



Pay-Less
SUPERMARKETS

Summer

LOCAL FOOD GUIDE



ENTER TO
WIN A TRIP
FOR 2 TO
PALAWAN!

MARINADES • GRILLING • GIVEAWAYS

SUMMER



STORE TO SHORE

What's cooking?

Pay-Less 'Store to Shore' celebrates an island-style summer! Learn how to prepare mouthwatering food on the grill for great company, all in our own backyard paradise. See what we have in store!

In this issue:



Marinate and grilling basics, tips, things to throw on the grill, veggies, beverages and frozen desserts

In store:

Every Sunday, chagi some ice cream creations while you shop! Catch our weekly ad every Friday in the PDN or our website to see frozen novelties on special.



VISIT ONE OF THE NEW 7 WONDERS OF THE WORLD!



GIVEAWAYS

How to Enter

Receive an entry form with every \$30 purchase for a chance to win our grand or mini-grand prizes!*

GRAND PRIZE:

A trip for 2 to Palawan in the Philippines!

(with accommodations) **1 Winner!**

MINI-GRAND PRIZE:

Beach Party Package

Includes a 10x10 canopy, barbecue grill, 2 folding beach chairs, cooler and a \$100 gift certificate. **8 Winners!**

PHOTO CHALLENGE:



\$25 Gift Certificates

Join our Facebook photo contests and show us your Store to Shore summer! Like our page for details:

/PayLessMarkets



*No purchase necessary. See store for more details.

Ready-Made

Marinating doesn't have to be a big production, especially when you're in a time crunch. Here, some tried and true local favorites...



MAMA SITA'S Barbecue Marinade:

Perfect pairing for any type of meat, especially pork spare ribs! Throw a backyard barbecue with friends just like Lolo used to do.



KOREAN BBQ Original

Bring this restaurant favorite home and get the king of short ribs flavor: kalbi. Also great with chicken and pork.



YOSHIDA'S Original Gourmet

Grill, bake, marinate or saute with sweet teriyaki. Best with chicken and beef.



HAWAII'S FAMOUS Huli-Huli Sauce

No need to visit Hawaii to try their world famous Huli Huli chicken. Everything you need is right in the bottle. Great for all meats— chicken, pork, beef and fish.

MARINADE BASICS

BEEF

Marinating beef is best for tougher steak cuts like flank, skirt, sirloin, round. 🕒 Up to 24 hours



CHICKEN

Pierce chicken with a fork to help absorb the marinade.

🕒 At least 2 hours



PORK

Tends to benefit from stronger marinades.

🕒 2 - 4 hours for cuts, roasts up to 24 hours



FISH & SEAFOOD

Seafood is more porous and will get mushy if marinated too long.

🕒 About 20-30 minutes



Tips:

DO marinate in the refrigerator, and not at room temperature.

Cover meats while marinating.

Use glass or food-grade containers; avoid metal containers when marinating. Resealable plastic bags are best to evenly distribute the marinades.

Source: Startcooking.com



Marinades

BASIC MARINADE PORK • CHICKEN • BEEF

- 3 cups soy sauce
- 2 cups pineapple juice
- 1 cup Sherry vinegar
- 1 whole onion
- 1 bulb of garlic
- 1/4 cup ginger

DIRECTIONS:

Rough chop onion, garlic and ginger. Mix all ingredients together in a bowl. You can adjust the taste by adding more pineapple for tartness or more sherry vinegar for a bit of tang to the dish as well. Marinate for at least 4 hours, as sugars in marinade help to create a nice glaze.

Watch this on our channel: [YouTube](#) /PaylessSupermarkets

7-UP MARINADE RIBS • CHICKEN

- 2 cups 7-Up
- 1 cup soy sauce
- 1 tbsp horseradish sauce (optional)
- 1/2 tsp. minced garlic
- 1 cup oil

DIRECTIONS:

In a medium bowl, mix all ingredients together. Place ribs or chicken in gallon size bag and pour marinade coating evenly. Place in fridge and marinate for 8 hours or overnight. Grill and enjoy!

COCONUT CURRY MARINADE FOIL PACKET FISH

- 1/2 cup coconut milk
- 2 tsp. red curry paste
- 1 tsp. green onion, chopped
- 1 lemon wedge
- Few sprigs of cilantro
- 1 clove garlic
- 2 Thai basil leaves
- 3 cherry tomatoes, halved (optional)
- Salt and pepper, to taste
- Cleaned whole white fish

DIRECTIONS:

In a pot, heat up coconut milk and curry paste, and season with salt and pepper. Add fresh pepper if you like. Make a foil vessel for your fish and add coconut milk mixture. Sprinkle green onions, basil and cilantro, squeeze on lemon juice and dot cherry tomatoes on fish.

Next, tightly seal the foil packet, but leave a bit of an air pocket inside to help steam the fish. Grill over medium heat for 10-12 minutes, rotating the packets to another spot on the grill halfway through. This is to ensure even cooking.

Tip: Double your foil to prevent contents from burning on the grill.





Get Grillin'!

BULGOGI KEBABS

- 1/4 cup soy sauce
- 1/4 cup puréed fresh (or canned) pear
- 2 tbsp. toasted sesame oil
- 2-3 cloves garlic, crushed
- 1-2 scallions, chopped
- 1-1/2 tsp. grated fresh ginger
- 1 tbsp. brown sugar
- 1 tsp. toasted sesame seeds
- Dash of freshly ground black pepper

DIRECTIONS:

Combine all ingredients in a small bowl. Place meat in a shallow dish or Ziploc bag and coat evenly with marinade. Marinate for at least 2 hours (up to a day), turning at least once to redistribute the marinade.



Soak your skewers in water for 20 minutes to prevent burning on the grill.

Thread the meat on wooden skewers. Grill or barbecue for a few minutes on each side. Use the remaining marinade for basting.



FLANK STEAK

- 1/3 cup olive oil
- 2 cloves garlic, minced
- 2 tbsp. red wine vinegar
- 1/3 cup soy sauce
- 1/4 cup honey
- 1/2 tsp. freshly ground black pepper
- 2 pounds flank steak

DIRECTIONS:

Combine the marinade ingredients in a large bowl. Place steak in the bowl and completely coat with the marinade. Chill and marinate for at least 2 hours, and up to overnight.

Prepare your grill for high, direct heat with one part of the grill for lower, indirect heat. Remove the steak from the marinade and gently shake off the excess marinade from the steak (but make sure there is still a coating of it, you'll want the oil on it to help keep the steak from sticking to the grill). Place steak on the hot side of the grill. Grill for a minute or two on each side to get a good sear, then move the steak to the cooler side of the grill, cover and cook a few minutes more until done to your liking.

TERIYAKI BACON BURGER

- 1 pound ground beef
- 2 tbsp. teriyaki sauce
- 4 pineapple rings (canned or fresh)
- 4 pieces bacon, cooked 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

DIRECTIONS:

Using your hands, gently mix the ground meat with the teriyaki 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 approx. 1 minute on each side on your grill of choice.

Cook burgers until desired doneness on a grill. Place a piece of bacon on each and then top with a piece of jack cheese to hinge the bacon in place. Top with a grilled pineapple slice and serve on Hamburger buns spread with spicy cilantro mayo.



HEALTH Smart

TIP: Wrap your burger in layers of lettuce instead of the bun and skip the bacon.



STEAK DONENESS CHART: Get the job done right!



BLACK & BLUE
100°F / 38°C



RARE
120°F / 49°C



MEDIUM RARE
126°F / 52°C



MEDIUM
135°F / 57°C



MEDIUM WELL
145°F / 63°C



WELL DONE
160°F / 71°C

Seafood



STEP 1: Prep It



STEP 2: Grill It



SHRIMP

Devein the shrimp in their shell and rinse under cold running water. Dry the shrimp with paper towels and toss them in olive oil to coat. Season with 1-1/2 tsp. kosher salt

Put them directly on a medium-hot oiled grill; cook until just pink and beginning to turn opaque (about 2-3 minutes), turn and continue to cook until pink and completely opaque (about 2-3 minutes).



LOBSTER

Thaw frozen lobster tails under cold running water just before cooking. Split the tails lengthwise, and brush the meat with oil.

Grill meat-side-down first, turning when the shell is bright in color (about five minutes on each side). You'll know the lobster is done when the meat is opaque.



CLAMS, OYSTERS, MUSSELS

Buy more than you think you need, since 2 or 3 out of every dozen won't open and will need to be discarded. Discard any open shells, then scrub with a stiff brush under cool running water. If the mussels have beards, pull them off. Pat dry.

Cook directly on the grill in the shell. All shells should be closed before you grill them. Cook over direct heat until they open, then pry off the top shell preserving the liquid inside. Do not force open any shells that do not open on their own. To serve, drizzle the oysters and clams with butter and any other seasonings you'd like.

SUMMER SALAD WITH AVOCADO, CORN & GRILLED HERB SHRIMP

- 1 lb. large shrimp, peeled and deveined
- 4-6 metal or bamboo skewers
- 2 ears corn, husked
- 1 tbsp. olive oil
- Salt
- 5 oz. baby lettuce mix
- 1/2 medium red onion, thinly sliced
- 1 cup cherry or grape tomatoes, halved
- 1 ripe avocado, diced

For the marinade/dressing:

- 1/4 cup fresh lemon juice
- 1/2 cup extra virgin olive oil
- 2 tbsp. Dijon mustard
- 1 tbsp. honey
- 2 cloves garlic, minced
- 1 tbsp. freshly chopped basil
- 1 tbsp. freshly chopped parsley
- 1/4 tsp. salt

DIRECTIONS:

Combine all marinade ingredients in a small bowl. Set aside 1/3 cup of the mixture to dress the salad before serving.

Thread 4-5 shrimp onto each skewer. Place the shrimp skewers in a large Ziploc bag and pour the remaining marinade over them.



Seal the bag and refrigerate for at least 30 minutes.

While your shrimp is marinating, grill the corn. Heat a grill or grill pan over medium heat. Brush the corn with 1 tablespoon olive oil and season with salt. Cook the corn for 10-12 minutes, rotating regularly until the corn is tender and nicely browned all over. When the corn is cool enough to handle, use a sharp knife to slice the kernels from the cob.

When your shrimp has finished marinating, remove your skewers from the fridge. Heat the grill or grill pan over high heat. Cook the shrimp for 1-1/2-2 minutes on each side until the shrimp become pink and opaque.

In a large bowl, combine the lettuce, corn, red onions, cherry tomatoes and avocado. Just before serving, add the reserved dressing and toss to coat. Top with grilled shrimp.

GRILLED SALMON KEBABS

- 2 tbsp. chopped fresh oregano
- 2 tsp. sesame seeds
- 1 tsp. ground cumin
- 1/4 tsp. crushed red pepper flakes
- 1-1/2 lbs. skinless wild salmon fillet, cut into 1-inch pieces
- 2 lemons, very thinly sliced into rounds
- Olive oil cooking spray
- 1 tsp. kosher salt
- 16 bamboo skewers



DIRECTIONS:

Heat the grill one medium heat and spray the grates with oil. Mix oregano, sesame seeds, cumin, and red pepper flakes in a small bowl to combine; set spice mixture aside.

Beginning and ending with salmon, thread salmon and folded lemon slices onto 8 pairs of parallel skewers to make 8 kebabs total. Spray the fish lightly with oil and season kosher salt and the reserved spice mixture.



Vegetables



Quenchers

A simple blend of fruit, water, ice and your choice of sweetener make refreshing thirst quenchers for the summer.



VEGGIE GRILL

Brush veggies with your favorite oil and season with salt and pepper. Place directly on grill over high heat.

ASPARAGUS, GREEN BEANS, OTHER FIBROUS VEGGIES:
Skewer or place directly on grill. About 6-8 minutes

EGGPLANT:
Grill whole with skin and char all sides. About 20-30 minutes

PORTOBELLOS:
Best when marinated or they will be dry and plain. Baste while cooking for best flavor. About 4-6 minutes per side.

ZUCCHINI & SQUASH:
Cut into 1/2" slices, brush with oil. About 4-6 minutes per side.

BELL PEPPERS:
Roast whole and char all sides. About 4-5 minutes per side.

GRILLED CORN ON THE COB

- Fresh corn with husk still on
- Butter, softened
- Lime wedges
- Feta or Parmesan cheese
- 1 garlic clove
- Salt
- 3/4 tsp. cayenne or chipotle spice



DIRECTIONS:

Peel off a few layers of corn husk still leaving corn covered. Soak in cold water for 20-30 minutes. This helps when grilling to maintain moisture and it helps steam the corn.

Roast garlic in a pan with oil until brown and soft. In a bowl, mix together garlic, butter and cayenne or chipotle powder. Grill corn with husk still on, turning every five minutes, depending on your flame.

When corn is done, take off the grill and peel off husks. Brush on butter mixture while still hot, then squeeze lime and sprinkle cheese on top.

CHAMORRO POTATO SALAD

- 4 potatoes
- 8 eggs, hard boiled
- 4 oz. olives (diced)
- 1/2 cup sweet pickles (diced)
- 2 oz. pimentos (diced)
- 2 cups mayo
- 2 tbsp. mustard
- 1 tbsp. sugar
- Salt & pepper to taste

DIRECTIONS

Bring a large pot of water to a boil. With a fork, poke a few holes into each potato and cook until tender but still firm, about 45-50 minutes. (Tip: Score potato before boiling for easier skin removal). When potatoes are done, remove from hot water, cool and peel.

Place olives, pickles and pimentos in a small bowl. Mix and squeeze out all liquid. Dice potatoes into cubes and season with salt and pepper in a large mixing bowl. Mix in olive, sweet pickle and pimento mixture. Stir in sugar and mayonnaise a half cup at a time, continuously folding.

Cut 6 hard-boiled eggs into cubes and fold into mixture. Adjusting seasoning and mayo to taste.

Transfer into serving bowl and smooth top with additional mayo. Decorate with eggs!

FROZEN MANGO LEMONADE

- 5 lemons
- 3/4 of a mango
- 1/2 cup sugar
- 1-1/2 cup water
- 5-6 cups ice

DIRECTIONS

Squeeze lemon juice into a blender. Cut mango and add fruit to blender. Add sugar, water and ice, and blend until smooth.

FROZEN STRAWBERRY CALAMANSI-ADE

- 6 oz. fresh strawberries
- 2 tbsp. fresh calamansi juice
- 1/4 cup water
- 2 tbsp. granulated sugar (or to taste)
- 1 1/2 cup crushed ice

DIRECTIONS:

Put all the ingredients in a blender and blend until the desired consistency is reached. Taste for flavor and sweetness to your liking.



HEALTH
Smart

Frozen

RAINBOW POPS

- 2 kiwis
- 10 large strawberry halves
- 1 mango, roughly chopped
- 30 blueberries, roughly

DIRECTIONS:

Working with one fruit at a time, puree in a small food processor. Rinse the machine out between fruits. Carefully spoon layer by layer of your fruit into each popsicle mold.

Cover mold, add sticks and freeze for at least 5 hours or overnight.

ORANGE/ STRAWBERRY CIDER POPS

- 1 cup sparkling cider
- 1-1/2 cup freshly squeezed orange juice
- 1/2 cup water
- 3 tbsp. honey
- Halved orange slices or strawberries

DIRECTIONS:

In a pitcher, combine orange juice and honey. Once the honey has dissolved, pour in the sparkling cider and mix.

Place orange slices or strawberries into each popsicle mold and pour the liquid to fill the mold. Place popsicle sticks. Freeze.

Popsicle molds are excellent ways to store (and enjoy later) leftover or excess smoothies, juice and fruit-ade!



BLUEBERRY YOGURT POPS

- 1-1/2 cups frozen blueberries
- 2 tbsp. maple syrup
- 2 tsp. lemon zest
- 1 tbsp. chia seeds
- 1-1/2 cups yogurt (plain or vanilla)
- 1/4 cup vanilla protein powder (optional)

DIRECTIONS:

In a small saucepan, combine blueberries, maple syrup, lemon zest and chia seeds. Bring to a boil, then lower heat and simmer for 10 minutes, stirring often and smashing berries with a spatula to make a chia jam. Remove from heat, transfer to a bowl and place in the freezer for 15 minutes to cool.

Place yogurt in a bowl. Mix in protein powder if using. Add blueberry mixture to the bowl and stir lightly. The less you stir, the more of a swirled effect the popsicles will have. Gently spoon into popsicle molds. Freeze.

Sundays



Ice Cream Festival



Chagi