A Taste of Guam

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

12-page pullout
A SPICE OF LIFE

Village fest pays homage to all things pepper

BY TAKAHIRO TAKIGUCHI, STRIPES GUAM

I

If you haven’t tasted the local peppers, or “donne” (pronounced doe-nee), then you haven’t tasted Guam yet.

The village of Mangilao, the island’s pepper center, is once again pulling out all the stops to celebrate all things donne during the annual Mangilao Donne Festival to be held Sept. 13-15 next to Santa Teresita Church on Route 10.

Don’t miss the opportunity to enjoy a wide range of local hot peppers and flavorful dishes, as well as tasty international recipes.

“The Mangilao Donne Festival is a festival celebrating all things PIKA (Chamorro for chillies), pika (hot-pepper jelly), Donne (coconut leaves will offer samples out which no meal is complete of its own – donne durian or “donne” – Guam’s signature spicy condiment without which no meal is complete – donne dinanche (hot pepper paste), pika (hot-pepper jelly), barbecue, beverages, clothes, crafts and so much more. Remember to save room for some spicy desserts, too!

They will also have their annual food competition for BEST KADON PIKA, BEST DINAN-CHE and BEST PIKA DES-ERT. If you want to participate in the event, you can register at the Mangilao Mayor’s Office.

The festival program includes various food competitions, Donne Raffle, cultural performance, live music and more for all ages. It’s also an opportunity for local farmers – from pros to hobbyists – to show off and sell their best peppers and pepper products.

“During our festival, our highlights are the cooking competitions, the plethora of food vendors and the abundance of plants and vegetables available for sale to the public,” Ungacta said.

The festival has over 80 vendors every year (not including local farmers), and the event is expected to be just as hot this year.

There will be fireworks for the opening and closing of the festival (Sep. 13 and 15, 7 p.m.).

On Guam, every village has a different festival to showcase its local agricultural products. While Talafofo has a banana festival and Agana Heights hosts a coconut festival, most locals in Mangilao grow donne. To promote the village and the donne plant, former Mayor Nito Blas and then Vice Mayor Ungacta, along with the Guam Visitor’s Bureau, established the festival in 2011.

The festival actively promotes local produce and products it produces being that villages have the highest amount of capsaicin while sweet, green, red or yellow peppers have less. Whatever color you prefer, choose firm, shiny peppers for the best flavor.

Peppers provide a variety of flavors to enhance cooking. Great news: they may also be good for your health.

Enhance the flavor of your food by incorporating peppers into your meals. Adding hot peppers to chicken and fish improves the taste and limits the need for added fats or salt. Sweet peppers perk up salads, pasta, rice and meat, fish and poultry.

Peppers are also rich in phytochemicals that appear to provide anti-inflammatory benefits. Preliminary research shows capsaicin may act as a blood thinner. Hot peppers have the highest amount of capsaicin white sweet, green, red or yellow peppers have less. Whatever color you prefer, choose firm, shiny peppers for the best flavor.

— American Dietetic Association: Your Link to Nutrition & Health

For more information about Mangilao Donne Festival, see its official Facebook page (www.facebook.com/mangilao donnfest/) or call the Mangilao Mayor’s Office at 671-734-2163.

Photos courtesy of Mangilao Mayor’s Office

Mangilao is known for agricultural, sports and education, according to Ungacta.

“Since 2011, our village has successfully coordinated the event to promote the local farmers in the village, as well as help small businesses,” Ungacta said. “Each year it keeps getting bigger.”

Everyone who’s ever spent any time on the island knows that donne is an essential ingredient in most dishes.

“Donne is important to Guam and our people because we love to eat hot and spicy food,” Ungacta said. “Food related activities in general tend to bring people together … and it’s just fun!”

The festival benefits the public because it actively promote local produce and products, according to Ungacta.

“Unlike other festivals, we like to make the farmers and ornamental planters the highlight of the festival,” Ungacta said. “In 2014, a majority of the plant and produce vendors sold out on the first night, which just shows that the general public is looking for fresh fruits and vegetables.

Visit the festival and celebrate the spice of life!”

takiguchi.takahiro@stripes.com
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A Taste of Guam

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Mama’s all-beef Meatball Pizza

Try Mama’s Meatball Pizza, our traditional recipe featuring hand crusted roman sauce topped with slices of Mama’s famous all-beef meatballs, dollops of creamy ricotta cheese and 100% whole milk mozzarella. Starts Sept. 16. Perfect for sharing with family and friends, take it as a whole pizza or try the combo with a regular pasta, garlic roll and a medium drink for only $9.50. Are you hungry yet? Hurry in to our GPO or Micronesia Mall Sbarro locations because we’re serving up Mama’s Meatball Pizza for a limited time only. Stop by and see what the fuss is all about!

A Taste of Guam

Taste what’s new at CPK

The home for culinary innovation is back with fresh flavors to delight. Start things off with our Sticky Asian Cauliflower. One bite of these crispy, flavorful nuggets and you’ll have your new favorite way to get your veggies. Then grab a slice of our Spicy Milano Pizza, kicked up by serrano peppers for the perfect level of heat. Of course, what meal is complete without some refreshing cocktails? Unwind with an Aperol Spritz, the classic Italian cocktail, or take a twist with Tito’s Blueberry Mule. Visit CPK’s chic new home at The Plaza Shopping Center — live music nightly!
There are two main types of hot "donne," or peppers, native to Guam: "Donne'sali" with small, bright red and very pungent fruit and "donne' ti'au" a long, red and pungent pepper, according to Mari Marutani, a professor at the University of Guam's College of Natural and Applied Sciences.

"They belong to different genera. Donne'sali has long been harvested from the wild, it is also called the bonnie pepper. And donne' ti'au is mainly grown in the backyard garden," said Marutani. The first has been labeled "Guam super hot," while the second is "Guam regular hot."

"Guam super hot is very pungent, having Scoville heat unit of 4000-4250, while 'Guam regular hot' was reported to have an average of 3450," said Marutani. "However, unfortunately original specimens of both Guam super hot' and Guam regular hot have been lost and we will not be able to examine these specimens any longer."

Purebred native peppers may be hard to come by, but the varieties sold in markets and by roadside vendors on Guam today are rich and varied – with a “pika” (hot) punch that’s all their own.

On Guam a BBQ isn’t a BBQ without hot pepper. It is a must-have condiment. There are many different types of finadenne' and one of those is finadenne' denanche' (hot pepper paste).

Guam’s finadenne' denanche' is a blend of freshly ground hot peppers and seasoning. Other optional ingredients such as garlic, vinegar, lemon, eggplant, and a whole array of other items can also be added. Everyone has their own special blend and the varieties of finadenne' denanche' blends are countless as their creators.

Here is how I make mine...

First go to your hot pepper trees and pick all the semi and ripe hot peppers.

One of my hot pepper trees. This plant will get a whole lot bigger.

Once you have picked the hot peppers, you need to remove all the stems.

I use hot peppers, garlic, apple cider vinegar, sea salt and a little garlic powder just in case I want it a little more garlicky.

Blend up the hot peppers with the 2 bulbs of garlic diced and 3/4 cup of apple cider vinegar.

Remove when pepper and garlic is blended into a paste. You may have to blend the mixture in stages in order to complete the blending process as the mixture can be a little too thick for the blender to blend everything at one time.

Once you have completed the blending process, you can season it with 3 to 4 teaspoons of sea salt.

Taste the mixture to make sure the seasoning is suitable and adjust if needed. This is the fun part. Can you handle the taste test???

You should be left with about a quart of finadenne' denanche'. You can use this to spice up just about anything. Even coat your favorite steak with it for a "real" peppered steak.

Hope you give this a try. I think you will get the hang of it and have this as an addition to your table fare. That is if it isn’t too hot for you.
Tabasco talk
How Guamanians like their hot sauce

Market Wholesale Distributors, Inc. took a survey of some of the most popular ways on island to consume America’s favorite hot sauce. Here’s what they came up with:

• Tabasco fried rice – You can’t make the perfect fried rice without the dynamic duo: Hot and Spicy Spam and Tabasco.
• As an ingredient in barbecue marinade – used to marinate everything including chicken, beef, fish, sausage, pork, oysters, and more. (The basic marinade is soy sauce and lemon or vinegar with tons of onions, garlic, and black pepper. From there, everyone adds their own special ingredients and Tabasco tops the list.)
• As an ingredient in kelaguen - A popular dish at fiestas and elsewhere that consist of meat, fish or seafood cooked entirely or in part in lemon or other citric juice.
• Tabasco with (canned) corned beef and cabbage – a much-lived local dish of corned beef stir fried with cabbage and a dash of Tabasco.

And why not …

TABASCO CHICKEN FRIED RICE

Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken breasts, cut into thin strips</td>
<td>3 ea.</td>
</tr>
<tr>
<td>Soy sauce (or fish sauce)</td>
<td>2-3 Tbsp.</td>
</tr>
<tr>
<td>Olive oil</td>
<td>2 Tbsp.</td>
</tr>
<tr>
<td>Onion, chopped</td>
<td>1 ea.</td>
</tr>
<tr>
<td>Garlic clove, finely chopped</td>
<td>2 ea.</td>
</tr>
<tr>
<td>Egg, lightly beaten</td>
<td>1 ea.</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 Tbsp.</td>
</tr>
<tr>
<td>TABASCO® brand Garlic Pepper Sauce</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>Rice, cooked</td>
<td>3 cups</td>
</tr>
<tr>
<td>Frozen green peas, thawed</td>
<td>1 cup</td>
</tr>
<tr>
<td>Scallions, chopped</td>
<td>4 ea.</td>
</tr>
</tbody>
</table>

Directions

1. Place chicken in a small bowl and toss with soy (or fish) sauce.
2. Heat a large skillet over medium-high heat. Add the oil and then the onions and cook 3 minutes. Add the garlic and cook another minute.
3. Add chicken, reserving the soy (or fish) sauce. Let the chicken cook until just starting to brown; then add the egg and cook for 30 seconds.
4. Add the reserved soy (or fish) sauce, sugar, TABASCO® brand Garlic Pepper Sauce and rice. Stir in the green peas and cook for 1 minute until the peas are heated through.
5. Stir in the scallions and serve with additional soy sauce.

- Tabasco Foodservice

When it comes to spiciness, Guam doesn’t mess around

Guam has perfected “pika” – Chamorro for that spicy red-hot kick. So prevalent is the penchant for pika here that the word can be found everywhere from Pika’s Café (famed for its Chamorro-fusion food) to Pika Magazine (“A guide to spice up your life”) to myriad of local recipes like “monnok kadon pika,” or spicy chicken stew.

This island delights in “donne,” or peppers, so much that it boosts its own indigenous boonie pepper, has more local dishes that use them to Pika Magazine (“A guide to spice up your life”) to myriad of local everywhere from Pika’s Café (famed for its Chamorro-fusion food)

So prevalent is the penchant for pika here that the word can be found according to Bengco.

Recipe for Spam fried rice from Guam-based Shirley’s Coffee Shop, debuted right here, “where America’s day begins” and came with a recipe for Spam fried rice from Guam-based Shirley’s Coffee Shop, according to Bengco.

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Stripes Guam
Lobster Fest at Beachin’ Shrimp

Sometimes you just feel like diving in to 1.5 pounds of lobster and now you can! Now available in our Tumon locations, try our Beachin’ Shrimp soup with a split whole lobster, six pieces of succulent shrimp, angel hair pasta and French bread for dipping. Feeling like some pasta, hold the soup? Order our Lobster Linguini, instead. Or, if something handheld is more up your alley, our lobster roll with mouthwatering lobster meat enveloped in our homemade brioche bread grilled to perfection with lots of butter, will surely hit the spot. Follow your lobster cravings straight to Beachin’ Shrimp!

Taste your new favorite steaks!

Eat Street Grill has a new menu to entice the taste buds! Start your meal with an Asian flair with our crispy Beef Bulgogi Rolls or Asian Chicken Wings. Feeling like a juicy, succulent steak? Eat Street now serves fire-grilled Choice USDA steaks — choose from New York or Ribeye steaks. Of course, your favorite hand-crafted burgers and premium baby back ribs are always available. Wash it all down with a refreshing Moscow Mule, tropical cocktail or your favorite craft beer! Visit us at The Plaza in Tumon and find out what everyone’s raving about.
Just about everyone loves to spice up their BBQ. This Pico de Gallo salsa will do just that for you. It has the excellent flavor and heat that will get your mouth watering and keep it there.

Here is the recipe for this utterly delicious salsa...

**Ingredient:**
- 4-5 Fresh red tomatoes (roma), diced (depends on size)
- 3 Fresh jalapeños, finely diced but not minced (burn the peppers first, brings out the flavor and heat)
- 1/2 bunch Fresh cilantro, coarsely chopped (approx 3 Tbsp)
- 1 small Onion (red) diced, 1/2 Medium onion
- 1-2 Tbsp Lemon juice or lime juice, freshly squeezed
- 3 cloves Garlic, minced
- Salt to taste

**Instructions:**
Combine all ingredients and marinate for at least one hour to allow juices and flavors to combine. Taste and adjust any ingredient you like.

Chill before serving.

Garnish with a sprig or two of cilantro and a wedge of lime.

Here is how you “burn” the Jalapeno peppers...

1. Rinse and ready to burn.
2. Keep turning to obtain an even burn.
3. Finished product. At this point you can cut lengthwise and take out the membrane and seeds if you like. I leave the peppers whole.
4. The peppers are finely diced but not quite minced. I find this size a little bit “friendlier” in that no one gets a larger piece of pepper that may be too hot. But again, this is up to you. Your finished salsa should look something like this. All that is left now is something to spread the salsa over. And that, my friends, is your department!!!!
A Taste of Guam

Classic casual dining at Prego

Live the good life at Prego with a vibrant Italian dinner starting with a Maine lobster cake followed with a savory porcini mushroom risotto and a fresh baked Sicilian pizza. Come and revel in Prego's new dinner cuisine as the flavors of Italy come to life! Then recharge during the week with an antipasti lunch buffet, inspire little chefs with a kid's pizza making Saturday Fun Lunch or enjoy a memorable afternoon with Prego's award winning Sunday Brunch inclusive of free flowing sparkling wine and beer. View menus and special offers at westinguam.com or call 647-1020.

A Taste of Guam

Authentic Italian favorites at Vitale's

From pizza fresh out of the oven, to juicy steaks, buttery lobster and more, Vitale's has been serving Guam since it opened in 1993. Still today, we continue to take pride in our authentic Italian cuisine and the careful preparation of our delicious dishes. Located in Tumon Bay, let us transport you to Italy with our old country recipes featuring all of your favorites like calamari and garlic bread, plus pasta dishes like lasagna, spaghetti and manicotti. We even have a variety of hot sub sandwiches like the Amore Mio sub and a hearty meatball parmigiana. What's not to love?
My name is Annie. Food and cooking are among my many passions. 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 cooking fanatics. I hope you like them. Drop me a comment or two to let me know how you like our island and other delicacies. Enjoy!

- Armi Li. Col. (Ret.) Annette Merfalen

**Spicy Crackers**

**Ingredients:**
- 5 box saltine crackers
- 1/2 cup vegetable oil
- 2 packages ranch dressing mix
- 6 tablespoons hot pepper flakes

**Directions:**
1. Preheat oven to 250 degrees.
2. In a large shallow baking pan, spread out the saltine crackers.
3. Pour the oil over the crackers; toss gently to ensure each cracker is coated with oil.
4. Sprinkle the ranch dressing and pepper flakes over the oil-coated crackers. Mix gently (I use my hands to do this) to ensure there is seasoning and pepper on each cracker.
5. Bake for 15 minutes to remove the pan from the oven. Leave the crackers on the pan to cool then place them in a resealable container to store.

**Miso Donne’ Dinanche (Miso Pepper Sauce)**

Donne’ Dinanche, or a hot pepper sauce, can contain countless variations. It can be made with just pepper, vinegar, and water, or you can add other ingredients such as onions, garlic, coconut milk, vegetables, crab paste and lemon juice.

One variation that is quite popular — tasty too — adds miso paste to the mixture.

1. The resulting sauce is more like a thick paste — is a spicy, salty, savory mixture that goes perfectly with grilled meat or any meat dish, really and hot steamed white rice.

*Give me easy recipe for a try. If you like spicy condiments, you’ll like this one.*

These are some of the ingredients I used — a Japanese long purple eggplant (although any eggplant will do), yellow onions, fresh green beans, garlic (not pictured), lemon powder (not pictured) and ready-made ‘Tinian donne’ dinanche.

**Ingredients:**
- 1 large Japanese purple eggplant (or 2 medium)
- 1 small onion, finely diced
- 4 tablespoons chopped garlic
- 4 tablespoons coconut oil
- 1 cup fresh green beans, thinly sliced
- 1 1/2 cups Japanese miso paste
- 3 tablespoons donne’ dinanche (mashed hot chili peppers)
- 1 teaspoon lemon powder, optional

**Directions:**
1. Dice the eggplant into small pieces; place in a large frying pan. Add the onion, garlic and coconut oil to the pan. Sauté over medium-high heat until the onions are translucent and the eggplant softens, about 5-7 minutes. Stir occasionally to prevent from sticking to the pan and burning.
2. Add the beans to the pan; stir to combine. Cook another 5 minutes to soften the beans. Add an additional tablespoon of coconut oil if the mixture appears too dry and is sticking to the pan.
3. Add the miso paste; stir to combine. Mash the mixture slightly with the back of your cooking spoon.
4. Add the pepper paste to the pan then turn off the heat (ensure your cooking area is well-ventilated when you add the pepper). Add lemon powder, to taste (optional).

**Fina’denne’ ~ Chamorro ‘Special Sauce’**

Chamorro Special Sauce — that’s what my non-Chamorro friends call fina’denne’, the literal translation of which means made with pepper or donne’, the Chamorro word for hot chili pepper. Fina’denne’ is a staple in most Chamorro homes. It’s served with most meals. Pour it over your freshly steamed rice or over your meat of choice. It’s sure to enhance your dining pleasure.

*There are many, many ways to prepare fina’denne’. Soy sauce is usually the main ingredient; however, depending on the type of dish being served, you may choose to use salt instead. For instance, I prefer a salt-based fina’denne’ over grilled fish, but I love a soy sauce-based fina’denne’ over fried fish.*

The acidic ingredient is all up to you as well. You can use white vinegar, cider vinegar, coconut vinegar, lemon juice or lime juice — it’s all up to you. My brother, for example, likes only lemon or lime juice in his fina’denne’. I, on the other hand, like to vary the acid I use depending on what I’m cooking. I mentioned fish above. I like a soy-lemon fina’denne’ with fried fish, and either a salt-lemon or salt-white vinegar fina’denne’ with grilled fish.

I also like using white vinegar when I add tomatoes to my fina’denne’. Tomatoes and vinegar pair really well, you know, how a marinara dressing goes great with a tomato salad.

Be sure to taste as you go... you might like your fina’denne’ more on the saltier side, or you might prefer it a bit more sour (which is how I like it).

I like a 1:1 ratio of soy sauce to vinegar. My husband prefers his fina’denne’ on the saltier side, so when he makes it, he uses a 2:1 ratio of soy sauce to vinegar. In other words, if I were to make a cup of fina’denne’, I’d use 1/2 cup soy sauce and 1/2 cup vinegar. My husband, on the other hand, will make his using 1/2 cup soy sauce and 1/4 cup vinegar.

Try making different varieties of fina’denne’ and decide for yourself your personal preference. But by all means, give it a try. I’m sure you too will love it.

**Ingredients:**
- Soy sauce, to taste (you can substitute the soy sauce with salt)
- Vinegar, to taste (you can use any type of vinegar, or you can use lemon or lime juice)
- Optional ingredients: spices, tomatoes, green beans, garlic

**Directions:**
1. In a small bowl, mix together the soy sauce and vinegar (or lemon juice if you prefer).
2. I like adding hot green chili peppers to my fina’denne’, railing them slightly. You don’t have to char the peppers, but doing so brings out so much more of the pepper’s flavor. I grilled these peppers over the flame of my gas stove. Use a metal skewer to keep the peppers together; it also makes it easier to turn.

My mom and one of my sisters loves using the red, super hot Thai peppers in their fina’denne’. Those are great too, but beware. These suckers are MOUTH-ON-FIRE hot.

3. Slice the peppers then add them to the bowl.
4. Add the onions. I used green onions here, but you can use white or yellow onions too.
5. Add the tomatoes.
6. Stir to combine.
7. Pour over your rice and meat and dig in! ENJOY!

For fina’denne’ at your finger-tips and ready when you want it, buy a plastic squeeze bottle and fill it with fina’denne’, the liquid mixture only. Squeeze bottles are sold at most grocery stores, but I bought this one at our local Korean store. Add onions, tomatoes and peppers on the side when you’re ready to serve up your meal.

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**Kādun Pika (Spicy Chicken)**

Kādun pika is a spicy Chamorro chicken dish that’s somewhat similar to chicken adobo. It’s an easy dish to make—it only takes a few ingredients and a few simple steps and voila! — you’ve got dinner! The Chicken used in this recipe is a local Guam chicken. Add onions, tomatoes, and peppers on the side when you’re ready to serve up your meal.

**Ingredients:**
- 5 pounds chicken pieces
- 1 large onion, diced
- LOTS AND LOTS of garlic, as much as you like (or about 1/2 cup chopped garlic)
- 1/2 cup soy sauce (more or less to taste)
- 1/4 cup white vinegar
- 1/2 teaspoon black pepper
- 2 tablespoons tabasco sauce
- 8 Thai chili peppers, chopped (more or less, to taste)

**Directions:**
1. Rinse the chicken pieces; cut into smaller pieces if desired. Place the chicken in a large soup pot over medium heat.
2. Add the onions and garlic. Cook for 5-10 minutes or until the chicken is slightly browned.
3. Add the rest of the ingredients to the pot. Turn the heat down to medium-low and simmer for about 30 minutes or until the chicken is cooked through. Taste, then adjust the seasonings (soy sauce, hot peppers) to taste.
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Craving Italian Cuisine?

After graduating from the National Culinary Academy in Italy, Masaaki Honda worked as a chef in the Italian Pavilion at the Osaka International Exposition in 1970 and in 1978, he opened the first Capricciosa restaurant in Shibuya, Tokyo. The restaurant became popular as a place where large portions of authentic Italian dishes could be enjoyed in a relaxing atmosphere. Today, in paradise Guam, Masaaki’s culinary skills have made Capricciosa Guahan the best Italian Restaurant on island by presenting his principle of a fun and casual restaurant with large servings of authentic Italian food at a reasonable price.

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