi Poke  
(All Varieties)**

**8<sup>99</sup>**  
lb.  
(while supplies last)



**Fresh Air Flown  
Atlantic Salmon  
Fillet**

**7<sup>99</sup>**  
lb.  
(while supplies last)



**Fresh Air Flown  
Manila Clams**

**5<sup>99</sup>**  
lb.  
(while supplies last)



**Foodland**  
FOOD, FAMILY & FRIENDS.

**Sack N Save**

FIRST PLACE  
**HAWAII'S  
BEST  
2015**  
Honolulu's Best Salmon

These sale prices are good only at  
Foodland and Sack N Save stores  
on Oahu 6/1/16-6/5/16.  
While Supplies Last! Sorry, No Rainchecks!

**Fresh AIR FLOWN**  
**Shell Oysters**  
Dozen

**9<sup>98</sup>**  
dozen  
with Maika'i Card



**Fresh AIR FLOWN**  
**Wild Caught  
Copper River  
Sockeye Fillets**

**19<sup>99</sup>**  
lb.  
with Maika'i Card



**Hawaiian Island  
Wild Caught Deep  
Ocean Shrimp  
(Ama Ebi)**

**12<sup>99</sup>**  
lb.  
with Maika'i Card



**Fresh**  
**Hawaiian Island  
Wild Caught  
Tombo Ahi Fillet**

**5<sup>99</sup>**  
lb.  
with Maika'i Card



**Hawaiian Island  
Farm Raised 13/15  
Kauai Shrimp**

**17<sup>99</sup>**  
ea.  
with Maika'i Card



**Fresh AIR FLOWN**  
**Halibut Fillet**

**19<sup>99</sup>**  
lb.  
with Maika'i Card

