A Taste of Guam

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

12-page pullout
Thanksgiving Dinner!
Fix a feast that inspires gratefulness.

Roasted Turkey... the Guam Firehouse Cook Way!!

BY RUEBEN OLIVAS, BBQGUAM

We love roasted turkey. And we don’t wait for the holidays in order to enjoy it either. Sometimes we will BBQ the turkey low and slow, especially on a Kettle grill which seems to work out perfect for this. So we wanted to share with everyone our recipe for cooking a delicious, moist and crispy turkey. First things first...

It is very important to defrost the turkey in refrigerator until completely thawed. This may take 2 days or more. Soak turkey in brine overnight in the refrigerator. Use a container large enough for the turkey and brine.

Recipe for Brine:
Ingredients:
• 1 gallon water
• 1-1/2 cups of kosher salt
• 2 cups of brown sugar
• Stir until seasoning is dissolved

Directions:
1. Adjust the brine to your individual taste. More salt, more brown sugar??
2. The brine ensures a very moist turkey as well as getting the seasoning to soak thoroughly into the meat, thus enhancing the flavor.
3. Next day take turkey out of the brine and allow to drain for about ½ hour in the refrigerator. The refrigerator will dry out the skin and will give the roasted turkey a crispier skin.
4. Rub bird down, inside and out, with olive oil or canola oil.
5. Apply a medium amount of Santa Maria rub. Make sure that you rub under the skin of the turkey in the breast area.

Recipe for Rub:
Ingredients:
• 1 tablespoon sea salt
• 1 tablespoons granulated garlic powder
• 1 tablespoon of Kosher Salt

Directions:
• 1 tablespoon of granulated onion powder
• 1/2 teaspoon dried parsley, fine grind
• 1/4 teaspoon black pepper, medium grind
• 1/4 teaspoon Accent (MSG) - optional

Cranberry -Orange Relish
Ingredients:
• 2 medium oranges
• 4 cups fresh cranberries (1 pound)
• 2 cups sugar
• 1/4 cup finely chopped walnuts

Directions:
1. With a vegetable peeler, remove the orange portion only, of the peel of one orange; set aside.
2. Using a sharp knife, completely peel and section both oranges. Be careful to remove all the bitter white pith on the underside of the peel and the membrane between each orange section.
3. Using a food processor or blender with a coarse blade, grind reserved orange peel, orange sections, and cranberries.
4. Stir in sugar and nuts.
5. Chill for several hours or overnight before serving.

~ Defense Commissary Agency

Walnut, Apple Stuffing
Ingredients:
• 1 cup shredded carrot
• 1 cup chopped celery
• 1/2 cup chopped onion
• 1/2 cup butter or margarine
• 1 teaspoon ground sage or poultry seasoning
• 1/2 teaspoon salt
• 1/4 teaspoon ground cinnamon
• 8 cups dry bread cubes
• 2 cups finely chopped, peeled apple
• 1/4 cup margarine (plus 1/4 cup for roasting)
• 1/4 cup wheat germ
• 1/4 cup finely chopped walnuts

Directions:
1. In a skillet, cook carrot, celery and onion in butter or margarine until tender but not brown.
2. Stir in sage or poultry seasoning, salt, cinnamon and 1/8 teaspoon pepper.
3. In a large mixing bowl, combine bread cubes, chopped apple, walnuts and wheat germ. Add cooked vegetable mixture.
4. Dizzle with enough chicken broth to moisten, tossing lightly.
5. Use to stuff one 10-pound turkey. May also be baked as dressing – bake at 350 degrees for 30 to 40 minutes.

Yields: 10 servings

~ Defense Commissary Agency

I hope you enjoy my roast turkey recipe.

~ bbqguam.blogspot.jp
Ya mon! Stop by and give us a try!

Since 1994, Jamaican Grill has brought a fusion of Jamaican-style jerk barbecue, directly from Jamaica and combined it with the local island flavors of Guam. Our unique family-friendly, island-style BBQ experience has made us Guam’s #1 Local BBQ Restaurant. From humble beginnings in the Chamorro Village at our Guahan capital of Hagatna, to expansion into beautiful Tumon Bay, to the newest northern installation in Dededo, we now have 3 locations to serve you! Awarded for our MUST-TRY Ribs, Chicken, and Rice Plates, our full menu is also available ONLINE for ordering and more! Ya mon!

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Eat to the beat of Hard Rock Cafe

Get ready to rock your world and let us serve you. Enjoy our mouth-watering all-American menus and Chamorro Legendary Burger. Check out our Rock ’n Roll Memorabilia and Rock Shop. Hard Rock’s mission is to provide you the best food and unique dining experience that you’ll remember long after you leave. We're located across DFS in the heart of Tumon. A valid military ID will get you a 15% discount. Open Sun.– Thurs.11:00 - 23:00 and Fri.- Sat.11:00 - 24:00.
Turkey doesn’t have to be served only during Thanksgiving or other holiday meal. Chamorros love to BBQ, but occasionally, we like to smoke and grill a turkey instead of the traditional BBQ fare of ribs and chicken. Whether baking, frying, grilling or smoking a turkey, I recommend brining the turkey at least 24 hours prior to cooking. Brining not only adds flavor to the turkey, but it seals in the juices during the cooking process, yielding an incredibly moist, juicy, tasty turkey.

Ingredients:
- 1 turkey, about 12-15 pounds
- 2 gallons water
- 1 cup sea salt
- 2 tablespoons rosemary-garlic mix (or 1 tablespoon rosemary, 1 tablespoon garlic powder)
- 1 tablespoon dried sage
- 1 tablespoon whole black peppercorns
- 1 tablespoon dried thyme leaves
- 1 tablespoon dried parsley flakes
- 1 tablespoon dried thyme leaves
- 1 tablespoon whole black peppercorns
- 1 tablespoon dried sage
- 2 tablespoons rosemary-garlic mix (or 1 cup sea salt
- 2 gallons water
- 1 turkey, about 12-15 pounds

Directions:
1. Make the brine.
   - Place one gallon of water into a large pot.
   - Add the sea salt to the pot of water.
   - Add the herbs/spices and bay leaves to the pot.
   - Add the brown sugar.
   - Add the chicken seasoning.
   - Give it a stir then bring the mixture to a boil.
   - Pour the brine into a clean bucket (we bought a PBA-free bucket at Lowe’s).
   - Add the sliced limes, orange and onion to the bucket. My daughter was being funny and called this “turkey punch.”
   - Let the brine cool completely before adding the turkey.
   - Remove the giblets and neck from the cavity of the turkey. Rinse well then add the turkey to the cooled brine.

2. Smoke/Grill the turkey.
   - After 24 hours, remove the turkey from the brine. Chop up 2 apples and 1 onion, and peel the skin/paper off each clove in an entire head of garlic.
   - Stuff the apple, onion and garlic mixture into the cavity of the turkey.
   - Place the turkey in the smoker/grill.
   - Follow the smoking/grilling directions for your smoker. I use a Traeger smoker/grill that has automatic temperature settings. Here are the procedures for using a grill (like a Traeger) that has automatic temperature settings.
   - After turning on the grill, set it to 450 degrees; let the heat build up for about 15 minutes. Turn the heat back down to the Smoke setting then place the turkey on the grill, smoking it for approximately 9 hours.

NOTE: If you want to cut down the cooking time, do NOT stuff the turkey until about one hour from being done. An un-stuffed turkey cooks faster than a cooked one. If you decide NOT to stuff the turkey, smoke it for 6 hours instead of 9. This is what the turkey looked like after 3 hours of smoking.

How to thaw turkey safely

- Refrigerator Turkey Thawing Time (40 degrees F)
  - Turkey Weight: 8 to 12 pounds
    - Time to Allow: 2 to 2.5 days
  - Turkey Weight: 12 to 16 pounds
    - Time to Allow: 2.5 to 4 days
  - Turkey Weight: 16 to 20 pounds
    - Time to Allow: 4 to 5 days
  - Turkey Weight: 20 to 24 pounds
    - Time to Allow: 5 to 6 days

The Cold Water Method: If you need to thaw the turkey more quickly, use this method. Cover the turkey, still sealed in the original wrapper, with cold water. Change the cold water every 30 minutes. Allow about 30 minutes per pound for complete thawing.

How to cook oven roasted turkey

Cook until temperature reaches 170 degrees Fahrenheit in the breast and 180 F in the thigh. Cooking times are for planning purposes only - always use a meat thermometer to determine doneness. (Approximate Timetable for Roasting a Turkey at 325 degrees F)

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The Microwave Method: Even though thawing can be safely done in the microwave, it is the least desired method for producing a good-quality finished product, and the turkey must be roasted immediately after thawing. Follow your microwave manufacturer’s directions for thawing. Roast the turkey immediately, once thawing is complete.

How much turkey to buy

Plan on 1 pound per person for a regular bone-in turkey; about 1/3 pound per person for a boneless breast or turkey roast. Allow more, if you want plenty of leftovers, or to accommodate guests who favor only white or only dark meat.

As with all raw meat, turkey can spoil quickly if not handled properly, so make the commissary the last stop on your holiday shopping trip. And make the turkey the last item placed in your grocery cart. At home, place the turkey in the refrigerator or freezer immediately.

Tips for choosing and preparing a holiday turkey

Set yourself up for success with two simple rules: stick to the basics and start with great quality meat. If possible uses a turkey with no antibiotics or animal by-product in feed. Choose turkeys from farms that have achieved Global Animal Partnership 5-Step Animal Welfare Rating so you know your holiday bird was raised with care.

For the juiciest, most flavorful meat, start with a fresh organic turkey and layer in flavor with a simple brine or herb rub. Try a brine kit, such as one from 365 Everyday Value, and then stuff chopped herbs under the skin before roasting. If you like bronzed, crispy skin, blast your turkey with heat at the beginning or end of cooking, breast side up. Roast until your meat thermometer reads 165 degrees Fahrenheit.

Once done, let the turkey rest for 30 minutes before carving so juices redistribute. This locks in moisture and makes for smoother carving. It’s all about knowing where your turkey came from and the best way to look in its juices and flavor.
Table 35 for fresh island fusion

At Table 35, our culinary vision is an island fusion of New American and Asian cuisine featuring the freshest Guam produce and seafood, sourced from local farmers and fishermen when possible. Enjoy thoughtfully prepared cuisine with a unique ambiance that is cosmopolitan, yet warm and comfortable. Our menus offer some crossover favorites and tantalizing intros like Coconut Portabellos, Salmon Spring Rolls, and Shrimp Bruschetta. Burgers are lunchtime favorites, while dinner offers the inimitable Miso-Rubbed Striploin with Citrus Soy Butter and Caramelized Garlic Chips, a succulently delightful steak experience! Table 35 has a first-class bar with fine wines and premium cocktails.

Award-winning local fusion cuisine

MON-SAT 11:30 a.m. to 3:00 p.m. & 5:30 p.m. to 10:00 p.m.
SUNDAY 5:00 p.m. to 9:00 p.m.
665 S. Marine Corps Drive in Tamuning, next to First Hawaiian Bank (671) 989-0350
www.guamtable35.com

A Taste of Guam

Get a load of Colonels New Dessert Biscuits

Howdy folks! I’d like to introduce my most delicious creation yet – KFC Cinnabon dessert biscuits. They’re the perfect blend of our melt-in-your-mouth, buttery biscuits and Cinnabon’s signature cinnamon-sugar glaze and icing. Let the flavors of this delightful treat fulfill that sweet craving. And for an even sweeter deal, take home an order of four warm KFC Cinnabon biscuits with every 12-piece meal just in time for the holidays. These pair well with good food and good company! That’s 12 pieces of your favorite juicy KFC chicken, 3 large sides and my new KFC Cinnabon dessert biscuits. Ummm hmmm! KFC – It’s finger-lickin’ good!
Let's face it: Guam has no shortage of delicious cooking and food trucks are a great way to experience our wide array of cuisines we have to offer. Whether you're looking for a quick stop on your lunch break, or merely in the mood to satiate your hunger, check out these food trucks:

**MATAKOS FOOD TRUCK**

Matakos—translated into “non-stop-eating” in Filipino—fuses the Filipino culture and Mexican cuisine into their simple but delicious meals. The inspiration for their business comes from two cultures that use food to celebrate, build, and strengthen relationships.

Customers can purchase some of their top sellers like Z’s Carne Asada Fries, Bueno Nachos, or their Matakos Burrito. Refresh your palate with drinks like Agua Fresca or Hor-ChaCha’s that come in flavors like blueberry, watermelon, or coffee. Treat your stomach to Bryant’s Carne Asada Trio filled with slow cooked marinated beef, cilantro, onions, Mexican cheese, and homemade salsa all served on your choice of a crunchy or soft taco. With thirteen years of experience exposing their taste buds to a diverse array of cuisines in California, cooking at home, and growing up on Filipino and Mexican foods, there is surely no shortage of flavors to find here! Visit them on Instagram or Facebook @MatakosGuam to find out more!

**FAT BOY SLIM**

If you've had any exposure to the food truck culture on Guam, there's no doubt you've heard of Fat Boy Slim. Known for their quality ingredients at affordable prices, FBS aims to provide healthy but delicious cuisine with a wide range of BBQ meats cooked to perfection.

Try out the crowd favorite School Boy Que containing BBQ chicken with a side of macaroni salad. Or treat your senses to an array of Chamoru comfort foods along with their scrumptious sushi rice, kelaguen, or sautéed veggies. In the mood for something sweet? Purchase their Wheatney Houston Pancakes topped with bananas and their house made macadamia nut sauce. Whatever you choose to order, you can't go wrong! Rain or shine, FBS is open 7 days a week and hopes to slowly transition into a 24-hour service. Keep up with their journey by following them on Instagram @fbsguam or text in your orders at (671) 480-4215.
A TASTE OF GUAM

BONGDOZA’S
Another delicious food truck on the rise is Bongdoza’s. After being a teacher for several years, founder and owner, Bong Mendoza, bravely chose to pursue his passion in cooking and hasn’t looked back since. He takes pride in the quality of his food and his growing relationship with his customers and community.

Bongdoza’s can best be described as “familiar yet unique” as it takes crowd favorites and adds its own unique twist. Purchase the Beefy Mac Bowl with a blend of 3 cheeses or the Fried Rice Bowl containing spam, bacon, longanisa, and eggs. Or check out one of Bongdoza’s best hits, the Loco Moco Bowl, served on a bed of warm rice and filled with slow cooked chunks of steak, mushrooms, onion gravy, and eggs. Despite only selling four items currently, you’ll be sure to find something to satisfy your hunger.

Follow Bong’s journey on his Instagram @bongdozas or contact him at (671) 787-DOZA (3692).

THE FOOD TRUCK
In the mood for gourmet burgers and mouth-watering banh mi? Then don’t miss out on The Food Truck. Founder Joseph Atalig was inspired to popularize the glory of banh mi on Guam by his uncle, and the customer acclaim to his ½ pound burgers convinced him to fuse the two together.

The Food Truck’s cuisine is prepared with locally sourced products and top-quality ingredients in mind. Customers can experience all its deliciousness first hand by ordering crowd favorites like the Chicken Lemongrass Banh Mi, the Shiitake Glazed Tofu Banh Mi, or the famous ½ pound Spicy Trucker Burger that’s stuffed with cheese and slathered with bacon, onion jam, fresh sautéed jalapenos, and their house dinanche aioli.

Don’t let their small size fool you. The Food Truck is no stranger to large crowds and can cater an event with up to 500 customers. Reach out to them through Instagram @thefoodtruckguam or call (671) 864-8105.

Z’S GREEN CANTEEN
Z’s Green Canteen’s goal isn’t just to satiate your palate with 100% plant-based ingredients. This food truck also aims to bring awareness to sustainable practices and the benefits of using locally sourced ingredients. Because Z’s Green Canteen is passionate about sustainability, customers can come in with their own containers and utensils and all of their meals are made from scratch– including their ice cream that’s perfect for a hot day!

They’re best known for their Green and Yellow Smoothie Bowls that customers can customize to their heart’s desire. Blended with fresh and local avocados, kale, matcha green tea, chia seeds, flax meal, cacao nibs, dates, and soy milk, customers can decorate their Green Smoothies with various fruits and toppings that are in season. Want something savory? Try out their Pulled “Pork” Sandwich made with local jackfruit, the refreshing Mango Thai Salad, or their scrumptious Portobello Mushroom Sandwich.

Be sure to support the movement by following them on Instagram @zs_greencanteen or contacting them at (671) 487-LOVE (5683).
Chicago everything deep dish pizza

Try Sbarro’s New Chicago Everything Deep Dish Pizza. This deep dish really does have EVERYTHING on it! Bite into veggies sautéed to perfection, the classic pepperoni you know and love, tasty Italian sausage, creamy mozzarella and let Sbarro's hearty Ragu sauce and a sprinkling of parsley bring the flavors together. This holiday season bring home the perfect pie for sharing with your family and friends. Are you hungry yet? Hurry in to our GPO or Micronesia Mall Sbarro locations for a slice or a whole pie of your new favorite – the Chicago Everything Deep Dish Pizza!

Holiday gifts for all from CPK!

Make the holidays easy as (pizza) pie! Shopping for gifts? For every $50 worth of gift certificates purchased before Jan. 15, 2020, we’ll give you a $10 certificate as a bonus. Buy early and get even more! For every $100 worth of gift certificates purchased before Thanksgiving, you'll get an additional $10 bonus—that's a whopping $30 worth of bonus gift certificates! Stop by CPK at The Plaza Shopping Center or purchase your gift certificates by visiting CPKGuam on Facebook and clicking the 'Shop Now' button. Take the stress out of holiday shopping with CPK!

Let us cater your holiday party! Contact us for our full catering menu, (671) 647-4888/4777 • CPKGuam • The Plaza Shopping Center - 2nd Floor
# COOK LIKE A CHAMORU

## Tinaktak Antigu & Gollai Åppan Lemmai

![Tinaktak Antigu](image)

### How to make Tinaktak Antigu:

1. **Cook meat** for 3 hours until tender and falling off the bone. Chop the meat thinly.
2. Sauté oil or oxtail fat, onion, and garlic on high heat.
3. Add meat.
4. Add coconut milk.
5. Add pickled bitter melon (See below for recipe).
6. Add local cherry tomatoes.
7. Add eggplant.
8. Simmer on medium heat.
9. Add salt and black pepper.
10. Simmer down for 30 minutes on medium low heat.
11. Add long beans.
12. Cook for 5 minutes then turn heat off.
13. Add lemon.

### Tinaktak Antigu Ingredients:
- 1/2 onion
- 1 clove chopped Garlic
- Teaspoon of oil or oxtail fat
- 1/2 pound of beef shank
- 1/2 pound of oxtail
- 2 cups coconut milk
- 2 ounces pickled bittermelon
- 2 local cherry tomatoes
- 1 small eggplant
- 1 teaspoon salt and 1/2 teaspoon black pepper
- 1/4 cup long beans
- 1/2 squeeze of lemon

### How to make salted and/or pickled bittermelon:

1. Salt it for 30 minutes.
2. Strain and rinse.
3. Salt it again for another hour.
4. You can pickle it but you can add it into the tinaktak after you salt it as well!

### Gollai Åppan Lemmai

### Gollai Åppan Lemmai Directions:

1. Skin lemmai, cut the middle part out, and chop.
2. Add coconut milk on medium high heat.
3. When it comes to a boil, put it down to medium low.
4. Simmer down for 15 minutes or until soft and milk is reduced.

### Gollai Åppan Lemmai Ingredients:
- 1 medium sized lemmai
- 2 quarts coconut milk

### Notes:

- People say it’s called tinaktak because of the “taktak” sound of the knife on your cutting board as you chop the meat super thin! If you’ve ever wanted to know how to make it, here’s a recipe along with a side dish of gollai åppan lemmai from local chef and restaurant owner Lenny Fejeran.

## A Taste of Guam

### New 14 oz. Choice New York Steak

**EAT STREET GRILL**

**STEAK GOURMET BURGERS CRAFT BEER BARBECUE RIBS**

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**BREAKFAST 9AM-11:30AM**
**LUNCH/DINNER 11:30AM-10PM**
**FRI & SAT CLOSE AT 10PM**

**F + E A S T S T R E E T G R I L L (671) 989-7327**

### 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.
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!

Holiday catering & parties at Pika’s!

Pika’s is available for private parties on Monday, Tuesday and Wednesday nights. Build a custom menu of all your favorites or let us recommend some crowd-pleasing dishes. With a renovated interior and new full bar, you’re sure to spread some holiday cheer! Looking for catering platters for your next potluck? Pika’s has a great selection, including cocktail-style sandwiches and two-bite rolls, as well as full entrée offerings such as our Mighty Meatloaf and Kalbi-glazed Salmon. Contact us for our full private party and catering menus and make your next holiday get together one to remember!
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.

**Classic casual dining at Prego**

**Be Thankful**

Delight in a bountiful Thanksgiving feast with family and friends at Taste of Prego. Give thanks, share in memories and enjoy a warm and heavenly meal surrounded by the ones you love for a special get-together.

**HAPPY THANKSGIVING**

For reservations call 0471020

**Restaurant Info**

**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?!
Simply the best Thai food on Guam!

One taste of Ban Thai’s authentic cuisine and you’ll know why Ban Thai has been voted Guam’s Best Thai Restaurant for five years in a row! With an extensive menu, including favorites like Chicken Panang and Papaya Salad as well as exciting new flavors like Lobster Pad Thai and homemade Northern Thai Sausage, all you’ll need to complete the meal is a refreshing Calamansi Mojito. Famous for its lunch buffet, Ban Thai now serves Sunday Brunch featuring an expanded menu, BBQ dishes and a Kao Soi soup station. Full bar and outdoor seating are available!

MENTION THIS AD AND GET A FREE HALF ORDER OF SPRING ROLLS!*  
*with the purchase of 2 entrees. Dinner only. Cannot be combined with other offers or promotions. Limit one per table. Must present CAC and to avail offer. Offer expires 11/30/19.

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 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.