



STARS  AND  STRIPES[®]

A Taste of Guam

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

4-page pullout



"it's finger lickin' good"

Finger Lickin' Good menu for **lent**

Howdy folks, KFC's Colonel Sanders here and we're ready for lent! The largest selection of your seafood favorites is back at KFC this lent season. Popcorn Shrimp! The Wasabi Fish Sandwich! Shrimp and Crab Kelaguen Wrap! And I guarantee you'll love my personal favorite, the delicious KFC Shrimp Burger. Or treat your family to my Breaded Shrimp, Fish Fillet or Seafood Twister. Hurry up, some of our seafood items are here for a limited time. Yes, my Original Recipe, Extra Crispy and Grilled Chicken are always available. KFC, your place for lent. It's Finger Lickin' Good!



RESTAURANT INFO

A Taste of Guam



Find your lent favorites at Sbarro

Sbarro is fired up to serve you some tasty treats this lent season! Don't worry, we'll still be serving up our oldies but goodies: Spinach & Mushroom Pizza, Shrimp Alfredo Pasta, Spinach Lasagna, and Tuna Salad. Can we get a WOW?! Sbarro is here to provide your favorite lent dishes and a little bit more. Everything is fresh and handmade every day! So, visit us today at Sbarro in the GPO or Micronesia Mall food court! We can't wait to serve you!

RESTAURANT INFO

Micronesia Mall & GPO

f SbarroGuam

Annie's Chamorro Kitchen

www.annieschamorrokitchen.com

“ 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



Ham Hocks with Mongo (Mung) Beans

Ham hocks and beans go so well together. For those who’ve never heard of it before, a ham hock is the pork knuckle and is usually salt-cured and smoked. It’s typically cooked long and slow until tender, with added beans and broth for the ultimate comfort food.

The Chamorro way to cook this is with mungo (or mung) beans and coconut milk. (Read below for what my grandmother and mom think about this addition.)

Give my recipe a try. I think you’ll like it.

Ingredients:

Mung Beans

- 1 bag mung beans
- 1 tablespoon Dashida seasoning
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 teaspoon black pepper
- Water (initially, 2 inches above the level of beans)

Ham Hocks

- 1 package ham hocks (smoked, if you can find it), about 3-4 large pieces in a package
- Water
- 1 medium onion, diced
- 4 cloves garlic, chopped
- 1/2 cup soy sauce
- 1/4 cup vinegar
- Black pepper, to taste
- 1 package achote powder
- 1/2 teaspoon liquid smoke (omit if you are using smoked ham hocks)
- 1 can coconut milk

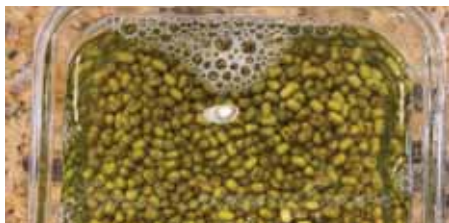
You can find my full, printable recipe at the bottom of this page.

Directions:

The first thing we need to is prepare the mung beans. Ideally you’ll do this the day before you intend to cook your ham hocks.

Place the dry beans in a medium sized bowl.

Add water and soak overnight. Make sure to add enough water to go at least 2 inches above the beans.



The next morning, pour out the soaking water, if any is left. Rinse once more and drain.

Look how plump the beans have become after soaking in all that water overnight.



Add the mung beans to a medium sauce pan. Add more water, enough for it to reach about 2” above the beans. Stir in the dashida, onion powder, garlic powder, and black pepper.

Bring to a boil then reduce the heat to



low. Simmer (covered) until the beans have softened, about 1 hour, stirring periodically. Add more water if required (you don’t want the beans cooking “dry”). Note: you should not need to add more water if you’ve soaked the beans overnight.

This is what the beans look like after one hour of cooking. Remove the pot from the heat and set the beans aside. The beans will not be not fully cooked at this point. It will continue cooking with the ham hocks later.



Place the ham hocks in a large pot.

Note: Smoked ham hocks are usually what’s used for this dish. However, I could only find “regular, uncooked/raw” ham hocks. I will make a note of recipe adjustments where required for when using smoked ham hocks.



Add water until the ham hocks are submerged.

Bring to a boil and cook for 30 minutes. Drain the water, being careful not to burn yourself. Don’t worry about seasoning the water at this point since the intent is to cook off a lot of the fat beneath the skin as well as to tenderize the meat.



Repeat the previous step once more (add water, bring to a boil, cook, drain).



After you’ve drained the cooking water, this is what the ham hocks should look like. This is optional, but I like to cut the ham hocks into smaller pieces and discard the thick skin. Place the cut pieces back into the pot.



Add the diced onions, soy sauce, vinegar, black pepper and liquid smoke. If you’re using smoked ham hocks, omit the liquid smoke.



Cook the ham hocks as if you’re cooking estufao. Cook until the liquid has reduced—you want a relatively dry pot (no or not too much gravy/kādu). This should take about 10-15 minutes over medium-low heat.



When the liquid has dried down, add more water (as much water for the amount of kādu you want, but keep in mind that you’ll be adding coconut milk and the cooked mung beans got the pot as well). I added 3 cups of water.

Turn the heat up to medium; cook for a few minutes, just long enough for the water to heat up (achote powder dissolves better in hot liquid). Add the achote powder, stirring until it dissolves in the liquid.



Add the partially cooked mung beans to the pot. Taste and adjust your seasonings at this point. I added a tiny bit more salt as the ham hocks I used were not smoked and needed a bit more flavor.

Turn the heat down to low. Simmer for 45 more minutes to one hour, or until the ham hocks are tender. If you want to cut down on the cooking time, you can transfer the mixture to a pressure cooker at this point. I like to cook this the slower stovetop method as I can periodically check to see if I need to add more water if it’s drying down too much. Speaking of which, if your mixture is drying down too much during this last hour of cooking, add some water, about a half cup at a time. Don’t forget that toward the end of the cooking time, you’ll be adding more liquid in the form of coconut milk.



When the ham hocks are tender enough to your liking, stir in the coconut milk.

My grandmother and mother never added coconut milk to their ham hock kādu. My grandmother always said you don’t eat pork with coconut milk. I rather like it myself.



Serve with hot steamed rice and enjoy!



BAKE CASSAVA CAKE
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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).



Cassava Cake

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.



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.



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!

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



Step into Annie's Chamorro Kitchen via Facebook. Search for: "Annie's Chamorro Kitchen"



A Taste of Guam



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Try our new, quirky pineapple treats

Jollibee is the flagship brand of Jollibee Foods Corporation, the world's largest and fastest growing Asian restaurant company. Known for its famous Chickenjoy, its Guam store recently launched 2 new blockbuster products that are a refreshing fit for island life: Tropical Chicken Burger and Coco Pineapple Sundae. They both contain – you guessed it! — pineapples! So, whether you think pineapples complement savory items or believe they are sacredly just for sweets, or maybe you just want to try some quirky pine treats – there is something for you at Jollibee Guam. Try them now at Micronesia Mall or via Good To-Go Delivery!

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