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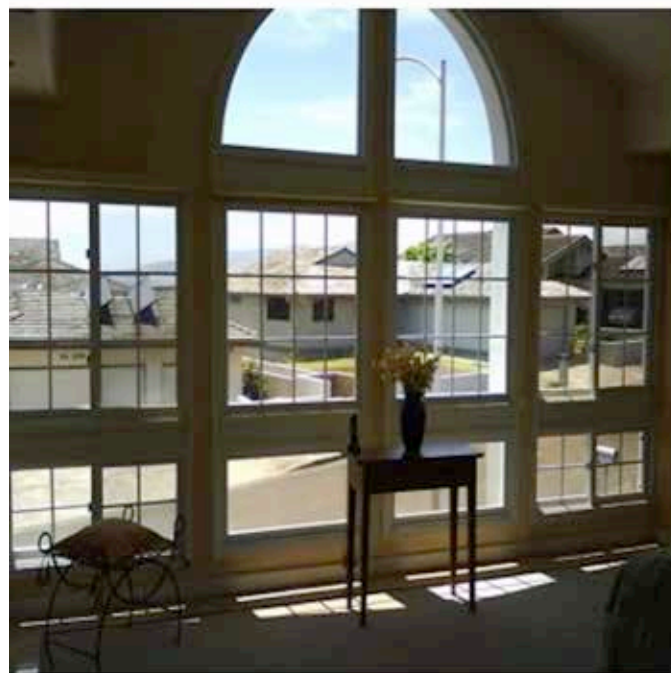
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resident recipe

By Kelly Valencia-Aiken - Hawaii Loa Ridge Resident

JUICING PART II

Adrenal Booster & "Liquid Candy"

Adrenal Booster

- 1 handful of parsley
- 1 dark green lettuce leaf (like Romaine)
- 4 carrots, scrubbed well, tops and ends trimmed off
- 2 tomatoes
- 2 ribs of celery with leaves
- 1/4-1/2 jalapeno (more if you like it spicy; you can also use Cholula hot sauce instead)
- Dash of Celtic sea salt or Himalayan rock salt

Juice and drink immediately.



Kelly's Personal Favorite (I call it "**Liquid Candy**") - this is more of a dessert drink than a weight loss drink

- 1 purple beet
- 4-5 scrubbed well, tops and ends trimmed off
- 1/2-1 lemon, no peel
- 1-inch chunk of ginger
- 1 green apple

Juice and drink immediately.

A Note: Juices are best consumed immediately because of oxidation; smoothies and soups can be covered and refrigerated; however, you may need to re-blend if the ingredients start separated. It's always best to use organic produce, so here is the list of the "dirty dozen, clean 15," a buyer's guide to which produce MUST be organic to promote health within the body: https://www.ewg.org/foodnews/dirty_dozen_list.php#.WkgId7pFzIV



Share your favorite recipes with your neighbors! Email recipes to wendell.nishiki@n2pub.com.



neighbors' night out

By **Kelly Valencia-Aiken** - Hawaii Loa Ridge Resident
Photos by **Gregs Images**

Café Asia

Chen Guang Pan of Virginia and Kylee Lin of Maryland enjoyed their honeymoon in paradise so much they decided to move to The Aloha State. As Kylee would say, "A happy wife is a happy life!" The two gladly relocated and have enjoyed Hawaii since.

The year 2018 was a big year for this newly married dynamic duo, however. When they realized they were expecting their first child, they relocated from town to a home in Hawaii Kai. Upon moving, they discovered a crucial element missing from East Oahu cuisine: Shabu Shabu!

Called a "hot pot" in Chinese and "Shabu Shabu" in Japanese cultures, this is a variety of broths served with fresh vegetables, paper-thin slices of uncooked, tender meats, seafood, and your choice of noodles, white rice, or wild grain rice. Traditionally eaten together for centuries in a community of friends and family, Chen Guang and Kylee knew they needed to serve their new East Oahu community with their talents and start their own Shabu Shabu diner. So, they did!

Chen Guang and Kylee welcomed their precious baby boy into their arms in April, and in June they acquired the space formerly

occupied by the Lung Fung Chinese Restaurant. They then hired the entire kitchen staff of the Lung Fung Chinese Restaurant — all locals who live here in Hawaii Loa, Aina Haina, Portlock, and Hawaii Kai. The renovations began and in just mere months, they were ready for business. Nestled in the corner of the Niu Valley Shopping Center, Café Asia opened its doors in September 2018. It has enjoyed a flurry of activity since!

With previous experience in the restaurant business, Executive Chef Chen Guang prefers to stay in the kitchen and let his lovely wife manage the front of the house. Café Asia offers Shabu Shabu featuring flavor fusions from China, Taiwan, Japan, Thailand, and Korea. It boasts a family-friendly atmosphere and some of the healthiest, most flavorful food in East Oahu. Sourcing organic chicken, all their meats, vegetables, and even their noodles from local businesses, they have complete control over the quality of their food, which is evident in the presentation and taste!

The residents of Hawaii Loa Ridge were invited to sample this delicious food in their Neighbors' Night Out event on Monday, March 4. Upon entering the restaurant, Kylee and her manager-on-duty, Coreen, greeted our party with smiles and sat us in the reserved section at the back of the restaurant. A spacious restaurant, Café Asia has a very relaxing, friendly atmosphere and is decorated with calming images of the ocean.



With accommodations for approximately 25 Hawaii Loa Ridge residents, we were immediately welcomed with fresh, hot pupus made in-house daily. We started with Crispy Salmon Rolls topped with the familiar red-orange tobiko, which was served with a tasty dipping sauce, complementing it perfectly. Next was the mouthwatering Side Street Clams that were bursting with flavor, followed by the tasty 5-Spice Garlic Chicken that was an absolute favorite of the evening.

We enjoyed the all-you-can-eat Shabu Shabu dinner meal and quickly discovered just how much we could eat! Aileen Carlos, Takako Miyahira, and Robert Valencia-Aiken chose the Garlic Paitan broth and were glad they did. Rose Marie Giasolli, San San Bailey, and Kelly Valencia-Aiken opted for the spicier Mala broth for their soup base. Two broths could be enjoyed in one split-nabe pot at a time, which made it easy to tailor the expe-





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perience to each guest's taste buds. This choice paired perfectly with San San's cabernet and Rose Marie's and Kelly's desires for a spicier experience.

As soon as the soups were boiling on the gas-fueled portable burners, out came plate after plate of various seafood, like shrimp and lobster balls, and meats such as the Prime Beef Top Sirloin, New York Strip Beef, and Pork Belly – just a few of the several options presented. They were followed by bowls full of fresh vegetables, noodles, and rice.

Amongst the full house of Hawaii Loa Ridge residents were Clayton and Val Chow, Gerald Choi, Brian Chua and family, as well as several others. Brian and Christina had their Shabu Shabu with their children, Johnny and Tiffany. They added enoki mushrooms, lobster balls, and

shrimp to their broths. Tofu, cabbage, pumpkin, and daikon radishes were among the vegetables available to enjoy.

Servers Jonathan and Nick were attentively on stand-by for any questions, requests, and service needed. The food was promptly delivered when orders were put in for an additional helping of any item, and it was always delivered with a smile.

With Pau Hana deals offered daily from 4–6 pm featuring reduced-priced pupus, drinks, and discounted Pork Belly, Prime Beef Toro, and Prime Ribeye Shabu Shabu dinners, Café Asia is a great place to go after work Monday through Friday. They're conveniently open for lunch Friday through Sunday from 11 am— 2:30 pm, as well. They feature all-you-can-eat options, as well as ala carte choices, with different price points for children and senior citizens.

We had a wonderful time at Café Asia with our neighbors. We look forward to future fellowship with the residents of Hawaii Loa Ridge, as well as the continued success of Café Asia as word of their restaurant spreads via one satisfied customer after another.

DISCLAIMER: The business reviewed in this section provided products and/or services free of charge in exchange for this review.



If you would like to join us for a future Neighbors' Night Out, please reach out to wendell.nishiki@n2pub.com.

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