



PAUL AND ROSA CALVO

Pay-Less Chairman Emeritus, Paul M. Calvo, often shares:

“For those to whom much is given, much more is required.”



THE PHRASE INAFAMAOLEK (PRONOUNCED E-NA-FAH MAO-LEK) DESCRIBES THE CHAMORU CONCEPT OF RESTORING HARMONY OR ORDER. THE LITERAL TRANSLATION IS 'TO MAKE' (INAFAMAOLEK) 'GOOD' (MAOLEK).

Since 1950, Pay-Less Markets has grown from a single grocery store to a locally owned supermarket chain with eight convenient locations islandwide. We are grateful for the countless friendships and connections built over these many decades, and so we continue to strive to give back to the wonderful community that has built us up to where we are today.

Such is the framework that led Pay-Less Markets to adopt the philosophy of inafa' maolek, in which we aspire to “make good” through our everyday contributions surrounding Guam’s:

food | culture | people | land



“ Words cannot express my immense gratitude to our team of Essential Warriors who work tirelessly to ensure our customers find the products they need and are safe while shopping in our stores.”

KATHY R. CALVO
President and CEO



“ I’ve enjoyed the hundreds of conversations with our customers, each sharing how they are trying to make the best of a difficult situation.”

MIKE BENITO
Executive Vice President and General Manager

REFLECTING ON 2020



Letters from the President and Vice President of Pay-Less

For 70 years, Pay-Less Markets has been woven into the fabric of our island community by nourishing, sustaining, and enriching the lives of Guam. We give back to our local community by carrying out our vision to provide the greatest customer value every single day. The spirit of *inafa' maolek* was the resounding theme for our 70th Anniversary.

Through the decades Pay-Less has held the hands of our community by being among the last to close our doors and the first to open up following a typhoon, earthquake or other natural disaster. Our team of Essential Warriors are the face and heart of our company who have stepped up during times of calamity and prosperity in our island.

Ensuring the safety of our customers and employees has been our #1 goal during these times. When the news of COVID-19 broke, our 2020 plans pivoted into uncharted territories of operating an essential business under a global pandemic. Our team quickly adapted and went into full planning mode to fill inventory voids, enforce new government mandates and develop additional operating procedures.

Making good again: inafa' maolek

This year alone Pay-Less has made numerous philanthropic efforts, including \$12,000 in PPE to Guam Medical Association and other requested essentials to front liners islandwide; a COVID-19 Food Drive that filled the pantries at Ministry to the Homeless, The Salvation Army Family Service Center, and Catholic Social Services; and our Go Green for Mental Health campaign, which while promoting eco sustainability, also afforded \$5,000 to various non-profits who are strong advocates for mental health intervention and recovery support.

Dangkalu na Si Yu'os Ma'ase and Thank You to our customers for placing your trust and loyalty in Pay-Less Markets as your grocery store of choice. As we look back on the 70 years, we have seen a lot of changes; however, the one thing that remains constant is our resolve to stand by our mission. We have never wavered from our promise to our community and to live out the inafa' maolek spirit. We have been resilient and dynamic, and we promise to continue to do so in the many more years to come.

As Pay-Less celebrates its 70th year in business, I thought we had seen it all. Over the years, we've worked our way through countless catastrophic typhoons, a record-setting earthquake, recessions and numerous other challenges. Each time, we picked ourselves up and did our best to recover. Some events took longer to regain our footing. However, none have been as challenging as this pandemic that has turned our island and the rest of the world upside down. Without a doubt, it has been life-changing.

This once-in-a-generation event is one we will never forget. Buoyed by our amazing customers and incredible employees, Pay-Less has been able to keep its doors open and ready to provide needed food and supplies to the people of Guam. I am honored to work side by side with 800 dedicated employees whose commitment to serve our community during these trying times has been beyond inspirational.

Let's do our part to minimize the stress on our medical clinics and hospitals. Wearing a mask, social distancing, and washing our hands regularly are proven fighters. At the same time, let's support all the different retailers for things you need. The light at the end of the tunnel is starting to get a bit brighter. **Have faith that this too shall pass!**



This final issue of Inafa' maolek Magazine highlights the food that brings families together.

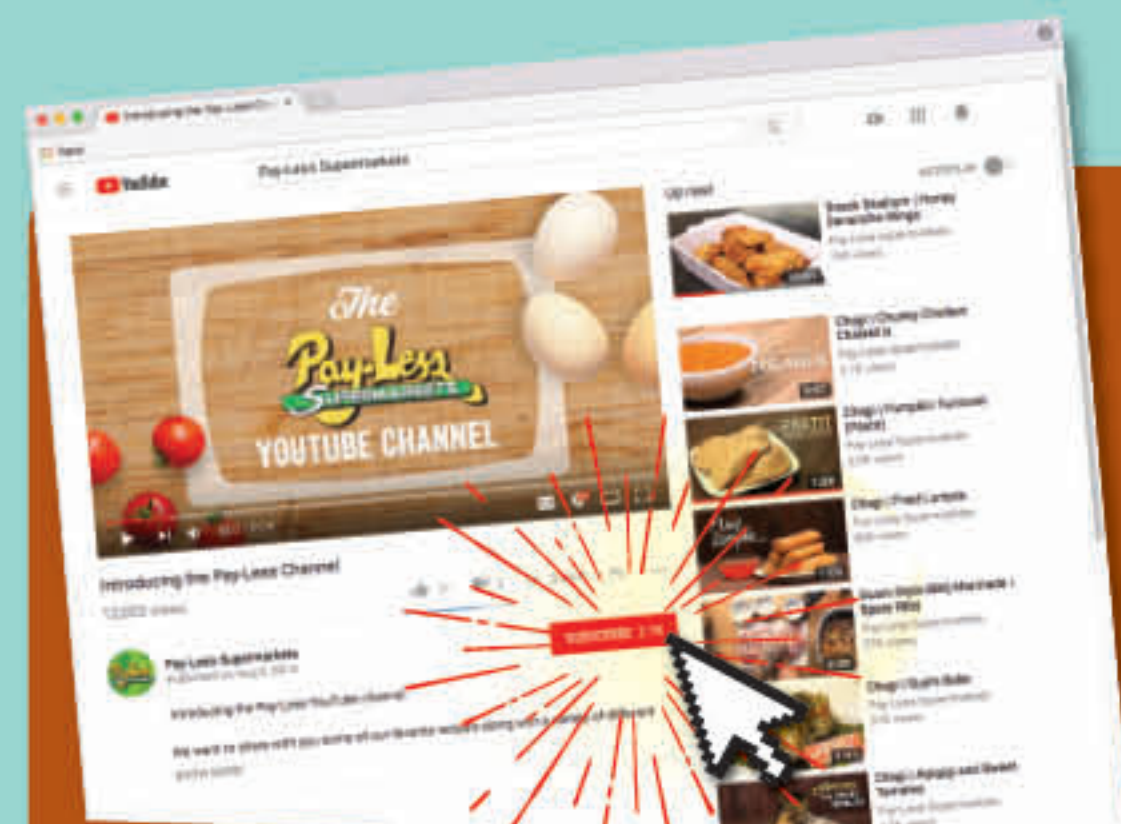
We understand the importance of this tenet and promise to provide the best value of fresh quality products to our community. We hope that as you chagi these 70 local recipes, you discover a desire to taste more by our local talents, gain a deeper appreciation of our island's extraordinary food culture, and perhaps even grant some of these favorites a permanent place around your own family table right at home.

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All the recipes in this book are featured on our YouTube channel.

Subscribe to see new Chagi recipe videos every month, plus other great content!



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FRIED LUMPIA

- 1 tbsp vegetable oil
- 3 cloves garlic, minced
- 1/2 cup onions, chopped
- 1 lb ground pork
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp garlic powder
- 1 tsp soy sauce
- 3 cups cabbage, thinly sliced
- 2 cups carrots, thinly sliced
- Egg wash (1 egg + 1-3 tsp water)
- Lumpia wrappers
- Vegetable oil, for frying

In a large pan, sauté onions and garlic in vegetable oil over medium-high heat. Add ground pork when onions become translucent. Cook until brown. Stir in salt, black pepper, garlic powder, and soy sauce. Add cabbage and carrots to the pan. Cook until vegetables become soft and tender. Remove from heat, drain excess liquids, and set aside until mixture is cool enough to handle.

Once cooled, scoop two tablespoons onto a sheet of lumpia wrapper, about 1" away from the corner closest to you. Fold the corner over the length of the mixture. Fold in side corners and roll until only one corner is left unrolled. Dab the unrolled corner with egg wash to seal. Heat vegetable oil, about an inch or two deep, over medium-high heat in a large pot for about 5 minutes or until oil is ready for frying. Fry lumpia for about 1-2 minutes on each side. Remove and cool lumpia over a paper towel covered plate or baking rack. Serve with sweet chili sauce for dipping.



PICKLED EGGS

- 1 cup vinegar
- 2 cups water
- 1/4 cup sugar
- 1 tbsp salt
- 1 tbsp dinanche
- 10-12 hard boiled eggs, peeled

PICKLED DAIGO

- 1-1/3 cup kimchee base
- 1 cup vinegar
- 1 tbsp dinanche
- 1 pkg daigo, sliced

Place eggs, rakkyo, and daigo in desired glass container for pickling. In a small bowl, combine the remaining ingredients then pour into your container. Give your container a shake to mix. Marinate in refrigerator overnight. Add more pepper, vinegar or salt to taste.

PICKLED RAKKYO

- 3/4 cup rakkyo juice
- 1/2 cup water
- 3-1/2 tsp vinegar
- 1/8 tsp salt
- 4 hot peppers, chopped
- 1 pkg rakkyo

Moñeka

DE ORO

EATING LOCAL CAN TAKE MANY FORMS.

from supporting restaurants and businesses to accounting for the proximity of where you source your food. For Moñeka De Oro of the Micronesia Climate Change Alliance, eating local is part of her everyday life. “I try to incorporate one locally grown ingredient in every single meal that I have. I would say about fifty to sixty percent of my diet I try to have locally sourced.”

Thinking back on her relationship with local produce, De Oro recalled growing up the daughter of a rancher and the luxury of being surrounded by fruits like guava, lemon, mango and papaya to herbs like basil and lemongrass. “Having access to food outside your doorstep was something I didn’t know was such a gift, and when I became an adult and lived on my own, I missed having that.”

De Oro says eating local also has a spiritual effect. “I feel a lot more connected to the place that I’m living. It makes me want to be a better steward and have a connection to the people growing the food. It’s more fulfilling to be connected to your food.”

Overall, De Oro is excited to see the generational impact of eating local. Generations young and old are able to share their interests in health, self-care and wanting to contribute to a sustainable world, all through showcasing the food they eat via social media. “I think that more and more people are getting a little more conscious about how processed foods are detrimental to our health. The slow food culture is growing on Guam, and while there will always be lots of people who go to fast food restaurants, there’s definitely this deepening appreciation for food and being engaged in the cooking process of food.”

BY ROYCE HARE



“Fanggà’ase” – A Plant-based Cookbook and Guide for the Marianas” is available at all Pay-Less Supermarkets.

Locavore

DE ORO CONSIDERS HERSELF A LOCAVORE, DOING HER BEST TO EAT THINGS WITHIN 100 MILES FROM WHERE SHE LIVES.

IF I’M CONCERNED ABOUT MY CARBON FOOTPRINT AND ABOUT MY OVERALL IMPACT OF MY FOOD CHOICES ON THE PLANET, BEING A LOCAVORE IS MORE ALIGNED WITH THAT.



SHRIMP PATTIES



- 2 eggs
- 10 oz can evaporated milk
- 10 oz mixed vegetables
- 3 cups shrimp, chopped (approx. 2 lbs)
- 3 tbsp garlic, minced
- 1 tsp salt
- 1 tsp black pepper
- 2 tbsp baking powder
- 2 cups flour
- Oil, for frying

Heat oil in a large pan until ready for frying. Whisk together eggs and evaporated milk in a mixing bowl. Stir mixed vegetables, shrimp, garlic, salt, and black pepper into mixture. Add baking powder and flour. Mix well until batter is smooth. Carefully drop spoonfuls of batter into hot oil and fry until golden brown.

CAULIFLOWER NUGGETS

- 1/2 head of cauliflower
- 1 egg
- 3/4 cup Whole Grain Cheerios
- 1 tsp thyme
- 1 cup parmesan cheese
- 2 tbsp mozzarella cheese

Preheat oven to 350°F. Steam cauliflower for 5 minutes on stovetop. Drain thoroughly and use paper towel to blot away excess water. Pull apart florets then mash cauliflower in a bowl. Crush Cheerios in a sandwich bag. Combine cauliflower,



Cheerios, parmesan cheese, mozzarella cheese, egg and thyme until thoroughly mixed. Form mixture into tightly packed nuggets. Place nuggets on a baking sheet. Drizzle nuggets with olive oil for extra crunch. Bake each side for roughly 10 minutes or until golden brown.

TAMÁLES GISO

- 1/4 cup achote seeds
- 1/4 cup water
- 2 cups chicken broth
- 2 cups corn meal
- 4 slices bacon
- 2 tbsp salad oil
- 2 cloves garlic, minced
- 1/2 medium onion, minced
- 2 cups chicken, minced or ground
- 2 tbsp corn starch
- 1/8 tsp salt
- 1/8 tsp pepper
- 3 small red chilli peppers

Soak achote seeds in water for 30 minutes. Rub achote seeds together until water turns a velvet red color. Drain achote water into a separate bowl. In a skillet, fry bacon, set aside to drain then chop into small pieces. In a saucepan, sauté garlic, onions and chicken in oil until chicken is brown. Add corn meal and chicken broth into mixture. Slowly add corn starch to chicken, constantly stirring until sauce thickens. Remove from heat and add chopped bacon, salt and pepper. Divide mixture into two portions. Add achote water and chilli peppers into one portion. Cut foil squares to about 6” or 7”. Place 1 to 2 tablespoonful of mixture onto each foil square, wrap and secure any ventilation. Otherwise contents will ooze out when steamed. Place in steamer for one hour. Let stand for ten minutes before serving.



EMPANADA

Filling:

- 1 tsp vegetable oil
- 3 cloves garlic, minced
- 1/2 onion, small, minced
- 1 cup chicken, chopped
- 1 cup chicken broth
- 1/2 pkg achote powder
- 1 cup water
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 cup cream of rice

Crust:

- 2 cups corn flour
- 1/2 cup cornstarch
- 1 pkg achote powder
- 1/2 tsp salt
- 3 tsp vegetable oil
- 1-3/4 cup chicken broth

Filling: In a medium pan, sauté onions and garlic in oil over medium-high heat. Cook until onions become translucent. Add chicken to the pan and cook for about 5 minutes. Combine water and achote powder in a small bowl to avoid clumping. Mix until powder is dissolved. Add chicken broth, achote water, salt, and black pepper to the pan. Stir to combine and bring to a boil. Gradually whisk cream of rice into the mixture. Cook for about 3-5 minutes. Remove from heat and set aside to cool.

Crust: In a large mixing bowl, combine corn flour, cornstarch, achote powder, and salt. Mix thoroughly. Next, add vegetable oil and chicken broth to the mixture. Knead until a dough is formed. Pinch off a piece of dough and roll into a 1 inch ball. Place the ball between two sheets of wax paper and flatten using a tortilla press or a rolling pin. Remove wax paper and place about a tablespoon worth of the cooled filling mixture at the center of the flattened crust. Fold crust in half and pinch the edges together to seal the empanada. Fry empanada in oil over medium-low heat until crisp.

ISLAND-STYLE SNACK MIX

- 1/2 cup butter
- 1/2 cup vegetable oil
- 1 tbsp soy sauce
- 1 tbsp Worcestershire sauce
- 1/2 cup light corn syrup
- 1/2 cup sugar
- 1/2 (12 oz) box Rice Chex cereal
- 1/2 (12 oz) box Corn Chex cereal
- 1/2 (12.5 oz) box Honeycomb cereal
- 1/2 (7.5 oz) bag Bugles
- 1/2 (10 oz) bag Pretzels
- 1 bottle furikake, nori and sesame

Preheat oven to 250°F. In a small sauce pan over medium heat, combine butter, vegetable oil, soy sauce, Worcestershire sauce, corn syrup, and sugar. Stir until sugar dissolves. Set aside to cool. In a deep baking pan, combine Rice Chex cereal, Corn Chex cereal, Honeycomb cereal, Bugles, and pretzels. Toss to combine. Pour syrup mixture over the snack mixture. Toss until evenly coated. Sprinkle entire bottle of furikake over the mix and toss until evenly coated. Bake for 1 hour while tossing the mixture every 15 minutes.



SPAM MUSUBI

3 WAYS



POKE 3 WAYS

SHOYU POKE

- 1 lb tuna steaks, cubed
- 1/4 cup soy sauce
- 1 tbsp sesame oil
- 1 tsp fresh ginger, grated
- 1/2 yellow onion, sliced
- 1 stalk green onions, chopped
- 1 tsp togarashi



In a medium bowl, combine all ingredients and lightly mix. Marinate in refrigerator for at least 2 hours before serving.

KIMCHI POKE

- 1 tbsp oyster sauce
- 1 tbsp honey
- 1 tbsp kimchi base
- 1/2 cup kimchi, chopped
- Shoyu poke



In a small bowl, combine all ingredients and mix well. Combine mixture with shoyu poke, lightly mix, and marinate in refrigerator for at least 2 hours before serving.

SPICY POKE

- 1/2 cup Kewpie mayo
- 1 tbsp sriracha sauce
- Shoyu poke



In a small bowl, combine Kewpie mayo, sriracha, and mix well. Combine mixture with shoyu poke, lightly mix, and marinate in refrigerator for at least 2 hours before serving.



TRADITIONAL SPAM MUSUBI

- Spam, sliced
- 1/4 cup soy sauce
- 1/4 cup sugar
- 1/2 tsp mirin
- 1/2 cup rice
- 1 tsp sriracha mayo
- 1 strip nori
- Empty Spam can
- Sandwich bag

Combine soy sauce, sugar, and mirin in a small bowl. Fry Spam over medium heat until golden brown. Lightly brush soy sauce mixture onto cooked Spam. Place sandwich bag into empty Spam can. Compress hot rice into sandwich bag with a spoon. Spread a layer of sriracha mayo across the top of rice. Place a slice of Spam atop the layer of mayo. Compress layers firmly with a spoon. Center your mold and flip can over onto a horizontal strip of nori. Seal nori strip with a touch of water.

DEEP FRIED SPAM MUSUBI

- Spam, sliced
- 1/4 cup soy sauce
- 1/4 cup sugar
- 1/2 tsp mirin
- 1/2 cup rice
- 2 tsp sriracha mayo
- 2 tsp furikake
- 1 strip nori, large
- 2 eggs
- 2 cups Panko breadcrumbs
- Empty spam can
- Sandwich bag

Combine soy sauce, sugar, and mirin in a small bowl. Fry Spam over medium heat until golden brown. Lightly brush soy sauce mixture onto Spam. Place sandwich bag into empty Spam can. Compress 1/4 cup hot rice into sandwich bag with a spoon.

Spread 1 tsp of sriracha mayo across the top of rice. Sprinkle 1 tsp of furikake atop the layer of mayo. Place a slice of Spam into mold. Spread 1 tsp of mayo across Spam slice. Sprinkle 1 tsp of furikake atop the layer of mayo. Cover the furikake with the remaining rice. Compress layers firmly with a spoon. Center your mold and flip can over onto a horizontal strip of nori. Seal nori strip with a touch of water. Chill musubi in refrigerator for 30-60 minutes.

Whisk eggs together in a small bowl. Place breadcrumbs in a bowl. Coat musubi in egg wash then breadcrumbs twice. Flash fry musubi for 2 minutes on each side.

KIMCHI FRIED RICE SPAM MUSUBI

- Spam, sliced
- 1 tbsp butter
- 1 cup kimchi
- 2-1/2 cups rice
- 1 strip nori
- Empty Spam can
- Sandwich bag

Combine soy sauce, sugar, and mirin in a small bowl. Fry Spam over medium heat until a nice golden brown. Lightly brush soy sauce mixture onto cooked Spam. Place sandwich bag into empty Spam can. Fry kimchi and rice in butter over medium heat. Compress 1/2 cup kimchi fried rice into sandwich bag with a spoon. Place a slice of Spam atop fried rice. Compress layers firmly with a spoon. Center your mold and flip can over onto a horizontal strip of nori. Seal nori strip with a touch of water.

CHICKEN

- 4 chicken leg quarters
- 4 sprigs green onions
- 1 yellow onion
- 1 lemon, juiced
- 1 tbsp. lemon powder
- 2 tsp. salt
- 1 coconut, grated
- 5 peppers, chopped

Bake chicken at 400°F for 40 minutes. When done, let chicken cool. Debone chicken and chop into small pieces (or use food processor to chop). Slice green onions. Chop onions and peppers. Combine all ingredients in bowl, Squeeze lemon and mix. Taste and adjust seasoning.

SHRIMP

- 2 lbs. shrimp, raw, deveined
- 3 lemons, juiced
- 1 tsp. salt
- 1 tbsp. ground hot chili peppers
- 1/2 yellow onion, diced
- 2 stalks green onions, chopped

Prepare shrimp by using the bottom of a small bowl or fork to smash and break up shrimp. Mix all ingredients in a non-metallic bowl and marinate in the refrigerator for at least 2 hours.

OCTOPUS

- 2 lbs. octopus, cooked, chopped
- 4 lemons, juiced
- 1 tsp. salt
- 1/2 yellow onion, chopped
- 3 stalks green onions, chopped
- 1-1/2 cup cherry tomatoes, quartered
- 3-5 peppers, chopped



Mix all ingredients in a non-metallic bowl and marinate in the refrigerator for at least 2 hours.

STEAK

- 2 lbs. flank steak, cubed
- 5 lemons, juiced
- 2 tsp. salt
- 1/2 yellow onion, chopped
- 3 stalks green onions, chopped
- 3-5 peppers, chopped

Mix all ingredients in a non-metallic bowl and marinate in the refrigerator for at least 2 hours.

KELAGUEN

KITCHEN

HOKKIGAI CLAM

- 2 lbs. Hokkigai clams, sliced
- 1/3 cup lemon juice
- 1/4 cup yellow onion, chopped
- 2 sprigs green onions, diced
- 1 cup cherry tomatoes, quartered
- 2 tsp. salt
- 5 peppers, chopped

Mix all ingredients in a non-metallic bowl and marinate in the refrigerator for at least 30 minutes. Garnish with chopped green onions.

MUSHROOM

- 1 lb. mushrooms, chopped
- 3 lemons, juiced
- 5 peppers, chopped
- 2 tsp. salt
- 1 small onion, diced
- 2 sprigs green onions, diced
- 2 tbsp. olive oil

Sauté mushrooms in olive oil over medium heat until tender. Remove from heat and soak in lemon juice for 10 minutes. Add onion, salt and pepper to taste. Garnish with green onion before serving. Tip: For best results, refrigerate at least 1 hour before serving.

MAHI

- 2 lbs. mahi fillets, 3" cubed
- 2 tsp. salt
- 1/3 cup lemon or calamansi juice
- one squirt Sriracha sauce
- 1/4 yellow onion, diced
- 1/4 cup coconut milk or fresh coconut, grated
- 5 peppers, chopped
- 2 sprigs green onions

Mix all ingredients in a non-metallic bowl and marinate in the refrigerator for at least 30 minutes. Garnish with chopped green onions. Add fresh diced cherry tomatoes if desired.



FRIED RICE



CORNED BEEF FRIED RICE

- 2 cans corned beef
- 2 tbsp garlic, minced
- 1 onion, medium, sliced
- 4 cup white rice, cooked
- 1 tsp black pepper

Fry corned beef in a medium sized pan over medium-high heat until slightly crisp. Sauté onions and garlic in the center of the pan until onions become transparent. Add rice to the pan and stir to combine. Once rice is combined, add black pepper and mix.



CHAMORU FRIED RICE

- 3 tbsp butter
- 2 tbsp garlic, minced
- 1 small onion, diced
- 1 can Spam, diced
- 4 links CHamoru sausage, diced
- 4 large eggs
- 4 cups cooked rice
- 1 tsp black pepper

Heat a medium sized pan over medium-high heat. Coat pan with butter. Sauté onions and garlic until onions become transparent. Add spam and sausage to the pan. Mix and cook until slightly browned. Beat and scramble eggs in the center of the pan. Once eggs are cooked, add rice to pan and stir. Once rice is combined, add black pepper and mix thoroughly.



SHRIMP CAULIFLOWER FRIED RICE

- 2 tbsp olive oil
- 2 tbsp garlic, minced
- 1/2 cup red onions, diced
- 1/2 cup carrots, julienned
- 1/4 cup edamame
- 20 pieces shrimp, size 16/20, peeled & deveined
- 2 tbsp ginger, minced
- 4 cups cauliflower, grated
- 1 tbsp sesame oil
- 2 tbsp low sodium soy sauce
- 1 tsp black pepper
- 1 tsp salt

Preheat olive oil in a medium sized pan over medium-high heat. Sauté garlic, onions, carrots, and edamame until onions become transparent. Add shrimp and ginger to the pan and stir until shrimp is fully cooked. Add grated cauliflower, sesame oil, low sodium soy sauce, black pepper, and salt to the pan. Stir to combine.



CHAMORU POTATO SALAD

- 6 potatoes, cleaned
- 3 hard boiled eggs, chopped (set aside 1 yolk for topping)
- 1/4 cup black olives, drained and chopped
- 1/4 cup sweet relish, drained
- 1/8 cup pimentos, drained
- 1 tsp onion powder
- 1 tsp salt
- 1 tsp black pepper
- 3-1/2 cups mayonnaise (set aside 1/2 cup for topping)

Place potatoes in a large pot filled with water and bring to a boil. Cook until easily pierced with a fork. Remove from the pot and set aside to cool. Once cool, peel and discard the potato skin, then cut into small cubes. Place the cubed potatoes in a large mixing bowl. Add eggs, olives, relish, and pimentos to the bowl. Stir gently to combine. Add onion powder, salt and black pepper. Stir gently to combine. Gently fold in mayo. Transfer to a baking dish for serving and top with 1/2 cup mayo, grated egg yolk, and 1/8 cup pimentos or olives.



Achote seeds give this dish it's rich, red color.



RED RICE

TRADITIONAL

- 4 cups warm water
- 2 tbsp achote seeds
- 2 cups white rice, washed
- 1/2 cup onions, chopped
- 4 tbsp butter
- 2 tbsp vegetable oil
- 1/2 tsp salt

In a medium sized bowl, soak achote seeds in warm water with a strainer for 30 minutes. After soaking, rub seeds together to release color. Remove seeds and strainer from water. Pour achote water into a medium sized pot and bring to a boil. Add rice, onions, butter, vegetable oil, and salt to the pot. Stir to combine. Continue stirring until liquid evaporates. Cover and reduce heat to low. Simmer for 15 minutes. Fluff rice with a fork and serve.

CAULIFLOWER RED RICE

- 2 tbsp olive oil
- 1 tbsp garlic, minced
- 1 cup onions, diced
- 1 1/2 cup vegetable stock
- 1 tbsp garlic powder
- 1 tsp onion powder
- 1/2 tsp paprika
- 1 tsp saffron
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 cup white rice, washed
- 2 cups riced cauliflower, thawed
- Achote water (1-1/2 tsp achote powder + 3 tbsp water)

In a medium sized pot, sauté garlic and onions in olive oil over medium-high heat until onions become translucent. Add vegetable stock, garlic powder, onion powder, paprika, saffron, salt, and black pepper to the pot. Stir to combine and bring to a boil. Add washed white rice, riced cauliflower and achote water to the pot. Stir to thoroughly combine. Cover and reduce heat to low and simmer for 30 minutes, stirring about half way through.



LECHEN BIRENGHENAS

- 6 eggplants
- 1/2 onion, chopped
- Hot peppers, to taste
- 1 (13.5 oz) can coconut milk
- 1 tbsp lemon powder
- 1-1/2 tsp salt
- 1 stalk green onions, chopped

To prevent from bursting, use a fork to poke holes in the eggplants prior to grilling. Grill until dark brown/black and soft, turning them frequently. Cool eggplants in a bowl of water, and peel the skin off the eggplants. Separate eggplants while keeping them connected to the stems. Place in a small baking dish and set aside. Combine yellow onions, hot peppers, coconut milk, lemon powder, and salt in a medium bowl. Mix thoroughly until lemon powder and salt dissolve. Pour mixture over eggplants. Work mixture between eggplants to ensure they are thoroughly coated. Garnish with green onions and chill for about 1-2 hours.



Gollai Hågun suni is typically made from fresh taro leaves, but you may substitute with frozen spinach.

GOLLAİ HÅGUN SUNI

- 30 oz frozen spinach
- 3 cans coconut milk
- 1 tbsp fresh ginger, grated
- 1 tbsp fresh local ginger, grated
- 2 tsp sea salt
- 2 tsp onion powder
- 2 tbsp lemon juice
- Hot pepper or dinanche to taste (optional)

Rinse, drain and chop taro leaves. If using frozen spinach, thaw, drain and chop. Combine all ingredients in a medium pot. Stir to combine and simmer over low heat until mixture is heated throughout, about 5-10 minutes. Let cool and serve.



CRAB SALAD

- 4 cups broccoli florets, chopped
- 16 oz pkg imitation crab meat, chopped
- 1 cup frozen peas, thawed
- 1 cup mayonnaise
- 1/2 tsp garlic powder
- 1/2 tsp black pepper
- 1/8 tsp salt

Blanch broccoli florets in a pot of boiling water for 3-4 minutes. Drain and cool. Combine all ingredients in a large bowl and stir to thoroughly combine. Serve chilled or immediately after preparing.





SCALLOPED POTATOES

- 2 potatoes, large
- 4 oz Velveeta cheese block, cubed
- 2 cans Cream of Chicken
- 1/2 stick butter
- 4 oz sour cream

Preheat oven to 350°F. Boil potatoes until cooked but still firm. Cool & peel. Slice in 1/4 inch thick rounds and layer in a small baking dish. Combine cheese, Cream of Chicken, butter and sour cream in a medium pot over medium heat. Stir until melted and sauce-like. Pour mixture over sliced potatoes and bake uncovered for about 40-45 minutes until the top starts to bubble and slightly brown.



LOCAL-STYLE HOLIDAY STUFFING

- 1 lb tityas, diced
- 1 eggplant
- 1 cup green beans
- 1 cup cherry tomatoes
- 1 onion
- 2 cloves garlic
- 2 tsp thyme
- Coconut oil
- 1 cup stock

In a large oven safe pan, add some coconut oil and start cooking the vegetables. After 5 minutes, add the tityas, and cook until lightly toasted. Add the stock and let it simmer for about 10 minutes. Place pan in an oven at 350°F for 25-30 minutes or until the stuffing is firm.



KIMCHI NOODLES

- 1 (8 oz) pkg rice stick noodles
- 1/2 cup kimchi base
- 1 tbsp sugar
- 2 tbsp rice vinegar
- 2 tsp sesame oil
- 1 -1/2 cup cucumber, sliced
- 1 -1/2 cup daigo, sliced
- 1 tbsp sesame seeds, toasted

Bring water to a boil in a large pot. Add rice stick noodles and cook until noodles soften, about 2-3 minutes. Once cooked, remove noodles from the pot, strain, rinse to cool, and set aside for later. In a separate bowl, combine kimchi base, sugar, rice vinegar, and sesame oil. Whisk to combine. Pour the mixture over the cooled noodles, add cucumber, daigo, and sesame seeds. Toss to combine.

FRESH SPRING ROLLS

- 15 shrimp, size 16/20
- 10 rice paper wrappers
- 10 green leaf lettuce leaves remove stem, halved
- 6 oz rice stick noodles, cooked
- 1 cup carrots, shredded
- 30 mint leaves
- 1 cup red cabbage, shredded
- 1 cup bean sprouts
- 1/2 cup cilantro
- 1 cucumber, sliced
- Peanut sauce (optional)

In a medium pot, boil shrimp for about 1 1/2 minutes or until shrimp is pink and opaque. Once cooked, remove shrimp from pot and cool in an iced water bath. Once cooled, peel, remove tail, and cut lengthwise into halves. In a large bowl, dip rice paper wrapper in warm water for 5-10 seconds.

Remove wrapper from water and shake off any excess. Lay wrapper on smooth surface. Place 1 lettuce leaf on bottom third of rice paper wrapper. Then place 2 tbsps of rice stick noodles, 1 tbsp of carrots, 3 mint leaves, 1 tbsp of red cabbage, 2 tbsps of bean sprouts, and 1 tsp of cilantro on lettuce. Place 4 slices of cucumber and 3 pieces of shrimp above other vegetables. Fold the side closest to you over the length of the ingredients until you reach the shrimp. Then, fold in the sides and roll until spring roll is tightly sealed. Serve with peanut sauce.



TOFU LETTUCE WRAPS

- 3 tbsp hoisin sauce
- 3 tbsp low sodium soy sauce
- 2 tbsp rice vinegar
- 1 tsp sesame oil
- 2 tsp coconut oil
- 1 (12-14 oz) pkg tofu, firm
- 1 cup shiitake mushrooms, chopped
- 1/2 cup water chestnuts, chopped
- 2 cloves garlic, minced
- 2 tsp ginger, grated
- 1/4 tsp red pepper flakes (optional)
- 4 green onions, sliced
- 8 leaves of lettuce, butter or romaine

In a small bowl, combine hoisin, soy sauce, rice vinegar, and sesame oil and set aside. Place tofu between sheets of paper towel and squeeze until dry. Crumble tofu over coconut oil on a medium pan over medium-high heat. Cook tofu for 5 minutes, then add mushrooms. Continue cooking until golden brown. Add water chestnuts, garlic, ginger, and green onions. Cook for about 30 seconds. Pour soy sauce mixture over tofu. Stir to combine and cook until sauce is warmed. Scoop a spoonful of the mixture onto lettuce leaves and top with green onions.



CORN SOUP

- 2 tbsp olive oil
- 1/2 onion, chopped
- 5 pcs. chicken thighs, chopped
- 1-1/2 tsp salt
- 1 tsp black pepper
- 8 cups water
- 5 cups sweet corn kernels, frozen
- 1/2 cup corn starch
- 1/2 cup water
- 1 can coconut milk
- Green onions, chopped for garnish

In a medium sized pot, sauté onions in olive oil over medium high heat until onions become translucent. Add chicken, salt, and black pepper to the pot. Saute until chicken is cooked through. Add water and bring to a boil. Next, add corn kernels to the pot and cook for about 15 minutes, stirring frequently. Dissolve corn starch in water, then add to the pot and stir until thickened. Turn off heat and stir in coconut milk. Serve with green onions.



KÁDDON SUTANGHU

- 1 lb ground beef
- 1 tbsp garlic, minced
- 1 onion, small, diced
- 1/2 cup celery, diced
- 8 cups water
- 1/2 tsp salt
- 1/2 tsp black pepper
- 2 cubes beef bouillon
- 1 bag (16 oz) mixed vegetables, frozen
- 1 can (14.5 oz) petite diced tomatoes
- 3 pkg (8.8 oz) vermicelli noodles

Cook ground beef in a large pot over medium heat. Once browned, remove ground beef from pot. Add onions and garlic to the pot and sauté until translucent. Add celery to the pot and cook until celery softens. Once celery is cooked, add ground beef back to the pot. Add water, season with salt and pepper, stir to combine, and bring to a boil. Stir in bouillon cubes and stir until cubes dissolve. Next, add mixed vegetables, diced tomatoes, and vermicelli noodles. Bring to a boil. Cook until noodles become glassy, about 5-10 minutes.



L E N N Y Fejeran

WHEN PEOPLE THINK OF GUAM, they often picture a welcome escape, powdered beaches, painted skies... unless you're local. If you're local then chances are that above all else, you think of the food.

Káddon beef shank, oxtail, sinigang, nilaga—as the thought of these familiar flavors tango across our tongues, we're guided back to simpler days. We become nostalgic for a time when we felt satisfied and secure, free to indulge in the comfort of those who mean the most, and in all the other joys we could each use more of, particularly today.

For local restaurateur Lenny Fejeran, káddo is just one dish that stirs that pot. "If you go to my grandma's house, you got a huge tãngke—fire going all day. There's always smoked meat hanging and there's always one big pot of káddo."

Káddo, or bone broth soup, is an essential comfort food in CHamoru cuisine. It serves as a staple in every household, and seems to be the one locally loved dish on which everybody has their own spin.

From adding eggplant to okra, the possibilities are endless. Still, there's no better káddo than the one nãna makes. Together with fresh produce, this big pot of comfort cooks down into a "power food"



Sitting down with Lenny of Pika's Cafe, Kitchen Lingo, Kádu Guam, Market Deli and Bakery at Pay-Less Maite.

Talking Káddo

"...WHEN I HAD THE KÁDU RESTAURANT, [ORDERS WERE] ALL TO-GO BECAUSE I WANTED CUSTOMERS TO GO HOME TO THE FAMILY TABLE, NOT BE EATING OUT IN A RESTAURANT."

Chagi Káddon Beef Shank!

See recipe on the next page.



FAVORITE KÁDDO: BINÁDU WITH DÁGU AND PUMPKIN TIPS

rich in vitamins A and K2, and packed with minerals as well as omega-3 and -6 fatty acids. "It's in the marrow," Fejeran explains. From there, that piping hot bowl will go on to evoke literal feelings of warmth. "Naturally it's going to be comforting and healing. And then you add your upbringing to that—your childhood. [Picture yourself] back sitting around the table."

Of course, home around the family table is where Fejeran first began to cook. "I was constantly helping and tasting. My aunties are good cooks. I'm always calling them or I'll hang out with them and get pointers here and there. But that's the thing—I have to talk story, I have to talk about family and what's going on in our life. And all of that—that's what's going into the pot, believe it or not."

Beyond the rim of káddo, Fejeran admits that for him the ultimate comfort food really is chesa at the barbecue. "If you were to ask me, and I'm sure a lot of people would agree, it's barbecue. It's comforting sitting around talking story, drinking with family and friends. That, for me, is one of the ultimate forms of hospitality for CHamorus or being on Guam."

BY ASHLEY SABLAN



KÁDDON UHANG

- 1 tbsp coconut oil
- 1 onion, diced
- 1 tbsp garlic, minced
- 2 cups green beans, cut to 3"
- 1 (14.5 oz) can stewed tomatoes, drained
- 2 lbs shrimp, shell on, head on
- 2 (13.5 oz) cans coconut milk
- 1 tsp salt
- 1 tsp black pepper
- 2 tbsp lemon juice



In a large pot over medium heat, sauté onions and garlic in coconut oil until onions become translucent. Add green beans to the pot and cook for about 3 minutes or until the green beans start to wilt. Next, add stewed tomatoes and shrimp to the pot. Cook for about 5 minutes or until shrimp is cooked and no longer translucent. Cover shrimp in coconut milk and add salt, black pepper, and lemon juice. Stir to thoroughly combine. Turn heat to low and simmer until coconut milk is heated through. Do not bring to a boil. Serve over white rice.



Recipe courtesy of Chef Lenny

KÁDDON MÁNNOK

- 1 tbsp vegetable oil
- 1/2 onion, sliced
- 1 garlic clove, chopped
- 1 tbsp ginger, chopped
- 1 whole chicken, cut up
- 5 qt water
- 2 tbsp salt
- 3/4 tsp black pepper
- 2 potatoes, chopped
- 1 carrot, sliced
- 1 cabbage, small, chopped

In a large pot, sauté onions, garlic, and ginger in vegetable oil over medium-high heat until onions become translucent. Add chicken to the pot and cook until chicken starts to brown. Once browned, add water, salt, and black pepper to the pot. Stir and bring to a boil. As water boils, a fat foam will begin to rise to the top. Skim the fat from the soup. Add potatoes and carrots. Lower heat to medium and let simmer until potatoes are soft. Lastly, shut off the heat and add cabbage. Cover the pot and let the cabbage steam for about 3-5 minutes.

KÁDDON BEEF SHANK

- 2 tbsp olive oil
- 1/2 onion, sliced
- 3-5 garlic cloves, minced
- 3 lbs beef shank
- Salt, to taste
- Black pepper, to taste
- 8-10 cups water
- 2 potatoes, large, quartered
- 1 cup long beans, chopped to 3"-4"
- 1/2 cabbage, quartered

In a medium size pressure cooker over medium heat, sauté onions and garlic in olive oil until onions become translucent. Add beef shank to the pot and season with salt and pepper. Cook until meat is lightly browned on both sides. Add water to the pot and cook for 40 minutes to an hour or until meat is tender. Next, add potatoes and cook for 25-35 minutes or until potatoes are tender. Mix in long beans and cabbage and continue to cook until soft. Season with salt and pepper, and stir to combine.

FAVORITE COMFORT FOOD

WE ASKED,
YOU ANSWERED:

#1 Soup

Arroz Caldo	Ichiban	Ramen
Beef Nilaga	Káddo	Sinigang
Bulalo	Káddon Beef Shank	Soondubu
Chalakilis	Káddon Binádu	Tomato Soup
Chicken Noodle	Káddon Mánnok	with grilled Cheese
Corn Soup	Káddon Oxtail	Wonton Soup
Crab Corn Soup	Káddon Uhang	
	Noodle Soup	
	Pho	

#2 Stew

Adobo	Curry
Beef Curry	Estofao
Beef Tinaktak	Goulash with Hot Dog
Bistek	Goulash with Spam
Braised Oxtail	Hamhocks with
Caldereta	Mongo Beans
Chicken Curry	Homemade Chili
Chicken Katsu Curry	Japanese Curry
Chicken Tinaktak	Káddon Pika
Chili	Kare Kare
Chili Con Carne	Tinaktak

#3 Meat

Beef Hot Links
Brisket
CHamoru Sausage
Chicken Strips
Chorizos Español
Corned Beef
Fried Chicken
Meatloaf
Prime Rib
Rib Eye Steak
Spam
Spam & Rice
Stir Fry Steak
Vienna Sausage

#4 Dessert

Brownies
Butter Pecan Ice Cream
with a Waffle Cone
Champuládu
Chocolate Cake
Chocolate Ice Cream
Dessert
Fruits
Ice Cream
King's Crepe a la Mode
Latiya
Rainbow Sherbet
Rocky Road Ice Cream

#5 Bread, Wraps & Sandwiches

Baguette & Cheese	Hamburger
Bread	Hotdog & Chili
Burger & Fries	Lumpia
Burritos	Pizza
Egg Salad Sandwich	Pizza Rolls
Fried Poki Sandwich	Potu
Focaccia	Tacos
Grilled Cheese Sandwich	Tuna Sandwich

#6 Noodles & Pasta

Lasagna	Pasta
Mac N Cheese	Spaghetti
Noodles	Spaghetti &
Pad Thai	Meatballs

#7 Seafood

Crab Legs
Garlic Shrimp
Lobster
Salmon Fina'denne
Seafood with Coconut Milk
Sushi

#8 Breakfast

Chamoru Fried Rice
King's Country Browns
Spam Fried Rice
Spam, Eggs, Fried Rice

#9 Starch

French Fries
Mashed Potatoes

#10 Dairy

Butter
Cheese

Vegetables

Gollai Hágun Suni
Japanese Yams with Miso Butter

#11 Salad

Beef Kelaguen

Snack

Acai Bowl

Surf & Turf

Steak & Lobster

CHUNKY CHICKEN CHALAKILIS

- 3 lbs boneless chicken, chopped
- 2 cups rice, uncooked
- 2 tsp vegetable oil
- 1 medium onion, chopped
- 1 tbsp garlic, chopped
- 1/2 tsp black pepper
- 13 cups water
- 1 packet achote powder
- 3 cubes chicken bouillon

Preheat oven to 350°F. Place uncooked rice on a baking sheet and toast in the oven for 7-8 minutes or until golden brown. In a pot, sauté onions and garlic in oil until onions become translucent. Mix in chicken and black pepper. Cook over medium heat until chicken is no longer pink. Add rice, achote powder, and water in the pot. Stir and bring to a boil. Add bouillon cubes to mixture, mashing mixture while stirring until desired consistency.



AROS KÁDDO

- 2 tbsp vegetable oil
- 1 lb chicken thighs, chopped
- 1 tbsp garlic, minced
- 1 onion, small, chopped
- 2 cups rice, uncooked
- 2 tbsp fish sauce
- 1 tbsp ginger, ground
- 1/2 tsp salt
- 1/2 tsp black pepper
- 4 cups chicken stock, unsalted
- 4 cups water
- Green onions, for topping
- Fried garlic, for topping

In a medium pot, sauté chicken in vegetable oil over medium heat until chicken is cooked. Add garlic and onion to the pot. Cook until onions become translucent. Next, add rice, fish sauce, ginger, salt, and black pepper to the pot. Stir to thoroughly combine. Add chicken stock to the pot and stir to combine. Cover pot and simmer for about 10 minutes over medium/low, while stirring in between to prevent the rice from burning. After 10 minutes, add water and simmer for another 25 minutes, while stirring every 10 minutes until the rice starts to breakdown. Serve and top with green onions and fried garlic to taste.



SI YU'OS MA'ÁSE! THANK YOU TO THE 216 PEOPLE WHO PARTICIPATED!



ENTREES



GROUND BEEF TINAKTAK

- 3 lbs ground beef
- 4 cloves garlic, minced
- 1/2 yellow onion, diced
- 2 cups green beans, chopped, 2-in. long
- 2 cups cherry or grape tomatoes, halved
- 2 (13.5 oz) cans coconut milk
- 2 tsp salt
- 1 tsp black pepper
- 1/2 tsp lemon powder

Cook ground beef until browned in a large pot over medium-high heat. Drain excess oil. Return pot to heat and add garlic and onions. Cook until soft. Add green beans, tomatoes, coconut milk, salt, black pepper, and lemon powder to the mixture and stir. Turn heat to low and simmer for about 5 minutes or until green beans soften, stirring occasionally.



ESTOFAO

- 1 tbsp olive oil
- 1/2 onion, large, sliced
- 1/4 cup garlic, minced
- 3 lbs chicken
- 1/2 tsp black pepper
- 1/2 cup soy sauce
- 1/4 cup vinegar

In a medium pot, sauté onions and garlic in olive oil over medium-high heat until onions become translucent. Add chicken and black pepper to the pot. Stir in soy sauce and vinegar. Bring heat to medium-low and cook covered for 30-40 minutes or until chicken is cooked through, stirring occasionally.

KARE KARE

- 2 lbs oxtail
- 10 cups water (divided)
- 3 tbsp vegetable oil
- 1 yellow onion, chopped
- 4 cloves garlic, chopped
- 3/4 cup peanut butter
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 beef bouillon cube
- 1/2 cup ground peanuts
- 1/2 cup achote seeds
- 1 cup water
- 1 tsp cornstarch
- 1/4 cup water
- 1 eggplant, sliced
- 6 green beans, cut to 2" in length
- 1 bok choy



Bring 5 cups water and oxtail to a boil in an uncovered pressure cooker. Cook for about 20 minutes over medium heat. Drain water and return to heat. Add remaining water. Pressure cook for about 25 minutes over medium heat or 2 hours in a regular pot. While the oxtail cooks, prepare achote water by soaking achote seeds in 1 cup of water. Set aside for later.

Once the oxtail is cooked, set aside and save stock for later. In a large pot, sauté onion and garlic in vegetable oil until translucent. Add oxtail stock and peanut butter to the pot and stir. Next, add salt, black pepper, and bouillon and stir until cube is completely dissolved. Add ground peanuts and achote water to the pot. Stir to combine. Add oxtail back to the pot and bringing to a boil for about 5-7 minutes. Thoroughly combine cornstarch with 1/4 cup water. Add mixture to the pot and stir. Add eggplant and green beans and cook for about 5 minutes. Lastly, add bok choy and cook for about 3 minutes.

SPAM GOULASH



- 1 tbsp vegetable oil
- 1/4 onion, sliced
- 1 can spam, cubed
- 1 (15 oz) can corn, drained
- 1 (14.5 oz) can green beans, drained
- 1 (15 oz) can tomato sauce
- 1 tsp garlic powder
- 1/2 tsp black pepper

In a medium pan, sauté onions in oil over medium-high heat. Cook until onions become translucent. Add Spam to the pan and cook until it is lightly browned. Once browned, add corn, green beans, tomato sauce, garlic powder, and black pepper. Stir to thoroughly combine. Cook until warmed through.

CORNER BEEF WITH CABBAGE

- 1 tbsp vegetable oil
- 1/2 onion, sliced
- 2 garlic cloves, minced
- 1 can corner beef
- 1/2 tsp black pepper
- 1/2 cabbage, sliced

In a medium pan, sauté onions and garlic in oil over medium-high heat until onions become translucent. Add corner beef to the pan and stir. Then, add black pepper and cook until corner beef is lightly browned. Once browned, add cabbage to the pan and toss to combine. Cook until cabbage is softened.



PINAKBET

- 2 tbsp olive oil
- 1 onion, small, chopped
- 2 cloves garlic, chopped
- 2 roma tomatoes, chopped
- 1 lb pork belly, cut into 1" cubes
- 1 cup water
- 4 tbsp salted shrimp fry (bagoong alamang)
- 1/2 kabocha squash, peeled, cubed
- 9 okra, ends trimmed
- 1 bitter melon, seeded, sliced
- 1 eggplant, large, chopped
- 1/2 tsp black pepper
- 1 cup green beans, cut to 2-3"



In a large pan, sauté onions and garlic in olive oil over medium heat until translucent. Add Roma tomatoes to the pan and cook until slightly softened. Next, add pork belly and stir to combine. Add water to the pan, cover, and cook for about 30-40 minutes or until pork is cooked through. Add salted shrimp fry and kabocha squash. Stir to combine, cover, and cook for about 5 minutes or until squash softens. Add okra, bitter melon, eggplant, and black pepper, and cook until vegetables soften. Lastly, add green beans to the pan. Stir to combine and cook until green beans soften with a slight crunch.



KATDIYU

- 2 parrot fish, cleaned, chopped
- 2 tbsp vegetable oil
- 1 onion, medium, sliced
- 4 cloves garlic, chopped
- 2 cups green beans, cut to 2"
- 2 eggplants, sliced
- 1 cup cherry tomatoes, halved
- 2 bok choy
- 1 (13.5 oz) can coconut milk
- 3 tbsp vinegar
- 1 tsp salt
- 1/2 tsp black pepper

In a large pan, fry fish in vegetable oil over medium-high heat until golden brown. Ensure fish is dried as much as possible to prevent oil from splashing. Once fish is cooked, place on a paper towel-lined dish and set aside for later. In another large pan, sauté onions and garlic until translucent. Add green beans and eggplant to the pan and cook until softened. Next, add roma tomatoes and bok choy to the pan and cook until slightly wilted. Then, add coconut milk, vinegar, salt, and black pepper. Cook until milk is warmed through.



TINALA KÁTNE

- 2 pounds beef brisket, sirloin or flank steak
- 1 cup Kikkoman soy sauce
- 1/2 cup white vinegar
- 2 lemons, juiced
- 4 garlic cloves, crushed
- Pepper, to taste

Combine all ingredients except for the beef in a non-reactive bowl. Rub mixture onto the beef and marinate for at least 4 hours or overnight. You can cook tinala katne in a few different ways:

Method 1 (Traditional method) : Lay the meat on a baking sheet and let dry in the sun for about 4 hours, turning it over after 2 hours onto the other side. (Heat the meat before serving on a grill.)

Method 2: In a single layer, dry the meat in an oven at 250°F for 1.5-2 hours.

Method 3: Cook in a smoker.



Dinanche is a must with barbeque, tinala kátne and just about everything. See recipe on page 22.



In a small bowl, combine all ingredients and mix thoroughly with a fork. Use immediately or transfer to a resealable container and store dry until ready for use.

FULL RUB

Great on chicken, beef, pork or fish!

- 2 tbsp paprika
- 1 tbsp ground cumin
- 2 tsp celery salt
- 1/4 tsp ground cayenne pepper
- 1/4 tsp ground cinnamon

SWEET AUTUMN RUB

Great on steak!

- 3 tbsp chili powder
- 1 tbsp dark brown sugar
- 1 tbsp ground cinnamon
- 1 tbsp ground allspice
- 1 tbsp ground cloves
- 1 tbsp ground ginger
- 1 tbsp salt
- 1 tbsp black pepper
- 1 tsp ground nutmeg

COWBOY SPICE RUB

Great on chicken, steak or veggies!

- 2 tbsp paprika
- 2 tbsp chili powder
- 1/2 tsp ground cayenne pepper
- 2 tbsp garlic powder
- 1/2 tsp ground oregano
- 1 tsp ground cumin
- 1 tsp black pepper
- 2 tbsp salt

*Add 2 tbsp coconut sugar for a sweet and smoky blend.

KABOBS TWO WAYS

CHICKEN KABOBS

- 1/2 cup ketchup
- 1/2 cup vegetable oil
- 1/2 cup soy sauce
- 1/2 cup brown sugar
- 1/4 cup apple cider vinegar
- 1/4 cup thai sweet chili sauce
- 2 cloves garlic, minced
- 2 tsp black pepper
- 2 lbs chicken, 2" strips

Soak bamboo skewers in water for at least 30 minutes. In a small bowl, combine ketchup, vegetable oil, soy sauce, brown sugar, apple cider vinegar, Thai sweet chili sauce, garlic, and black pepper. Stir to combine. Place chicken in marinade mixture and marinate in refrigerator for at least 8 hours. Thread skewers through desired amount of chicken. Grill each side for 4-5 minutes until cooked through.



BEEF KABOBS

- 6 oz pineapple juice
- 1/4 cup low sodium soy sauce
- 1/4 cup olive oil
- 1/4 cup brown sugar
- 1/4 cup apple cider vinegar
- 1 tbsp molasses
- 2 tsp ginger, minced
- 2 tsp garlic, minced
- 1 1/2 lbs sirloin steak, cubed
- 1 red bell pepper, cut into 1" pieces
- 1/2 pineapple, cut into 1" cubes
- 1/4 red onion, cut into 1" pieces

Soak bamboo skewers in water for at least 30 minutes. In a small bowl, combine pineapple juice, soy sauce, olive oil, brown sugar, apple cider vinegar, molasses, ginger, and garlic. Stir to combine. Place steak in marinade mixture and marinate in refrigerator for at least 30 minutes. Thread skewers through desired amount of steak, red bell pepper, pineapple, and red onion. Grill each side for 2-3 minutes until cooked through.

BBQ 3 WAYS



Recipe courtesy of Ryan James

CLASSIC

- 4 cups soy sauce
- 3 cups vinegar
- 1/2 tsp sesame oil
- 1 tsp garlic powder
- 1 tbsp onion powder
- 1/2 tsp black pepper
- 1 onion, small, sliced

Combine ingredients in a medium sized bowl. Place choice of meat in a container and pour marinade over meat to coat evenly. Place in fridge and marinate for at least 2 hours or overnight.

SOUTH TEXAS DRY RUB

- 1/2 cup coarse black pepper
- 1/3 cup brown sugar
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp paprika
- 2 tsp chili powder
- 1 tsp cumin
- 1 tsp ground mustard

Mix all dry ingredients together in a shaker. Lay ribs flat and pour the dry rub evenly on both sides of the ribs. For chicken, place chicken pieces in a bowl and pour dry rub over it. Mix chicken with your hands to evenly distribute the rub. Let it sit for 15 minutes then BBQ.

GUAM STYLE MUSTARD

- 1 cup yellow mustard
- 1 cup soy sauce
- 1/4 cup vinegar
- 1 tsp onion powder
- 1/2 tsp black pepper
- 1/2 tsp sugar

Whisk together mustard, soy sauce, vinegar, garlic powder, onion powder, black pepper and sugar in a bowl. Pour wet marinade over ribs. Refrigerate for 1 hour then flip ribs and refrigerate for another hour. It is now ready to grill.



Watch: Local grillmaster, Ryan James, talks about his passion for BBQ and the art of wood fire cooking.



CHAMORU BISTEK

- 1 tbsp olive oil
- 1/2 onion, large, sliced
- 2 tbsp garlic, minced
- 2 lbs beef, sliced
- 1/2 tsp black pepper
- 1/4 cup soy sauce
- 3/4 cup vinegar
- 1-2 beef bouillon cubes
- 1 cup water
- 1 packet achote powder
- 1 cup frozen peas

Sauté onions and garlic in a medium pan over medium-high heat until translucent. Add beef and black pepper to the pan and cook until browned. Next, add soy sauce, vinegar, and bouillon cube(s) to pan and combine until cube is dissolved. Combine water and achote powder in a small bowl. Mix until powder is dissolved. Stir achote water into the pan. Add frozen peas. Cook until peas are warmed throughout.

FINA'DENNE' 4 WAYS

Just add all ingredients, stir, and let sit for a few minutes.



SOY SAUCE & VINEGAR

- 2/3 cup soy sauce
- 1/2 cup vinegar
- 1 tbsp. ground hot chili peppers
- 1/4 cup yellow onion, chopped
- 1/2 cup cherry tomatoes, halved
- 1 stalk green onion, chopped

SOY SAUCE & LEMON

- 1/2 cup soy sauce
- 1/4 cup lemon juice
- 3-5 peppers, chopped
- 2 stalks green onion, chopped

LEMON

- 2/3 cup lemon juice
- 1/2 cup water
- 1/2 tsp. salt
- 1/2 yellow onion, chopped
- 3-5 peppers, chopped

TUBA

- 1 cup sukang tuba vinegar
- 1 tsp. salt
- 1/4 cup yellow onion, slice
- 3-5 peppers, chopped





SOY GLAZED TURKEY

- 1 turkey, about 13-15 lbs

Brine:

- 2 gallons water
- 1-1/2 cup salt
- 4 bay leaves
- 2 garlic bulbs
- 1/2 cup pepper corn
- 2 rosemary sprigs
- Glaze:
- 1 cup soy sauce
- 1 lemon
- 1/4 cup brown sugar

Mix the solution for the brine together. Submerge turkey in the brine for up to 1-3 days. If you cannot fully submerge turkey, rotate every 6-12 hours. When ready to cook, preheat oven to 375°F. Pat the turkey dry and rub olive oil over the turkey. Place on a baking sheet breast-side down, and bake for 3-1/2 to 4 hours. At the last hour, flip the bird breast-side up. Now it's time to prepare the glaze! Add soy sauce, lemon and brown sugar to a pot. Bring to a boil then simmer until slightly thickened. For the last hour of the turkey, with the breast facing up, glaze it every 15 minutes. Use a thermometer to ensure your turkey is done. It should reach an internal temperature of about 165°F.



PRIME RIB ROAST

- 1 prime rib roast, 6-10 lbs
- 10 cloves garlic, minced
- 2 tsp olive oil
- 2 tsp salt
- 2 tsp black pepper
- 2 tsp dried thyme

Preheat oven to 500°F. Place the roast in a roasting pan, with the fatty side up. In a small bowl, combine all the other ingredients. Spread the mixture over the fatty layer of the roast, and let sit until room temperature, no more than an hour. Bake the roast for 20 minutes at 500°F then reduce the heat to 325°F and cook for 60-75 minutes more. The internal temperature of the roast should be 135°F for medium rare. Allow the roast to rest for 10-15 minutes before carving.



BROWN SUGAR GLAZED HAM

- 1 fully cooked ham, 7-9 lbs
- 1/2 cup brown sugar
- 1/2 cup maple syrup
- 1 tbsp dijon mustard
- 4 canned pineapple rings, thinly sliced

Preheat oven to 275°F. Place ham face down in a roasting pan and cover tightly with foil. Bake for 1-1/2 hours. In a medium saucepan, combine brown sugar, maple syrup and mustard and bring to a boil over medium-high heat, stirring constantly. Cook until sauce thickens, about 2 minutes. Brush the baked ham with the glaze, then secure the pineapple rings to the top with toothpicks. Return to the oven until heated through, about 25-30 minutes.



POT ROAST

- 1 onion, large, sliced
- 3 lbs chuck roast
- 1 pkg dry onion soup mix
- 2 (10.75 oz) cans Cream of Mushroom soup
- 2 tbsp water
- 4 red potatoes, cut into large chunks
- 4 carrots, cut to 2" long, halved
- 1 cup beef broth

Preheat oven to 325°F. Place sliced onions on the bottom of a large baking dish. Place roast on top of onion slices and sprinkle with dry onion soup mix. Rub soup mix into roast then cover meat with cream of mushroom soup. Sprinkle water over roast and tightly cover with foil. Bake for 2 hours and remove from oven. Place potatoes and carrots around the roast. Pour broth over potatoes and carrots. Tightly cover with foil once again and bake for 1 more hour. Remove from oven and serve.



REVERSE SEARED TOMAHAWK STEAK

GARLIC HERB BUTTER

- 4 tbsp butter, softened
- 1 tbsp garlic, minced
- 1 tbsp fresh parsley, minced

Combine all ingredients in a small bowl. Use a fork to mix thoroughly. Roll into a log using plastic wrap and refrigerate until firm.

TOMAHAWK STEAK

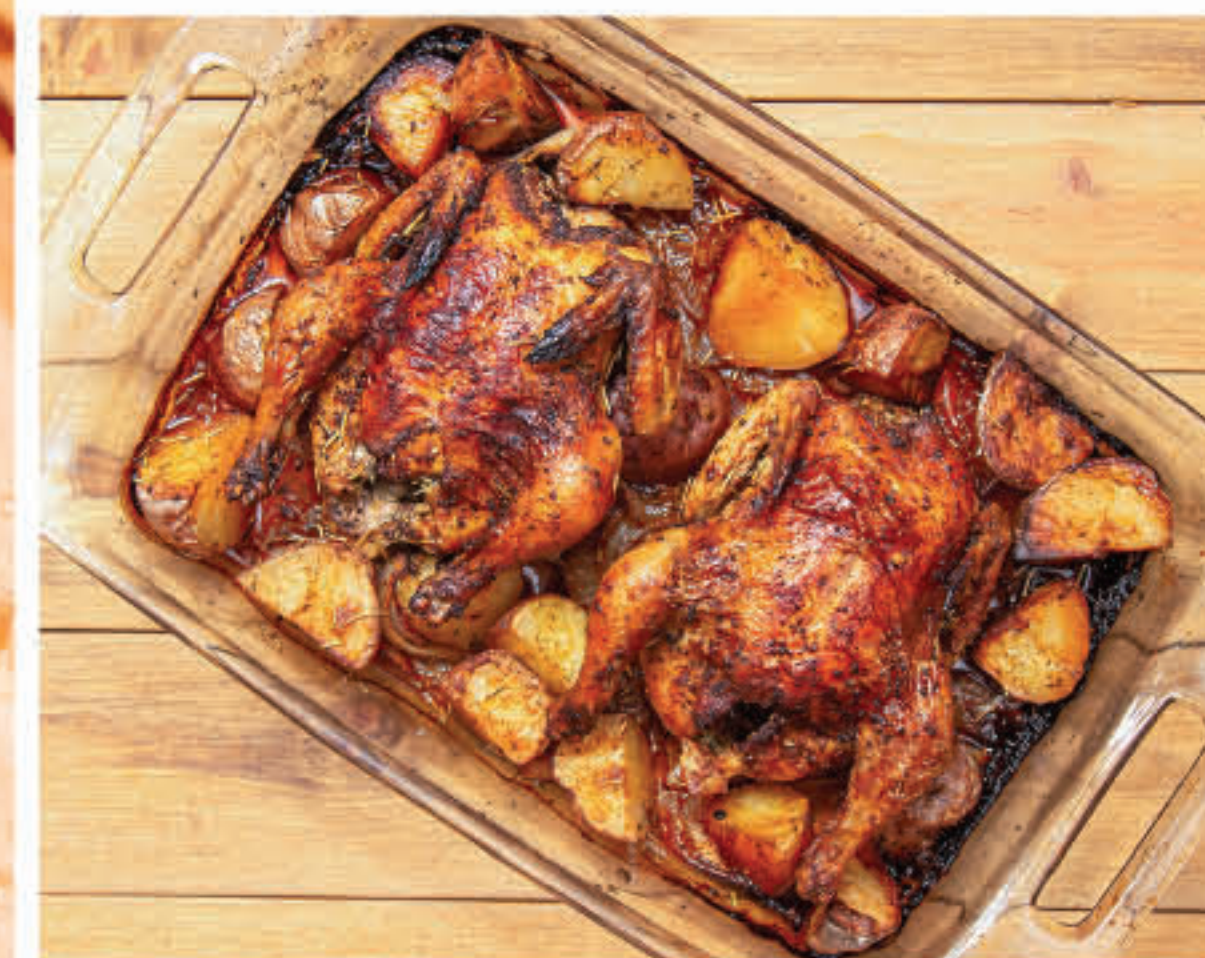
- 1 Tomahawk steak
- Coarse sea salt, to taste
- Coarse black pepper, to taste
- Garlic powder, to taste
- Red pepper flakes, to taste

Season both sides steak with sea salt, black pepper, garlic powder and red pepper flakes. Press seasoning onto steak and let steak rest for at least 2 hours. Prepare BBQ grill by keeping charcoal to one side of the grill, thereby creating two heat zones, direct heat and indirect heat. Start by grilling the steak over indirect heat for approximately 25 minutes. Then, grill steak for about 2 minutes on each side over direct heat. Remove from heat and let steak rest for at least 10 minutes. Top with a slice of garlic herb butter and serve.

DINANCHE

- 4 tbsp coconut oil
- 1 small onion, diced
- 4 tbsp garlic, minced
- 3 local eggplants, chopped
- 2 cups local long beans, chopped
- 1 cup miso paste
- 1/2 cup crab paste
- 4-6 tbsp ground hot chili peppers
- 1 can coconut milk
- 1 tsp lemon powder

In a medium pan, sautee onions, garlic, eggplant, and long beans in coconut oil over medium-high heat until eggplant and long beans soften. Add miso paste, crab paste, ground hot chili peppers, coconut milk, and lemon powder to the pan. Stir to combine. Turn down heat and simmer for approximately 5 minutes while continuously stirring. Remove from heat and refrigerate for at least 1 hour.



CORNISH HENS

- 1 onion, sliced
- 2 cornish game hens
- 5 red potatoes, quartered
- 3-4 tbsp olive oil
- 2 tsp garlic salt
- 1/2 tsp coarse black pepper
- 2 tsp paprika
- 1 tsp thyme
- 2 tsp rosemary, crushed

Preheat oven to 350°F. Place onions in a shallow baking dish. Place hens on top of onions and arrange potatoes around hens. Rub oil onto hens and vegetables. Combine garlic salt, paprika, rosemary, thyme, and coarse black pepper in a small bowl. Rub seasoning onto hens and vegetables. Bake for 1 hour to 1 hour 15 minutes, or until the hens are cooked through (an internal temperature of 165°F).



TERIYAKI BACON BURGER

- 1 lb ground beef
- 2 tbsp teriyaki sauce
- 4 pineapple rings
- 4 pieces bacon, cook until crisp
- 4 slices Monterey Jack cheese
- Hamburger buns

SPICY CILANTRO MAYO

- 1/3 cup mayonnaise
- 1 tsp sriracha or chili sauce
- 1 tbsp cilantro, finely chopped

Using your hands, gently mix the ground meat with the teriyaki sauce in a medium bowl. Be careful not to overwork the mixture as that can toughen the meat. Divide into four quarter-pound patties. Grill pineapple slices for 1 minute on each side on your grill of choice. Cook burgers until desired doneness. Place a piece of bacon on each burger and then top with a piece of Monterey Jack cheese to hinge the bacon in place. Top with a grilled pineapple slice and serve on hamburger buns spread with spicy cilantro mayo.

Local roots

BY JOSIE MOYER



Candy Santos delivers fresh produce from her farm to Pay-Less three to four times a week.

Candy SANTOS

DOWN IN TALOFOFO, a dusty pickup truck backs into the driveway under the watchful gaze of Candy Santos, a meticulous farmer who takes pride in her produce. Small sacks of freshly picked cucumber are unloaded and placed near the bins where they'll be washed, sorted and packed. The best ones will be delivered to Pay-Less Supermarkets.

"Whatever vegetables I sell, I need to make sure they're the prettiest and that they're good quality," says Candy. "If you go to the store to buy a vegetable, do you look for the rotten or ugly one? People are paying good money so you should sell them the best."

Candy has been a farmer for most of her life. Her parents were farmers and her grandmother also loved to plant. Today, she and her three brothers run their family farm together, planting and harvesting cucumbers, eggplant, long beans, hot peppers, cherry tomatoes and seasonal fruits like watermelon and cantaloupe. The family has been delivering quality produce to Pay-Less for over ten years.

"My dad loved farming and that's how we grew up. My mom used to say if something was troubling her then she'll go out and look at the flowers. I guess that's like a healthy remedy for when you're not feeling good," says Candy. "Being outdoors and seeing what you planted grow – there's a satisfaction to it. But it's hard work. It's not really for the money and it's not an 8 to 5 job. Farming is something you need to enjoy otherwise, forget it. You're not going to be successful."

Lately the family has been keeping an eye on their fields as high winds continue to whip around the island, causing the netting and trellises to lash into crops of long beans and cucumber, which can bruise and damage stock. And if they aren't dealing with the challenges of harsh or unpredictable weather, they're dealing with a myriad of relentless bugs and insects that could wipe out an entire crop if left unchecked.

"We aren't an organic farm but we don't use a lot of pesticide because it's dangerous. We try to use natural remedies like canola oil," says Candy. "So maybe my cucumbers are not as pretty because we try not to use a lot of the chemicals but I don't want to put chemicals knowing that it's not good for the health. And with all kinds of disease coming up, we just try to protect everybody."

While she encourages customers to buy more locally grown fruits and vegetables, Candy appreciates the variety of produce that is imported to Guam. Whether grown or flown, the important thing is to ascertain the quality.

"When you go out and buy, look for good quality," she adds. "Don't just buy anything. You have to stop and think, where is this coming from? Is it full of chemicals? People need to stop and think," Candy says.

WHEN I SEE FAT LONG BEANS IT BREAKS MY HEART BECAUSE THOSE ARE NOT GOOD FOR EATING, THEY'RE READY FOR SEEDS. ... I'M KNOWN FOR MY SKINNY BEANS.



Pay-Less Supermarkets is the largest purchaser of local produce. You can find her skinny long beans and other vegetables at your favorite Pay-Less store.



PARMESAN CRUSTED SALMON STEAK

- 1/3 cup Panko breadcrumbs
- 1/3 cup grated parmesan cheese
- 2 cloves garlic, minced
- 1/2 tsp salt
- 1 tsp black pepper
- 1 tsp fresh chives, finely chopped
- 1 tsp fresh parsley, finely chopped
- 1 tsp fresh thyme, finely chopped
- 1/4 cup unsalted butter, melted
- 2-4 salmon steaks
- 2 tbsp unsalted butter
- 2 tbsp flour
- 1 cup milk
- 1/4 cup heavy cream
- 1/4 tsp black pepper
- 2 tsp Dijon mustard
- 1/2 chicken bouillon cube, crushed
- 1/2 tsp Worcestershire sauce
- 1 fresh lemon, halved

In a small bowl, combine Panko breadcrumbs, cheese, garlic, salt, black pepper, and herbs. Add melted butter and stir until thoroughly mixed. Spread mixture over the top of salmon steaks and lightly press. Bake on a parchment paper lined baking sheet for 10-12 minutes at 400°F. While steaks are baking, prepare the sauce. Melt butter in a saucepan over medium-low heat. Add flour and whisk until smooth. Add milk, cream, pepper, and cooking wine to the pan while continually whisking. Next, add cooking wine, mustard, bouillon, and Worcestershire and stir constantly until sauce thickens. Squeeze lemon over each steak and drizzle with sauce.



SALT & PEPPER SHRIMP

- 1 lb shrimp, deveined, dried
- 1/2 cup cornstarch
- 1 tbsp vegetable oil
- 6 cloves garlic, minced
- 1/2 onion, large, sliced
- 2 red jalapeños, sliced or to taste
- 1 stalk green onions, chopped
- 1/2 tsp salt
- 1 tsp black pepper



In a medium bowl, evenly coat shrimp in cornstarch. Shake to remove any excess. Over medium-high heat, fry shrimp in vegetable oil until cooked. Remove shrimp from pan and place on a paper towel-lined plate. Set aside for later. In a large pan over medium-heat, sauté garlic, onions, and jalapeños in vegetable oil until onions become translucent. Add shrimp to the pan along with green onions and stir to combine. Lastly, add salt and pepper to pan and stir to thoroughly combine.

LOBSTER MAC N' CHEESE

- 1 tbsp vegetable oil
- 2-4 lobster tails, halved
- 3 cups whole milk
- 1 tsp black peppercorns
- 1 bay leaf
- 1/4 cup unsalted butter
- 2 tbsp flour
- 1/2 cup parmesan, shredded
- 1/2 cup gruyère, grated
- 2 cups elbow macaroni, cooked
- 1/4 cup breadcrumbs
- 1/4 parmesan cheese, grated
- 1/2 tsp cayenne pepper

Cook halved lobster tails with 1 tablespoon vegetable oil over medium-high heat. Remove the lobster tails once nearly cooked. The meat should be lightly browned and the shells should be orange. Once the lobster tails are cooled, remove the meat from the shells. Roughly chop and set aside. Place the lobster shells in a medium sized pan and combine with milk, peppercorns, and bay leaf. While stirring, bring to a boil, and remove from heat. Once infused milk has cooled, strain and set aside for later. Preheat oven to 400°F.

In a separate pan, melt the butter and add flour over medium heat. Stir and cook until the mixture becomes a light brown color. Slowly stir in infused milk to mixture. Next, add parmesan and gruyere cheese to the mixture. Heat until all cheese has been melted. Then, add cooked macaroni to the mixture, stir until thoroughly combined. Transfer mixture to a small baking dish. Add lobster to the dish and thoroughly combine. Top off the dish with an evenly spread combination of breadcrumbs, parmesan cheese, and cayenne pepper. Bake for about 10 minutes.



GARLIC BUTTER SHRIMP

- 1 lb shrimp, shell-on, deveined
- 3 tbsp flour
- 2 tsp paprika
- 1 tsp sea salt
- 1 tsp coarse black pepper
- 1 tbsp olive oil
- 1 stick butter, unsalted
- 15 cloves garlic, minced
- 1 tbsp olive oil

In a medium bowl, combine shrimp with flour, paprika, salt, and black pepper. Toss until thoroughly coated. Set aside. In a large pan, melt the stick of butter in 1 tablespoon of olive oil. Add garlic to the pan and cook until lightly browned. Once browned, remove as much garlic butter from the pan as possible. Add another tablespoon of olive oil to the pan and fry battered shrimp for 2-3 minutes on each side. Add garlic butter back to the pan and toss until it is heated through.



CHAGI: A TASTE OF GUAM





SUSHI BAKE

- 3 cups rice, cooked
- Furikake
- 1 lb imitation crab meat, finely chopped
- 3/4 cup Kewpie mayo
- 1/2 cup sour cream
- 1- 1/2 tbsp Sriracha
- Nori sheets, small

Preheat oven to broil. In a large bowl, combine imitation crab meat, Kewpie mayo, sour cream, and sriracha. Mix thoroughly. In a large casserole dish, lightly press rice into an even layer. Sprinkle furikake across the top of the rice layer. Evenly spread the crab mixture on top of furikake layer. Sprinkle more furikake on crab mixture. Broil for 5 minutes or until the top is lightly browned. Scoop and place a slice of sushi bake on a sheet of nori, wrap and enjoy.



PALABOK

- 2 tbsp vegetable oil
- 1 lb ground pork
- 3 cups water
- 1 tbsp anatto powder
- 1 shrimp bouillon cube
- 6 tbsp flour
- 2 tbsp fish sauce
- 1/2 tsp black pepper
- 1 tsp salt
- 1 lb rice noodles (bihon)
- 1/2 cup shrimp, cooked
- 1/2 cup chicharon, crushed
- 3 tbsp garlic, chopped, fried
- 1/4 cup green onion, chopped
- 2 eggs, hard boiled, sliced
- Calamansi, halved

In a large pan, cook ground pork in vegetable oil over medium-high heat until brown. Combine anatto powder with water in a medium bowl and thoroughly mix before adding to the pan. Bring to a boil. Add shrimp bouillon cube and stir until the cube dissolves. Slowly add flour to the pan to thicken the mixture. Add fish sauce, black pepper, and salt. Stir to combine and bring to a simmer. Set aside. Soak rice noodles in water for about 15 minutes. Once noodles have soaked, boil the noodles in water for about 1 minute. Drain noodles and place on a serving dish. Cover noodles in sauce, shrimp, chicharon, garlic, green onions, and sliced egg. Serve with calamansi.

SPAGHETTI SQUASH PANCIT

- 1 spaghetti squash, medium, halved
- 1 tbsp olive oil
- 1/2 onion, diced
- 3 cloves garlic, minced
- 1 lb chicken breast, thinly sliced
- 1/2 head cabbage, shredded
- 1 carrot, julienned
- 2 stalks celery, diced
- 1/4 cup low sodium soy sauce
- 1 lemon

Scrape out seeds from squash using a spoon. Roast at 350°F on a baking dish, flesh side down, for 20-30 minutes. Let cool, then scrape out strands of flesh using a fork. In a large skillet, saute onion, garlic, and chicken in oil. Once the chicken is cooked thoroughly, add cabbage, carrots, celery, and soy sauce. As cabbage softens, add squash strands. Toss until well combined. Remove from heat. Squeeze lemon juice over pancit before serving.



DESSERTS



APIGIGI

- 16 oz cassava, grated
- 16 oz young coconut, chopped
- 3/4 cup sugar
- 7 oz coconut milk
- Banana leaves (cut to approx. 5"x7")

In medium bowl, combine cassava, young coconut, sugar, and coconut milk. Mix well. Place 3 tbsps. of the mixture lengthwise across the center of a banana leaf cutout. Fold in leaf edges over mixture. Grill each side over medium high heat on a grill pan or barbeque grill for approximately 10 minutes. Remove from heat. Let cool and serve.

SWEET TAMALES

- 16 oz cassava, grated
- 16 oz young coconut, chopped
- 3/4 cup sugar
- 7 oz coconut milk
- Foil sheets (cut to approx. 5"x7")

In medium bowl, combine cassava, young coconut, sugar, and coconut milk. Mix well. Place 3 tablespoons of the mixture lengthwise across the center of a foil sheet. Seal packet tightly by folding in foil edges over mixture. Steam foil packets for approximately 20 minutes. Remove from heat. Let cool and serve.

ĀHU

- 8 cups coconut juice
- 9 cups water (set aside 1 cup)
- 2 cups sugar
- 4 cups young coconut, chopped
- 2 cups tapioca starch (set aside 1 cup)

In a large pot, combine coconut juice, 8 cups water, and sugar. Bring to a boil and stir until sugar dissolves. Combine young coconut and 1 cup tapioca starch in a mixing bowl. Scoop about half a teaspoonful of the batter and drop it into the boiling liquid mixture. When done, the dumplings should float to the top. If they fall apart during cooking, you may need to add a couple more tablespoons of tapioca starch to your dumpling mixture. Once all dumplings have floated to the top, combine the remaining water and tapioca starch in a small bowl and stir it into the pot to thicken. Cook for about 5 minutes, stirring until liquid thickens and dumplings become more translucent.





BUÑELOS

3 WAYS

BUÑELOS MÃNNGA (Mango Doughnuts)

- 16 oz ripe mangoes (fresh or frozen)
- 1/4 cup milk
- 1 cup all-purpose flour
- 1/2 cup sugar
- 1/2 tsp baking powder
- 1/8 tsp salt
- Vegetable oil, for frying

Preheat oil over medium heat. In a large bowl, combine mango and milk. Add flour, sugar, baking powder, and salt to mixture. Stir until mixture becomes a batter. Drop batter into oil in increments of approximately 2 tablespoons. Fry until evenly browned on both sides, then remove and place on paper towels to dry any excess oil.

BUÑELOS AGA (Banana Doughnuts)

- 2 cups bananas, mashed
- 2 cups all-purpose flour
- 1/2 tsp baking powder
- 1/2 cup sugar
- 1 tsp cinnamon
- 2 tbsp milk
- 1 tsp vanilla extract
- Vegetable oil, for frying

Preheat oil over medium heat. In a large bowl, combine bananas, flour, baking powder, sugar, cinnamon, milk, and vanilla extract. Stir until mixture becomes a batter. Drop batter into oil in increments of approximately 2 tablespoons. Fry until evenly browned on both sides, then remove and place on paper towels to dry any excess oil.

BUÑELOS MÃNGLO' (Air Doughnuts)

- 2 cups all-purpose flour
- 1/2 cup sugar
- 1 tbsp baking powder
- 1 cup coconut milk
- Vegetable oil, for frying

Preheat oil over medium heat. In a large bowl, combine flour, sugar, baking powder, and coconut milk. Gently mix until a dough is formed. Knead until dough becomes soft and smooth. Roll dough out to about 1/3" thick, then cut in diamond or triangle-shaped pieces using a knife or pizza cutter. Drop dough into oil. Fry until evenly browned on both sides, then remove and place on paper towels to dry any excess oil.



CASSAVA CAKE

- 32 oz grated cassava
- 1 (12 oz) jar macapuno strings
- 2 eggs, large
- 1 cup sugar
- 1 (14 oz) can coconut milk
- 1 (12 oz) can evaporated milk
- 1/4 cup butter, melted
- 1 tsp vanilla extract

Preheat oven to 375°F. Combine all ingredients in a large bowl. Whisk to combine. Pour batter into a lightly greased baking dish. Bake for 1 hour. Remove from oven and cool.



ROSKETTI

- 1 cup sugar
- 2 sticks butter, softened
- 3 eggs, large
- 1 tsp vanilla extract
- 16 oz corn starch
- 1 cup flour
- 1 tsp baking powder
- Pinch of salt

Preheat oven at 375°F. In a medium mixing bowl, combine sugar and butter. Mix thoroughly until mixture becomes creamy. Add eggs and vanilla extract to mixture. Thoroughly combine. Add corn starch, flour, baking powder, and salt. Hand mix ingredients until a dough is formed. Roll dough into 1" balls and place on a cookie sheet. Press balls with a fork and bake for about 10-15 minutes.



PUMPKIN TURNOVER (PÁSTIT)

Pastry:

- 5 cups all-purpose flour
- 1/4 cup granulated sugar
- 1/4 cup all-purpose shortening
- 3/8 cup margarine
- 1-1/2 iced water
- 1/4 cup whole milk

Filling:

- 1 (15 oz) can pure pumpkin
- 1/4 cup brown sugar
- 1/8 cup granulated sugar
- 1/2 tsp cinnamon
- 1/16 tsp pumpkin pie spice

Preheat oven to 350°F. Combine the pumpkin, both sugars, cinnamon and pumpkin pie spice and mix well. In a separate bowl, combine flour, sugar and shortening into mixing bowl. Mix to a crumb consistency. Add several tablespoons of the iced water until dough is formed. Shape into a log.

Cut dough into approximately 2 oz pieces. With a rolling pin, roll dough out to approximately 5" in diameter. With the 5" dough, add a tablespoon of the pumpkin mix in the center. Fold over or "turn over" the other end of the pastry to make half moon shape. Press the end circle together and pinch with a fork to seal. Avoid getting the filling on the ends so that the pastry can seal properly. Poke the center of the turnover with a fork to allow steam to escape while baking.

Bake pastit for 20 minutes or until lightly brown. Take out of the oven and brush with milk for a glossy finish. Place back into the oven for another 10-15 minutes or until golden brown.

KALAMAI

- 1/2 cup corn flour
- 1/2 cup cornstarch
- 1/2 cup sugar
- 1 1/2 cup coconut milk
- 1 tsp vanilla extract
- 1/2 tsp red food coloring
- 1 tbsp butter, unsalted
- 2 cups boiling water
- Cinnamon, to taste

In a large mixing bowl, sift together corn flour and cornstarch. Add sugar to the bowl and stir to combine. Add coconut milk, vanilla extract, and food coloring. Stir until dry ingredients dissolve. Transfer to a pot. Add butter and cook on medium-low until butter is melted. Stir constantly to avoid burning the mixture. Once butter is melted, slowly stir in water. Continue stirring until mixture thickens. Place mixture on a serving dish and evenly form to desired shape and height. Sprinkle with cinnamon to taste and chill for at least 10 minutes.



POTU

- 1 cup rice flour
- 1/2 cup sugar
- 1-1/2 tbsp baking powder
- 4 tbsp tuba vinegar
- 3/4 cup water

Combine all ingredients in a medium-sized mixing bowl. Whisk together to thoroughly combine. Once combined, let mixture rest for about 15 minutes. Pour mixture into a small lined cupcake pan about 1/3 of the way up each cup. Place pan in a steamer with a hand towel under the lid to catch the drops of water. Steam for about 30 minutes over high heat. Remove from steamer and allow to cool.



GUYURIA

- 3-1/2 cups flour
- Pinch of salt
- 1 tsp sugar
- 3 tbsp butter, cut
- 1-3/4 cups coconut milk
- 1 cup sugar
- 1/4 cup water
- Oil, for frying

Combine flour, salt, sugar and butter in a large bowl. Mix with a pastry blender or fork. Add coconut milk to the mixture and fold until dough is formed. Pinch of small pieces of dough and press onto the back of a fork. Slowly roll the dough forward and off the fork. Pinch cookie closed at the end of the roll. Set aside and allow the cookies to dry for a few minutes. Fry the cookies in oil over medium-high heat until golden brown. Remove from heat and set aside. Prepare the glaze by combining the sugar and water in a small sauce pan. Bring to a boil and stir until sugar is dissolved. Turn off heat and allow glaze to thicken. Coat cookies with glaze and allow to harden.

MÃNHA TITIYAS

- 1 cup shredded young coconut
- 1/2 cup coconut milk
- 2 tbsp butter, unsalted, melted
- 3/4 cup sugar
- 1-3/4 cup flour
- Cooking spray, for grilling

In a large bowl, thoroughly combine coconut, coconut milk, butter, and sugar. Add flour and mix until a pancake batter-like consistency is made. Use a measuring cup to scoop out 1/2 cup of the mixture onto parchment paper. Cover with another sheet of parchment paper and then use a rolling pin to flatten. Continue to flatten the mixture until it becomes about 1/4" thick. Next, place flattened mixture, still placed between the parchment paper, onto a greased pan over medium-low heat. Grill each side for about two minutes. Once grilled, remove parchment paper and continue to grill until lightly browned.





SMOOTHIE BOWLS 3 WAYS

STRAWBERRIES N' CREAM

- 1 cup frozen strawberries
- 1/2 cup yogurt
- 1/4 cup almond milk
- 1 tbsp maple syrup
- 1/4 tsp vanilla extract

Toppings:

- 1/2 cup rolled oats
- 1/4 cup blueberries
- 2 tbsp almonds
- 1 strawberry, sliced
- 1 tsp chia seeds
- 1 tsp yogurt
- 1 tsp maple syrup

Blend strawberries, yogurt, almond milk, maple syrup, and vanilla extract in a high speed blender until smooth and creamy. Transfer to a bowl and top with rolled oats, blueberries, almonds, strawberry, chia seeds, and a drizzle of yogurt and maple syrup.

CHOCOLATE ACAI BERRY BOWL

- 1 frozen banana
- 1 packet frozen açai puree
- 1 tbsp cacao powder
- 1/2 cup almond milk
- 1 tbsp almond butter

Toppings:

- 1/2 cup granola
- 1/2 banana, sliced
- 1/4 cup shaved coconut
- 1 tsp chia seeds
- Raspberries

Blend banana, açai puree, cacao powder, almond milk and almond in a high speed blender until smooth and creamy. Transfer to a bowl and top with granola, banana slices, shaved coconut, chia seeds, and raspberries.

POWER BERRY BOWL

- 1 cup blackberries
- 1 cup blueberries
- 1 frozen banana
- 1 packet frozen açai protein blend
- 1/2 cup coconut water

Toppings:

- 1/2 banana, sliced
- 1/4 cup dragon fruit, cubed
- 1/4 raspberries
- 1/4 cup blackberries
- 1 tsp chia seeds
- 1 tsp shaved coconut
- 1 tbsp
- Honey

Blend blackberries, blueberries, banana, açai protein blend, and coconut water in a high speed blender until smooth and creamy. Transfer to a bowl and top with banana slices, dragon fruit, raspberries, blackberries, chia seeds, shaved coconut, and a drizzle of honey.

FRUIT SALAD



- 3 oz package instant pistachio pudding mix
- 20 oz crushed pineapple
- 16 oz whipped topping, thawed
- 2 cups fruit cocktail, drained
- 11 oz mandarin oranges, drained
- 12 oz macapuno strings, rinsed, drained
- 12 oz coconut gels, rinsed, drained
- 1/2 cup maraschino cherries, drained
- 2 cups mini marshmallows, multi-colored

Combine pudding mix and crushed pineapple in a large bowl. Add whipped topping, fruit cocktail, mandarin oranges, macapuno strings, coconut gels, maraschino cherries, and mini marshmallows. Stir to combine. Cover and refrigerate for at least 30 minutes or until chilled.

UBE CUPCAKES

Cupcakes:

- 1 cup grated ube, thawed, drained
- 2/3 cup milk
- 1/2 tsp vanilla extract
- 1-1/2 sticks butter, softened
- 2-1/4 cups sugar
- 4 eggs, large
- 4 tbsp vegetable oil
- 3 cups cake flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt



Preheat oven to 350°F. Combine grated ube, milk, and vanilla extract in a medium bowl. Mix and set aside. In another bowl, use a hand mixer on medium speed to beat butter until smooth and creamy. Add sugar, eggs, and vegetable oil to butter and thoroughly combine. Set aside.

In a large bowl, combine cake flour, baking powder, baking soda, and salt. Mix well. Add a portion of the flour mixture to the egg mixture and blend. Then, add a portion of the ube mixture to the egg mixture and blend until combined. Alternate between adding both the flour and ube mixtures to the egg mixture until all are combined. Scoop the mixture about 2/3 full into baking cups on a muffin pan. Bake for about 10-15 minutes or until a toothpick runs clear when a cupcake is poked. Remove cupcakes from sheet and cool on wire rack.

While cupcakes are baking, blend butter in a bowl until smooth and creamy. Add confectioners sugar to the butter, 2 cups first. Blend until sugar is moistened. Gradually add remaining sugar, blending in one cup at a time. Add coconut milk, coconut extract, vanilla extract and blend until light and fluffy. Scrape down the sides of the bowl, if necessary. Ice cupcakes with butter cream and top with shaved coconut.

MAILA BOKA

YA EN FAN

Explore the fiesta table!

JUST LIKE THE CHAMORU PILLAR OF inafa'maolek, food is another intangible aspect of Guam's culture that has been passed down through family tradition—an authentic kind of knowledge that really can only come from a connection to the place you call home.

The term "melting pot" is sometimes too often thrown around. At its core, Guam's cuisine has indeed become a fiery, flaming melting pot born out of a long, sometimes tumultuous past. With obvious influences from Spain, Mexico, the Philippines, Japan, Korea, Southeast Asia, America and more, Guam's identity spills out onto its fiesta tables today as an ever-growing, now tangible display of our famed friendship and hospitality.

In the spirit of inafa'maolek, a big part of our culture is feeding our friends, family and neighbors.

Maila ya en fan boka— come and eat!

The table is set, everyone's invited.



Aggon / Starch
Red Rice, Dinner Rolls, Titiyas



Kátne / Meat
Spare Ribs, Short Ribs, BBQ Chicken, Fried Chicken, Sliced Ham, Tinala Kátne



Fina'denne'
Soy Sauce



Guihan / Seafood
Stuffed Crab, Prawns, Escabeche, Grilled Fish, Deep Fried Fish



Fina'denne'
Lemon or Tuba



Other
Lumpia, Empanada, Shrimp Patties, Pancit, Sashimi, Kelaguen



Ensaláda / Salad
Potato Salad, Crab Salad, Cucumber Daigo Kimchi, Gollai Hâgun Suni



Káddo / Soup
Corn Soup, Chalakites, Rosary Soup, Chicken a la King, Káddon Pika



Carving Station
Lechon, Steamboat Round



Fina'mames / Dessert
Latiya, Leche Flan, Cassava Cake, Fruit Salad

ABOUT THE COVER

Featured is a collection of traditional tools that Chamorus throughout the years have used to prepare meals for themselves and their loved ones.

TANGKE

grill crafted out of steel drum used for barbecuing



HAGUET

fish hook



LOMMOK

pestle



LUSONG

a stone or wooden mortar



ATUPAT

a small woven pouch made from coconut leaves into which rice is placed then submerged in boiling water



ACHO' ATUPAT

a sling and slingstone used for hunting and warfare



KAMYO

a device with a sharp corrugated edge to grate coconut meat



GUAOLE

a long stick or pole with a hook at one end used for picking fruits on tall trees



25TH ANNIVERSARY

KTF21

5K/10K RUN WALK

VIRTUAL RUN

SAVE THE DATE

2.15 - 3.1

Visit paylessfoundation.com for more details