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SUPERMARKETS



Homemade

FOR  THE

HOLIDAYS



# A VERY LOCAL Thanksgiving

CHAGI  
RECIPES  
FROM LOCAL  
CHEFS  
and  
CUSTOMERS!



Watch how  
to make  
Smoked  
Turkey >>

YouTube  
/PaylessSupermarkets

## ★ SMOKED TURKEY ★

### Recipe courtesy of:

Annie, of Annie's Chamorro Kitchen  
Discover more: [annieschamorrokitchen.com](http://annieschamorrokitchen.com)

### INGREDIENTS:

- 1 turkey, about 12-15 lbs.

### Brine:

- 2 gallons water
- 1 cup sea salt
- 2 tbsp. rosemary-garlic mix (or 1 tbsp. rosemary, 1 tbsp. garlic powder)
- 1 tbsp. dried sage
- 1 tbsp. whole black peppercorns
- 1 tbsp. dried thyme leaves
- 1 tbsp. dried parsley flakes
- 2 bay leaves
- 4 tbsp. honey
- 2 tbsp. dark brown sugar
- 1 tbsp. powdered chicken bouillon
- 1 orange, sliced
- 2 limes, sliced
- 1 medium onion, sliced
- 1 gallon ice cubes

### Stuffing:

- 1 medium onion, sliced
- 2 apples, cut into wedges
- 1 whole head of garlic



### DIRECTIONS:

**Make the brine.** Place one gallon of water into a large pot. Add the sea salt, the herbs/spices, and bay leaves to the pot, along with the honey and brown sugar. Add the chicken seasoning. Give it a stir then bring the mixture to a boil. Pour the brine into a clean bucket. Add the sliced limes, orange and onion to the bucket.

Let the brine cool completely before adding the thawed turkey. Remove the giblets and neck from the cavity of the turkey. Rinse well then add the turkey to the cooled brine with the legs pointing. Pour in the two gallons of ice cubes — about 2 pitcherfuls. Place the lid/foil on the bucket, and then place the bucket in the refrigerator. Let the turkey soak in the brine for at least 24 hours.

**Smoke/Grill the Turkey.** After 24 hours, remove the turkey from the brine. Chop up 2 apples and 1 onion, and peel the skin off each clove in an entire head of garlic. Stuff the apple, onion and garlic mixture into the cavity of the turkey. Place the turkey in the smoker/grill. Follow the smoking/grilling directions for your smoker.

**Safe cooking tip:** Minimum internal temperature should be 165°F.

### Smoked Turkey continued...

Here are the procedures for using a grill that has automatic temperature settings: after turning on the grill, set it to 450°F; let the heat build up for about 15 minutes. Turn the heat back down to the smoke setting then place the turkey on the grill for 8 hours, then turn the heat up to 275°F and grill the turkey for one more hour or until the skin turns a nice dark brown color.

**Note:** If you want to cut down the cooking time, do not stuff the turkey until about one hour from being done. If you decide not to stuff the turkey, smoke it for 6 instead of 9 hours. ★



Save time and money with instant gravy mixes. Coupon on page 11.



LOCAL  
THANKSGIVING  
ESSENTIAL

## FALL RUB BAKED RIBS

### INGREDIENTS:

- 1 tbsp. + 1 tsp. coffee grounds
- 1/2-1 tsp. sea salt (to taste)
- 1/2 tsp. brown sugar
- 1-1/2 tsp. chili powder
- 1/2 tsp. cinnamon
- 1/2 tsp. of rosemary
- 1 rack of pork spareribs



### DIRECTIONS:

Combine all seasonings in a bowl. Mix together well. Rub a generous amount of the spice mixture over both sides of the ribs. Wrap the ribs in plastic wrap and let them sit in the refrigerator for a minimum of 8 hours.

Preheat the oven to 275°F. Place the ribs on a baking pan and cook them in the oven for 3 to 3-1/2 hours (an hour less for a half rack). Let the cooked ribs rest for 15 minutes before cutting and serving.

Save \$1 on packaged Pork Spareribs and 30¢ on Western Family Brown Sugar. Coupons on page 11.

## TRADITIONAL RED RICE

Recipe courtesy of: Jessie Rosario

### INGREDIENTS:

- 2 tbsp. of achote seed
- 1/2 cup onions
- 1/2 tsp. salt
- 4 cups water
- 2 tbsp. cooking oil
- 2 cups rice



**HEALTHY FACT:**  
Achote gets its red color from beta-carotene, an antioxidant!

### DIRECTIONS:

Soak achote seeds in 2 cups of warm water for 30 mins. Add salt. Rub achote seeds against each other until water becomes a deep velvet red in color. Strain liquid into small bowl. In a small pot, bring achote water to boil then add rice, 2 cups of water, salt, oil and onions. Reduce heat to medium high for five minutes or until liquid has evaporated. Cover and reduce heat to low for 15 minutes or until rice is fully cooked.

**In electric rice cooker:** add rice, achote water, onions and oil. Stir and let cook. Do not use remaining 2 cups of water.



## CRANBERRY DONNE DINANCHE

Recipe courtesy of: Leann Crisostomo  
of Fizz and Co. Soda Fountain



### INGREDIENTS:

- 1 tbsp. olive oil
- 10 fresh mushrooms, chopped
- 6 hot peppers, seeded and chopped. Combine and add more if you like – jalapeño, serrano, habenero, donne.
- 1 small onion, diced
- 4 cloves of garlic, diced
- 1 bag (12 oz.) fresh cranberries, rinsed
- 1/2 cup sugar
- 2 tbsp. of red wine vinegar
- 1/2 cup water
- Salt and pepper



### DIRECTIONS:

In large saucepan, heat oil over medium-low. Add garlic, onions, mushroom and peppers combine ingredients until softened.

Add cranberries, water, and sugar, stirring occasionally as the cranberries begin to pop and liquid has been absorbed. Remove from heat, cool and refrigerate until ready to serve.



**HEALTHY SWAP:**  
Replace sugar with  
coconut sugar!



\*Pre-order a Fruit Gift basket at any Pay-Less.

## APPLE PECAN FALL SALAD

Recipe courtesy of: Carina Pegarido

### INGREDIENTS:

#### Salad:

- 12 oz. local hydroponic lettuce or 1 bag fresh spinach
- 1/2 red apple cut into small pieces
- 1/4 cup shredded Parmesan cheese
- 1/4 cup dried cranberries
- 1/2 cup pecans
- 1 tbsp. butter
- 1 tbsp. brown sugar
- Bacon bits, to taste

#### Honey Apple Vinaigrette Dressing:

- 2 tbsp. honey
- 1 tbsp. apple cider vinegar
- 2 tbsp. olive oil
- 1/2 tsp. salt
- 1/2 tsp. ground black pepper



*Delicious dressing cheat:  
Brianna's Homestyle  
Blush Wine Vinaigrette*

### DIRECTIONS:

In a serving bowl, add the greens, apples, bacon bits, Parmesan cheese and cranberries.

For the pecans, melt butter over medium-high heat. Add pecans and toss to coat. Add brown sugar and stir until caramelized. Spread on wax paper to cool and break up into pieces. Add to salad.

In a small bowl, whisk the honey, apple cider vinegar, olive oil, salt and pepper. Pour over salad; toss to coat. Enjoy.



## GARLIC LOCAL GREEN BEANS

Recipe courtesy of: Chris Perez

### INGREDIENTS:

- 2 packages fresh, local green beans
- 2 tbsp. butter
- 1 tbsp. olive oil
- 1 garlic clove, minced
- 1/2 pkg. Knorr French onion mix
- 1/4 red onion
- Salt and pepper to taste
- Sliced almonds

### DIRECTIONS:

Boil the green beans in water for a minute and a half. Transfer to ice cold water to stop the cooking process.

In a separate skillet on medium heat, add butter and olive oil. Mix in the minced garlic clove. Cut up the green beans and add to the skillet with the onion soup mix. Stir up. Add sliced red onions and sauté together. Season with salt and pepper. Place on serving platter and garnish with sliced almonds.

## SIMPLE SWEET DINNER ROLLS

Recipe courtesy of: Annie of  
Annie's Chamorro Kitchen

### INGREDIENTS:

- 3 cups all-purpose flour
- 1/4 cup sugar
- 1 tsp. salt
- 1/4 cup butter
- 1 large egg, beaten
- 1/2 lowfat or whole milk
- 1 packet dry yeast
- 1 tsp. sugar (for proofing the yeast)
- 1/4 cup warm water (for yeast)

**HEALTHY SWAP:**  
Replace sugar with coconut sugar, a good source of potassium, which may help lower blood pressure.

### DIRECTIONS:

In a small bowl, mix together the yeast, 1 tsp. sugar, and warm water. Stir together to dissolve the sugar and yeast. Let it stand for 10 minutes to allow the yeast to proof.

Meanwhile, melt together butter and milk in a microwave. Let cool slightly. Add some of the cooled milk mixture to the beaten egg. Add



the egg to the rest of the milk mixture. After the yeast has proofed, add the milk-butter-egg mixture to the yeast. Stir to combine.

In a stand mixer fitted with a dough hook, mix together 2-1/2 cups of flour, sugar and salt. Reserve the remaining flour (you might not need it). Pour in the yeast-milk mixture. Turn the mixer to medium, mixing until the dough pulls away from the sides. If the dough still looks very sticky and is not pulling away from the side of the mixing bowl, add in more flour, a few spoonfuls at a time until the dough pulls

away from the sides of the bowl. (See NOTE below.) Once the dough pulls away from the sides, turn the mixer to medium high and knead for 5 minutes.

After 5 minutes of kneading, remove the dough to a clean and greased bowl. Cover with plastic wrap and place in a warm place to let the dough rise and double in size for about 1 hour. After the dough has doubled, take it out of the bowl and gently punch it down. Cut the dough into 28 small pieces then roll them out into balls. Place the balls of dough in a greased 9x13 pan (7 rolls across and 4 rolls down). Cover with plastic wrap and let it rise again until doubled. ↗

## SHRIMP PATTIES

Recipe courtesy of: Bernie Onedera

### INGREDIENTS:

- 1 10 oz. bag mixed vegetables (or a mix of fresh vegetables: green beans, peas, celery, etc)
- 1 can whole kernel corn, drained
- 4 cups shrimp, chopped
- 2 tbsp. minced garlic
- 2 eggs
- 1 can evaporated milk
- 2 cups all purpose flour
- 2 tbsp. baking powder
- 1 tsp. salt
- 1 tsp. black pepper
- Oil, for frying

A LOCAL FAVORITE

### DIRECTIONS:

Heat the oil in a large frying pan until it is ready for frying.

As the oil is heating up, mix all of the ingredients in a large bowl. Drop spoonfuls of batter into the hot oil and fry until golden brown.



Cover patties lightly with paper towel to keep crispy.

### Dinner Rolls continued...

After the rolls have doubled in size, remove the plastic wrap and brush the tops with melted butter. Bake at 375°F for 20-25 minutes or until golden brown on top. Remove from the oven and brush with more butter.

**Note:** If your dough seems too sticky, use only a little more flour just to allow you to knead it, but resist the urge to keep adding flour just so the dough won't stick. Too much flour (and kneading too long and too roughly) will make your finished bread come out tough/hard. 🌿



## MASHED LEMAI

### INGREDIENTS:

- 1 mature lemai
- 1/4 cup olive oil or butter
- 2 cloves garlic
- Sea salt, to taste
- Chopped chives for garnish

### DIRECTIONS:

Wash, peel and core lemai. Cut into 2 inch wedges. Place in a pot and cover with water. Add garlic and salt to taste. Boil until tender (about 20 minutes). Remove lemai and garlic to a mixing bowl. Add olive oil or butter and mash, adding boiled water until it is a smooth and soft consistency. Garnish with chopped chives.

Watch how to make Mashed Lemai >>  [/PaylessSupermarkets](#)



## PUMPKIN PASTIT

Recipe courtesy of: Christina Perez, Main Street Delicatessen & Bakery

### INGREDIENTS:

#### Pastry:

- 3 lb. all-purpose flour
- 1/2 cup granulated sugar
- 4 oz. all-purpose shortening
- 3 oz. margarine
- 2 cups iced water



#### FILLING:

- 1 (29 oz.) Libby's 100% Pure Pumpkin
- 1/2 cup brown sugar
- 1/4 cup granulated sugar
- 1 tbsp. cinnamon
- 1/8 tsp. pumpkin pie spice
- 1/2 cups whole milk for baking

### DIRECTIONS:

Preheat oven to 350°F. Combine flour, sugar and shortening into a 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" inches in diameter.

In a separate bowl, combine the pumpkin, both sugars, cinnamon and pumpkin pie spice and mix well.

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 a half moon shape. Press the end circle together and decorate with a fork to seal the pastry. 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.

## PUMPKIN ROLL

Recipe courtesy of: Daria Calvo

### INGREDIENTS:

#### Cake Roll:

- 1/4 cup powdered sugar, for sprinkling
- 3/4 cup all-purpose flour
- 1/2 tsp. baking powder
- 1 tsp. baking soda
- 2 tsp. pumpkin spice
- 1/4 tsp. salt
- 3 large eggs
- 1 cup granulated sugar
- 2/3 cup pumpkin puree
- 1 tsp. pure vanilla extract

#### Filling:

- 8 oz. cream cheese
- 1 stick butter, softened
- 2 cups powdered sugar
- 1 tsp. pure vanilla extract
- 1 tsp. ground cinnamon



Save on Tillamook Butter! Coupon on page 11.



### DIRECTIONS:

Preheat oven to 375°F. Grease a 15x10x1 inch. baking sheet. Place a sheet of parchment paper on it, and then grease the top of that. Spread a large (non terry cloth) dish towel on a table and sift powdered sugar over it.

In a large bowl, beat the sugar and eggs together for about 2 minutes. Mix in pumpkin puree and vanilla extract and beat until smooth. In another bowl, sift together flour, baking powder, baking soda, pumpkin pie

### HEALTHY SHRIMP PATTY ALTERNATIVE:

**Bake instead of fry!** Preheat oven to 350°F. In a skillet, heat garlic, mixed veggies, corn, shrimp and 2 tbsp. of olive oil. Set aside to cool. In a bowl, whisk milk and eggs. Add cooled shrimp and veggies to the milk mixture with 1 cup of all purpose flour and 1 cup of cornmeal. Grease baking sheet with olive oil. Place circular patties on the sheet and bake 20 minutes on each side until golden brown.

spice and salt. Add flour mixture to the wet ingredients and mix to combine.

Spread into prepared baking sheet and bake for 10 minutes, or until cake is baked through. Remove from the oven and immediately invert onto prepared dish towel. Remove parchment paper. Starting from the short end, carefully roll up the cake in the dish towel and set on a cooling rack till cooled completely.

Meanwhile, mix together cream cheese and butter until light and fluffy. Add powdered sugar, vanilla, and cinnamon and mix until thoroughly combined. When cake is cool, carefully unroll it and spread the filling in it. Carefully roll the cake back up without the towel, starting at the short end. Trim off the ends and refrigerate to firm up for a least one hour. Sprinkle with additional powdered sugar, slice, and enjoy.



## UBE CHEESECAKE

Recipe courtesy of: Annie of Annie's Chamorro Kitchen

### CRUST INGREDIENTS:

- 6 plain graham crackers
- 3 tbsp. white granulated sugar
- 6 tbsp. unsalted butter, melted

### DIRECTIONS:

Break crackers into small pieces and pulse in food processor until you get fine crumbs. Transfer to a bowl, stir in sugar, then fold in the melted butter.

Spread the crust mixture in the bottom of a 9-inch spring form pan that has been sprayed with non-stick cooking spray. Press the crumbs into the bottom of the pan and just slightly up the side. Bake for 15 minutes at 325°F, or until the crust turns a nice rich brown.

### BATTER INGREDIENTS:

- 1-1/3 cups white granulated sugar
- 1/2 tsp. salt
- 2 pkgs. regular cream cheese, softened at room temperature
- 2 cups (1 pkg.) of frozen grated ube or 2 cups of steamed and pureed purple yams
- 1 tsp. vanilla extract
- 5 large eggs
- 1 cup heavy cream

### DIRECTIONS:

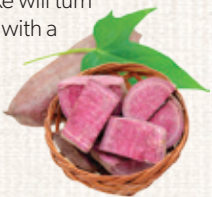
Thaw out frozen grated ube or use fresh steamed purple yams and place into a blender or food processor. Spread the pureed yam on a triple layer of paper towels. Place another triple layer of paper towels on top of the yam. Press down on the paper towels to soak up as much moisture as possible. If you don't press out the liquid, your cheesecake will turn out too wet and you'll end up with a fall-apart, mousse-like pie.

Meanwhile, whisk the sugar and salt together in a small bowl. Set aside.

In another bowl, mix softened cream cheese for a minute or two. Mix 1/3 of the sugar mixture with the cream cheese on medium speed for a minute. Add another 1/3 of the sugar and mix again. Add the remaining sugar; mix until creamy. Add the pureed yam to the bowl, along with the vanilla extract. Mix on medium speed for a minute. Add 3 eggs to the bowl, mix for a minute, and then add the last 2 eggs. Add the heavy cream. Mix for another minute.

**Bake the Cheesecake.** Pour the filling into the cooled crust.

**Water bath:** place two layers of foil beneath the spring form pan. Wrap the foil around the sides of the pan (to keep the water from the water bath from seeping into the pan). Place the foil-covered spring form pan into a large roasting pan. Place the roasting pan with the cheesecake inside it into a pre-heated 325°F



oven. Pour hot water into the roasting pan (be sure to wait until after you place the pan into the oven to pour in the hot water). The water should come about halfway up the side of the spring form pan.

Bake for 1-1/2 hours. If you have a thermometer, the cheesecake is done when the temperature reaches between 145-150°F at the edge of the cake. Or move the pan and check if the center of the cheesecake moves or jiggles slightly. If it is too much jiggle in the middle, cook it a bit longer (10-15 minutes).

When the cheesecake is done, carefully remove the roasting pan and cheesecake from the oven. Leave the cheesecake in the pan of hot water for 1 hour before removing it from the roasting pan.

After an hour of cooling at room tempera-

ture, the cheesecake needs to now cool in the refrigerator. Cover the cheesecake with plastic wrap and chill overnight.

Visit [www.annieschamorrokitchen.com](http://www.annieschamorrokitchen.com) for step by step recipe and photos.

**Floral Shoppe**

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## REFRESHERS COURSE

### CHAMORRO HOLIDAY PUNCH

*A Government House Favorite!*

**INGREDIENTS:**

- 2 liters Chamorro Punch
- 6 scoops orange sherbet
- 4 cans ginger ale

**DIRECTIONS:**

Fill the punch bowl halfway with ice, and then pour in Chamorro Punch. Scoop orange sherbet into the punch. Take the ginger ale and pour over the orange sherbet for a bubbly foamy look. Yields 1 gallon.

### CALAMANSI SPRITZER

*Courtesy of First Lady Christine M.S. Calvo and Meskla Chamoru Fusion Bistro*

**INGREDIENTS:**

- 4 quarts water
- 1-1/2 cups fresh calamansi juice
- 2 cups sugar
- 2 cups mango – 1 cup blended, 1 cup diced
- 3 cans 7-Up
- 1 cup fresh mint, chopped finely (optional)

**DIRECTIONS:**

Mix water, calamansi juice and sugar until combined well. Stir in mango and 7-Up. Add mint and pour over ice cubes. Muddling the mint with a portion of sugar is optional for optimum mint flavor. Yields 1 gallon.

**HEALTHY SWAP:**  
Reduce sugar by replacing ginger ale with soda water, and replacing Chamorro Punch with Crystal Light Punch or your favorite sugar free mix.

**LET THE SEASONING BEGIN AT PAY-LESS** as we will be sampling some recipes for the holidays. Every Saturday and Sunday from 10am-2pm until Thanksgiving!



A special message from Catholic Social Services, one of the recipients of our Small Change, Big Difference Campaign.

# Help for the Hungry.

It is hard to imagine that people go hungry on our island where food is central to all life events. But they do. Catholic Social Services (CSS) assists individuals and families to self-reliance, while providing basic needs of food, clothing, and where needed – shelter.

Poverty and hunger is truly a community-wide issue that could be drastically reduced, with the involvement of helping hands from individuals, families, schools, churches and the business sector. If every person living on Guam offers that one small change, we all can make a difference for someone in need, especially during the holidays. It does take a village to help our less fortunate brothers and sisters.

## True stories of struggle on Guam...

Here are some common stories that challenges CSS every day. Names have been changed to protect individuals.

**Tan Elena** is a 70-year-old senior who lives alone and is fairly independent. After paying her utilities, she's left with a mere \$75 for groceries and medications, but does not have enough money for both.

**Amalia and Tano** are Chuukese immigrants who came to Guam with their four children to seek a better life. Tano worked in the hotel industry and Amalia became a stay-at-home-mom to tend to their minor children. In 2008, she suffered a stroke which left her paralyzed. Tano quit his job to take care of his family. Their daughter, now age 20, works to support the family of six.

**Alejo** was a 28-year-old unemployed, homeless male when he was admitted to the homeless shelter. During his stay with CSS, he was able to find full-time employment and leave the shelter and find an affordable apartment unit.



## How to help and make a change:

Please select an amount to donate at the register. Your donation will be added to your purchase.

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KAMALEN KARIDAT

Look for a special display created by our partners to bring awareness to the problem of hunger at every Pay-Less location. All products on display will be donated to the SCBD recipients.



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