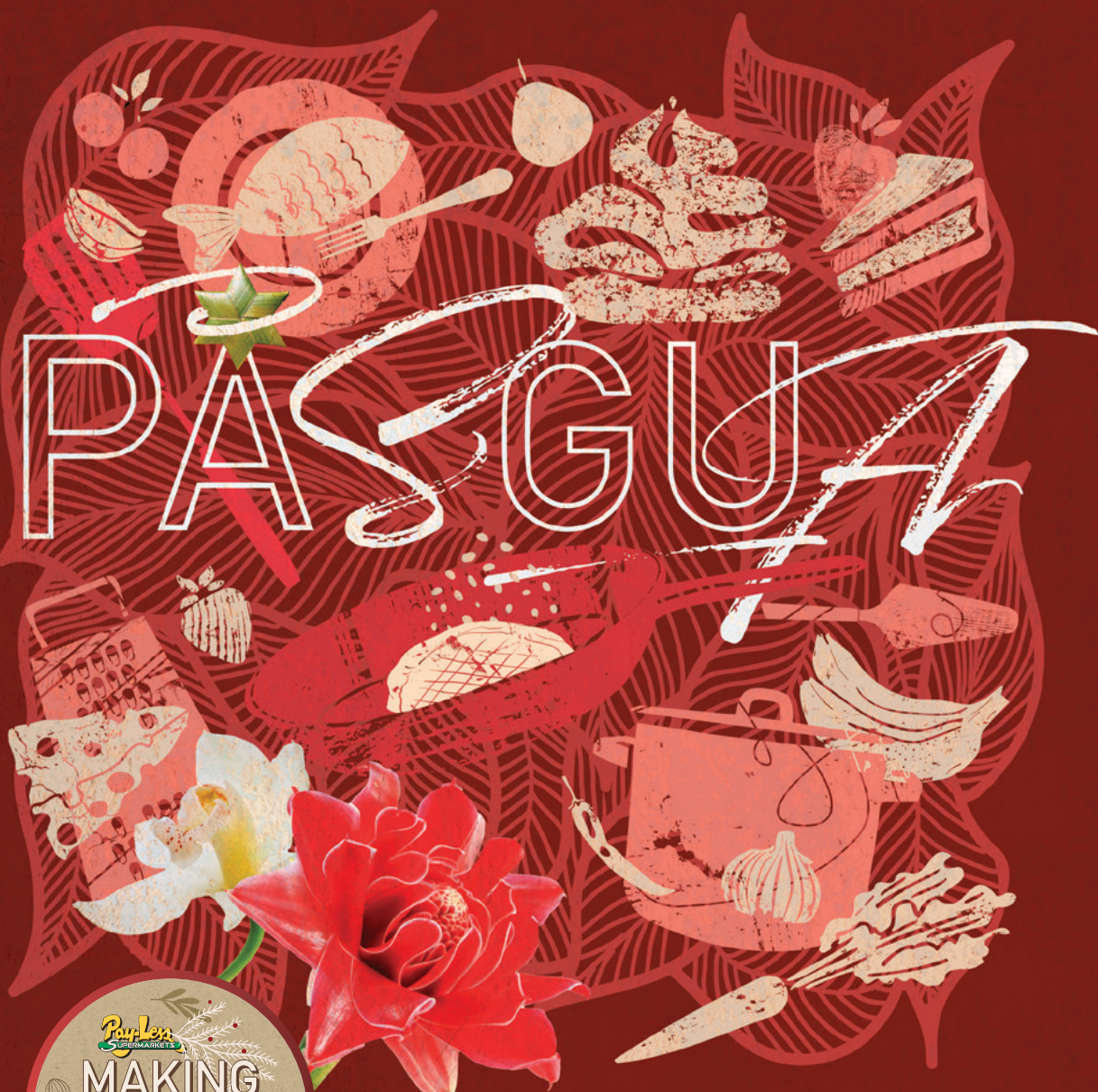




THE CHRISTMAS ISSUE

PASGUÀ



IDEAS FOR COOKING, DECORATING,
GIFTING + MORE THIS SEASON

HOLIDAY REFLECTIONS

Letters from the President and Vice President of Pay-Less



KATHY R. CALVO
President and CEO

Growing up in a family of ten was chaotic, especially during the holidays — but special!

My father always reminded us to count our blessings and to help the less fortunate, and he definitely walked the talk. For many years, our family made it a tradition to prepare and serve holiday meals at the Kamalen Karidat kitchen. This brings together the young and old family members, and provides the opportunity to spread the holiday cheer as a unit.

It really does ring through that *'the more you give, the more you get'*, as it truly fills up one's heart! We instill this same message as a company in ways that we give back.

Many of our Pay-Less employees pay it forward and donate a portion of their wages to Ministry to the Homeless (Kamalen). In addition, as a company, we've also served food at the shelter. Unfortunately, due to the pandemic, we are restricted from serving face to face, but continue to donate. We also offer the opportunity to our customers to contribute as well through our Feed the Hungry campaign.

For me, the holidays is a time to fuel the soul.



MIKE BENITO
Executive Vice President
and General Manager

My mother gave the best hugs. During the Christmas holidays, she was especially generous with them. It's the one thing I miss the most. Her skill set for Christmas desserts or fancy holiday meals may not be in line with Martha Stewart, but I remember enjoying every meal. The COVID pandemic has truly limited our ability to hold our family tight without the assist of a mask or vaccination. The pandemic didn't minimize our ability to enjoy great food, but it sure took away a lot of the human contact that makes our island and our families so special.

Things are starting to look better and hopefully we can get back to our large gatherings filled with laughter, great food and yes... big hugs. This year, break out the best dishes and indulge in your favorite meals, whether it is a fancy prime rib roast or a simple grilled cheese. And don't forget, you can get everything you need at Pay-Less.



Traditionally, the end of the year means a myriad of gatherings, large fiestas and time spent closely alongside family and friends, but celebrations are a little different these days. As 2021 comes to a close, we find ourselves once more in a compromise to protect the community we cherish.

Now more than ever, Pay-Less Markets wishes to add excitement and cheer to your holiday season by bringing to the table new ways to preserve the joy of togetherness that we as an island value so much.

As you read through this guidebook of homemade recipes and thoughtful DIYs, we hope you become inspired and are reminded that there's more in store at Pay-Less to help create lasting memories through the connection of food and gathering safely around the table.

From our family to yours...

Felis Pascua yan Biba Añu Nuebu!

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SET THE Season!

CREATE AN INVITING SPACE TO GATHER AROUND THE TABLE, COMBINING THE ISLAND'S TREASURES, FRESH FOODS, LOCAL FLORA AND A HEALTHY HELPING OF YOUR PERSONAL STYLE.

A GATHERING OF FRIENDS

Casual get-togethers and everyday items get a holiday boost with a few chintzy touches—apple candles, fairy lights and personalized signs!



ISLAND VIBES

Our island is full of natural beauty!

Step outside your doorstep to find hidden treasures in your garden, the beautiful beaches, or even the boonies to add some rustic charm to any fiesta table.



GO GREEN

Local greens and produce can be a focal point for your Christmas table. Dust off the fine china from storage, light up the night, and set the mood for a classy evening.



Floral arrangements by Eka Florals. View their tropical collection on Instagram @ekaflorals.



Floral shoppe

Visit us at Maite to order or call 671-477-6147



IN THE *Kitchen* WITH PROSTART

THIS CHRISTMAS, WE'VE PARTNERED WITH GUAM COMMUNITY COLLEGE TO BRING YOU A DELIGHTFUL SELECTION OF 27 HOMEMADE RECIPES FOR THE HOLIDAYS.

Each one was crafted with care by the talented students and instructors of the GCC Culinary Food Service Department and CTE ProStart Program. We hope these recipes inspire you and your loved ones to further explore how cooking from scratch can be good for the heart in more ways than one.



Visit our Facebook page @paylessmarkets for living cooking sessions from our friends at GCC.

FROM L-R:

CHEF KENNYLYN MIRANDA
GCC Culinary Foodservice
Department Chair

SANDRA TORRES
1st Year GCC Culinary Arts Student

CHEF PAUL KERNER
GCC Culinary Arts Instructor

CHEF PHILIP CALLOS
SSHS ProStart Instructor

NICOLE PULMONES
ProStart Senior at SSHS

CHEF BERTRAND HAURILLON
GCC Culinary Arts Assistant Instructor

One thing is that you need fresh products, so naturally you end up using ingredients from places closer to home instead of shipped from the other side of the planet. Because of that, it's more healthy and even better for the success of the community around us. Also, as a chef, because many of us choose to share our goodwill by cooking, it's always nicer and more sincere to do it from scratch than simply open a packet.

CHEF BERTRAND HAURILLON

New York Cheesecake p17

It's a way for you to put your own love into the food. Growing up, I always watched my parents cook and it inspired me. So now, here I am in college — sometimes I make dinner and they give me feedback, and I feel like that brought us closer. ... It's also a way for me to share my culture with others, and keep myself in my circle. If I can't strengthen my language through speaking, I can strengthen it through cooking.

SANDRA TORRES



Bûche de Noël p16

Cooking from scratch means you're starting from the beginning. You're understanding what you're making and showing respect to the dish. You're also applying sustainability — what can we use from the earth? I feel that's important. Also, when eating food, especially from scratch, all of your senses are activated. Touch, smell, visual, taste — all of that comes together to create happiness, especially when sharing with others.

CHEF PAUL KERNER

Why is 'cooking from scratch' meaningful to you?

The GCC Culinary Food Service and CTE ProStart team shares their stories.

Join our Making Memories from Scratch social media contest! Details on p23.

Roasted Cornish Game Hens and Wild Rice Pilaf p9

A big part is knowing your ingredients. Knowing them and how they function will help you innovate and create dishes out of the box — something that you can call your own — and so it's also a good ice-breaker. People always want to know what you put in the food, so it sparks conversation, which helps to make friends, and within family, allows you to get to know each other a little more.

CHEF PHILIP CALLOS



Stuffing Crusted Baked Salmon with Cranberry Beurre Blanc p10

Making meals from scratch taught me that it's okay to go for what you want in life, that you need to push yourself and work hard to make things happen, and that it's okay to express my creativity.

NICOLE PULMONES



Green Bean Casserole p12

27 HOLIDAY recipes

Courtesy of:
GCC Culinary Food
Service Department and
CTE ProStart Program


— MAIN COURSE —



KAHLUA TURKEY

- 1 15-20 lb turkey
- 1 bottle 3.5 oz Mesquite Liquid Smoke
- 1/2 cup Hawaiian, kosher or sea salt
- 2-3 tbsp black pepper
- 10-12 ti leaves or 3-4 large banana leaves
- 4 oz unsalted butter
- 1 qt water

Rinse turkey and pat with paper towel. Melt 4 oz of unsalted butter and add liquid smoke. Pour some inside turkey cavities and the rest all over outside of turkey. Rub 1 cup of Hawaiian salt and black pepper on turkey, seasoning the inside and outside of turkey well. Wrap turkey in ti leaves or banana leaves, place in a roasting pan, add water and cover with foil and bake in the oven at 350°F for 3 to 4 hours. Check turkey after 2 hours to check doneness, then monitor every hour until cooked. Remove Turkey and let rest 15 to 20 minutes. Shred turkey, adding pan liquid to moisten meat.

 Look out for this symbol in the recipes to find Health Smart swaps.

MEATLOAF

Glaze

- 1/2 cup ketchup
- 2 tsp onion powder
- 2 tsp garlic powder
- 1 tbsp brown sugar
- 1 tsp smoked paprika
- 1 tbsp apple cider vinegar
- 2 tsp Worcestershire sauce
- 2 tsp cocoa powder
- Salt and pepper to taste

Meatloaf

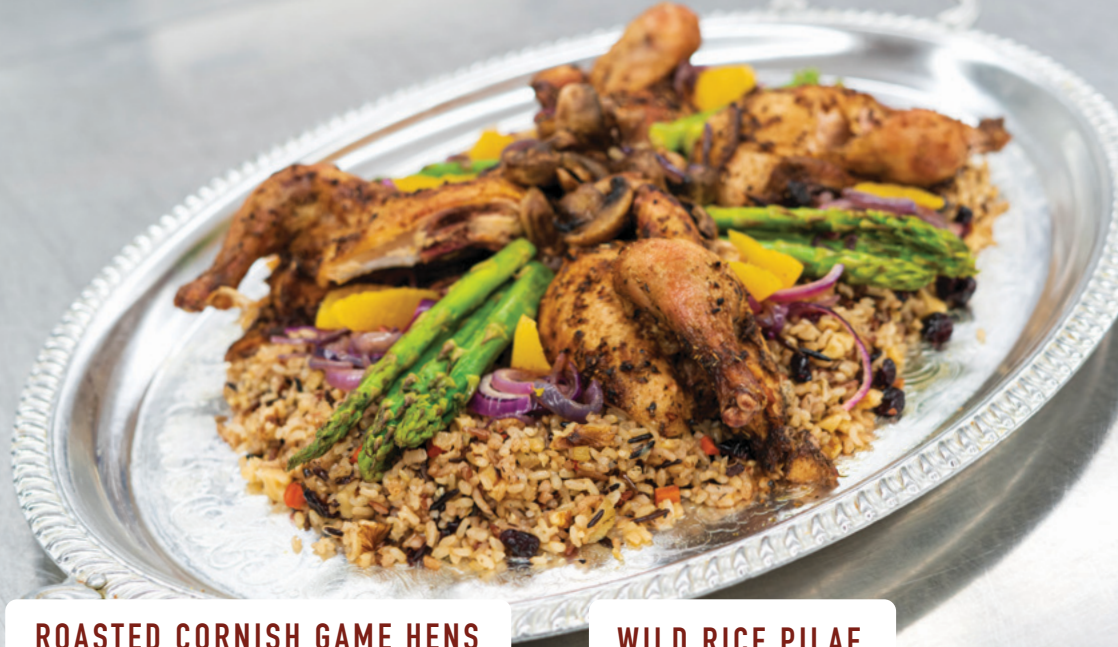
- 2-1/4 lbs ground beef
- 3 cups croutons
- 1 tsp smoked paprika
- 1 tsp dried thyme
- 1/2 tsp ground black pepper
- 1/2 onion, chopped
- 1/2 red bell pepper, chopped
- 1 carrot, chopped
- 3 cloves garlic
- 1 egg
- 1-1/2 tsp salt

Preheat the oven to 325°. Line sheet pan with parchment paper. In a medium size bowl, whisk together the ketchup, onion powder, garlic powder, brown sugar, smoked paprika, apple cider vinegar, Worcestershire sauce, cocoa powder, salt, and pepper. Measure about 1/4 cup of the sauce for serving. Use the remaining 3/4 cup sauce for brushing onto the meatloaf. In a medium bowl, place ground beef, paprika, thyme, black pepper, salt, and egg. Set aside.



Next, load croutons into your food processor and pulse until coarse crumbs. Transfer croutons into the mixing bowl with ground beef. Next, load the onion, red bell pepper, and carrots into the food processor. Pulse for up to 8 times (1 second each pulse) until it is finely chopped but not pureed. Transfer to the mixing bowl with ground beef and croutons. Mix the mixture with your hands until homogeneous in mixture.

Pack the meat mixture into a 9in x 5in x 3in loaf pan, making sure that it is spread out evenly. Then, turn the meatloaf out onto the prepared sheet pan. Remove the loaf pan. Place the pan on the middle rack in the oven. After the meatloaf has been cooking for 15 minutes, slide it out of the rack and quickly brush with remaining 3/4 cup sauce. Return to the oven and cook until the internal temperature of the meatloaf reaches 155° (about 45 minutes to an hour). Transfer the meatloaf onto a platter and let it rest for at least 20 minutes before slicing and serving. Serve with the reserved 1/4 cup glaze.



ROASTED CORNISH GAME HENS

- 2 Cornish game hens, 2 lbs each
- 1/4 cup olive oil
- 1/4 cup or 10 cloves garlic (minced)
- 1 tsp paprika
- 1 tsp cumin spice
- 1 tsp salt
- 1 tsp coarse black pepper

Rinse Cornish hens with water and pat dry. Place in roasting pan. Mince garlic cloves and mix in with salt, pepper, cumin, paprika and olive oil to make a rub. Rub mixture on, around and inside the Cornish hens and let it rest in a roasting pan. Preheat the oven to 425°F. Cover the roasting pan with aluminum foil. Roast for 25 minutes. Remove Cornish hens from the oven. Remove and discard foil, continue roasting the Cornish hens uncovered until the skin is deep golden brown. Check the Cornish hens internal temperature with a food thermometer, 165°F. Remove from the oven; let hens rest in the pan at room temperature for 5 to 10 minutes. Carefully cut each hen in half lengthwise. Serve with wild rice pilaf. Glaze the Cornish game hens with the dripping from the roasting pan.

WILD RICE PILAF

- 2 cups wild rice
- 4 cups chicken broth
- 1 yellow onion or (1 cup diced onions)
- 1/2 cup diced celery
- 1/2 cup diced carrot
- 1 cup chopped walnuts
- 1 cup dried cranberries
- 1 tsp dried thyme
- 4 oz unsalted butter
- 1 tsp black pepper
- 1 tsp salt

In a large skillet over medium heat, sauté the onion, carrots, celery and thyme in butter until vegetables are tender. Stir in the rice and sauté for 1 minute. Add chicken broth and bring to a boil. Cover and bake at 350°F for 30 minutes. Uncover and mix in chopped walnuts and cranberries. Adjust seasoning with salt and pepper, then fluff with a fork before serving.

Healthy substitutes:
Low sodium veggie broth
and Melt® plant-based
butter



GLAZED HAM

Ham

- 10 lb Ham (bone-in, skin-on)
- 2 whole oranges
- 1 cup water

Glaze

- 3/4 cup maple syrup
- 3/4 cup brown sugar
- 3 tbsp Dijon mustard
- 3/4 tsp ground cinnamon
- 1/2 tsp all spice

Use a small knife around bone handle, down each side of the ham, and under the rind on the cut face. Slide fingers under the rind on the cut face of the ham, and run them back and forth to loosen while pulling the rind back. Use knife if needed to slice off any residual rind. Lightly cut 1" diamonds across the fat surface of the ham, about 75% of the way into the fat. Avoid cutting into the meat.

Place the ham in a large baking dish. Prop handle up on edge of pan + scrunched up foil so surface of the ham is level (more even browning). Level the surface for even caramelization. Squeeze the juice of 1 orange (4 quarters) over the ham. Then place them along with the remaining orange into the baking dish around the ham. Brush/spoon



half the glaze all over the surface and cut face of the ham. Pour the water in the baking dish, then place in the oven. Bake for 1.5 to 2 hours, basting very generously every 30 minutes with remaining glaze, plus juices in pan, or until sticky and golden. Use foil patches to protect bits that brown faster than others - press on lightly. Allow to rest for at least 20 minutes before serving. Baste heavily before serving.

Health Smart fact: Salmon is a rich source of healthy omega-3 fatty acids.



STUFFING-CRUSTED BAKED SALMON WITH CRANBERRY BEURRE BLANC

- 12 oz salmon fillet
- 1 cup leftover stuffing
- 1/2 cup mayonnaise ↔
- 1 tsp salt
- 1 tsp black pepper
- 1 cup leftover cranberry sauce
- 1 juiced orange
- 1 juiced lemon
- 1/4 cup honey
- 1 tsp dried thyme
- 2 tbsp butter (chilled and cubed)
- Salt and pepper to taste



Better Body Foods
Avocado Oil
Mayonnaise

Preheat the oven to 400°F. Prepare a baking tray by lining it with parchment paper. Set aside. In a medium-size mixing bowl, mix leftover croutons and mayonnaise until mixture comes together. Set Aside. Using a clean cutting board and knife, peel off the skin of the salmon. Take one corner of the



salmon skin and gently use the knife to peel off the skin from the salmon meat. You may bake the salmon skin with the salmon until crisp. Once the skin is off, season both sides with salt and pepper. Place the seasoned salmon, skin-side facing down, onto the prepared baking tray. Spread the mayo-stuffing mixture onto the center of the salmon. Place the salmon into the oven and bake for 5 to 10 minutes or until the internal temperature of the salmon is 145°F. To make the cranberry beurre blanc, heat the leftover cranberry sauce in a medium saucepan. Whisk in orange juice, lemon juice, honey, and dried thyme until the sauce becomes smooth. Season with salt and pepper to taste. Once the sauce is warm, whisk in cubed butter one tablespoon at a time. Wait until the butter is melted and well incorporated with the sauce before adding the next tablespoon. Set aside and serve with the baked salmon.



GARLIC BUTTER SALMON

- 6 oz skinless salmon
- 1 white potato, thinly sliced
- 3 tbsp butter, melted
- 1 clove garlic, minced
- 2 tbsp fresh parsley, chopped
- Salt and pepper to taste

Preheat oven to 350°F. Fold parchment paper in half then open it up. Next, arrange sliced potatoes. Combine butter, garlic, & parsley in a small bowl. Drizzle half of the garlic butter mixture. Then season with salt and pepper lightly. Lay salmon on top & drizzle with mixture. Season with salt & pepper. Fold parchment paper over salmon and pinch as you fold along the edge. Bake for 30 minutes or until proper internal temperature of 145°F.



TOMATO TAGLIATELLE

- 1/2 cup diced bacon
- 1 tsp crushed red pepper flakes
- 2 large, vine-ripened tomatoes, seeded and diced
- 5 garlic cloves, peeled and minced
- 1/4 cup white wine
- 1/4 cup reserved pasta water
- 16 oz fresh tagliatelle pasta
- Salt and white pepper to taste
- Fresh chopped parsley
- Fresh grated Parmesan cheese

Bring a large pot of water to a boil. Once boiling, heavily salt the water. Drop the pasta and cook for 8 to 10 mins or until al dente. Place a large pan over medium/high heat. Allow the skillet to heat up for at least 2 minutes. Add the bacon to the hot skillet. Cook for 10 to 15 minutes until crispy. Add the chili flakes, garlic, and tomatoes and stir. Once the tomatoes are softened, about 5 minutes, add the wine. Transfer the cooked pasta to the skillet using tongs. Mix in the reserved pasta water. Add any salt if needed. Mix to combine. Remove from heat. Garnish with chopped parsley, Parmesan cheese and or crispy bacon.



great with A TRIO OF BRUSCHETTA

Italiana

- 10 medium Roma tomatoes, diced
- 4 garlic cloves crushed and minced
- 1/4 cup extra virgin olive oil
- 1 tsp sea salt
- 3 tbsp balsamic vinegar
- 1 small onion, diced
- 12 slices French bread, 1/2 inch thick
- 12 fresh basil leaves, roughly chopped for garnish

In a bowl, combine and whisk the balsamic vinegar, olive oil and salt until fully incorporated. Add the remaining ingredients and set aside.



For this recipe, you will need a loaf of crusty French or artisan bread, about 12 slices, 1/2" thick.

Chamorro Sausage

- 16 oz Chamorro Brand Sausage, diced
- 2 yellow bell peppers, diced
- 2 red bell peppers, diced
- 4 cloves garlic, crushed and minced
- 1 small onion, diced
- 1/4 cup extra virgin olive oil
- 3 tbsp balsamic vinegar
- 1/2 tsp sea salt
- 1/2 cup fresh cilantro leaves, roughly chopped for garnish

Heat a pan on medium heat. Add 1 tbsp of olive oil to coat the pan. Sauté onions, sausages, red and yellow bell pepper. Cook about 10 to 15 minutes until the sausages are fully cooked and the peppers have caramelized and softened. Transfer the sautéed vegetables and sausages into a mixing bowl. Fold remaining ingredients.

Prepare French Bread and assemble your bruschetta:

Heat a non-stick pan about medium to low heat then toast the French bread about 1 minute for each side. You can use an oven too when toasting your bread or even a flat top grill. Assemble the dish by spreading about 1 tsp of hummus for each bread, then add about 1 to 2 tbsp of the filling. Garnish with more olive oil and fresh parsley.

Greek

- 1 cup feta cheese
- 2 cups cherry tomatoes, quartered
- 2 large English cucumbers, diced
- 1/2 cup hummus
- 3 tbsp red wine vinegar
- 1/4 cup extra virgin olive oil
- 1 lemon, zested and juiced
- 1/2 tsp kosher salt
- 1/4 tsp black pepper
- 1/2 cup parsley leaves, roughly chopped

In a medium mixing bowl, combine and whisk the red wine vinegar, olive oil, lemon zest, lemon juice, kosher salt, and black pepper until fully incorporated. Gently mixed in the rest of the ingredients with the exception of hummus, bread, and fresh parsley.



— SIDES AND STARCHES —



GREEN BEAN CASSEROLE

- 2 medium onions, thinly sliced
- 1/4 cup all purpose flour
- Panko bread crumbs
- 2 tbsp all purpose flour ↔
- 1 tsp salt
- 1 lb green beans
- 2 tbsp unsalted butter
- 12 oz mushrooms
- 1/2 tsp ground black pepper
- 2 cloves garlic
- 1/4 tsp nutmeg
- 1 cup half and half
- 1 cup chicken broth

Replace with whole wheat flour to add fiber



Preheat oven to 475°F. Combine the onions, flour, panko and salt in a large mixing bowl and toss to combine. Coat a sheet pan with nonstick cooking spray and evenly spread the onions on the pan. Place the pan on the middle rack of the oven and bake until golden brown, approximately 30 minutes. Toss the onions 2 to 3 times during cooking. Once done, remove from the oven and set aside until ready to use. Turn the oven down to 400°F. While the onions are cooking, prepare the beans. Bring a gallon of water and 2 tablespoons of salt to a boil in an 8-quart saucepan. Add the beans and blanch for 5 minutes. Drain in a colander and immediately plunge the beans into a large bowl of ice water to stop the cooking. Drain and set aside. Melt the butter in a 12-inch cast iron skillet set over medium-high heat. Add the mushrooms, 1 teaspoon salt and pepper and cook, stirring occasionally, until the mushrooms begin to give up some of their liquid, approximately 4 to 5 minutes. Add the garlic and nutmeg and continue to cook for another 1 to 2 minutes. Sprinkle the flour over the mixture and stir to combine. Cook for 1 minute. Add the broth and simmer for 1 minute. Decrease the heat to medium-low and add the half-and-half. Cook until the mixture thickens, stirring occasionally, approximately 6 to 8 minutes. Remove from the heat and stir in 1/4 of the onions and all of the green beans. Top with the remaining onions. Place into the oven and bake until bubbly, approximately 15 minutes. Remove and serve immediately.



PEAR RISOTTO

- 6 cups chicken broth ↔
- 1/2 cup finely chopped sweet onion
- 1/2 cup finely chopped sweet red pepper
- 1 garlic clove, minced
- 3 tablespoons butter
- 3 cups uncooked arborio rice
- 1/2 teaspoon Chinese five-spice powder
- Dash cayenne pepper
- 1/4 cup apple cider or juice
- 1 large pear, peeled and chopped
- 1/2 cup grated Parmesan cheese, divided
- 1/2 teaspoon coarsely ground pepper
- Chopped chives, optional

Make it vegan with this swap



In a large saucepan, heat broth and keep warm. In a Dutch oven, saute the onion, red pepper and garlic in butter until tender, about 3 minutes. Add the rice, five-spice powder and cayenne; cook and stir for 2-3 minutes. Reduce heat to medium; add cider. Cook and stir until all the liquid is absorbed. Add warm broth, 1/2 cup at a time, stirring constantly. Allow the liquid to absorb between additions. Cook just until risotto is creamy and rice is almost tender. (Cooking time is about 25 minutes.) Add the pear, 1/4 cup cheese and pepper; cook and stir until heated through. Sprinkle with remaining cheese. If desired, top with chopped chives.



CRACKER BARREL HASH BROWN CASSEROLE

- 32 oz frozen shredded hash browns
- 1 cup melted butter
- 1 10.5 oz can of cream of chicken soup
- 1 pint sour cream
- 1/2 cup finely chopped onion

Combine all ingredients in a bowl. Spread into a 9x13 dish. Top with cheese. Bake for 30 minutes on 375°F.

ISLAND STYLE HOLIDAY STUFFING

- 3 packages of King's Hawaiian Sweet Roll ↔
- 2 tbsp unsalted butter
- 4 ribs of celery
- 2 large onions
- 2 medium carrots
- 1 cup Sun-Maid Raisins
- 20 oz pineapple slices
- 1/3 cup white wine
- 1 cup coconut flakes
- 1 tsp iodized salt
- 1 tsp black pepper
- 2 tsp fresh parsley
- 2 large eggs*
- 2 14 oz cans of chicken broth
- 2 cups chorizo ↔



Vegan subs: panko breadcrumbs and meatless soy chorizo

Preheat the oven to 325°F. Dice sweet rolls into small bite sized pieces and bake for 10 minutes or until golden brown. Melt butter in a sauté pan. Sauté celery, onions, carrots, and red bell pepper until translucent, around 5 minutes. Sauté chorizo, dice and set aside. Add pineapple, raisins, white wine and coconut to the pan. Sauté until most of the liquid is gone, around 3-5 minutes. Set aside. In a large bowl, combine sweet rolls and sauté mixture. Add spices and eggs and stir to incorporate. Heat broth to boiling in a saucepan. Slowly incorporate broth into bread mixture. Stuffing should be moist. Bake in a greased pan for 1 hour or until light golden brown.



*Plant-based egg option: Combine 2 tbsp flaxseed meal with 5 tbsp water and let rest for 5 minutes. The mixture should thicken to an egg-like consistency.



CANDIED YAMS

- 1- 29 oz can sweet potatoes
- 1/4 cup butter, cut into pieces
- 1/2 cup brown sugar
- 1 1/2 cups miniature marshmallows



Preheat oven to 400°F. Drain sweet potatoes and place in a medium baking dish. Distribute butter pieces evenly over the sweet potatoes. Sprinkle with brown sugar. Layer with miniature marshmallows. Bake in the preheated oven 25 minutes, or until sweet potatoes are tender and marshmallows have melted.

SCALLOPED POTATOES

- 1/3 cup butter
- 1/4 cup all-purpose flour
- 1-1/2 cup whole milk
- 1 tbsp garlic powder or minced garlic
- 4-1/4 cups shredded mozzarella cheese
- Salt to taste
- 2 medium onions, thinly sliced
- 2 lb russet potatoes peeled, thinly sliced

In saucepan over medium heat, melt the butter. Add all-purpose flour and stir continuously to avoid clumps. Add in whole milk and minced garlic then bring to light boil. With heat set to medium continually stir the sauce as it thickens, add mozzarella cheese and stir. Turn off the heat. In a large baking tray layer the bottom with russet potatoes, season with salt and layer with thinly sliced onions. Pour mixture over the first layer and sprinkle with mozzarella cheese. Repeat process. Cover the baking tray with foil and bake for 1 hour at 400°F. Remove from oven and remove foil to broil for color.





HASSLEBACK POTATO GRATIN

- 2 tbsp olive oil
- 3 medium onions, thinly sliced
- Salt and pepper to taste
- 2 1/2 cups heavy cream
- 1 tbsp garlic, chopped
- 1 tbsp thyme, chopped
- 4 pcs rosemary, thinly sliced
- 2 cups Gruyère, grated
- 1 cup Parmesan
- 3 1/2 lb potatoes, sliced 1/4 inch thick

Heat oil in a large skillet over medium heat. Add onions and season with salt and pepper. Cook, stirring occasionally, until golden brown, 30 to 40 minutes. Preheat oven to 350°F. Lightly grease a 3-quart baking dish. Combine onions, cream, garlic, thyme, rosemary, 1 2/3 cups Gruyère, and 2/3 cup Parmesan in a bowl. Season with salt and pepper. Arrange potato slices vertically in prepared baking dish. Pour cream mixture over potatoes, making sure some of the mixture goes between the potatoes. Cover with aluminum foil. Bake until potatoes start to soften, 50 to 60 minutes. Remove foil and bake until potatoes are golden brown, 25 to 30 minutes. Sprinkle with remaining 1/3 cup Gruyère and 1/3 cup Parmesan. Bake until cheese is golden brown and bubbling, 5 to 10 minutes.

— DESSERTS —

PECAN PIE

Pie Crust

- 2 cups all purpose flour
- 1/4 tsp salt
- 1 tbsp granulated sugar
- 1-1/4 sticks unsalted butter, cubed and chilled
- 2 egg yolks
- 4 tbsp ice water

Filling

- 2 cups pecan halves
- 3/4 cup honey
- 3 eggs
- 1/2 cup granulated sugar
- 1/2 cup brown sugar
- 1 tsp vanilla extract
- 2 tbsp unsalted butter, melted
- 1/2 tsp salt



Make the crust by sifting flour and salt into a medium size mixing bowl. Then, add in the chilled, cubed butter into the flour, breaking up the butter with your fingertips until no large lumps remain. Shake the bowl to coax the large chunks of butter to the surface. Mix egg yolks and ice water together in a small bowl with a fork until combined. Add half of the egg mixture into the flour. Reserve the other half in case you need to add more. Quickly mix the flour and egg mixture with a fork until the dough starts to come together. If it is too dry, add more of the reserved egg and water mixture. You will know the dough is ready when you can squeeze the flour mixture and it holds the shape together. On a clean surface, transfer the dough and bring it together into a disc. Wrap the dough disc with plastic wrap and chill in the refrigerator for at least 30 minutes or up to 4 days. Preheat oven to 350°. Lightly flour a clean surface and unwrap the dough. Flour the top of the dough. Using a rolling pin, roll out the dough, turning every few rolls, into a circle that is about 1/8 inch thick. If the dough cracks, smush them back

together. Roll the flattened dough onto the rolling pin. Transfer onto the 9-inch pie dish. Trim any excess dough around the sides, then crimp the edges with a decorative pattern. Using a fork, poke some holes on the bottom of the base, so your tart won't fluff up. Then, place a piece of parchment paper onto the center of the pie crust and add the pie weights. Bake for 15 minutes until lightly golden brown.

While the pie crust is in the oven, make the filling. In another medium size bowl, whisk together pecans, honey, eggs, granulated sugar, brown sugar, vanilla, melted butter, and salt. After 15 minutes, take the pie crust out of the oven. Carefully lift the parchment paper with pie weights from the pie crust. Then, pour in the filling. Arrange remaining 1/2 cup of pecans on top. Return pie into the oven for 15 minutes, then cover with a piece of foil and continue to bake for 35 minutes until the filling is completely set. When done, take the pie out of the oven and let it cool completely. Slice the pie into 8 equal portions and serve.

PUMPKIN CHEESECAKE

Crust

- 2 cups graham crackers
- 6 tbsp unsalted butter
- 1/4 cup granulated sugar
- 3 tsp pumpkin pie spice

Cheesecake

- 4 blocks (8 oz) cream cheese
- 1 cup granulated sugar ↔
- 1/2 cup packed light brown sugar ↔
- 3 large eggs
- 1 can (15 oz) pumpkin puree
- 1/2 cup heavy cream ↔
- 2 tsp vanilla extract
- 2 tbsp pumpkin pie spice
- Optional: whipped cream

Make the crust: Preheat oven to 350°F. Line the sides of a 8-inch springform pan with parchment paper and spray lightly with nonstick cooking spray. In a medium bowl, combine graham cracker crumbs, butter, granulated sugar and pumpkin pie spice. Press onto the bottom and 1 inch up side of the prepared pan. Bake for 7 to 8 minutes. Cool for 10 minutes.

Cheesecake: Begin to boil a large pot of water for the water bath. In the bowl of a stand mixer fitted with the paddle attachment, or in a large bowl with an electric mixer, combine cream cheese, granulated sugar and brown sugar

until fluffy; about 3 minutes. Add in eggs, pumpkin and heavy cream, mix until fully incorporated; scraping down the sides of the bowl as needed. Finally, add in vanilla and pumpkin pie spice and mix until well combined. Pour batter into the prepared crust. Place the pan into a sheet tray and pour boiling water into the sheet tray until halfway up the side of the cheesecake pan. Bake for 1 hour. After 1 hour, crack the oven door, turn the heat off, and let it rest in the cooling oven for one hour. After one hour has passed, carefully remove the cheesecake from the water bath. Let cool for 30 minutes. Once the cake is completely cooled, place it into the refrigerator for at least 2 to 3 hours.

Health Smart swaps:

For heavy cream: Blend 3 tbsp silken tofu with 3 tbsp soy milk to reduce saturated fat and add protein.



Swap white and brown sugar with zero calorie Swerve sugar replacements.



CARROT CAKE

- 260g flour
- 1 tsp baking powder
- 1 tsp salt
- 1 tbsp cinnamon
- 4 pcs eggs
- 300g sugar
- 240 ml vegetable oil
- 1 tbsp vanilla extract
- 340g grated carrots

Mix the flour, baking powder, salt, and cinnamon together in a bowl. Then in a separate bowl mix the eggs and sugar together until it lightens in color. Combine the two mixtures together, and add the vegetable oil and vanilla extract. Lastly, fold the grated carrots into the mixture. Oil/line your cake pan and bake it for 350°F for 30 to 40 minutes.

BUCHE DE NOEL

yule log cake

Cake

- 4 eggs, separated
- 1/2 cup sugar
- 1/4 cup unsweetened cocoa powder
- 1/3 cup cake flour
- 1/2 tsp instant coffee granules
- 1 tsp baking powder
- 1/4 tsp salt

Cake Filling

- 1 cup heavy whipping cream
- 1/4 cup powdered sugar, plus more for dusting
- 1/2 tsp vanilla extract

Frosting

- 6 oz dark or bittersweet chocolate chips
- 1-1/2 tbsp softened unsalted butter
- 1 tsp instant coffee granules
- 2/3 cup heavy cream
- 1/2 tbsp Kahlua
- 1/2 tsp vanilla extract
- Cranberries and rosemary for garnishing



NEW YORK CHEESECAKE

- 600g cream cheese, softened
- 220g sugar
- 5 eggs
- 250ml heavy whipping cream
- 1 tbsp lemon juice
- 1 tsp vanilla extract
- 1 or 2 cups graham crackers, or your favorite cookies ground
- 1/2 cup melted butter



Mix the cracker crumbs with the butter. Fill with it your springform cake tin, and bake for 10 to 12 minutes at 340F. With the paddle attachment beat the cream cheese and the sugar until nice and smooth. Add at slow speed the eggs one at a time and the cream then the vanilla and lemon. Pour this mix over the cookies and bake in a water bath at 300F for 55 minutes. Stop the oven and let cool the cake for 30 minutes in the closed oven. Let rest overnight in the chiller and enjoy.



Preheat your oven to 425°F and line a half baking pan with parchment paper. Set aside.

MAKE THE CAKE

Drop the egg whites into the bowl of a stand mixer. Whisk on high speed for about 2 to 3 minutes, until wet, soft peaks form. You want the whites to stay hanging on your whisk when they're held upside down, but you don't want them so stiff and dry like you would for a meringue (aim for softly curled tips). Set aside.

In a large bowl, whisk the egg yolks and sugar together until they're pale yellow. In a separate, smaller bowl, sift the cocoa powder, cake flour, coffee granules, baking powder, and salt together. Add these dry ingredients to the bowl containing the egg yolks and sugar. Whisk to combine. Add in half of the egg whites and use a rubber spatula to gently fold the whites into the batter. You don't have to be extra gentle at this point since you are merely trying to loosen up the batter with the egg whites. Next, add the remaining half of egg whites. Be very gentle when folding the whites into the batter with your spatula, making light, long folds. Pour the batter into your prepared pan and use your spatula to gently smooth out the batter.

Bake the cake for 6 to 7 minutes. Let the cake slightly cool in the pan for 2 minutes - no longer.

Meanwhile, prepare a light kitchen/tea towel by sprinkling powdered sugar all over it. Flip the cake out onto the towel and very gently peel the parchment paper off inch by inch. Grab one of the short sides of the cake and roll it towards the other short side, rolling the towel with it as you go. Let the cake remain in this rolled shape until it's completely cool.

It's important to do this while the cake is still warm as the cake is still flexible at this point and this prevents the cake from cracking or tearing as you roll it.

CREATE THE FROSTING

Adding the chocolate chips, coffee granules, Kahlua, unsalted butter, and vanilla extract to a medium bowl. Heat the heavy cream over medium-low heat until it's hot but not boiling (the edges should begin to simmer and steam should rise from the cream). Pour this hot cream over the chocolate and contents in the bowl, then use a spoon to stir the mixture together until it's completely smooth. Cover the bowl with a sheet of plastic wrap and refrigerate for only 30 minutes.

While the frosting chills, whip up heavy cream in a stand mixer on high speed for one minute, or until the folds of the whisk start appearing in the cream. Add in the vanilla extract and the powdered sugar and continue to whisk on high until the cream is thick like frosting.

ASSEMBLE BUCHE DE NOEL

Once your cake is cool, unroll your cake and use an offset spatula to spread the whipped cream all over the surface, leaving a very small border around the edges of the cake unfrosted.

Gently roll the cake back up just like you did before (without the towel), with the seam side facing down. Take a sharp knife and cut off a 2 inch slice from one end of the cake, cutting at an angle so that one end of the slice is 2 inches and the other end is closer to 1 inch. Take this slice and place the side of it that isn't cut or exposed and attach it to the main cake log somewhere near the middle of the log. This will form the stump.

Use a hand mixer to whisk the chilled frosting for 15 to 25 seconds, or until you can see the whisk leaving indentations in the frosting. Don't whisk any longer than that as it'll ruin the frosting. Use a rubber spatula to smooth the frosting all over the cake log and its side stump. It's preferred that you don't use an offset spatula as the rubber spatula leaves nice streaks that make the cake look more like a log. Take a fork and run it down the length of the cake log several times.

Adorn the cake with cranberries and rosemary for a more festive look.

BANANA UPSIDE DOWN CAKE

- 2-3 bananas
- 1/4 cup unsalted butter, melted
- 1/2 cup unsalted butter*
- 1/2 cup brown sugar
- 3/4 cup granulated sugar
- 1-1/2 cups all purpose flour
- 1-1/2 tsp baking powder
- 2 eggs*
- 1/3 cup milk*
- 2 tsp vanilla extract
- 1/2 tsp salt

*Bring to room temperature



Preheat your oven to 350°F. Pour melted butter into a baking pan. Swirl to coat the bottom and up the sides of the dish. Sprinkle brown sugar evenly over the bottom of the dish. Cut the bananas into slices and lay them throughout your pan. In a medium bowl, whisk together flour, baking powder, and salt. Whisk together sour cream and milk. In a large mixing bowl or the bowl of a stand mixer with the paddle attachment, beat butter until creamy. Add the sugar and beat on medium speed until light and fluffy, about 3 minutes. Add the eggs one at a time, beating until well combined before adding the next. Beat in the vanilla. Beat on low speed, add a third of the flour, mixing just until combined. Add half of the sour cream mixture, beating just until combined. Continue alternating with the remaining flour and sour cream mixture.

Pour the batter into the baking pan and carefully spread to the edges of the pan. Bake for 40 to 45 minutes at 350°F, or until a toothpick inserted into the center comes out with a few moist crumbs. You may want to cover with foil after 30 minutes if the cake is already golden brown. Cool the cake on a wire rack for 15 minutes. Place a cake plate or stand over the top of the cake and carefully invert. Cool for another 20 minutes or completely before serving.

PEPPERMINT BARK

- 12 oz semisweet dark chocolate, chopped
- 12 oz white chocolate, chopped
- 1/2 tsp peppermint extract
- 8 candy canes, crushed

Prepare 9x13 baking dish with aluminum foil/ parchment paper and ensure that there are no wrinkles. Crush candy canes in a Ziploc storage bag. Fill a large pot with 3 inches of water and bring to a simmer over medium heat. Place large heat-proof bowl filled with the semisweet dark chocolate over pot and reduce heat to low. Continue to stir chocolate until it melts, then proceed to add the peppermint extract. Remove from heat and pour chocolate into the baking dish. Store in the fridge for 25 minutes or until it is set.

Fill another heat-proof bowl with the white chocolate and stir until it melts. Then remove from heat and pour onto the set chocolate. Immediately sprinkle candy cane mixture onto the white chocolate and place in the fridge for another 25 minutes. Once it is fully set, it is ready to serve and is able to be stored in an airtight container for up to 14 days.





FEED THE HUNGRY

IN THE SPIRIT OF GIVING BACK, PAY-LESS COMMUNITY FOUNDATION INVITES YOU TO COME TOGETHER TO HELP US FEED THE HUNGRY AND THOSE MOST IN NEED.

Donate via drop box, located in-store at our cash registers. All proceeds will benefit:



Archdiocese of Agaña
MINISTRY FOR THE HOMELESS



ARCHDIOCESE OF AGANA'S "MINISTRY TO THE HOMELESS"

It may be the only meal they have, but they are assured at least one per day. The Archdiocese of Agaña's Ministry to the Homeless acts as a safe space for our island's most vulnerable and an avenue for all who desire to extend a helping hand. Here, volunteers can help feed up to 60 people per night through the donation of ready-prepared meals. Those hot meals are then distributed out of the Ministry's Hagåtña kitchen, whose resources go towards maintaining facilities to meet health and safety standards.

The Ministry accepts all help, big or small, including hygiene products, canned goods, and other non-perishables for the creation of additional To-Go Bags.

DROP-OFF

Archdiocese of Agaña's Ministry to the Homeless
306 Fr. Duenas Ave. Hagåtña, GU, 96910
Monday-Friday, 9am-5pm

To schedule a donation or more information on what it means to volunteer, contact Doris Royal at **671-472-4569**.

THE SALVATION ARMY GUAM CORPS

Receiving almost 200 phone calls a day from individuals and families in need, one big way the Salvation Army gives back is through the distribution of food bags. Each food bag contains enough ingredients for up to 62 meals, or two meals a day for an entire month. Earlier this year, numbers peaked at nearly 36,000 meals distributed in a single month — a number that is expected to triple by Christmas.

If you are in the position to do so, the following items are also accepted by drop-off at their Barrigada Headquarters:

- Canned goods
- Other non-perishables
- Hygiene products
- Clothing
- Toys

DROP-OFF

The Salvation Army Guam Corps
155003 Corsair St. Barrigada, GU, 96913
Monday-Friday, 8am-4:30pm

The Salvation Army of Guam Corps is also looking for volunteer bell ringers for their Annual Christmas Kettle Campaign. To donate your time or for more information, contact Maricel Dizon or Mary Ann Galang at **671-477-9855**.



LOOK FOR OUR DROP BOXES IN STORE TO DONATE THRU DECEMBER 24.

Si Yu'os Ma'ase'

WHITE CRANBERRY COOKIES

- 3/4 cup unsalted butter, softened
- 1/2 cup brown sugar
- 1 egg
- 1 tbsp vanilla extract
- 2 cups all Purpose flour
- 2 tsp cornstarch
- 1 tsp baking soda
- 1/8 tsp salt
- 1 cup dried cranberries
- 1 cup white chocolate

In a large bowl add sugars and butter and mix until light and fluffy. Add egg and vanilla extract and continue mixing until it is combined and set aside. In another bowl, mix together flour, cornstarch, baking soda, and salt. Then add the dry ingredients into the wet ingredients and mix until well combined. Add the cranberries and white chocolate and mix. Cover and place in the refrigerator for at least one hour or best overnight. Line baking sheets with parchment paper and make 1 inch balls and place on mat. Bake for 8 to 10 minutes. Cool on a rack and serve.



CREME BRÛLÉE

- 2 cups heavy cream
 - 1 tsp vanilla extract
 - 6 egg yolks
 - 1/3 granulated sugar
 - 2 qts hot water
- Toppings
- 1/4 granulated sugar
 - Strawberries
 - Blueberries
 - Mint
 - Whipped cream

Preheat the oven to 325°. Place the cream and vanilla extract into a medium saucepan set over medium-high heat and bring to a boil. Remove from the heat, cover and allow to sit for 15 minutes. In a medium bowl, whisk together 1/3 cup sugar and the egg yolks until well blended and it just starts to lighten in color. Add the cream a little at a time, stirring continually. Pour the liquid into 4 (7 to 8-ounce) ramekins. Place the ramekins into a deep pan. Pour enough hot water into the pan to come halfway up the sides of the ramekins. Bake just until the creme brulee is set, approximately 40 to 50 minutes. Remove the ramekins from the pan and refrigerate for at least 2 hours and up to 3 days. Divide the remaining 1/4 cup vanilla sugar equally among the 4 dishes and spread evenly on top. Using a torch, melt the sugar and form a crispy top. Allow the creme brulee to sit for at least 5 minutes before serving. Add whipped cream and any fruits of your choice as toppings.

SPICED HOLIDAY BREAD

- 180g all purpose flour
- 70g rye or whole wheat flour
- 60g almond flour
- 12g baking powder
- 1/2 tsp baking soda
- 1 pinch salt
- 50g brown sugar
- 1 tsp five spice
- 1 tsp cinnamon
- 1 tsp ginger
- 1 pinch black pepper
- 10 cl cream
- 60g butter
- 200g honey
- 50g orange marmalade
- 1 egg

Mix all dry ingredients in the bowl of a Mixer. Bring the cream to a simmer then add butter and honey. Take out the mix from the heat and pour slowly into a stand mixer. Using the paddle attachment, start on the lowest speed and mix for 30 seconds. Then slowly increase the speed for 1 minute or until all ingredients are incorporated. Add 1 egg and orange marmalade to the mix. Mix for 1 minute. Pre butter a loaf pan, line the pan with parchment paper, and pour the mix in. Preheat the oven at 350°F and bake for 40 to 45 minutes. Check if the bread is ready by inserting a small knife into the middle section. If the knife comes out clean the bread is cooked. If the knife does not come out clean, bake for 5 more minutes.



BEIGNETS

- 2 3/4 cup flour
- 1/3 cup sugar
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 nutmeg
- 1 cup buttermilk
- 1/2 tsp vanilla extract
- 1 egg
- Powdered sugar
- Honey

Add your dry ingredients in its own bowl and whisk it together. Add your wet ingredients in its own bowl and whisk together. Add both wet and dry ingredients together and mix with a spatula. Add flour to your area where you're going to form it so it doesn't stick. With a spatula, pour the dough out of the bowl onto the floured area. Put flour on your hands and then form the dough into a rectangle. Cut the dough into smaller rectangles. Heat up vegetable oil in a pot to 325°F. When the temperature is reached, add your beignets and let each side cook for about 3 minutes. Take them out and put them on a cooling rack. Give it about 10-12 minutes to cool down. After cooling down, drizzle honey over the top and sift powdered sugar on top.



7 HOLIDAY Leftovers

Courtesy of Calypso Group

WHETHER YOU HOSTED OR WERE SENT HOME WITH TOO MUCH BALUTAN, IT'S THE SAME PROBLEM EVERY YEAR: THE FESTIVITIES ARE OVER AND THERE'S STILL SO MUCH FOOD. YOU DON'T HAVE TO GO AN ENTIRE WEEK EATING THE SAME MEAL. INSTEAD, SIMPLY GET CLEVER IN THE KITCHEN WITH THESE 7 INGENIOUS LEFTOVER RECIPE TRICKS.

- 1** *MINI FRITTATA*
Think omelette – shredded turkey, ham, beef, veggies, cheese, tomatoes.
- 2** *HAM SLAMWICH MELT*
If you have an air fryer, toaster, griddle or oven – you're in luck. Toasty bread, sliced ham, cheese and tomatoes.
- 3** *CRANBERRY OATMEAL*
Cranberries are packed with vitamins and minerals. Add a spoonful or more to a breakfast favorite.
- 4** *TURKEY KÁDDO*
Literally everything leftover is in here – turkey, gravy, mashed potatoes, side veggies, stuffing. Serve with cranberry sauce.
- 5** *LEFTOVER PIE S'MORES*
We tried it and it's delicious. Add pumpkin pie filling and the crust to your standard s'mores recipe.
- 6** *ANYTHING LUMPIA*
Pecan pie and pumpkin pie are excellent fillings for fried lumpia rolls! Also great: turkey/veggies, mashed potato, all veggies.
- 7** *MEATLOAF NACHOS*
When you can't have another meatloaf sandwich, reheat your meatloaf with taco spice. Build up nachos and bake it in an oven for something new.





health-inspired giving

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beauty basket

mama's bundle

plant-based picks

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keto kit

For a full list of products pictured and other healthy tips for the holidays, check out our blog written by our own Supermarket Dietitian at paylessmarkets.com/healthy-dietitian.

save your scraps

KEYWORD



recycled packaging

native trims

repurposed fabrics

old news

An estimated 2.3 million pounds of wrapping paper ends up in U.S. landfills each year. Check out these upcycled gift wrapping ideas for an eco-friendly holiday season. All it takes is a pinch of creativity and handwork to help keep our island green.



A friendly reminder that in 2022, an island-wide ban on plastic bags will go into effect.



Pay-Less reusable bags make great gifts and gift bags



custom baskets



BAKER'S BUNCH



STEAK SET



PASTA NIGHT

You know them better than anyone. Indulge your friends and family with a personalized gift basket they're sure to enjoy. Pay-Less has just about everything you need to hand-assemble a bountiful gift basket from the heart.

Need an assist? Visit the Floral Shoppe about creating custom gift baskets! Floral shoppe

food gifts:

MAKE THEM FEEL

LOVED

DIY

Sharing is caring. Maybe it's your secret sauce, or a time-saving starter kit – package them nicely into airtight jars, and send them off with a bit of instruction. It's not just a recipe – it's the gift of thoughtfulness and a dash of creativity.

Here's some ideas to get the ideas flowing. Don't forget to grab supplies at your favorite Pay-Less!

ready

for



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ENTER OUR "MAKING MEMORIES FROM SCRATCH" CONTEST!

This holiday season is a great time to reflect back on sweet nostalgia.



Like and share our post on Facebook; then, in the comments below, tell us what is your favorite Christmas memory in the kitchen. We will choose a random winner that will win \$250 in Pay-Less gift certificates!

Use #sweetnostalgia and tag 3 friends for an extra entry. The winner will be chosen on Monday, Dec. 20th.



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Fedilani Shrimp
1 lb., Size 13/15

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