



STARS  AND  STRIPES<sup>®</sup>

# A Taste of Guam

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

**8-page pullout**





# Thanksgiving Dinner!

Fix a feast that inspires gratefulness



## Roasted Turkey...

### the Guam Firehouse Cook Way!!

BY RUEBEN OLIVAS,  
BBQGUAAM

**W**e 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](http://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



**T**urkey 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.

3 hours of smoking



8 hours of smoking



#### 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](http://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



Home cookin'



### Greek tiropitakia: Feta cheese triangles recipe

By Karen Laedlein

**Ingredients**

- 8-12 oz. Feta cheese, crumbled
- 8-12 oz. Cottage cheese, small curd
- 2-3 eggs, beaten
- Fresh parsley, minced
- 1 stick butter, melted
- 1 stick margarine, melted
- Filo sheets (thawed but protected from drying out) (1 section)

**Instructions**

- 1) In a bowl, crumble the cheeses, add eggs, and parsley until the consistency of creamed eggs.

- 2) Melt the butter and margarine.
- 3) Cut the filo in 3" wide long strips.
- 4) Brush the melted butter onto one long strip of the filo, fold in half lengthwise. Butter again.
- 5) Add 1 ½ tsp\* of cheese mix to a corner of the long strip and fold up (flag style) to form a triangle. Repeat.
- 6) Freeze on waxed sheet then store in a Ziplock bag. (Freeze up to 4 weeks)
- 7) Cook at 400° until golden.

\*Don't skimp or there will be leftovers.

### Thai chicken coconut soup (Tom Kha Gai)

By Karen Laedlein

This classic Thai chicken soup gets its rich flavor from quintessential Thai ingredients: coconut milk, lemongrass, ginger, turmeric, lime juice, chili, and cilantro. (30 minutes)

**Ingredients**

- 1 can (14 oz.) coconut milk (low fat works well)
- 2-3 cups water
- 1/4 cup fresh lime juice
- 4-5 Tbsp. oyster sauce
- 1 tsp. ground turmeric
- 1 tsp. chili powder
- 2-3 tsp. ground ginger or 6 quarter-size slices fresh ginger

- 4 stalks fresh lemongrass, halved lengthwise and bruised or zest of one lemon

**SAUTÉ:**

- 1 cup sliced mushrooms or 2 cans sliced mushrooms
- 1 pound boned, skinned chicken breast or thighs, cut into 1-in. chunks or use precooked rotisserie chicken
- 2 cans or packages baby corn sliced or frozen corn

**GARNISH OPTIONS:**

- 1/4 cup fresh basil leaves
- 1/4 cup fresh cilantro
- Diced avocado

**Instructions**

- 1) In a medium saucepan, combine coconut milk, water, turmeric, chili powder, ginger, and lemongrass and bring to boil over high heat.
- 2) Add chicken, mushrooms, lime juice, oyster/fish sauce, Reduce heat and simmer until chicken is firm and opaque, 5 to 10 minutes.
- 3) Discard lemongrass. Garnish servings with basil, cilantro, and/or avocado.



# Recipe military world

Stars and Stripes asked folks from the military for a sample of the many that were sent in from around the world. Here are some of these delicious dishes and serve up some!

### Squash pull-apart dinner rolls

By Karen Laedlein

**Ingredients**

- (Makes 2 dozen)
- 1 ½ cups warm milk
  - 2 ¼ teaspoons dry yeast
  - 2 tablespoons sugar
  - 2 tsp salt
  - 1 egg, lightly beaten
  - ¾ cup puréed squash or canned pumpkin
  - ¼ cup vegetable shortening or butter
  - 4 to 5 cups all-purpose flour
  - 2 tablespoons butter, melted, plus more for pan
  - 2 teaspoons poppy or sesame seeds

**Instructions**

- 1) In a large bowl, combine warm milk with yeast, sugar, and salt. Let stand 5 minutes, then add egg and beat well to combine.
- 2) Add squash and shortening; mash with a fork until shortening is in small pieces. Add 1 ½ cups (3C) flour and mix well with a wooden spoon. Gradually mix in more flour by the cupful until dough collects around spoon and pulls away from sides of bowl (you may not need all the flour).
- 3) Transfer to a lightly floured surface and knead 2 minutes. Put dough in a greased bowl; flip over to grease all side of dough then cover with a tea towel. Let rise in a warm place until doubled in size, 1 to 1 ½ hours.



- 4) Grease a large baking sheet, turn out onto a lightly floured surface, and knead until cohesive and supple, about 7 minutes. (8); cut each ball into 6 pieces.
- 5) Roll each piece into a small ball and place on a greased baking sheet so they barely touch.
- 6) Brush balls with melted butter, then with poppy seeds or sesame seeds. Cover with plastic wrap and let rise 30 minutes. Bake in oven to 375°.
- 7) Bake until golden brown. Let cool, then pull apart to serve.

### Chicken Caesar Salad

By Darlene Coffman

A crispy fresh salad is awesome at any time of the year!

**Ingredients**

- 4 boneless/skinless chicken breasts
  - 1 cup Dale's Liquid Steak Seasoning
  - 1 small sweet onion (~ 1/2 cup finely diced)
  - 3 tablespoons minced garlic
  - 1/2 cup EVOO
  - 1/4 cup water
  - 1 head romaine lettuce
  - 2 cups freshly shredded parmesan cheese
  - 1 cup Caesar croutons
  - Your favorite Caesar dressing
- YOU WILL NEED:** 1 Gallon Ziploc Bag, a large mixing bowl and individual serving bowls.



**Instructions**

- 1) If possible prepare the chicken ahead of time. Season the chicken breasts with a meat tenderizer to facilitate better absorption of the seasoning.



# Recipes from families worldwide

community to submit their favorite recipes. Here's a round the world. So, hop into the kitchen to cook up some family fun.

– Stripes Guam

...s



sheet. Punch dough into 4 balls. Roll out dough until floured work dough is smooth and Cut dough into 4 balls pieces.

shape and arrange on a flat surface. Gently touch.

brush with butter and sprinkle with sesame seeds; cover with plastic wrap. Cook for 10 minutes. Preheat oven to 350 degrees.

in, about 20 minutes. Remove from oven to serve.



## Cheesy Chicken & Potato Casserole

By Marla Bautista

As a mom of three, Army wife, and entrepreneur, I am always on the go. From cheerleading practice to speech therapy and military ceremonies, my family doesn't have much downtime. Preparing a delicious meal that my picky eaters will enjoy is no easy feat. Baking a Cheesy Chicken and Potato Casserole is always a win, win. It's easy to make, and everyone loves it.

### Ingredients

- (Serves 4 people)
- 1lb. Boneless Chicken Breast
  - 4 Potatoes
  - 1 Tsp. Black Pepper
  - 1 Tsp. Salt

Place them in a Ziploc bag with the Dales seasoning, onion, garlic, EVOO & Water. Allow to marinate in the refrigerator overnight or a minimum of 2 hours.

2) Cook the chicken breasts on the grill or stovetop. If cooking on stovetop, add the marinade in the skillet with the chicken. Once cooked, slice into nice cubes for topping the Caesar salad.

3) Tear the romaine lettuce into bite-size pieces into the large mixing bowl. Add the shredded parmesan cheese and croutons. Now it's ready to serve into individual bowls and top with warm chicken. Add favorite Caesar dressing to taste. Enjoy!!

in the day prior to cooking. Smash the chicken with a mallet or tenderizer to break up the marinade.



## Salsa, pico de gallo, and guacamole

By Rosie Ortiz-Torres

Ready to make an easy 3-in-1 Mexican dip? This recipe is great for snacks, BBQ, tortilla chips & dip, tacos, nachos, quesadillas, and so much more!

### Ingredients

- 2 avocados
- 2 limes (juice the limes)
- 4 medium tomatoes
- 1 Cilantro bunch
- 5-6 Garlic cloves or 2 tbsp garlic powder
- 4 Jalapenos
- 1 tbsp salt

### Instructions

**Begin with Pico de Gallo (set aside avocados)**

- 1) Dice the onion, tomatoes, garlic, jalapenos, and cilantro (use some of the stems for added flavor bust). Combine in a container with salt and lime juice. Cover and set aside as flavors marry and create more juices.
- 2) Mash up the 2 avocados in a separate container. Add 1/2 cup of the pico de gallo into the avocado and juices for a smooth texture. Add more salt and garlic powder to taste.
- 3) For the salsa, a blender or puree can be used. Take 2 cups of the pico de gallo, place in blender and pulse until you get a desired consistency for salsa dip.
- 4) Place everything in its own section on a serving platter and enjoy!



- 1Tbsp. Garlic Powder
  - 1/2 Tbsp. Paprika
  - 3 Tbsp. Olive Oil
- \*Green Onions and Shredded Cheese (Optional Garnish)

### Instructions

Preheat oven to 400 degrees. Oil baking pan. Clean or peel potatoes. Cut potatoes and chicken into cubed sized pieces, place in baking dish. In a separate bowl, mix all seasonings and olive oil. Pour mixture over chicken and potatoes. Mix well. Bake uncovered for 55 minutes. Remove from the oven. Cover top of casserole with shredded cheese and green onions. Return to oven for 5 additional minutes. Remove, serve, and enjoy!



## Puerto Rican Sancocho

By Kristy Maldonado

Sancocho is a one-pot stew with chunks of tender beef (meat of your choice or no meat at all) and root vegetables. It is typically served with a side of white rice and a piece of ripe avocado.

**COOK TIME:** 1 hour 40 minutes (includes 20 minutes of prep time)

**SERVINGS:** approximately 8 servings

### Ingredients

#### SEASONINGS:

- 1 teaspoon of salt
- 1 teaspoon of black pepper
- 1/4 cup of chopped cilantro
- 4 ounces of tomato sauce
- 1/2 teaspoon of ground orégano
- 1/2 teaspoon of ground cumin
- 1-2 packets of sazón seasoning for coloring

- 1/3 cup of sofrito (you can buy it or make it at home with a blend of peppers, herbs, onions, garlic, and seasonings)
- 2 tablespoons of olive oil

#### VEGETABLES:

- 1 large cassava (yuca)
- 1 cup of pumpkin (calabaza)
- 2 yams (ñames)
- 2 husks of corn (maiz)
- 2 Taros (yautías)
- 4 medium potatoes (papas)
- 3 large carrots (zanahorias)

#### MEAT:

- You can choose between cubed beef, pork, chicken breasts, sausages, chorizo or any kind of meat that can be cut in small pieces. Use proximately 2-3 pounds of meat.

### Instructions

- 1) Peel all the vegetables and cut them into 1-2 inches chunks.
- 2) Add the seasonings to a large bottom soup pot over medium-high heat. Cook for 2 minutes and stir it.
- 3) Add in vegetables and meat.
- 4) Add water to cover everything in the pot.
- 5) Cover the pot and wait until soup reaches a boil, then lower heat to medium-low and allow to cook for 1 hour, or until vegetables are fork-tender.
- 6) Serve with your favorite side dish. ¡Buen provecho!

For more recipes on Page 6



# Home cookin'



## Homemade Cinnamon Rolls

By Najwa Fieger

### Ingredients

#### DOUGH:

- 2 ½ tsp active yeast
- 1 cup warm milk
- 1 tsp cup sugar
- 1/3 cup of unsalted butter
- 1 tsp salt
- 2 eggs
- 4 cups flour

#### CENTER ROLL:

- 1 cup brown sugar
- 3 tbsp cinnamon powder
- 1/3 cup melted butter

#### ICING:

- 1 cup powdered sugar
- 3 tablespoons heavy cream

- 1 tsp vanilla extract
- 3 oz of cream cheese
- Pinch of salt

### Instructions

- 1) Preheat oven to 350 degrees.
- 2) Mix yeast and sugar into the warm milk. Allow to froth for at least 5 minutes.
- 3) In another bowl, mix together 4 cups of flour, eggs, salt, and butter.
- 4) Slowly stir in the milk mixture until well blended.
- 5) Place the dough in an oiled bowl. Allow an hour to rise.
- 6) For the center, mix the cinnamon powder and brown sugar together.
- 7) Roll out the dough. A good measurement is to stretch it out thin to about 16" long and 12" wide.

- 8) Brush the melted butter on the dough.
- 9) Evenly distribute sugar/cinnamon mixture over the buttered dough.

- 10) Slice into 1 ½ inch pieces onto a pan. Let them rise on the pan for 30 minutes.

- 11) Bake in the oven for 20 minutes.

- 12) To make the icing, combine powdered sugar, heavy cream, vanilla, cream cheese and a pinch of salt.

- 13) Drizzle the icing on the cinnamon rolls once they are done.

Check out the video



## Ms. DD's Sweet Southern Cornbread

By Darlene Coffman



This recipe is one of my family favorites. It goes great with chili and any kind of soup. It's excellent alongside collard greens, beans and rice or by itself with a little milk.

### Ingredients

- 2 boxes Jiffy Corn Muffin Mix
  - 1 cup sugar
  - 2 eggs
  - 1 cup milk
  - 3 tablespoons bacon grease
  - 1 stick butter
- EXTRAS YOU MIGHT LIKE:** Canned creamed

corn, jalapenos, sweet kernel corn.  
**YOU WILL NEED:** 1 - 9 inch cast iron skillet and a large mixing bowl.

### Instructions

- 1) Preheat oven to 400 degrees. Put bacon grease in cast iron skillet and place in oven to heat. In a large mixing bowl, mix together the Corn Muffin Mix, sugar, eggs, and milk. Blend well. Batter will appear slightly watery and lumpy. Add any desired extras here.
- 2) Remove skillet from oven when bacon grease is completely melted and slightly smoking. Place skillet on stovetop. Pour batter mix into skillet. It should sizzle. Place back in oven and bake till knife inserted into the middle comes out clean (approx 20 minutes). It should appear like a cake with golden brown top and caramel brown edges.
- 3) Use the stick of butter to outline the inside edge of the skillet and place a few pats on top. Enjoy!!

Check out the video



## Oreo Blueberry Cheesecake Cupcakes

By Najwa Fieger

Looking for a fantastic dessert? Try out this recipe for Oreo Blueberry Cheesecake Cupcakes! These sweet treats will be a favorite amongst friends and family.

### Ingredients

#### BLUEBERRY SYRUP:

- 1 cup frozen blueberries
- 1/4 cup sugar
- 1/3 cup water
- 1 tsp lemon juice

#### CUPCAKE INGREDIENTS:

- Yellowcake mix
- Vanilla instant pudding
- 3 eggs
- 1 cup water
- 1/4 cup vegetable oil
- Halves of Golden Oreos (one side of cookie per cupcake)
- Crushed Oreos (half of one sleeve with cream removed)
- Cheesecake Icing ingredients
- 1 cup butter softened
- 1 ½ cup cream cheese
- 1 ½ cup powdered sugar
- Color from blueberry syrup

### Instructions

- 1) To make the blueberry syrup: heat sugar, water, and lemon juice on stove until the sugar dissolves.
- 2) Add in frozen blueberries until they

soften (about a minute).

- 3) Strain the blueberries, then bring back to a boil for 3 minutes.
- 4) Allow the blueberry syrup to cool.
- 5) Preheat oven to 365.
- 6) Remove the cream from the Oreos.
- 7) Line cupcake pan.
- 8) Place one side/half of Oreo on the bottom of each cupcake tin.
- 9) For cupcake batter: blend yellowcake mix, instant pudding pack, 3 eggs, cup of water, and vegetable oil on low speed, then high speed for about two minutes.
- 10) Fold in most of the blueberry syrup, saving some for the icing. Makes for pretty lavender icing.
- 11) Bake 20-25 minutes.
- 12) To make the icing, whisk 1 cup of butter + 1 ½ cups of cream cheese until smooth.
- 13) Sift in powdered sugar.
- 14) Add about a tablespoon of blueberry mixture for desired purple color.
- 15) Pipe icing on the cupcakes.
- 16) Remove cream from about half the sleeve of golden Oreos. Crush the Oreos and use for garnish.
- 17) Top with fresh blueberries.

## Mama LuLu's famous garlic bread

By Laurie Kuhl



My children seem to forget every dish that I have made for them except for this recipe. It's one they ask for and it's fun to get them involved in making the garlic bread. It's a recipe that you can adjust to your taste — maybe sprinkle some red pepper for more zing or add some chives. It's easy to prep while you're cooking the rest of dinner and then pop it in the oven after everything else is ready! Enjoy!

### Ingredients

- Loaf of bread - French or Italian is good
- Melted butter - 4 tbsp
- Lawry's Seasoned Salt - 1 ½ tsp
- Mozzarella or Kraft Italian blend shredded cheese - 1 cup
- Shredded Parmesan (Kraft or do your own; don't use the granulated kind) - 1/2 cup or so
- Minced Onion - 1 tbsp

- Oregano - 1 tbsp
- Garlic Salt - 1 tbsp

### Instructions

- 1) Cut bread into slices and arrange on a foil-lined pan.
- 2) Slices can touch, about an inch thick works well.



- 3) Spread melted butter over tops and let soak in.
- 4) Sprinkle lightly with Lawry's Seasoned Salt.
- 5) Top each piece using shredded mozzarella and/or Kraft Italian blend shredded cheese.
- 6) Sprinkle with minced onion.
- 7) Top with shredded parmesan.
- 8) Sprinkle lightly with oregano and garlic salt.
- 9) Bake under broiler, about 2-3 inches away until cheese starts to barely brown on the edges.
- 10) Keep a close eye, it cooks fast!





## Jagerschnitzel

By Susan Todorowski

### Ingredients

#### CUTLETS:

- 1lb boneless pork or veal cutlets
- 2 eggs (beaten)
- 1/2 cup breadcrumbs
- 1/4 cup of flour

#### SKILLET MIXTURE:

- 3 tablespoons of oil
- 10 slices bacon (diced)
- 2/3 cup of onions (chopped)
- 1lb of mushrooms (sliced)
- 2 tablespoon tomato paste
- 1 cup of water
- 1 cup of Burgundy wine
- 2 dashes of thyme
- 1 teaspoons of paprika

- 2 teaspoons of salt
- 1 teaspoon of pepper
- 2 teaspoons of parsley
- 2 tablespoons cornstarch with 1/4 cup milk



### Instructions

- 1) Heat oil in a large skillet over medium-high heat.
- 2) Pound cutlets with a meat tenderizer to flatten them to 1/4 inch thick. Season cutlets with salt and pepper, drench them in beaten eggs and then coat evenly with the bread crumbs that have been combined with the flour.
- 3) Place cutlets into a skillet and fry until golden brown (1-2 minutes on each side).
- 4) Remove the meat from the skillet and drain on paper towels; keep the meat warm in the oven while making the gravy.
- 5) Saute bacon and onions until golden brown; add tomato paste and mushrooms, and saute over low heat until mushrooms are cooked; add wine, water, and seasonings; let simmer for about 5 minutes.
- 6) Stir in the cornstarch/cream mixture; simmer till thickened, pour gravy over Schnitzel before serving.



## Kiffels

By Susan Todorowski

### Ingredients

- 1/2 lb. butter softened
- 2 egg yolks
- 6 oz. cream cheese softened
- 2 cups flour
- 1/4 tsp. baking soda

#### FILLING:

- Apricot or nut filling

### Instructions

- 1) Mix all ingredients together.
- 2) Knead until well combined.
- 3) Shape dough into 2 discs, wrap in waxed paper then plastic wrap and chill overnight.
- 4) Cut a wedge at a time, roll out dough on a counter dusted with flour and powdered sugar.
- 5) Cut into 3" squares with pizza cutter and spoon 1 tsp filling on each one.
- 6) Moisten edges with water and fold closed.
- 7) Crimp edges with floured fork.
- 8) Place on a lightly greased cookie sheet.
- 9) Bake at 350 degrees for 15 to 20 minutes.



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