

restaurant guide

**25
GREAT
MEALS
UNDER
\$20**

How that
Fish Got
on Your
Dinner
Plate

Wine
Bargains

Gourmet
Style:
Super
summer
salad
recipes

\$19.45

Braised short
ribs in red wine
and a glass of
Côte du Rhône

© FORMAGGIO WINE
& CHEESE BAR



25

GREAT

Stretch your dollars,
delight your taste buds

MEALS

UNDER \$20

By John Heckathorn, Kathryn Drury Wagner, A. Kam Napier, Ronna Bolante
and Michael Keany, with Jessica Ferracane on the Big Island, Joan Conrow
on Kaua'i and Bonnie Friedman on Maui.

Maui \$9.75

Teriyaki salmon

© TOKYO TEI, 1063 L. Main St., Wailuku, 242-9630. Lunch Mon-Sat. 11 a.m.-1:30 p.m.; dinner Mon-Sat. 5-8:30 p.m., Sun. 5-8 p.m., free parking, major credit cards.

I don't really even have to order any more. All the servers at Tokyo Tei know to just bring on the Teriyaki Salmon. Served with plenty of rice, miso soup so comforting it can cure anything that ails you, salt cabbage and hot, smoky green tea, that for some reason tastes better than it does at home, it's a scrumptious, filling bargain.

The teri salmon is so well-priced, in fact, you'll get change from your \$20 even if you indulge in a gigantic, no-frills order of the freshest, most melt-in-your-mouth, reasonably priced ahi sashimi you'll ever meet (\$9.50—no matter what the market price may be). This Maui institution has been doing local-style Japanese food right for more than half-a-century, so, if you're into "consistent," this is the place. The atmosphere is strictly homespun and the two dining rooms are usually filled with locals.

BF

\$19

Insalata rugola and pizza vulcano

© CASANOVA, 1188 Makawao Ave., Makawao, 572-0220. Lunch Mon-Sat. 11:30 a.m.-2 p.m., dinner nightly 5:30-9 p.m., free parking, major credit cards.

It's good to have a neighborhood place. For lots of upcountry Maui folks, Casanova perfectly fills the bill. It's comfortable and artful, in an Upcountry Maui kinda way, and the food is good. There's very casual "café seating" in the front, a slightly less casual (i.e., tablecloths) dining room up a couple of steps, same menu. At dinner, we always order the insalata de pomodori, rugola e gorgonzola (translation—vine-ripened tomatoes, with Gorgonzola cheese and red onions served over baby arugula). It's fresh, flavorful, big.

A dozen varieties of fabulous, thin, crispy-crust pizzas are baked in a brick, wood-burning pizza oven imported from Italy (really!). The Pizza Vulcano—with tomato sauce, baked eggplant, smoked mozzarella and fresh tomatoes—is pure, earthy Mediterranean. Oh, that's right. We're all counting our carbs and calories, aren't we? Well, the 12-inch-diameter pizza is plenty big for two—or even three—with the salad. So share the pizza and add a glass of wine to your order. It still won't cost you 20 bucks.

BF

\$14.50

for a chocolate banana smoothie and Maui onion rings

© MAUI ONION, Renaissance Wailea Beach Resort, 879-4900. Lunch daily 11:30 a.m.-5:30 p.m., free parking, major credit cards.

Maybe to you it's not technically a meal. But to me—and I'm bettin' to your teenage kid—it's a fabulous meal. It provides plenty of nutrition—fruit, vegetables (onion rings are vegetables, are they not?) and milk, which, of course, comes in the form of ice cream in the smoothie, but, look, milk is milk. I've been turning friends and family on to this combo for almost 20 years (back when the hotel was called Stouffer!).

The basket of big, fat, juicy, crunchy onion rings—made, obviously, from sweet Maui onions—is a bounty. The smoothies are blended fresh fruit, ice and, get this, "liquid ice cream." I think it's that "liquid" thing that makes the difference. There are lots of choices, but I think the chocolate banana is best. You know what else? The meal is not just delicious, you get to eat it at a fancy shmancy resort—poolside, no less.

BF