

STARS AND STRIPES®

A Taste of Guam

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

4-page pullout



Delightful Guam

STORY AND PHOTOS
BBQ

How about some Fried Banana (Madoya)??

Fry them until they are golden brown.



Fried bananas, or as they are called on Guam, Madoya (the “y” is pronounced like a “j”), are one of the delicacies of Guam. It is a battered half slice of banana fried to perfection and typically served with butter. But you can sprinkle a little brown sugar with cinnamon if you like to add a little more sweetness. However, most Guam households just use plain butter, just like one would with toast.

Ingredients

Batter mix for madoya:

- 1/2 cup all purpose flour
- 1/4-1/3 cup sugar
- 3/4 cup water
- Mix ingredients together until creamy similar to pancake batter.

Directions

- Banana must be firm (when skin is just turning from green to yellow). And you should use the cooking bananas, like plantains. If you do not have these types of bananas at your local grocer, then you can use the sweet ones like “Chiquita” but make sure they are not ripe.
- Peel the banana.
- Slice the banana in half.
- Dip in batter and let the batter drip for a few seconds.
- Fry in oil at about 375° until golden brown.
- Lift banana out of oil and let it drip for a few seconds.
- Place in colander upright and allow to drain.
- Serve hot with butter.

Let me warn you, once you start spreading that butter on these nice and hot, freshly fried banana slices, it's hard to stop eating them. You will find that they go down like potato chips. You actually have to force yourself to stop.

I hope you enjoy this little spice of life from Guam. And I would be remiss if I did not thank my lovely wife, Lupe, for sharing this recipe with you all. So Thank You my dear.



Pecan Tassies (Tarts)...the perfect snack



Sometimes your sweet tooth kicks in and sometimes you just got to have some type of pastry. Well, I have the perfect solution for both. Pecan Tassies as they are known on Guam. Also known as Pecan Tarts.

These little jems have that fabulous pecan, butter, vanilla, and brown sugar filling in a fantastic, flaky pastry cup. Talk about tasty and the worst thing is that they are bite sized. A dozen is just not enough....believe me!!

Ingredients

Recipe version by Lupe (Dydasco) Olivas

For the dough:

- 1/2 cup butter
- 1 3-oz. pkg cream cheese
- 1 cup all-purpose flour

Directions

- For pastry, in mixer bowl, mix together the 1/2 cup butter and the cream cheese.
- Add flour and mix well. Set aside.
- Mix into bowl the egg, brown sugar, the 1 tablespoon butter, the vanilla and salt, until smooth and set aside.
- Roll pastry dough into 1 inch round balls and place into an ungreased mini-muffin tray.
- Shape dough in each muffin cup to cover the bottom and sides.

For the pecan filling:

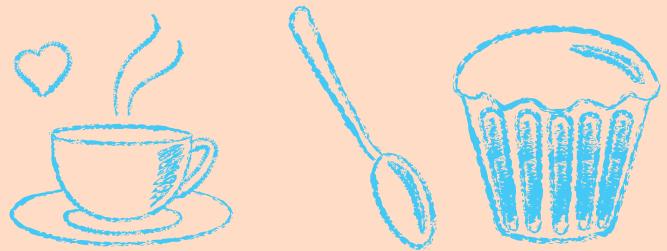
- 1 egg
- 3/4 cup brown sugar
- 1 tsp vanilla
- Dash of salt
- 1 tbsp butter
- 1/2 cup coarsely chopped pecans

- Spoon about 1 tsp of chopped pecans into each muffin cup.
- Fill each cup up with the egg/brown sugar mixture that you previously set aside.
- Pre-heat the oven to 325 F, and then bake for about 25 minutes or until filling has set somewhat firm. Individual ovens vary with their own specific temp and timing. You know how that goes.
- Remove and allow to cool.
- This should make about 24 tarts.
- You can adjust this recipe to your individual taste.

This was all that was left of 4 dozen. You know I had to flex my quality control wings... Do yourself a favor and try these out. And don't forget that ice cold glass of milk.

Desserts

n-style desserts

BY RUEBEN OLIVAS,
GUAM

Red Velvet Cookie Sandwiches w/ cream cheese filling



bqguam.blogspot.com

Hey, with all the cooking and grilling that we do, a meal wouldn't be complete without a good dessert. My wife, Lupe, got this recipe for Red Velvet Cookie Sandwiches, while watching TV.

Recipe by Chefs Peter Duenas and Lorena Manibusan, Meskla Restaurant, Guam

Cookie batter:

- 1/2 cup softened butter
- 1 cup granulated sugar
- 1 tsp vanilla extract
- 2 eggs
- 1 cup flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tbsp cocoa powder
- 1 tsp salt
- 1&1/2 tsp red food coloring
- 1 tbsp milk

Cream cheese filling:

- 1/4 cup softened butter
- 8 oz. softened cream cheese
- 1/2 cup powdered sugar

Sometimes We
Just Have to Have
Dessert!!!!

Directions

- Pre-heat oven to 375 F.
- Mix ingredients in the following order.
- Fold the butter with granulated sugar.
- Add in the vanilla.
- Add in the eggs.
- Fold in the flour, baking powder, and baking soda.
- Next fold in the powdered cocoa and 1 tsp salt.
- Now add the red food coloring and milk and mix everything together until you have a smooth batter.
- Next use a small ice cream scoop for portion control and drop the batter on a cookie sheet about 3 inches apart.
- Bake at 375 F for about 10 minutes.
- Take out of the oven and allow to cool for 15-20 minutes.

Directions for cream cheese filling:

- To make the cream cheese filling, take the softened butter and whip it until it is creamy in texture.
- Fold in the cream cheese and add the powdered sugar slowly until you have a creamy filling.

Putting it all together:

- Take one cookie and add filling, thickness depends on your personal taste. Cover with another cookie to create the sandwich.

You have got to try this. Super delicious. For all you macho men out there, you can substitute the glass of milk for a pint of ice cold beer!!!!

Pineapple Cream Pie



Well since we have been posting desserts, let me post one of my all time favorites.... my mother's Pineapple Cream Pie.

Pineapple Cream Pie....
Mom's Recipe!!

Ingredients

- 1 Pkg 9-inch Baked Pie Crust (Pillsbury Frozen Pie Crust or Betty Crocker) or make your own.
- 2 Cans 20oz. Crushed Pineapple w/heavy syrup, drained
- 2 Egg yolks
- 2 Cups milk
- 3/4 cup sugar
- 1 Tsp. salt
- 5 Tbsp corn starch
- 2 Tbsp butter
- 1 Tsp. vanilla

Directions

- Prepare pie crust according to directions & set aside, allow to cool.
- Over medium heat combine the 2 egg yolks, milk, sugar, salt, and cornstarch. Stir constantly and bring to boil. Mixture will thicken rapidly. When thickened, remove from heat.
- Stir in butter, drained crushed pineapple and vanilla.
- Pour into cooled pie crust and let pie cool.
- Refrigerate until firm.

Pistachio Cake

Everyone loves dessert. A Guam island favorite is Pistachio cake. Here is a great tasting recipe from one of our friends. And it is so easy to make. Even I can make this...



Pistachio Cake...
Island Favorite!!

Cake

Recipe supplied by Arlene

- 1 Box of Betty Crocker Super Moist Yellow Cake Mix
- For the water portion of the instructions, make it 1/2 water and 1/2 Rum.
- Add 1 box of Jello Pistachio pudding into the batter.
- Add green food coloring until it is the color that you like.
- Those are the only deviations from the instructions on the box.

Glaze

Recipe supplied by Lani

- 1 cup confectioner's sugar
- 3 tbsp milk
- 1tsp vanilla
- butter for flavoring

That's all there is to it. Simple...right?

Raw honey – The Miracle nectar

STORY AND PHOTO BY ARMY LT. COL. (RET.) ANNETTE MERFALEN,
WWW.ANNIESCHAMORROKITCHEN.COM

We read many different articles about the health benefits of honey over white, granulated sugar. Honey is high in calories, as is sugar (a teaspoon of honey contains 22 calories; there are 16 calories in a teaspoon of sugar).

So, the question is, IS honey better for you than sugar?

In reading up on the differences between honey and sugar, I learned that both contain fructose and glucose. The difference is that the fructose and glucose in sugar are “hooked” together, whereas the fructose and glucose in honey are “unhooked” or independent units. Why is that important, you ask? Well, I found through my readings is that this is important if you have digestion issues. During digestion, the “unhooked” independent fructose and glucose units in honey get absorbed in our intestinal tracts, while the “hooked” fructose-glucose units in sugar have to first be broken down (into separate units like in honey) before it gets absorbed. The enzymes in our bodies do a good job of breaking down sugar (sucrose) molecules, but not all of them are absorbed. This is where it could cause an issue for some people. (If you have a sensitive stomach, stop reading. I’m going to talk about bacteria in our intestines now.) The sugar molecules that don’t get digested or absorbed in our intestinal tracts feeds the bad bacteria in our intestines. Where this is not so good is when there is an over-population of bad bacteria that feeds off the undigested sugar, which in turn causes some by-products, one of which is the production

of different gasses, methane gas among them. Again, putting it simply, you end up farting a lot.

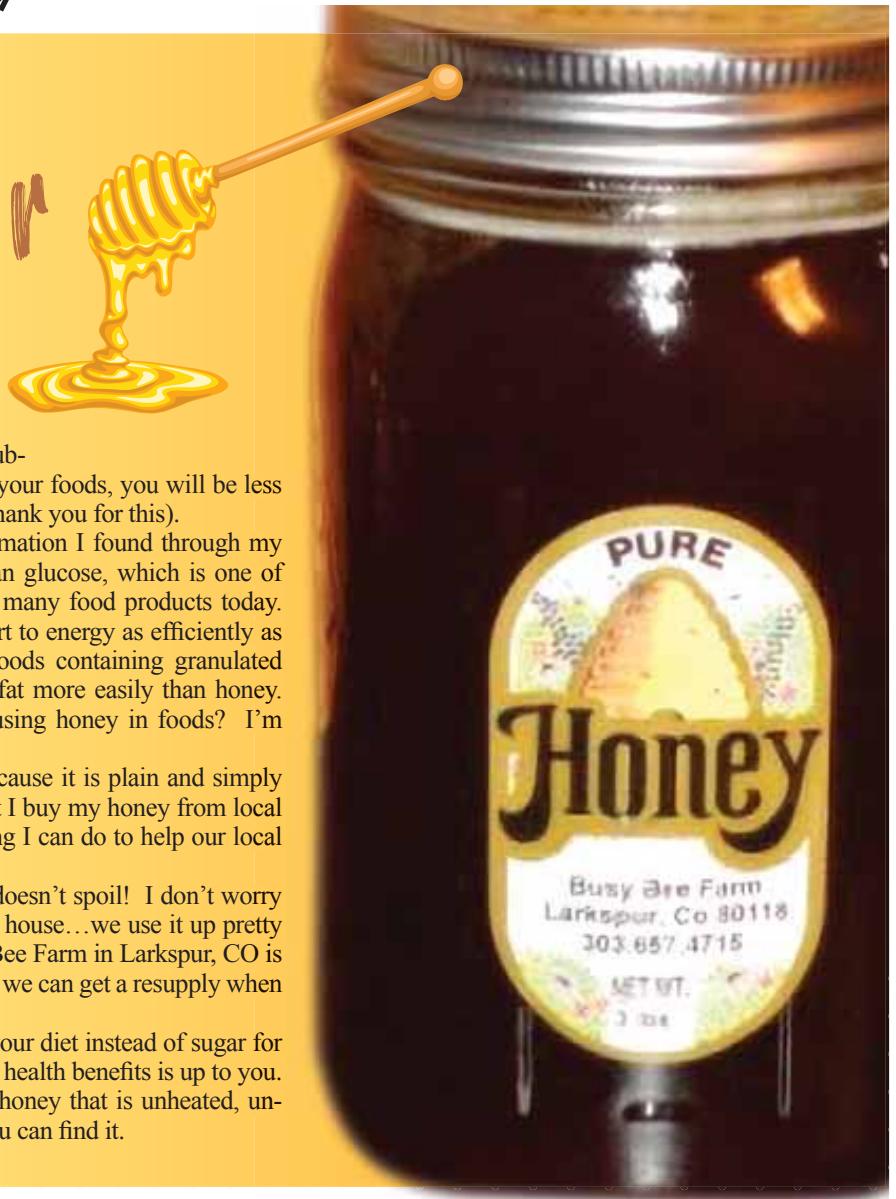
It stands to reason that if you substitute honey for sugar in most of your foods, you will be less gassy (your significant other will thank you for this).

Another interesting bit of information I found through my readings is fructose is sweeter than glucose, which is one of the reasons fructose is used in so many food products today. However, fructose does not convert to energy as efficiently as glucose. As a result, processed foods containing granulated sugar high in fructose convert to fat more easily than honey. Hmm...less fat production by using honey in foods? I’m sold!

Actually, I like using honey because it is plain and simply DELICIOUS. Not to mention that I buy my honey from local Colorado bee farmers, and anything I can do to help our local economy, I’m all over it.

Oh, as an added bonus, honey doesn’t spoil! I don’t worry about honey going to waste in my house...we use it up pretty quickly. Luckily for us the Busy Bee Farm in Larkspur, CO is not too far from where we live that we can get a resupply when we need it.

So, whether you add honey to your diet instead of sugar for it’s pure deliciousness or supposed health benefits is up to you. I recommend buying raw honey (honey that is unheated, unpasteurized and unprocessed) if you can find it.



A Taste of Guam

PROUDLY SERVING
Guam's military
community for
30 years!



Veteran Owned Business
JAMAICAN GRILL.
Ya Mon, Serious Food.

HAGÅTÑA
472-2000

TUMON
647-3000

DEDEDO
633-4000

MANGILAO
734-7000

ORDER ONLINE!
jamaicangrill.com



**PROUDLY
SERVING**
Guam's military
community for
30 years!

When off base stop by and try the serious food we've become famous for, Kingston BBQ Jerk Chicken & Boston Beach Ribs Combo, Jamaican Oxtail, Jerk Burgers, Fresh Local Catch, Roasted Bananas, Festive Tropical Cocktails, Jammin Beer Fest and so much more! Whether you dine in or take out and enjoy our award winning flavors of Jamaica and Guam fused together in a culinary explosion second to none. We have 4 convenient locations to serve you - Hagatna, Tumon, Dededo or Mangilao - whichever's closer. Online ordering available as well!

**Ya Mon
See You SOON!**



RESTAURANT INFO