



STARS  AND  STRIPES[®]

A Taste of Guam

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

4-page pullout

Valentine's Day delights

Cassava cake

“My name is Annie. Food and I get along so well! Cooking and baking are more than a hobby for me – they’re a passion. I come from the beautiful island of Guam, U.S.A. The recipes you’ll find here are my creations, or those of my children, who are also budding foodies. I hope you like them. Drop me a comment or two to let me know how you like our island and other delicacies. Enjoy!”
- Army Lt. Col. (Ret.) Annette Merfalen



Cassava cake is traditionally made from grated cassava, coconut cream, sweet young coconut, eggs, sugar, butter and evaporated milk. These ingredients are mixed together to form a thick batter, baked until firm, then topped with a mixture of sweetened condensed milk and coconut cream then broiled until the topping is a rich, caramel color. It's quite decadent and oh-so-delicious.

My version is based on my sister's recipe, with a slight variation. While I love the traditional version, I like my cassava cake less sweet so I omit the sweetened condensed milk topping. I also like my version to be similar in consistency to Sweet Chamorro Tamales, so I add a bit more evaporated milk to my batter. To give my cake greater depth of flavor, I also add just a bit of vanilla extract.

Give it a try and let me know how you like it.

Ingredients

Cassava Cake:

- 2 pounds grated cassava
- 1 can coconut cream or coconut milk
- 15 ounces evaporated milk (use just 12 ounces to make it less chewy like sweet tamales)
- 1 jar macupono, drained and chopped ■ 1 cup sugar
- 1/4 cup butter, melted
- 2 large eggs ■ 1 teaspoon vanilla extract (optional)

Topping (Optional):

- 3/4 cup sweetened condensed milk ■ 3/4 cup coconut milk
- 1 tablespoon sugar ■ 1 egg yolk

Here are the ingredients you'll need (the butter is not shown in the photo).



Directions

Cassava Cake:

- 1 Preheat your oven to 375 degrees. Spray a 9x13 baking pan with butter cooking spray.
- 2 Mix the cake ingredients together in a large mixing bowl. Pour into the prepared baking pan.
- 3 Bake for 1 hour (see note); if the top is not a nice caramel color, bake for an additional 15 minutes or until nicely browned on top. Remove from the oven and cool completely before cutting.

Note: If adding the sweet topping, bake for 45 minutes; see instructions below for adding the topping.

Optional Topping:

- 1 Mix the topping ingredients together. Place in a small sauce pan; cook over medium heat, stirring constantly until slightly thickened.
- 2 After the cake has baked for 45 minutes, remove from the oven and carefully spread the topping over the top of the entire cake. Return the cake to the oven and cook for 15 more minutes.
- 3 Turn the oven to broil (make sure your baking pan is broiler-safe). Broil for 5 minutes to brown the topping.
- 4 Remove from the oven and let cool completely before cutting. Serve and enjoy!

Chocolate Caramel Coconut Cake

Okay friends, if there was ever a recipe of mine you ought to try, this one is it! This is my homage to my favorite Girl Scout Cookies, the Caramel Delites or Samoas.

My version of this cake combines all the things I love about the classic cookie — sweet coconut, rich chocolate and luscious caramel.

The super moist and fudgy cake gets a generous topping of my caramel cream cheese frosting. Toasted sweet coconut gets pressed into the frosted cake, followed by drizzles of melted chocolate and MORE caramel!

Do I have you drooling yet and ready to bake this cake RIGHT THIS MINUTE???

My super easy recipe is made even more simple by using boxed cake mix. While you can certainly make a cake from scratch, there are several brands that bake up a very moist and delicious cake.

Ingredients

Cake:

- 1 box Betty Crocker Chocolate Fudge cake mix
- 1 1/4 cups water
- 1/2 cup vegetable oil
- 3 large eggs
- 1 teaspoon coconut extract

Toasted Coconut:

- 2 cups (packed) sweetened coconut flakes

Frosting:

- 1 (8-oz) package cream cheese
- 1/2 cup caramel sauce
- 3 to 4 cups powdered sugar

Drizzled Sauces:

- 1 cup semisweet chocolate chips
- 4 tablespoons caramel sauce

Make the Frosting:

- 1 Beat the cream cheese and caramel sauce until creamy. Add the powdered sugar, one cup at a time, mixing until thick and creamy. Use all four cups of powdered sugar if you like your cakes frosted with a thick layer of frosting, otherwise, three cups of sugar will suffice.
- 2 Spread the frosting all over the cake, covering it entirely. Immediately sprinkle the coconut over the frosted cake. To add the coconut to the sides, grab a handful of coconut and press it into the sides of the cake. Shake off any excess coconut.

Drizzle on the Goodness:

- 1 Place the chocolate chips into a microwave-safe glass cup or bowl. Microwave for 30 seconds then stir. Microwave for 30 more seconds then stir again. Place the melted chocolate into a small sandwich bag. Snip a tiny piece off one corner of the bag. Squeeze the melted chocolate over the top of the cake.
- 2 Drizzle the caramel sauce over the top of the cake. SERVE AND ENJOY!

Directions

Bake the cake:

- 1 Mix all of the ingredients for the cake together using a whisk. Mix just until combined and most of the lumps disappear. Do not over mix.
- 2 Pour the batter into a bundt pan sprayed with baking spray. Bake for 50-55 minutes at 350 degrees. Invert the cake onto a serving plate. Let it cool completely.

Toast the coconut:

- 1 Spread the coconut onto a large baking pan. Bake at 350 degrees for 8-10 minutes, stirring every 3 minutes to ensure even browning. Bake until golden brown.
- 2 Remove the toasted coconut from the hot pan; allow to cool completely.





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A Taste of Guam

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Season's DRINKINGS

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FROZEN GRASSHOPPER
Green Crème de Menth, White Crème De Cacao, vanilla ice cream, oreo cookies. \$10.95



RESTAURANT INFO