

The background of the entire page is a collage of various food items arranged on a rustic wooden surface. In the top left, there is a small wooden bowl containing green and black olives. Below it, there are stacks of different pasta shapes, including fusilli and farfalle. To the right, there is a halved avocado showing its pit, a whole purple onion, a yellow cherry tomato, a green chili pepper, and a red bell pepper. At the bottom, there is a large, golden-brown baked item, possibly a flatbread or pizza, and several fresh fish, including a large blue fish and a smaller red fish, along with a crab.

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A Taste of Guam

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RESTAURANT INFO



Potato Salad

Ingredients

- 4 large potatoes, diced and cooked
- 6 hard-boiled eggs, chopped
- 1 chicken leg, thigh and breast, chopped (optional)
- ½ cup sweet chopped pickles or sweet relish
- 7-ounce jar chopped pimientos
- 1 – 4 ½ ounce can chopped olives
- ¼ cup celery, chopped (optional)
- ½ cup onions (optional)
- ½ tsp pepper
- 2 cups of mayonnaise

Mix all ingredients well, refrigerate and serve cold.
Serves 10-12.

By Laurent Duenas

Governor’s Fish in Coconut Milk

Fish in coconut milk

Ingredients

- 2 lbs fish (skipjack, mullet, dolphin or any island fish), sliced about 2 inches thick
- ½ onion, sliced
- ¼ cup vinegar
- 1/2 water
- 1 garlic clove, mashed
- 1 green pepper, sliced
- 1 ½ cups rich coconut milk
- Salt and pepper ,to taste

Put all of the ingredients in a kettle and cook for about 20 minutes on medium heat.

Add coconut milk last and remove from direct heat. Do not allow to come to a boil.

Serve hot with steamed rice.

By Madeleine Z. Bordallo



Tropical Fruit Salad

Chilled fruit dessert

Ingredients

- 1 medium-sized watermelon
- 1 medium-sized cantaloupe
- 1 medium-sized honeydew melon
- 2 large cans of fruit cocktail
- 2 small cans of mandarin orange
- 2 packages of meat of young coconut (frozen)
- 1 jar “kaong” (fruit of palm) – optional
- 1 small tub of Cool Whip (whipped cream)

Scoop out melons with melon baller. Reserve watermelon shell to serve finished fruit salad.

Drain fruit cocktail and mandarin oranges. Reserve liquid for use in jello or any other dessert.

Thaw out frozen young coconut. Never use while still frozen!

Mix all ingredients together, except cool whip. Chill at least three hours.

Before serving, mix in cool whip.

Delicious as appetizer (before any meal) or as a dessert.

By Jennean Sablan



Shrimp Patties

Ingredients

- 4 packages small shrimp
- 3 packages frozen mixed vegetables
- 1 medium-sized onion
- 2 garlic cloves
- 1 dozen medium eggs
- 2 cups flour
- 1 cup milk
- 1 tsp baking powder
- ½ tsp black pepper
- 1 tsp salt
- 3 cups salad oil

Crush shrimp and place in large bowl. Thaw, wash and drain vegetables. Add them to the bowl of shrimp. Chop onions and garlic very fine and add to the shrimp mixture. Beat eggs in a medium-sized bowl. Add flour and milk, and mix thoroughly. Add black pepper, salt and baking powder.

Heat oil and maintain at medium heat. Drop mixture by the spoonful into the hot oil. Cook until golden brown.

By Betty Ann Onedera

Spam Fried Rice

Ingredients

- ½ can Spam luncheon meat, cubed
- 3 cups cooked rice
- 2 tbsp oil
- ½ onion, chopped
- 2 eggs, beaten
- 2 tbsp soy sauce

Fry onions until soft, add luncheon meat and continue frying until golden brown. Add cooked rice and fry for about five minutes or until the rice is shiny. Add soy sauce and continue to fry for another five minutes. Set aside. Saute’ beaten eggs in a little oil, scrambling them. Chop the eggs into pieces. Put fried rice in a bowl or platter and garnish with chopped eggs and green onions, if desired.

By Judith Guthertz



Poto (Potu)

Tuba rice cakes

Ingredients

- 5 lbs long grain rice
- 1 pint sweet tuba (fermented coconut sap)
- 1 pint water
- 5 pounds sugar

Add water to cover the level of rice. Let rice soak for two hours, then rinse. Grind rice to a powder. Mix the remaining ingredients and allow to soak overnight. Stir three times during the night. Pour into poto cups and steam for ten minutes. May be baked at 350 degrees for 10 minutes or until golden brown. Serve with butter.

(Poto cups are individual stainless steel cups. A cupcake tray may be used to substitute individual cups.)

By Belle H. Gumataotao

Chamorro recipes



www.guampedia.com

This is a reprint from Guampedia.com, an online resource about Guam history and the CHamoru people, used here with permission.



Eat like a

Fiesta cuisine offer

BY TAKAHIRO TAKIGUCHI,
STRIPES GUAM

As in many places around the world, food is the center of celebration on Guam. A virtual cornucopia of fiesta foods are laid out – usually in a specific order – for every festive occasion. And “where America’s day begins,” there are ample opportunities to celebrate.

For starters, the island’s predominantly Roman Catholic population affords each village a patron saint and accompanying feast day. Each village party honors this with an annual fiesta, and many families hold their own celebrations at home after the Festal Mass to make merry with relatives and friends.

There are also weddings, christenings, birthdays and graduations – not to mention holiday celebrations like Thanksgiving, Christmas and Easter.

Traditional Chamorro dishes such as red rice, citrus-marinated meat or “kelaguen,” and barbecue may be the staple of any Guam fiesta. However, some local delicacies are the darlings of the fiesta table during celebrations or special times of the year.

Village fiestas and weddings are the biggest celebrations with the most elaborate menus, according to Lou Cruz of Santa Rita. As such, they are likely to serve up Chamorro classics ranging from red-and-white tamales, or “gisu” (“bunelos uhang”), or shrimp patties to smoke, dried beef and “panglao” (stuffed crab). These celebrations are also the most likely to showcase the mother of all fiesta table features – “hotnon babui” – a roast pig.

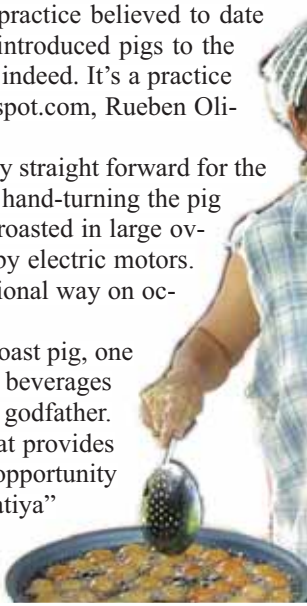
“For magnificent celebrations we prepare and roast a whole pig,” says long Guamanian Toshio Akigami. “Basting the pig while slowly roasting over an open fire makes the skin crispy and the meat tender and juicy. The ears are the best parts; we like the crispy texture with the fat around the ears.”

Roasting pig for a wedding or fiesta – a practice believed to date back to the 17th century when the Spanish introduced pigs to the island – symbolizes a very special occasion, indeed. It’s a practice that grill aficionado behind BBQGuam.blogspot.com, Rueben Olivas, knows a little something about.

“Back in the 1950s, the roast pig was pretty straight forward for the most part on Guam,” he said of traditionally hand-turning the pig over a handmade spit. “Nowadays, they are roasted in large ovens and stainless steel outdoor spits, turned by electric motors. (But) some roasting is still done in the traditional way on occasion.”

Whether or not a wedding fiesta features roast pig, one thing is certain: The duty of providing adult beverages and soft drinks typically falls on the groom’s godfather. But it’s the bride’s godmother, Cruz says, that provides the wedding cake and other desserts. It’s an opportunity for many to show off family recipes for “latiya” custard sponge cake, “kek chokolati” (chocolate cake) and sweet “apigigi” tamales.

As with any fiesta, sweets like these have



Cookin’ up Chamorro dishes

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4 kinds of Kadu (soup)



Gollai Appan Sweet Potato and Banana



Classic Chamorro morning meals



Beef Tinaktak



Kadun Pika (Spicy Chicken)



AGGON (STARCH)



Red rice



Gollai Appan



Tortillas

The most important dish in this section is red rice (“hineksa agaga”), which is similar to saffron rice in that it is prepared with water colored from soaking achiote seeds, which gives it a deep orange color. This section of the fiesta table is also where you’ll find starchy fruit and vegetable dishes made from such produce as bananas, sweet potatoes and taro. Traditionally, these kinds of dishes are typically reduced in a coconut-milk sauce to make such dishes as “gollai appan suni” (from taro) and “gollai appan dagu” (from yams) according to Jay Blas, manager of Island Cuisine restaurant. Dinner rolls and “tiyas” (tortillas) are also found in this section of the table.

Chamorro

s plethora of local fare

their own special place or table. And it's the dessert table that gets special attention during Christmastime when seasonal donuts, cakes and other desserts rule.

"'Bunelos dagu' is a special treat during the holiday season," says Guam Visitors Bureau's Josh Tyquiangco. "The yams used to make these fried donuts are usually harvested during the Christmas season."

Annette Merfalen, Chamorro food expert and author behind AnniesChamorroKitchen.com, agrees that these deep-fried treats are "synonymous with Christmas" on Guam.

"There are several varieties of yams that you can use to make these donuts," she writes in her online treasure trove of recipes. "If you live on Guam or the other Mariana Islands, you can use 'dāgu,' 'nika,' or 'gadu.' There are also both white and red varieties of dagu (called dagun a'paka' or dagun agaga', respectively)."

Similarly, "bonelos dago," or taro donuts, are also a traditional Christmas treat on Guam.

As with crispy fried "lumpia" spring rolls, pancit noodles with meat and vegetables is another popular dish Guam has adopted from the Philippines and made its own.

A mainstay of many fiesta tables on island, pancit is particularly favored at birthday and New Year's Eve celebrations, perhaps as a nod to the Asian custom of eating them on such occasions to ensure long life. If so, it wouldn't be Guam's only imported culinary custom.

This U.S. territory also shares a very American traditional feast – Thanksgiving. As much a celebrated holiday for feasting with friends and family as in the States, the local love for barbecue on Guam means that a smoked or grilled turkey may take the place of an oven-roasted bird at the fiesta table. And what would a Thanksgiving turkey be without the stuffing?

"Chamorro stuffing, or 'riyenu,' is a delicious side dish usually served during special holiday meals, alongside baked turkey, ham, or roast pig," writes Merfalen. "My mom taught me how to make this a very long time ago, when I was a very young girl. In fact, this recipe is one of the few I added to a recipe book that I made when I was perhaps 8 or 9 years old."

So what makes Chamorro stuffing so Chamorro?

"Well, I guess it's the addition of potatoes, pimento and olives, kind of like our Chamorro potato salad," she says. "A few optional ingredients that my mom sometimes puts in her riyenu are finely diced celery and a small jar of sweet pickle relish. I prefer my stuffing without those two ingredients, so I leave them out."

Like so many other delicacies – whether with a Chamorro twist or 100 percent native – that bear the indelible stamp of one of the island's special occasions, church fiestas or state holidays, it's just one more way to get a true taste of Guam.

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TOTCHE (MEAT)



Finadenne Sauce



BBQ Chicken

Barbecue is a staple of many fiestas on Guam and this is where you'll find totche. Pork spareribs, marinated chicken flavored with spicy "finadenne sauce," fried chicken and roasted ham are regular staples, according to Toshio Akigami. "In hunting season, deer meat is also served," Akigami says. "Locals usually cook dried beef by hanging the meat above a barbecue pit to smoke and dry the meat." Finadenne sauce made from soy sauce or salt, lemon juice and/or calamansi citrus juice, water, peppers and onions is always placed at the end of this section as a condiment.

Photos courtesy of Fishermen's Co-op, Guam Visitors Bureau

GUHAN (SEAFOOD)



Sashimi



BBQ Fish



Eskabeche

As the name suggest, this section is where such delicacies as fish, prawns and crab are placed. "Eskabeche," sweet-and-sour fish or seafood cooked with vegetables and ginger, is a must-have for this section of the fiesta table. Stuffed crab may also be found here. Though usually not locally caught, yellowfin tuna is often found here in the form of raw "sashimi" along with such grilled and barbecued local catch as parrot fish and other reef and open-sea fish. "Salt-flavored finadenne sauce" is often applied to them," says Akigami, adding that deep-fried mahi mahi is a seasonal fiesta treat found on this part of the table during spring and summer.

KELAGUEN

No fiesta, indeed, no meal, on Guam is complete without "kelaguen." At this section you'll usually find a variety of meat and seafood dishes prepared cerviche style, in which the meat is usually cooked overnight by the acidity of lemon or calamasi juice along with salt (sometimes soy sauce), hot peppers and onions. In the case of chicken kalaguen, the meat is usually lightly grilled first and freshly grated coconut is also added.



Shrimp Kelaguen

The dish is served chilled as is, or as a side with tortillas or rice. Dishes such as lumpia spring rolls, pancit noodles and shrimp patties are also placed on this section of the fiesta table.



Chicken Kelaguen

KADU (SOUPS)



Soup with Lemon Finadenne



Daigo Salad



Cucumber Salad

This section of the fiesta table is not only where soups and stews are placed, you'll also find a variety of vegetable dishes. Here you'll find potato and garden salads of every ilk, coleslaw and cucumber dishes such as "diago" cucumber kimchee. In addition to dishes like cucumber salad and spinach with coconut milk, you also find such classic Chamorro soups as spicy chicken "kadun pika," "chicken chalakiles" made with toasted rice and simple "kadun manuk" chicken soup as well as corn soup.

FINA' MAMES (DESSERT)

The dessert section of the fiesta arrangement is so special that even at small events it often gets a table all to itself. Favorites to be found here include "latiya" custard cake as well as chocolate and red velvet cakes. Other staple sweets include warm "ahu" soup, sweet "apigigi" tamales, "bunelos aga" (banana donuts), "bonelos dagu" (yam donuts) and "bunelos manglo," or typhoon donuts. "At most fiestas," says Sayumi Ishioka. "People usually bring their homemade sweets, such as latiya or fruits, or sweets made from local fruits, such as mango, watermelon, papaya, banana, banana donut."



Latiya Photo by Annie's Chamorro Kitchen



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 1/2 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



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

Directions:

1. Chop the parsley or crush it between your fingers to make it small enough to mix well with the other ingredients. Combine all ingredients and mix thoroughly. If you need larger amounts, just double or triple the ingredient amounts.
2. Set turkey on a roasting rack inside the roasting pan (must have cover).
3. Use two packages of Lipton's Onion Soup/Dip mix. Sprinkle one over the turkey. The other mix into 4 cups of water, minimum, and pour into the bottom of the roasting pan. You may need to add more water during cooking. Do not allow the water to completely evaporate while roasting.
4. Place one stick of butter into the cavity of the turkey.
5. Place one stick of butter, 1/2 stick to each side, into the water of the roasting pan.
6. Preheat oven to 325 F.
7. Follow the cooking times for the turkey on the package.
8. Cook covered for half the recommended time and uncovered for the rest of the time. This will ensure a thoroughly cooked turkey that is also well browned.
9. Baste the turkey from time to time, while roasting, to get that shiny glaze on the skin. The butter in the water also helps crisp the skin.
10. Use a meat thermometer.
11. For a turkey with stuffing, insert meat thermometer into the center of the stuffing in the turkey cavity. The reading should be no less than 165 F.
12. For a turkey without stuffing, insert meat thermometer into the thickest part of the thigh, not on the bone. The reading should be no less than 185 F.
13. Once you reach these temperatures, take the turkey out of the oven and let it rest for about 1/2 hour.
14. If the wing tips and drumstick tips or any other part of the turkey start to get too dark while roasting, cover those parts with tin foil to avoid burning.
15. Use the turkey drippings in the roasting pan for your gravy.

I hope you enjoy my roast turkey recipe.

– bbqguam.blogspot.jp



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
- 1/2 cup chopped walnuts
- 1/4 cup wheat germ
- 1/2 to 3/4 cup chicken broth

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. Drizzle 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





Smoked & Grilled Turkey

BY ANNETTE “ANNIE” MERFALEN,
ANNIE’S CHAMORRO KITCHEN

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
- For the Brine:
 - 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
 - 2 bay leaves
 - 4 tablespoons good quality honey
 - 2 tablespoons dark brown sugar
 - 1 tablespoon powdered chicken bouillon
 - 1 orange, sliced
 - 2 limes, sliced
 - 1 medium onion, sliced
- 1 gallon ice cubes
- Stuffing:
 - 1 medium onion, sliced
 - 2 apples, cut into wedges
 - 1 whole head of garlic

Directions:

1. Make the brine.

1. Place one gallon of water into a large pot.
2. Add the sea salt to the pot of water.
3. Add the herbs/spices and bay leaves to the pot.
4. Add the honey.
5. Add the brown sugar.
6. Add the chicken seasoning.
7. Give it a stir then bring the mixture to a boil.
8. Pour the brine into a clean bucket (we bought a PBA-free bucket at Lowe’s).
9. Add the sliced limes, orange and onion to the bucket. My daughter was being funny and called this “turkey punch”. ;)
10. Let the brine cool completely before adding the turkey.
11. Remove the giblets and neck from the



cavity of the turkey. Rinse well then add the turkey to the cooled brine. I don’t think there’s a “wrong way” to place the turkey into the bucket, but I like to place it with the legs pointing up so that most of the turkey meat is submerged in the brine. Of course, you could just add more water to the bucket until the bird is completely drowned. ;)

12. Pour in the two gallons of ice cubes — about 2 pitcherfuls.
13. Place the lid on the bucket (if yours doesn’t come with a lid, use aluminum foil to cover it) then place the bucket in the refrigerator. Let the turkey soak in the brine for at least 24 hours.



2. Smoke/Grill the turkey.

1. 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.
2. Stuff the apple, onion and garlic mixture into the cavity of the turkey.
3. Place the turkey in the smoker/grill. Follow the smoking/grilling directions for your smoker. I have 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.
4. 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.

After 8 hours of smoking, turn the heat up to 275 degrees and grill the turkey for one more hour or until the skin turns a nice dark brown color.

If you don’t own a smoker/grill, bake the turkey at 325 degrees using the chart below as a basic guide.

Serve with your favorite side dishes. I recommend Chamorro Red Rice, Chamorro Stuffing and Fina’denne’. Enjoy!

– www.annieschamorrokitchen.com

Bird Basics 101

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.

How to thaw turkey safely

In the refrigerator: Turkeys can be thawed using one of three methods, but the safest, most foolproof, and most recommended is to thaw them in the refrigerator. In addition to being the safest method, this will also result in the best finished product.

Plan ahead and allow about 24 hours for every 4 to 5 pounds of bird weight. Place the turkey, in the original wrapper, on a shallow-rimmed baking sheet or platter in the refrigerator.

• Refrigerator Turkey Thawing Time (40 degrees F)

Turkey Weight	Days to Allow for Thawing Turkey
8 to 12 pounds	2 to 2.5 days
12 to 16 pounds	2.5 to 4 days
16 to 20 pounds	4 to 5 days
20 to 24 pounds	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.

• COLD Water Turkey Thawing Time

Turkey Weight	Hours to Allow for Thawing Turkey
8 to 12 pounds	4 to 6 hours
12 to 16 pounds	6 to 8 hours
16 to 20 pounds	8 to 10 hours
20 to 24 pounds	10 to 12 hours

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 long 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)

Unstuffed Turkey	Time to Cook	Stuffed Turkey	Time to Cook
8 to 12 pounds	2¾ to 3 hours	8 to 12 pounds	3 to 3½ hours
12 to 14 pounds	3 to 3¾ hours	12 to 14 pounds	3½ to 4 hours
14 to 18 pounds	3¾ to 4¼ hours	14 to 18 pounds	4 to 4¼ hours
18 to 20 pounds	4¼ to 4½ hours	18 to 20 pounds	4¼ to 4¾ hours
20 to 24 pounds	4½ to 5 hours	20 to 24 pounds	4¾ to 5¼ hours
24 to 30 pounds	5 to 5¼ hours	24 to 30 pounds	5¼ to 6¼ hours

– Defense Commissary Agency

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 your 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 lock in its juices and flavor.

– StatePoint

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A Taste of Guam

TGI FRIDAYS PRESENTS
THE FLAVOR SHOW

The FLAVOR SHOW TRIO
Only **\$29.95**

SAUCES:
Fridays BBQ
Buffalo
Hot Honey
Nashville Hot
Garlic Parmesan
TGI Sauce

Dirty SODAS
Only **\$7.00**

Celebration SUNDAE
Only **\$10.95**

Let The Flavor Show
tingle your taste buds!

TGI Fridays Guam just turned up the heat with the launch of “The Flavor Show,” a campaign on the island that celebrates enjoying bold flavors with family and friends. At the heart of this limited-time offer is The Flavor Show Trio: a value-packed, craveable and shareable combo featuring tots or onion rings, boneless wings and burger sliders, all served over a bed of crispy fries. It's the perfect setup for unforgettable get-togethers with loved ones and buddies. So, what are you waiting for? Heat up the fall with TGI Fridays’ The Flavor Show!

RESTAURANT INFO