



STARS  AND  STRIPES<sup>®</sup>

# A Taste of Guam

The 3 'R's to good eating –  
Restaurants,  
Reviews & Recipes

**4-page pullout**

# BBQ time!

## BBQ'd Beef Short Ribs - Guam Style



One of our favorite BBQ eats on Guam are the BBQ'd Beef Short Ribs. These are actually crosscut beef ribs about 1/4 to 1/2 inch thick. They are very tender and meaty. They do not take long to marinade. Here is a photo of the ribs on the BBQ.

Here is the marinade:

**Ingredients:**

- 1 cup of Kikkoman Soy Sauce
- 1 cup of Apple Cider Vinegar
- 1/2 to 1 onion sliced very thin
- 6 cloves of garlic minced
- black pepper to taste
- Beef short ribs depending on the number of persons 1/2 lb per person generally.

**Directions:**

1. Mix the ingredients either by hand or in a blender.
2. Pour the marinade over your ribs in a container and coat ribs well. (the amount of marinade depends on the amount of ribs)
3. Place the covered container in the refer for at least 2 hours. If you don't have a refer, any cooler will do.
4. BBQ or grill as some say, mopping the marinade on the ribs to keep them moist.

Because these ribs are thin, they will not take long to cook. These are juicy and delicious right off the grill. Enjoy and let me know what you thought of them.

- BBQGuam

BBQGuam  
<http://bbqguam.blogspot.com>

## Smoked Bone-In Pork Loin Roast

My good friend Chad Miller from the Barbecue Bible Forum Board turned me on to this great rub. He calls it Bonedust.



I wrote a post about it →

Well I had to try out this rub out on something, so my victim was a bone-in pork loin roast.

I had a hard time buying a decent piece at the grocery store but I was able to come up with this roast.

Notice the marbled fat in just the right places.

Because I was going to be cooking it for about 8 hours, I brined the roast in my usual brine. That consists of 1 1/2 cups of Kosher salt, 2 cups of brown sugar to about one gallon of water. It was just enough to cover the entire roast in the pot I used. This was brined in the refer overnight.

When it came to smoking time, I rubbed olive oil over the roast and then applied the Bonedust rub very liberally. I let this sit out for a spell

to come closer to room temp before smoking. This gave me enough time to set up my fire. Here are a couple of photos of the loin all oiled and rubbed down.

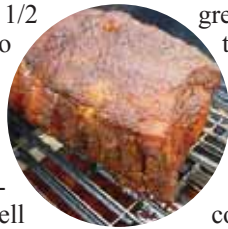
Here is a photo of my fire setup.

This photo shows my lump charcoal on both sides with my drip pan in the middle filled with apple juice and a little Bonedust rub added. Of course this is an indirect heat setup. For those of you that may not know, indirect heat is when you do not smoke or grill directly over your fuel.

I decided to cook this nice and slow for about 8 hours. The plan was the 1st four hours around 150 degrees F. and the final four hours at about 250 degrees F. I find this style gets that heat down to the middle of the loin and the finale gets the outside nice and crusty. That's my style. Everyone has a different one.

Photo 4 hours into the smoking.

During this entire time, I would check on the fire to see if it needed more charcoal, wood chucks and chips (applewood).



I would also spray the loin down with apple juice at the same time.

After 8 hours I came up with this. And of course we ate this.

I eventually smothered this with my Salsa Ranchero salsa <http://bbqguam.blogspot.com/2011/06/salsarancherothe-perfect-compliment-to.html>.

My wife thoroughly enjoyed this meal. She was making noises that I wouldn't know how to describe here. She told me that she had never eaten a pork loin like this before. I must admit the Bonedust rub was awesome, the meat was super tender, but not falling apart, juicy and the outside (bark) crusty. The brining really helps maintain the moisture.

I will definitely be doing this again.

- BBQGuam

Annie's Chamorro Kitchen  
<http://www.annieschamorrokitchen.com>

## Chicken Thighs with Honey Mustard Garlic Wine Sauce

Serves: 5-8

**Ingredients**

- 1 pkg (10 pieces thighs with skin and bone)
- Salt • Black pepper • 4 tablespoons vegetable oil

**SAUCE:**

- 1/2 cup honey
- 1/2 cup stone ground mustard
- 1 cup white wine
- 6 cloves garlic, chopped
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 1/4 tsp paprika
- 1/4 tsp cayenne pepper

**Directions:**

1. Mix all the sauce ingredients together then set aside.

2. Heat 4 Tbsp oil in a large skillet over medium high heat. (Note: don't overcrowd the chicken; use two pans if needed.) Cook the chicken skin side down for 12 minutes (do not turn it while cooking; you want the skin to brown and crisp). Season the other side of the chicken thighs with salt and black pepper.
3. After 12 mins, flip the chicken over (they may all fit in one pan now). Cook for 2 mins over medium high heat then pour in the sauce.
4. Turn heat down to medium. Simmer for 10 minutes or until the sauce has reduced, the alcohol has cooked out, and the thighs are done.
5. Spoon sauce all over the chicken. Serve with rice or potatoes, and/or steamed vegetables.

- Annie's Chamorro Kitchen



# Pork Balls and Firehouse Chili Beans

All the ingredients are simmering.



Steaming hot!!!



The sauce has thickened just right and it is ready to serve.



Up close!



**Ingredients:**

- One can Hormel Chili with Beans, 15 oz can
- One can Kidney Beans, 15 oz can
- One Can Stewed Tomatoes, 15 oz can
- One Can Chopped Green Chiles, 4-5 oz can
- 2 Tbsp of Bob-BQN's Brisket Dust (rub)
- 1 Tsp of Puerto Rican Pig Powder
- Kosher Salt to Taste
- One Package of Bacon, fried

**Directions:**

1. Add the can of Chopped Green Chiles and sauté them in their own liquid.
2. Add the can of Chili beans.
3. Add the can of Kidney beans with the water.
4. Add the can of Stew Tomatoes with the water.
5. Add the fried bacon.
6. Heat all this at medium heat stirring constantly.
7. Once it starts to boil, lower heat to simmer.
8. Add the Brisket Dust, Puerto Rican Pig Powder and stir.
9. Taste test then add the Kosher Salt to taste.
10. Continue to cook and stir until the liquid is reduced to a thick sauce.
11. Serve hot.

**P**ork Balls and Firehouse Chili Beans. What else would you expect a bunch of hungry firefighters to eat? Well we cooked, we ate, we moaned. But it was good!!!

The pork balls are actually marinated pork butt cubes, cut to about one inch, marinated in Worcestershire and soy sauces and a little Cholula Hot Sauce added to round it all out. On top of this I rubbed it down with Bob-BQN's Brisket Dust Rub.

I then lightly greased up a cooking pan, added the pork and placed this in the oven at 300 F. After about 2.5 hours it is ready to serve. Here are a couple photos of the Pork Balls....

The Firehouse Chili is typical firehouse. Quick to make with a lot of flavor.

These dishes are easy to prepare, very tasty and pack tons of flavor. This definitely fits the bill with firefighters.

To round out our meal we served corned in butter sauce, white rice and finadene.

What else could any hungry firefighter ask for in a meal? Try it....you might like it.

- BBQGuam

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# A Taste of Guam

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RESTAURANT INFO



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## RESTAURANT INFO

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