



Homemade

FOR THE

HOLIDAYS

PRESENTED BY **eduKitchen** 

eduKitchen

Registered Dietitian, Rosae, and the eduKitchen team share recipes, cooking tips and healthy alternatives to inspire your table, and host community activities the whole family can enjoy. Come chagi – try something new – and join us for a wholesome learning experience!

classes

eduKitchen is located in Pay-Less O.N.E. (next to Dededo Pay-Less)

Health Smart Cooking Demos (FREE)

Know the benefits of nutrition and food during hands-on demonstrations led by our Supermarket Dietitian. Engage in the conversation while learning fun, practical ways to incorporate healthier eating in your everyday life.

“Healthy Heroes” Workshops (FREE)

Beginning January 2018, kids can participate in free workshops every 3rd Saturday of the month. From food adventures to community projects, kids will create something new in the kitchen and take home a lesson that they can carry with them throughout their days. We aim to empower our youth to make healthy choices while having fun!

Go Green Workshops (FREE)

Every so often, we partner up with our friends in the community to spread awareness of agriculture and environmental sustainability. Sign up for a community workshop and learn about how you can do your part and help Guam GO GREEN!

Chef Series (Prices vary)

Sharpen your culinary skills during hands-on cooking demonstrations led by the eduKitchen Chefs or some of our inspiring local culinary geniuses! Enjoy a night out and experience the art of food with each unique class, whether you are new to the kitchen or just love to learn and cook!



L-R: Chef James Opana, Daria Calvo, Kitchen Manager; Chef Christian Panganiban; Registered Dietitian, Rosae Calvo.



community reviews

“By sharing easy, flavorful recipes and making healthy ingredients easily accessible, the eduKitchen program has encouraged me to make the healthier choice of cooking at home more often, rather than going out to eat. I especially appreciate the hands on cooking experience and the nutritional advice offered. The Pay-Less eduKitchen program is providing a great service by inspiring the community to live a healthier lifestyle.”

– Maria Ganacias

“We love the eduKitchen program! It’s a time for us as a family to cook and spend time together. From our first class, the staff has been so friendly and so much fun to be with. I have referred this class to all our friends! Please continue with this great program! If you haven’t attended a class yet, you need to NOW!”

– Chris, Abby and Noah Obias



“No matter if you’ve been cooking for years or you’re brand new to cooking you will learn something valuable at a EduKitchen cooking class.”

– Jennifer Berry

“The EduKitchen is a family friendly and encouraging place to learn about how to lead a healthy lifestyle when it comes to cooking and caring for our bodies. They have a knowledgeable, friendly, accommodating, and fun awesome crew.”

– Sherry Cruz and Zoe Ngratereged (9)

“Since attending the various classes that the EduKitchen program has offered, it has opened me up to a lot of new and healthy foods and simple recipes that I have never thought of trying out before. The program has taught me so much about nutrition in terms of certain health conditions and overall health needs that I can easily incorporate in my life. Each class is so informative and interactive, it shows that anyone can cook and lead a healthy lifestyle.”

– Mheryl Pio



A place where kids my age can make healthy and delicious food!”

– Adam Quitigua, 8

“The food that I cooked at the eduKitchen was yummy!”

– Ashton Quintanilla, 6



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Thanksgiving

A time for family, friends and feasts!

Mouthwatering aromas of familiar foods wafting through every room in the house; not a space to spare on kitchen counters and tables; kids laughing in the yard and family members busy with tasks brushing past each other in cramped quarters – the biggest event for family dining on Guam has arrived!

In this issue, the chefs of the eduKitchen share original recipes and kitchen tips to **chagi** at your Thanksgiving table. From intimate gathering to family potluck, local twist or fiesta-style dining, Pay-Less Supermarkets has the ingredients in store to craft a memorable holiday gathering. Have fun creating and experimenting in the kitchen, and have a Happy Homemade for the Holidays!

From our familia to yours.



Sign up for eduKitchen classes at paylessmarkets.com/healthsmart. See back page for full November schedule of events.

start of the table

SOY GLAZED TURKEY WITH ROASTED HERB SWEET POTATO HASH

INGREDIENTS:

- 1 turkey, about 13-15 lbs

Brine:

- 2 gallons Water
- 24 tbsp salt
- 4 bay leaves
- 2 garlic bulbs
- 1/2 cup pepper corn
- 2 rosemary sprigs

Glaze:

- 1 cup soy sauce
- 1 lemon
- 1/4 cup brown sugar

Sweet Potato Hash:

- 2 lbs local sweet potato
- 1 tsp thyme
- 1 tsp parsley
- Salt and pepper

DIRECTIONS:

Mix the solution for the brine together. Submerge turkey in the brine for up to 1-3 days. If you cannot fully submerge turkey, rotate every 6-12 hours). When ready to cook, preheat oven to 375°F. Pat the turkey dry and rub oil (olive oil) all over the turkey. Place on a baking sheet breast side down, and bake for 3-1/2 to 4 hours. At the last hour, flip the bird breast side up. Now it's time to prepare the glaze! Add soy sauce, lemon and brown sugar to a pot. Bring to a boil then simmer until slightly thickened. For the last hour of the turkey, with the breast facing up, glaze it every 15 minutes. While your turkey is cooking, prepare the sweet potatoes by cleaning, peeling, dicing and tossing with herbs and seasoning with a bit of oil. Bake for the last 30 minutes with turkey. Use a thermometer to ensure your turkey is done. It should reach an internal temperature of about 165°F.

brining ratio
add 4 tablespoons of salt to 1 quart of water

cook time
bake 15-20 minutes for every pound of turkey

crispier skin
pat your turkey dry before baking for crispy skin

super moist
bake breast-side down so juices run down during cooking

local flavor
this stuffing is made with local tityas!

High in fiber, folate, thiamin

LOCAL-STYLE HOLIDAY STUFFING

INGREDIENTS:

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

DIRECTIONS:

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

High in Vitamin B6, Vitamin C

CAST IRON POTATOES

INGREDIENTS:

- 2 lb baby Yukon potatoes or red bliss potatoes (halved or quartered)
- 2 cloves garlic, smashed
- 1 bunch of fresh thyme
- Olive oil
- Salt to taste
- Chopped parsley, lemon juice, black pepper to garnish

DIRECTIONS:

Salt potatoes and let sit for at least 10-20 minutes. Toss potatoes with olive oil, garlic and thyme sprigs. Transfer tossed potatoes on a preheated cast iron pan. Place into a 375°F oven and roast for about 15-20 min. Remove and garnish.

High in Vitamin E, Vitamin K

BRUSSELS SPROUT SALAD WITH CALAMANSI BALSAMIC VINAIGRETTE

INGREDIENTS:

Salad

- 1 lb Brussels sprouts
- 1 local avocado, diced
- 2 local red bell peppers, roasted and sliced

Vinaigrette

- 1/2 cup calamansi juice
- 1/4 cup balsamic vinegar
- 2 tbsp organic agave nectar
- 1 red onion, sliced
- 2 tbsp cilantro, chop
- 1 jalapeño, diced
- 1 cup olive oil
- Salt and pepper

DIRECTIONS:

Bring a pot of water to a boil. Peel off the Brussels sprouts leaves and blanch the leaves. In another bowl, mix the vinaigrette ingredients, slowly adding the oil to create an emulsification. Toss the avocado and bell peppers in a serving bowl, add the Brussels sprouts, then drizzle the dressing on top.

HEALTH Smart





High in fiber, Vitamin A, Vitamin B6, Vitamin C

CORNUCOPIA PUMPKIN ROAST

INGREDIENTS:

- 1 large pumpkin (or squash)
- 1 zucchini
- 1 granny smith apple
- 1 tbsp coconut sugar
- 2 corn cobs
- 1 tsp garlic, minced
- 1 small butternut squash
- 1 tsp thyme
- 1/2 cup cranberries
- Olive oil
- 1 sweet potato
- Salt and pepper
- 1 large carrot

DIRECTIONS:

Preheat oven to 350°F. Hollow out pumpkin. Save top. Coat inside with oil and season with salt and pepper. Place on sheet pan face down and add some water to pan. Place in an oven for 20 minutes. Meanwhile, dice remaining vegetables and toss with sugar, thyme, salt and pepper. Once squash is done, drain water and flip over. Cut the inside of the pumpkin very lightly, not piercing the skin, creating cube patterns. Add the vegetable mixture to pumpkin and roast until vegetables are tender, about 40 minutes to an hour.



High in Niacin, Vitamin B6

Make this recipe with Local-Style Holiday Stuffing and Cornucopia Squash Roast!

STUFFED CORNISH HEN



INGREDIENTS:

- 3 Cornish hens
- 2 cups cornucopia recipe
- 2 cups stuffing recipe
- Olive oil
- Salt and pepper
- 1 tbsp thyme

DIRECTIONS:

Mix the two previous recipes together. Stuff the hens in the cavity. To ensure that the stuffing stays put, tie the legs together. Pat the hens dry and oil. Season with salt and pepper and sprinkle thyme. Place in an oven set to 375°F for 35-45 minutes, or until internal temperature reaches 165°F. Let it cool. Once cool, cut in half.

HERBS

substitute 1 part of dried herbs to 3 parts fresh

PUFF PASTRY-WRAPPED MEAT LOAF

INGREDIENTS:

- 2 lbs lean ground beef
- 3 cloves garlic
- 1 box puff pastry
- 1 red bell pepper
- 2 eggs
- Salt and pepper
- 1 cup panko breadcrumbs
- 1 tbsp garlic powder
- 1 carrot
- 1 tbsp onion powder
- 2 celery
- 1/2 tsp thyme
- 1 onion
- 1/2 tsp parsley

DIRECTIONS:

Preheat oven to 375°F. Dice vegetables and mix with panko, ground beef and eggs. Season with spices and herbs and mix well. Arrange in a pan to form a meatloaf. Wrap the meatloaf with puff pastry. Brush it with oil/butter. Place in the oven for 1 hour, until internal temperature reaches 155°F. Remove from oven and drain the juices before serving.



LOCAL STRING BEAN CASSEROLE

WITH CRISPY PORK BELLY

INGREDIENTS:

- 1 lb local string beans
- 3/4 cup chicken broth
- 2 tbsp unsalted butter
- 1 can coconut milk
- 1 cup mushrooms
- 1/2 cup milk
- 2 garlic cloves, minced
- 1/2 lb pork belly
- 1 tbsp flour
- Salt and pepper

DIRECTIONS:

In a pan, add the butter and cook down the garlic and mushrooms. Season with salt and pepper. Add the flour and cook for about 5 minutes. Add the broth and simmer for about 15 minutes, then add the milk and coconut milk and simmer for another 15-25 minutes until thickened. In a casserole pan, add the beans and pour the sauce over it. Place in oven and bake for 15-20 minutes. While that's going, chop up the pork belly, trimming off the fat and fry in a pan, getting it nice and crispy. When the casserole is done, top with pork belly and enjoy.



High in B vitamins, Phosphorus, Selenium, Zinc

SPICE BRINED PORK TENDERLOIN

INGREDIENTS:

- 2 lb pork tenderloin
- 1/2 cup mustard
- 1 cup panko breadcrumbs
- 1 tbsp parsley
- 1 tbsp thyme

Brine:

- 4 tbsp salt
- 1 qt water
- 1 bay leaf
- 3 garlic cloves
- 2 sprigs thyme
- 1 tbsp black pepper

DIRECTIONS:

For brine, combine all ingredients and set aside. Trim the excess fat and silver skin from pork and add to solution with meat in a vessel. Brine overnight. Preheat oven to 375°F. Mix the panko and herbs until combined well. Pat dry the loin. In a hot pan, add some oil and sear all sides of the loin for about 1 minute each. Tightly tie with butchers twine. Massage the mustard onto it and coat the panko mix onto it, lightly pressing onto the loin. Place on a roasting rack and put in oven for 30-45 minutes or until internal temperature reaches 145°F degrees. Cool before slicing and serving.

SLOW COOKER GINGER SOY GLAZED HAM

INGREDIENTS:

- 1 ham, bone-in or boneless
- 1 tbsp garlic
- 1/2 cup coconut sugar
- 1 Korean pear, grated
- 1 cup soy sauce or tamari
- 1/2 tsp salt and pepper
- 2 tbsp ginger
- 1 cup water
- 1/2 cup calamansi juice
- 2 lemongrass
- 1/2 cup onion

DIRECTIONS:

Add the ingredients for glaze in a pan and cook for about 10 minutes to bring everything together. Score the ham making a checkered pattern. Place the ham in slow cooker and spread the glaze. Cook on low heat for about 2 hours flipping the ham at the midway point. If you like your ham crispy, take it out of slow cooker and broil in oven for about 10 minutes to get a nice crust on the ham.



sweets

PEACH COBBLER WITH CRÈME FRAÎCHE

INGREDIENTS:

- 4 pc white peaches, diced
- 4 yellow peaches, diced
- 1-1/3 cup coconut sugar
- 1 tsp kosher salt
- 1 lemon, zest and juice
- 2 tbsp cornstarch
- 1-1/2 cup all purpose flour
- 1 tsp baking powder
- 1 stick butter, chilled cut into 1/2" slices
- 1/2 cup buttermilk

garnish with mint for freshness!



Crème Fraîche:

Mix 1 pint heavy cream with 4 tbsp buttermilk let stand room temp 1 day until thicker. Store chilled.

DIRECTIONS:

Preheat oven to 375°F. Macerate peaches with 1/3 cup coconut sugar, salt, lemon zest/juice and cornstarch. Let sit in a bowl for 10-30 minutes. Transfer into a greased 8x8x2 pan. In a food processor, make drop batter crust by combining all-purpose flour, baking powder, 1 cup coconut sugar, chilled butter and buttermilk. Pulse until a chunky paste is developed. Place drop batter scattered around the surface of the peaches evenly. Place baking pan into the oven and bake for 40 minutes. Check halfway and rotate. Top should be crusty and golden brown. Rest for 10 minutes. Serve warm with dollop of crème fraîche and top with mint.

PUMPKIN LATIYA

INGREDIENTS:

- Sponge or pound cake
- 1 cup carnation milk
- 1 cup sweetened condensed milk
- 1-1/2 cup pumpkin purée
- 1 tbsp pumpkin spice
- 1/2 tsp cinnamon
- 2 tbsp cornstarch



Watch on our channel: Pay-Less Supermarkets YouTube

DIRECTIONS

Thinly slice the sponge or pound cake and set on serving dish for later. Make custard by combining milks in a medium pot. Bring to a boil. Constantly stir to avoid burning the milk. Add the pumpkin purée, pumpkin spice, and cinnamon to the milk mixture. Mix thoroughly. Turn heat to low and slowly add in cornstarch. Add more if needed to reach desired consistency. Stir until mixture thickens. Once mixture has thickened, remove pot from heat and cool to room temperature. Spread custard over the cake and sprinkle with cinnamon, to taste.



NOVEMBER EVENTS



STORE TOURS

NOV 16 (Thursday)
6:00-7:00pm at Pay-Less O.N.E.
Health Smart:
Diabetic-Friendly Cooking



DIETITIAN'S CORNER

NOV 10 (Friday)
3:00-5:00pm at Sumay Pay-Less

NOV 13 (Monday)
3:00-5:00pm at Agana Pay-Less

NOV 17 (Friday)
3:00-5:00pm at Mangilao Pay-Less



EDUKITCHEN DEMOS

NOV 4 (Saturday)
5:00-6:30pm at eduKitchen
Chef Series:
"Fall in Love With Food"

NOV 8 (Wednesday)
6:00-7:30pm at eduKitchen
Health Smart:
"Diabetic-Friendly Cooking"

NOV 15 (Wednesday)
6:00-7:30pm at eduKitchen
Chef Series:
"Thanksgiving Leftover Hacks"

NOV 21 (Tuesday)
6:00pm at eduKitchen
Circle of Care:
"Ketogenic Diet for Cancer"

Sign up online for classes:
[paylessmarkets.com/
healthsmart](http://paylessmarkets.com/healthsmart)



PUMPKIN & BANANA ROLL WITH PECAN CREAM CHEESE FILLING

INGREDIENTS:

- 3/4 cup flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp cinnamon
- 1/2 tsp pumpkin spice
- 1 cup coconut sugar
- 1/4 tsp salt
- 1 cup pumpkin purée
- 1 cup banana
- 2 eggs
- 1 tsp vanilla extract
- 6 tbsp coconut oil

ICING:

- 1 cup pecans
- 1/2 cup powdered sugar
- 1/2 lemon juice
- 1 package cream cheese

DIRECTIONS:

Add all the dry ingredients together and mix. Add all the wet ingredients and mix. Pour both mixture in one bowl and blend thoroughly. Grease a baking sheet and line with parchment paper, then evenly spread the batter onto the sheet. Bake at 375°F for 15-25 minutes. For the filling, toast the pecans with a little coconut sugar. Add the cream cheese to a mixing bowl and mix on low. Add powdered sugar slowly. When it starts to loosen up, add the lemon juice. Fold in the pecans. When cake is done, cool, then spread the icing onto it. Using the parchment paper, lift up the cake and place on flat surface. Gently roll the cake into a log, wrapping it with the parchment. Let it set for about 5 minutes before slicing.



APPLE PIE BREAD PUDDING WITH COCONUT GLAZE

INGREDIENTS:

- 2 cups French bread
- 4 eggs
- 2 cups milk
- 1 cup cream
- 1 cup coconut oil
- 3 tsp pumpkin spice
- 1 cup coconut sugar
- 2 tsp vanilla extract
- 2 granny smith apples, diced
- 1 tsp cinnamon

Glaze:

- 1 can coconut milk
- 3 tbsp coconut sugar

DIRECTIONS:

Mix everything except the bread thoroughly. Cut bread into cubes and mix with apples and place into baking dish. Pour the mixture over the bread. Let it sit for about 15 minutes. Bake at 375°F for about 30 minutes, or until the top starts to brown. For the glaze, add the coconut milk and sugar to a pan and reduce to a thick consistency. When its done, set aside. Let the bread pudding cool before cutting. Pour glaze over the pudding and serve.

