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A Taste of Guam

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

4-page pullout

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



Ahi Tuna Poke, Four Ways

My family just loves seafood. One of our favorites is ahi tuna poke. One of our best memories of one of our vacations to Oahu, Hawaii is being able to find a variety of poke almost everywhere, even in grocery stores, and not just ahi tuna poke but poke made with smoked octopus, salmon, shrimp, and other seafood delights!

Here are four of our ahi tuna poke favorites. Clockwise from the top left: Shoyu Poke, Ogo Seaweed Poke, Kimchee Base Poke, Spicy Mayo Poke. Give them a try. I think you’ll like them.

All four recipes below have a few ingredients in common: ahi tuna, green onions, and either yellow, Maui, or any other sweet onion variety.

Cut the tuna steaks into 1/2-inch cubes. I find it easier to cut them while still partially frozen.

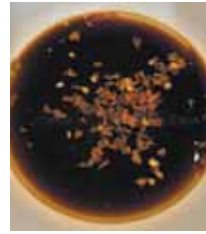
Now for the four variations – Shoyu, Ogo Seaweed, Spicy Mayo, and Kimchee Base.



1. Shoyu Poke

Ingredients:

- ½ pound ahi tuna
- ¼ cup sliced green onions
- ¼ cup sliced yellow onions
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- Chili pepper flakes, to taste



Shoyu — or soy sauce — poke is probably the simplest to make. Mix soy sauce, sesame oil, and chili flakes in a small bowl. Pour the Shoyu mixture over the ahi. Add green and yellow onions. Stir to combine.

2. Ogo Seaweed Poke

Ingredients:

- ½ pound ahi tuna
- ¼ cup sliced green onions
- ¼ cup sliced yellow onions
- 2 pinches dried ogo seaweed
- 1 teaspoon alea (Hawaiian) sea salt
- Chili pepper flakes, to taste
- 1 tablespoon sesame oil
- 2 teaspoons nori komi furikake



Ogo seaweed gets its name from — you guessed it — the Ogo seaweed that’s in it. Ogo seaweed poke is also pretty simple to make. It’s getting the ingredients that’s going to prove challenging, especially if you don’t have an international market nearby.

You’ll need dried ogo — a little goes a long way. I used maybe a couple of pinches of ogo for this recipe. I got a good supply of dried ogo on my last trip to Hawaii, but I have seen it sold in international markets. You can even order it from Amazon.

I also used Alaea (Hawaiian) sea salt in this recipe, but if you can’t find it, pink Himalayan sea salt will work in a pinch.

To make Ogo Seaweed Poke, add a couple of pinches of dried ogo, alea sea salt, sesame oil, Chili pepper flakes, green onions, and yellow onions to the bowl of ahi.

Stir to combine. Sprinkle nori komi furikake over the top.

This is the furikake to use (nori komi furikake).



3. Spicy Mayo Poke

Ingredients:

- ½ pound ahi tuna
- ¼ cup sliced green onions
- ¼ cup sliced yellow onions
- 2 tablespoons kewpie mayo
- 1 tablespoon soy sauce
- 1 teaspoon aji mirin
- ¼ teaspoon garlic powder
- ½ teaspoon lime juice
- 1 tablespoon sriracha, more or less to taste



Spicy Mayo Poke is a popular one. The beauty of this version is you can make it as spicy (or not spicy at all) as you want. I usually make it not spicy, then add the spice (sriracha) to my own serving. This way pleases everyone in my family. One doesn’t like spicy foods, another likes it mild, I like it a little more than mild, and another likes it mouth-on-fire hot.

To make Spicy Mayo Poke, you’ll need kewpie mayo, soy sauce, aji mirin, garlic powder, lime juice, and sriracha.

Mix the ingredients together in a small bowl, including sliced green and yellow onions.

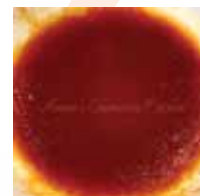
Stir to combine. Pour the mixture over the ahi. Stir to combine.



4. Kimchee Base Poke

Ingredients:

- ½ pound ahi tuna
- ¼ cup sliced green onions
- ¼ cup sliced yellow onions
- 1 tablespoon kimchee base
- 1 tablespoon aji mirin
- 1 tablespoon sesame oil
- ½ teaspoon rice vinegar



Kimchee Base is a unique ingredient for most, but it’s commonly sold in Asian or international markets. It’s usually used for — you guessed it — making kimchee, but I like to use it in many different recipes.

To make kimchee, in a small bowl mix together kimchee base, aji mirin, sesame oil, and rice vinegar.

Pour the mixture over the ahi. Add green and yellow onions. Stir to combine.



That’s it!

Four versions of ahi tuna poke, all delicious (trust me), and all super easy to make. Serve with hot steamed rice and enjoy!

Fish Tacos with Mango Salsa and Tangy Coleslaw

This is not your typical fish taco. It's even better if you ask me, but then I might be a bit biased.

When I think of fish tacos, I picture battered fried fish, cabbage slaw, and a spicy mayo, all wrapped in a corn tortilla.

I'm trying to eat healthier meals, so I created this version where I bake instead of fry the fish. I also created a tangy coleslaw that uses no mayo, but some surprise HEALTHIER-FOR-YOU ingredients that kick up the flavor as well as the nutrition. You won't see spicy mayo drizzled over my version either. Instead, I made a mango salsa that pairs so well with the fish and coleslaw. To make this even better for you, I opted for lettuce leaves as my taco wrap. Man-oh-man, are these tacos delicious!

Give my recipes a try. I think you'll like them. Drop me a line to let me know what you think.

Ingredients:

Coleslaw Ingredients:

- 1 bag (10-oz) angel hair coleslaw (or 8 cups finely shredded cabbage)
- 3 tablespoons fresh parsley

Coleslaw Dressing Ingredients:

- ½ cup olive oil
- ½ cup apple cider vinegar
- 2 tablespoons blackstrap molasses (you can use honey, but the molasses is healthier for you...read more about its amazing health benefits here.)
- 1 teaspoon sea salt
- 1 teaspoon celery seeds
- 1 tablespoon Dijon mustard
- 1 teaspoon garlic powder
- 1 teaspoon Stevia sweetener (or you can add 2 more tablespoons of honey)

Mango Salsa Ingredients:

- 2 ripe mangoes
- ½ red onion, chopped
- 2 tablespoons chopped cilantro
- The juice of 1 lime
- 1 teaspoon sea salt
- Optional: 1 jalapeño, seeded and chopped

Fish Ingredients:

- 4 whole orange roughy filets (about 2 pounds)
- 2 teaspoons sea salt
- 1 teaspoon black pepper
- 2 teaspoons garlic powder
- 1 teaspoon paprika
- Extra virgin olive oil, about 3 tablespoons

Other Ingredients:

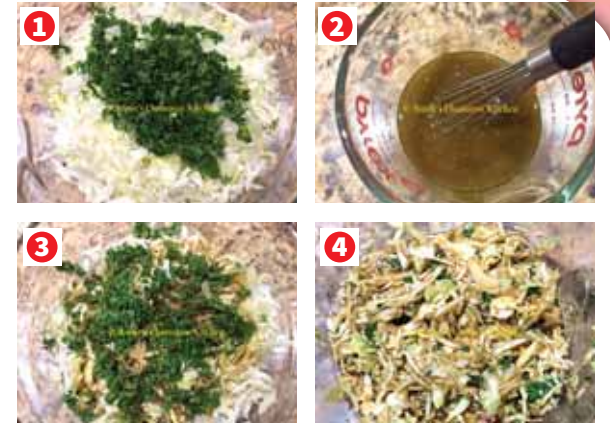
- Lettuce leaves (use Bib lettuce, Red or Green Curly Leaf Lettuce)
- Avocado, sliced



Directions:

1. Make the Coleslaw. Place the sliced cabbage in a medium-sized mixing bowl. Add the parsley. In a small mixing bowl, whisk together the ingredients for the dressing. Pour the dressing over the cabbage and parsley. Toss the ingredients together. Refrigerate the coleslaw until you're ready to assemble the tacos. This will give it time to let the flavors meld.

2. Make the Mango Salsa. Cut the skin off the mango. Dice the mango into 1/4-inch cubes. Place into a small mixing bowl. Add the red onions and the optional jalapeño to the bowl. Add the cilantro. Stir to combine the ingredients. Set aside until you're ready to assemble the tacos.



3. Bake the Fish. Cut the fish filets into halves (if they're small) or thirds (if they're large). Place into a rimmed baking dish (I used a 9x13 pan). Sprinkle both sides of the fish with the sea salt, black pepper, garlic powder and paprika. Drizzle the olive oil all over the fish (top side only). Bake the fish at 400 degrees for 15 minutes.



4. Assemble the tacos. Slice the avocados. Rinse and dry the lettuce leaves. Set aside.

Place a lettuce leaf on a plate. Add some Tangy Coleslaw on top of the lettuce leaf. Place a piece of baked fish on top of the coleslaw. Add a scoop of mango salsa on top of the fish. Top with avocado slices, serve and ENJOY!

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