

FEATURING

LOCAL  
FOOD  
WITH A  
MODERN  
TWIST

BIBA MES

# CHAMORU!

Pay-Less  
SUPERMARKETS

CELEBRATES CHAMORRO MONTH





We are proud to offer 8 convenient locations to serve you! Open 24-hours a day are Oka, Micro Mall, Agana Shopping Center and Dededo Pay-Less Supermarkets.

# MAILA HAĀLOM

**H**ow exciting it is for us to celebrate our island heritage and culture – our foods, our traditions and people! We would like to especially thank our Pay-Less family – our employees – for crafting, weaving, building and creating inspiring local displays in our stores to showcase their Hafa Adai spirit!

This month, we highlight our culinary partners – from local farmers, who supply a wide variety of fresh produce, to the island’s entrepreneurs offering “Made in Guam” packaged confections, coffee and condiments. Feel free to **Chagi** some of the island’s best, every weekend in March, and try your hand at cooking up some of our featured recipes from our partners!



Pay-Less is committed to the Buy Local philosophy, purchasing over 1.7 million pounds of produce from local farmers like Mark Leon Guerrero.

**IN CELEBRATION OF CHAMORRO MONTH, PAY-LESS REAFFIRMS OUR COMMITMENT, OUR PROMISE, TO YOU.**



## PRUMESAN MĀMI

Bai en pribiniyi hamyo ni patron i mas bentāha na presiu kada diha.

Patron-māmi siha numiru unu!

Man kombiniente lugat-ñiha siha i tenda.

Miġuinaha na inayek sileksion fektos!

Mankualidāt na fektos siha!

Meggai klāsen baraturan fektos guaguaha!

## OUR PROMISE

We will provide the greatest customer value every day.

Our customer is #1!

Convenient store locations.

Wide product selections!

Quality products!

Great price deals!



# Chesa

## CHALAKILES MÄNNOK YAN PUGAS KULOT CHUKULÄTI

### Brown Rice Chicken Chalakiles

- 1 cup achote seeds or 1-2 packages achote powder
- 8 cups achote water
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 2 cups boneless chicken breast or thighs, chopped
- 2 cups brown rice, toasted and grinded
- 2 cups cauliflower or celery, diced vegetables of choice
- 1-2 green bell peppers, diced
- 2 carrots, diced
- 1 tbsp. olive oil
- 1 can light coconut milk

### Instructions:

Toast brown rice. If by oven: place evenly on a cookie sheet & bake at 350° until golden brown. Or by stove: place rice evenly on a pan/skillet toast on medium heat until golden brown, stirring occasionally. Once cooled grind rice in a blender or grinder. Set aside.

In a large soup pot, add olive oil then sauté onions, garlic, chicken and vegetable choices until tender on medium heat. Add achote water. Bring to a boil, then reduce heat and slowly stir-in grinded rice, continue stirring until rice is fully cooked.

Once rice is cooked add coconut milk, stir well then turn off from heat. You may add more water to the desired consistency. Add black pepper and or salt to taste.



RECIPE COURTESY OF:  
UOG EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM (EFNEP)



## BONUELOS HINEKSA' AGA'GA

### Chamorro Red Rice Donut

- Vegetable oil, for deep-frying
- 2 large eggs, beaten to blend
- 2 cups leftover red rice
- 1-1/2 cups Panko bread crumbs
- Leftover barbecued meats, minced (chicken or beef)
- Salt

### Instructions:

Pour enough oil in a heavy large saucepan to reach the depth of 3 inches. Heat the oil over medium heat to 350°F.

Stir the eggs, red rice, and 1/2 cup of the bread crumbs in a large bowl to combine. Place the remaining breadcrumbs in a medium bowl. Using about 2 tablespoons of the red rice mixture for each, form the red rice mixture into 1-3/4" diameter balls. Insert 1 tablespoon of minced meat into the center of each ball. Roll the balls in the bread crumbs to coat.

Working in batches, add the rice balls to the hot oil and cook until golden brown and heated through, turning them as necessary, about 4 minutes. Using a slotted spoon, transfer the rice balls to paper towels to drain. Season with salt. Let rest 2 minutes. Serve hot.



RECIPE COURTESY OF:  
VICRY SCHRAGE, ASSISTANT PROFESSOR  
OF GCC PROSTART CULINARY PROGRAM  
AT SIMON SANCHEZ HIGH SCHOOL



TRY SOMETHING NEW! THIS MONTH'S  
FEATURED RECIPES ADD A MODERN TWIST  
TO SOME OF OUR LOCAL CLASSICS...

## EMPANÁDAN CHURISOS CHAMORU

### Chamorro Sausage Empanada

#### Dough:

- 2 cups all-purpose flour
- 1/2 tsp. salt
- 1/2 cup water
- 1 tbsp. sugar
- 1 egg yolk, beaten
- 1/4 cup melted butter or margarine
- 1 egg white, lightly beaten
- Oil for deep-frying

#### Filling:

- 1 tbsp. salad oil
- 2 cloves garlic, finely chopped
- 1 medium onion, finely chopped
- 8 oz. Chamorro sausage
- 3/4 tsp. salt
- 1/4 tsp. black pepper
- 2 tbsp. tomato sauce or tomato catsup
- 3 hard boiled eggs, chopped
- 2 tsp. sweet pickle relish

#### Instructions:

**Dough:** Sift flour and salt into a bowl and set aside. In a separate bowl, mix together water, sugar and egg yolk. Make a dent in center of sifted flour and pour in egg mixture. Blend and knead until smooth. Set aside to rest for 15 minutes. Cut dough in half and place on a clean lightly floured surface and roll until slightly thin. Brush with melted butter. Roll up dough to a long, thin roll, making sure it is rolled tightly and firmly. Cut into 1 inch thick slices and roll and flatten each slice until it becomes the size of a small round saucer. Place a spoonful about 2-3 tablespoons of



meat filling in center of dough and brush edges with lightly beaten egg white. Fold dough in half from center and with the back of a fork, press edges together firmly to seal. Heat oil in a pan about 2 inches deep on medium heat. Fry empanada a few at a time until golden brown. Transfer onto paper towel to drain. Serve hot. (See filling instructions for more details.)

**Filling:** If sausage has casing, remove the casing from sausage. Once removed, chop sausage into small pieces. In a skillet, heat oil and sauté onions and garlic until golden brown. Add sausage and cook; stirring sausage until browned. Add black pepper, salt, tomato sauce; mix well, cover and simmer on medium-low heat for 15 minutes. Stir in boiled eggs and pickle relish and mix well, taste if more salt is needed. Remove from heat and let cool completely for 10-20 minutes before filling dough.



RECIPE COURTESY OF:  
GUAM SUPER COOKBOOK



# Ná'yan Priensepat



## SATMÓN TINAKTAK

### Salmon Tinaktak

- 2 salmon fillets, about 6 oz. each
- 1 can coconut milk
- 1 lb. local long beans
- 1/4 lb. local eggplant
- 1/2 red onion
- 10 local cherry tomatoes
- 2 tbsp. olive oil
- 1 garlic clove
- 1 sprig local rosemary
- Salt & pepper to taste
- 1 cup rice medium grain rice

#### Fina'denne':

- 2 local donne'
- 4 local calamansi
- 1 bundle local green onions
- 1/2 cup Kikkoman soy sauce

#### Instructions:

In a baking pan, put cherry tomatoes, olive oil, rosemary and garlic. Bake for 425°F for about 15 minutes. Let cool and put aside.

**WATCH CHEF LENNY CREATE HIS FAMOUS SALMON TINAKTAK ON OUR YOUTUBE CHANNEL!**



In a sauce pan, reduce coconut milk. Season lightly with salt and pepper.

In a frying pan or griddle, grill salmon fillet, skin side down, with olive oil. Season with salt and pepper. Cook to medium temperature. In a separate pan, sauté red onions with balsamic vinegar. And in another pan, sauté long beans and eggplant in oil and season lightly with salt and pepper.

**Fina'denne':** Add all ingredients in a bowl and mix together.

**Plating:** Put grilled salmon on the plate. Add sautéed veggies on top of salmon. Pour reduced coconut milk over veggies and salmon. Garnish with roasted cherry tomatoes and green onions. Serve with rice and fina'denne' on the side.



RECIPE COURTESY OF:  
**LENNY FEJERAN**  
GENERAL MANAGER + OWNER

**PIKA'S CAFE**



## "HAMBURGEN" CHAMORU

### Chamorro Burger

#### Patties:

- 3- 1/4 lbs. ground beef
- 2 tsp. McCormick meat seasoning
- 1 lb. spicy Spam, finely chopped
- 1 tsp. cinnamon powder
- 1 tsp. ground cumin powder
- 2 oz. hoisin sauce for garnish.

#### Buns and condiments:

- 1/2 cup butter (1 stick)
- Toasted burger buns
- Green or red lettuce leaves
- 3 red onion rings or 1/2 oz. chopped red onions (per burger)
- 1 tsp. yellow or coarse mustard (per burger)
- Sliced dill pickles



#### Seasoning:

- 1 tsp. paprika powder
- 1 tsp. kosher salt
- 1 tsp. ground white pepper
- 1 tsp. red chili pepper flakes
- 1 tsp. McCormick Allspice powder
- 1 tsp. ginger powder

#### Spicy Glaze:

- 2 oz. hoisin sauce
- 1/2 oz. Tinian chili paste
- 1/2 oz. liquid smoke

#### Instructions:

**Patties:** Combine all ingredients in a mixing bowl. With spatula, mix all ingredients until well blended. Form 8 oz. round balls and place on a pan liner to flatten into 4 inch in diameter patties. Cover patties with plastic wrap and keep in refrigerator until ready to cook.



**Seasoning:** In a mixing bowl, combine all the spices using a wire whisk to mix evenly. Place in an airtight container in refrigerator until ready to use.

**Spicy Glaze:** Mix all ingredients in a mixing bowl and store in refrigerator until ready to use.

**Grill Patties:** Coat burger patty with 1/4 tsp. seasoning mixture and place on a 575°F grill. Cook for 2 minutes then turn patty to a 90° angle and cook to create diamond marks on one side. Brush on 1/4 oz. of prepared glaze for spicy patties. Flip patty over and repeat with diamond and marks and glaze and allow cooking to desired doneness.

**Burger Assembly:** While patties are grilling. Butter and toast both sides of burger buns until golden brown. When patties are done, assemble burgers with condiments and cheese (optional). Serve with sweet potatoes or French fries.



RECIPE COURTESY OF:  
**HARD ROCK CAFE, AS FEATURED  
IN THE GUAM SUPER COORBOOK**

WHAT GUAM RECIPE COLLECTION WOULD BE COMPLETE WITHOUT KADON PIKA? TRY THIS LOCAL COMFORT FOOD WITH A TWIST!



## FRENCH-STYLE BABUI-MANNOK KÅDON PIKA

French-style Pork and Chicken Kådon Pika

- Vegetable oil
- 1 lb. chicken thighs and drumsticks
- 1 lb. pork belly, cut into 2-inch pieces
- 2 cup water
- 2/3 cup vinegar
- 2/3 cup soy sauce
- 1 medium onion, minced
- 6 boonie peppers
- 1 tbsp. freshly crushed black pepper
- 2 tbsp. minced garlic
- 2 tsp. ginger, minced
- 1/2 cup mirin
- 2 tbsp. sugar
- Salt and pepper
- 1 stick of butter, cut into cubes

### Instructions:

Preheat oven to 350°F. Season chicken and pork with salt. Sear chicken and pork in a lightly oiled pan. Set aside.

In a pot, combine the water, vinegar, soy sauce, onion, boonie peppers, black pepper, garlic, ginger, mirin, and sugar. Cover, bring to a boil and simmer for 5 minutes. Add the chicken and pork. Cover and bring to a boil.

Transfer the pot to a preheated oven. Braise the chicken and pork until tender. Note:

Flip the chicken and pork halfway through the cooking process.

Remove the cover and allow the sauce to reduce and chicken and pork to caramelize. Remove the pot from the oven. Transfer the pork and chicken to a serving plate.

Strain the sauce into a pan. Taste and adjust the seasoning. While the sauce is hot, whisk in the butter one cube at a time. Note: be patient, do not add the next cube of butter until the first one is melted.

When sauce has cooled, return the pan to the stove to warm, being careful not to heat it up or the sauce will separate. Continue the process until all butter has been incorporated. Pour the sauce on the chicken and pork.



RECIPE COURTESY OF:  
**VICKY SCHRAGE, ASSISTANT PROFESSOR OF GCC PROSTART CULINARY PROGRAM AT SIMON SANCHEZ HIGH SCHOOL**



# Fina' mames

## PAI KREM NIYOK

Coconut Cream Pie

- 1 can coconut cream
- 1 can evaporated milk
- 1 can coconut milk
- 1 jar macapuno
- 1 tsp. vanilla extract
- 1 tsp. almond extract
- 2 tbsp. butter salted
- 1/4 tsp. salt
- 3 cups coconut flakes
- 5 egg yolks
- 4 tbsp. cornstarch
- 1 cup sugar
- 3 prepared pie crusts



At medium heat add coconut cream, evaporated milk, coconut milk, macapuno, vanilla extract, almond extract, butter and salt. Stir consistently.

In a separate sauce pan add egg yolks, cornstarch and sugar at a medium heat. Slowly add 1/4 cup of the heated milk mixture. Being careful not to have the egg yolks clump. Continue to add another 1/4 cup of the milk mixture and stir vigorously.

When the coconut cream mixture is almost a boil then add the egg yolk mixture. Stir consistently to incorporate both mixtures. Add 3 cups of the coconut flakes.

Fill three pie crusts with mixture.



### PIE TOPPING OPTIONS:

**Meringue Topping:**

- 5 egg whites
- 2 cups powdered sugar
- 1 tsp. vanilla extract

Beat egg whites until white peaks. Slowly add powdered sugar and vanilla extract. Place on top of pie filling. Bake at 350°F until golden brown.

**Whipped Cream Topping:**

- 2 cups heavy whipping cream
- 1-1/2 cup granulated sugar
- 1 tsp. vanilla extract

Beat whipping cream until stiff. Slowly add sugar to taste. Place on top of coconut cream filling and chill.



RECIPE COURTESY OF:  
**GENEVIEVE GARRETT, PRESIDENT OF COOKIES OF GUAM INC.**



CHAGI WHAT'S ON OUR TABLE! In celebration of Chamorro Month, we will be featuring local recipes and produce every Saturday and Sunday from 10am-2pm. Maila ta fan boka!

## TITA'S BAKERY

Tita's Bakery carries a variety of locally baked goodies that are sold throughout the world, satisfying locals and visitors alike.



# Local GOODIES

Pay-Less is a strong supporter of the "Buy Local" movement. It helps to sustainably run local businesses, stimulate the local economy, and make a positive contribution to our community. The essence of our island stems from our unique and exotic cuisines. The best local goodies are those made from the inspiration and traditions of our beautiful island.

## COOKIES OF GUAM, INC.

Tita Jr. Chamorro Cookies are made from the finest ingredients and family pride. It stems from a homemade tradition that has lasted for three generations.

## MARIANAS COFFEE CO.

Take time to enjoy the island's best: Marianas Coffee. These fresh, locally toasted coffee beans are a high quality product with a unique blend of aromas and flavors.

## CARABAO KING

Carabao King is known for their Chamorro cookies dipped in rich dark chocolate. Take a bite and experience the Chamorro "Carabao" culture.

## LE TASI BAKERY

La Tasi Bakery utilizes only fresh and locally grown products. Their Chamorro Gourmet pika jelly and denanche are great condiments that can turn a plain meal into a delicious one.

# Nihi!

## Native Bird Name Game

Which bird am I?



1



2



3



4



5



6

Tottot  
Ko'ko'

Egigi  
Chichirika

Åga  
Sihek

TELEVISION FOR GUAM'S NENIS

Visit us at [www.nihikids.org](http://www.nihikids.org)!