

The background of the entire page is a rich, detailed collage of various food items arranged on a rustic wooden surface. In the top left, there's a small wooden bowl filled with green and black olives. Below it, a pile of uncooked fusilli and farfalle pasta is visible. To the right, a halved avocado shows its green flesh and brown pit. Further down on the right, there's a whole purple onion, a yellow cherry tomato, and a long green chili pepper. At the bottom, several fresh fish are displayed, including a large silver fish, a smaller red fish, and a crab. The wooden surface has a prominent vertical grain, adding to the rustic feel.

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# A Taste of Guam

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

**4-page pullout**



Valentine's Day chocolate delights



“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

# Chocolate ice cream cake

Some of my favorite desserts are chocolate cake, coffee ice cream, and toffee candy. This dessert combines all three in one very decadent dessert. If you’ve read through my directions below, you may be thinking that this is a difficult dessert to make. Don’t let the number of steps fool you, however. This is actually very simple to make; just follow each step as I’ve described them below and before you know it, you’ll be enjoying this heavenly dessert! The only hard part is waiting for the ice cream to re-harden!

Give my recipe a try. I know you’ll love it.

## Directions



1 In a small mixing bowl, sift together the cocoa powder and cake flour. Add the instant espresso powder and salt to the bowl. Whisk to combine.



3 Place a small pot filled with about 2 inches of water over medium heat; bring to a simmer. In a large heat-safe mixing bowl, place the eggs, egg yolks, and sugar. Place the egg and sugar mixture over the simmering water, whisking constantly until the mixture is warm to the touch.



5 Fold the dry ingredients into the thickened egg mixture.

6 Drizzle the cooled melted butter down the side of the bowl. Gently FOLD the butter into the batter. Do NOT overmix; the batter will be very airy and light.



7 Line a large baking pan (a jelly-roll pan works well) with parchment paper. Pour the batter onto the lined pan. Gently and evenly spread batter out over the pan (be careful not to over-handle the batter as you spread it out; you do NOT want to deflate the air bubbles).

8 Bake at 450 degrees for 7 minutes.

9 While the cake is still warm, flip it out onto a clean dish cloth that’s been dusted with cocoa powder. Peel the parchment paper off the cake.

10 Sprinkle more cocoa powder over the cake. Roll the cake – including the dish cloth – starting at the short edge. Set aside until the cake is completely cooled.

## Ingredients

### Cake:

- 1/4 cup cocoa powder
- 1/3 cup plus 2 tablespoons cake flour
- 1 tablespoon instant espresso powder
- 1/8 teaspoon salt
- 1/2 stick unsalted butter, melted
- 3 large eggs
- 2 large egg YOLKS
- 1/2 cup white, granulated sugar

### Filling:

- 1 cup milk chocolate chips
- 1/2 cup half-and-half (or heavy cream)
- Half gallon coffee ice cream (or your favorite flavor)
- 1/2 cup toffee bits

### Ganache:

- 1 1/2 cups semisweet chocolate chips
- 1 cup half-and-half (or heavy cream)

### Topping:

- 1/2 cup toffee bits



11 After the cake is completely cooled, carefully unroll it.



12 Make the ganache for the filling. In a small microwave-safe bowl, heat the 1/2 cup of half-and-half for about a minute. Add the milk chocolate chips to the heated half-and-half, whisking until the chocolate melts and the mixture is smooth.



13 Spread the ganache over the cake, staying about 1 inch from the edge.

14 Spread the ice cream over the cake. I found it easier to use a spatula to “slice” pieces of ice cream, then I placed the slices of ice cream over the cake, staying about 1 1/2 inches from the edge.



15 Sprinkle 1/2 cup of toffee bits over the ice cream.

16 Re-roll the cake, jelly-roll style, starting from the short edge. Be careful not to squeeze too tightly or all of the ice cream and chocolate ganache will ooze out of the cake.

17 Tightly wrap the rolled cake with plastic wrap. Place in the freezer and freeze until the ice cream firms up.

18 To finish the cake, prepare more ganache using the remaining half-and-half and semisweet chocolate chips. Once again, heat the half-and-half in the microwave for a minute. Add the semisweet chocolate chips to the hot half-and-half, whisking until smooth and creamy. Pour the ganache over the cake. Sprinkle with the remaining 1/2 cup of toffee bits.

19 Slice the cake, serve and ENJOY!

# Chocolate Cake Donuts

Moist chocolate cake...chocolate chips...chocolate ganache...enough said. Seriously, though. If you are like me, you LOVE LOVE LOVE chocolate! Take a moist chocolate cake batter load it with chocolate chips, bake it into a donut, then dredge it in a rich, creamy chocolate ganache and you’ll be in Heaven!!

Give my recipe a try. I know you’ll love it!



## Ingredients

### Dry Ingredients:

- 1 3/4 cups all purpose flour
- 2/3 cup cocoa powder
- 1 1/4 cups light brown sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 3/4 teaspoon instant espresso powder, or instant coffee granules
- 3 tablespoons buttermilk powder
- 1 cup semi-sweet chocolate chips

### Chocolate icing:

- 2 cups chocolate chips
- 8 tablespoons heavy cream

### Wet Ingredients:

- 2 eggs
- 3/4 cup water
- 2 teaspoons vanilla extract
- 1 stick unsalted butter, melted

### Toppings (Optional):

- Sweetened coconut flakes
- Toffee bits
- Mini chocolate chips
- Chocolate cookie bits
- Multi-colored sprinkles







**Directions**

In a large mixing bowl, whisk together the dry ingredients:

- Place the flour into the bowl.
- Add the cocoa powder. It isn't necessary to sift the cocoa powder; just dump it in the bowl.
- Add the brown sugar.
- Add the baking powder, baking soda, salt and espresso powder (or instant coffee granules). You can omit the espresso powder if you'd like. However, I find that the coffee enhances the flavor of the cocoa, making the donuts taste so much more rich and decadent.

**5** Add the buttermilk powder. If you can't find buttermilk powder in your grocery store, use 3/4 cup of liquid buttermilk INSTEAD OF the buttermilk powder and 3/4 cup water. Add the buttermilk with the wet ingredients as described below.

Another easy substitution for buttermilk is to place 1 teaspoon of either white vinegar or lemon juice in a cup. Mix in enough regular milk to make 3/4 cup of total liquid (milk plus vinegar). Stir to combine, then let the mixture sit for a minute or so (it will thicken a bit). Again, you'd omit the buttermilk powder and 3/4 cup of water if you did it this way. Add the milk-vinegar mixture with the wet ingredients as described below.

**6** Add the chocolate chips. I guess I should have named these Chocolate-Chocolate Chip Donuts, huh?

**7** Use a whisk to mix all of the dry ingredients together. Or, you can use a fork.

**1** Place the eggs, water, vanilla extract, and melted butter into the bowl; stir to combine. Note: after melting the butter, let it sit for a minute or so to cool slightly.

**2** Spoon the batter into the wells of your pre-heated donut maker, filling according to manufacturer's instructions. I use a small cookie scoop to fill my donut maker with about 2 tablespoons of batter. My donut maker has a non-stick surface; if yours is not non-stick, spray each donut well with butter-flavored cooking spray.

**3** Bake per your donut maker's instructions, or until the donuts feel slightly firm to the touch. My donut maker has a light that turns green when the donuts are done.

**4** Remove the donuts from the donut maker. These can get very hot, so be careful when taking the donuts out of the donut maker.

**5** Place the donuts on a wire wrack to cool. Ensure the donuts cool completely before icing.

**6** To make the chocolate icing: Combine the chocolate chips and heavy cream in a microwave-safe bowl.

**7** Heat for 45 seconds then remove from the microwave and stir with a fork (or use a whisk), mixing until the icing is shiny, smooth and creamy.

**8** If the chocolate chips aren't melted enough after stirring (you still see chunks of chocolate), heat for another 10-15 seconds then stir again.

**9** After the donuts are cool, dip the top of each one in the warm icing.

**10** Place the iced donuts back on the wire wrack to allow the frosting to set (or you can just devour them at this point!).

**Note:** If you don't have a donut maker, simply use a muffin pan.

# A Taste of Guam



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