

Auntie Nora's Mac Salad

Ingredients

1 English Cucumber	½ package Frozen petite peas
Kosher salt	Box of macaroni noodles
¼ C chopped red onion	18oz of Hellmann's Real Mayonnaise
4-6 boiled new potatoes with skin on cubed	2 TBS sugar
6 hard-boiled eggs chopped	2 TBS Heinz white vinegar
8-12oz Loius Kemp imitation crab meat, flake style	salt and pepper

Directions

- 1) The night before you want to make the salad, slice the entire cucumber very thin and rub generously with kosher salt. Let sit for 30 min to 1 hour to quick pickle. Rinse numerous times with cold water, taste testing to make sure it's not too salty and then squeeze out the excess water. Put the cucumber slices in a Ziploc bag and let it sit in the fridge over night. The next morning, squeeze the excess water from the cucumber slices. Taste test again. If they are still too salty, rinse with cold water and squeeze out excess water.
- 2) Boil the new potatoes for 20 min. in salted water. Drain, let cool. Keeping the skin on, slice the potatoes into large cubes.
- 3) Boil the eggs for 13 min. Drain, peel and chop into chunks.
- 4) Chop up the red onion
- 5) Mix mayonnaise, sugar and vinegar. Adjust to taste.
- 6) Boil the macaroni noodles, drain and rinse with cold water.
- 7) Cover the noodles with the mayonnaise sauce, stir to coat.
- 8) Mix in the pickles cucumber slices, the peas, onions and chunks of imitation crabmeat.
- 9) Add salt and pepper to taste. Keep in mind that the salty cucumber slices will release salt into the mac salad.
- 10) Carefully fold in the eggs and new potatoes.

Recipe History

Mac salad is a staple item for Hawaiian style plate lunch. My auntie Nora has been bringing this salad to family gatherings in Southern California for years. A lot of the dishes from her Big Island hometown plantation community in Piihonua Hawa'i were made with affordable "All-American" ingredients that they could obtain from the plantation general store. These were combined with produce, fish, pork or chicken-that was what we would call today "locally sourced"-along with imported Asian food staple items like soy sauce, rice, Ling Hing Mui, and nori. What makes this vs. of mac salad "Japanese" are the tsukemono pickled cucumbers and the surimi (imitation crab). The peas and red onion are California cuisine adaptations. The specific name brand recommendations (e.g. "Hellmann's Real Mayonnaise" and "Heinz white vinegar") are characteristic of many of the post-WWII plantation recipes. In the 1987 Piihonua community cookbook on display as part of *Viva vla Soul Power!* you will notice a loyalty to pedestrian Americana products such as 7-Up, Bisquick, Cool Whip, Good Seasons Italian dressing, Jell-O, Knox gelatin, Lipton golden onion soup mix, Wesson oil, Worcestershire sauce, and the ubiquitous island favorite-Spam. I think this speaks to a post-war belief in "quality" in American brands while at the same time signaling the arrival into middle class consumerism.

- Laura Kina, 2013