



STARS  AND  STRIPES<sup>®</sup>

# A Taste of Guam

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

**4-page pullout**

# 'Tis the season to fe

BY TAKAHIRO TAKIGUCHI,  
STRIPES GUAM

**W**hite sands and swimsuits may replace snow and fur coats during the holiday season on Guam, but holiday foods are no less festive here than anywhere else.

Home to a unique blend of culinary cultures, Guamanians ring in Christmas and New Year's with feasts ranging from seaside barbecues to high-end hotel restaurant banquets. But like all great fiestas on island, it all starts at home.

"Guam's holiday food is special because it brings family together," says Geoffrey Perez, executive chef at the popular Chamorro eatery, PROA Restaurant. "The heart of the house here on the island is the kitchen. There will always be someone in this area of the home. Families come together during each holiday or celebration and create the food and drink that they love."

During the holidays, freshly caught fish may be seasoned with different aromatic herbs and spices to infuse them with flavor. They'll be accompanied by salads with local vegetables such as bitter melon, sweet potato leaves, cucumbers, cherry tomatoes or beans - all harvested fresh that very morning by uncles island-wide, Perez says



"Lechon," or roast pig, is a traditional holiday feast dish on Guam.

"And aunties will be working in tandem," he adds, "to get all the 'manha' (coconut) pies, 'roskette' (cornstarch) cookies, 'ahu' (sweet coconut soup) or their famous 'bunelos dagu' (yam donuts) ready and prepped for their feasts."

And what holiday season would be complete without those traditional sweets?

"Bunelos dagu is a special treat during the holiday season," says Josh Tyquiengco, a Guam Visitors Bureau spokesman. "The yams used to make these fried donuts

are usually harvested during the Christmas season."

Just like on the Continental U.S., he adds, expect to see anything pumpkin related featured in eateries ranging from coffee shops to hotel restaurants during the holidays. This includes pumpkin shakes, pumpkin-spice coffee drinks and plenty of pumpkin pie varieties to choose from.

To be sure, there will be a lot of festive sweets adorning holiday tables. But first and foremost, according to barbecuing and fishing aficionado Rueben Olivas, are the meat dishes.

"The standard on all tables is white rice, red rice and homemade flour tortillas made with coconut milk," says Olivas, author of the BBQGuam blog. "Assorted barbecue meats such as chicken, beef and pork as well as fish are always served, along with the island delicacies like 'kadon fanihi' (fruit bat soup) and turtle soup."

Nothing says special holiday feast on Guam, however, like the "lechon," or whole roast pig, which when prepared is the centerpiece of the holiday fiesta table. Once roasted over an open fire on a handmade spit with select

"The heart of here on the is kitchen. Fam together du holiday or c and create th drink that t

## Recipes to ring in Guam's holidays

**R**ueben Olivas, a barbecue and fishing fanatic who authors the blogs BBQGuam, Guam FirehouseCook and FishingGuam, shared these traditional holiday recipes with Stripes Guam. To get that authentic taste of Chamorro tradition, he asked his sister-in-law and others for family recipes handed down over the generations.

"The food (back in the 1950s) was just as great then as it is now, if not better," Olivas said, adding that there are many different recipes for these popular holiday foods. "But one thing is evident, the island residents back then were very resilient and resourceful. Nothing was going to slow them down from celebrating their holidays."

Why not give one or two a try for the holidays.

[www.bbqguam.blogspot.jp](http://www.bbqguam.blogspot.jp)

### Kadon Mannok (chicken soup)

**K**adon Mannok was a traditional table fare back in the day. Most homes has chickens running around in their yards so chicken was often on the table in one form or another.

- 1 whole chicken cut into small pieces
- 1/2 large white or yellow onion, diced
- 4-6 cloves of garlic, minced
- 1 tsp of freshly ground black pepper
- 3 tbsp of oil (in the old days coconut oil)
- 12 cups of water or just enough to cover chicken by 2 inches
- 2 lbs. of fresh white taro cut, peeled and cut into 1 inch chunks
- 1 lb. of pumpkin tips
- 1 lb. of green beans
- 2-3 cups of freshly grated coconut milk or two 15 oz. cans

1. In a soup pot sauté the yellow onion, garlic and black pepper over

medium heat.

2. Once the onions are translucent, add in the chicken. Saute the chicken until slightly brown but no longer than about 5 minutes.

3. Add the water, change heat to high and bring to a boil

4. Once the boiling has commenced, return heat to medium, add the taro and green beans and cook for about 20-30 minutes, covered, until the taro is cooked. Test with fork (doneness similar to potatoes though taro is denser)

5. Add the pumpkin tips and coconut milk, stir and cook covered for another 2 minutes and turn heat off.

- [bbqguam.blogspot.jp](http://bbqguam.blogspot.jp)



Kadon Mannok

### Boñuelos Dago aka (yam donuts)

**B**oñuelos Dago is a holiday staple. Everyone loves to eat them. The most popular type of dago (yam) used for boñuelos is red dago. These donuts were usually dipped in syrup, made by melting sugar, and made for an almost unstoppable bite size treat.

- 8 cups of grated local yam
- 1/2 -1 cup of sugar
- 1 1/2-2 cups of flour
- 2-3 tbsp of baking powder
- Oil, enough to deep fry the donuts. It depends on the pan you use for frying. Any of these amounts can be adjusted to the personal taste of the preparer.

1. Grate the dago very fine. It will turn into a goeey and slightly sticky type.
2. Mix in the flour until you get the consistency you like. If you have never made them before, follow the advice from one who has or just use the 2 cups of flour.
3. Mix in the baking powder and sugar.
4. Heat your oil to about 350 F.
5. Wet your hand with water (helps the dough slip off the hand easier), take a small amount of dough and squeeze a few donuts into the oil.
6. Fry until golden brown, let cool and taste.
7. If they are too goeey inside, you may need to add more flour. If they are not, you add more sugar. But remember you may be dipping them into syrup, so the sugar may be adequate. It's all up to the individual's taste. Once you are satisfied with the taste of the donuts, fry the rest.
8. Allow to cool.

You can enjoy these with syrup or without.

- [bbqguam.blogspot.jp](http://bbqguam.blogspot.jp)



Boñuelos Dago

Gollai Hagon Suni



# Feast at a Guam

local woods, this time-honored tradition can still be seen – and tasted – thanks to more modern methods.

“Back in the 1950s, the roast pig was pretty straight forward for the most part on Guam,” says Olivias. “Nowadays, they are roasted in large ovens and stainless steel outdoor spits turned by electric motors. Some roasting is also still done in the traditional way on occasion.”

**f the house  
land is the  
families come  
ring each  
celebration  
ne food and  
they love.”**

– Geoffrey Perez  
PROA Restaurant

Guam being the tropical paradise that it is, every day is a good day to barbecue. But when it comes to holiday season feasts, it is indispensable.

“Let’s barbeque!” is a phrase heard on Guam that is just as popular as ‘Hafa Adai’,” says Joe Okada, pit master and owner of TUNU barbecue takeout shop. “Each individual group or barbecue specialists and families pride themselves on their secret marinade and their ability to create the best-tasting or champion barbecue. The menu items found at barbecues around the island can be just as exotic as our locale.”

Like TUNU (the Chamorro word for barbecue), many of the island’s hotels and restaurants will also be offering barbecue takeout packages for family holiday fiesta

tables.

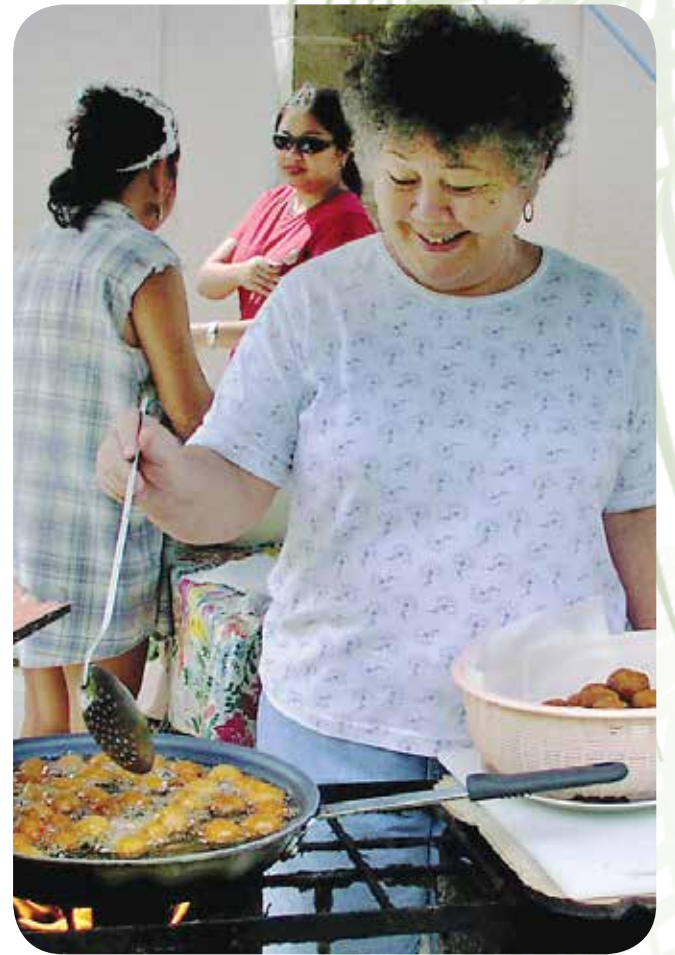
“I usually order barbecue for around \$70 from In & Out BBQ near Guam’s airport two days before Christmas,” says Toshio Akigami, a Guam resident for more than 40 years. “I also recommend the elegant wood-roasted herb ‘porchetta’ (pork roast) at TUNU for \$120.”

Many restaurants, especially those at major high-end hotels, are already nearly – or fully – booked for the holidays – especial on Christmas and New Year’s and their respective eves. So anyone planning to splurge on a nice holiday meal out had better make reservations soon if they haven’t already.

Many of these restaurants had not yet published their holiday menus by press time, but they range from New Year’s Eve soba (Japanese buckwheat) noodles with tempura at Caffé Cino (\$17), to a five-course Christmas seafood buffet dinner at Roy’s Lounge (\$70) to a “night in Paris” five-course bash at Westine Resort Guam’s Prego on New Year’s Eve (\$150). PROA offers four-course Christmas and New Year’s meals (\$55.00) that feature its Proa Patisserie Holiday Pastries. Many of these holiday feasts include free-flowing adult beverages.

So whether you are planning family-style fiesta or dining out in style for the holidays, there’s plenty on island to help you do it with a taste of Guam.

takiguchi.takahiro@stripes.com



A woman fries “Bunelos dagu,” a Chamorro Christmas treat.

ays



“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.

[www.annieschamorrokitchen.com](http://www.annieschamorrokitchen.com)

onuts)

These delicious donuts (donuts) is the made in the old days at.

ing.  
of paste.  
ade this before, seek

ake a handful of the

ot sweet enough for  
up so the sweetness



## Chicken Kaleguen

**K**elaguen and Titiyas ~ both staples on a Chamorro fiesta table. But you don’t have to be invited to a fiesta in order to enjoy these tasty dishes — they are so easy to



Chicken Kaleguen

make that you can have it anytime you get the craving! My two daughters (ages 11 and 15) prepared the dishes pictured in the photos below; if THEY can do it, so can you!

Give my super easy recipes a try. I think you’ll like them! :)

- 1 small rotisserie chicken
- 6 stalks green onions
  - 1 1/2 tablespoons lemon powder plus 3 tablespoons water (or use the juice of 1 large lemon)
  - 2 teaspoons salt (more or less, to taste)
- Hot pepper, optional
- Freshly grated coconut (unsweetened), optional

1. Debone the chicken; shred or cut into small pieces (I used a food processor to roughly chop the chicken).
2. Thinly slice the green onions then add it to the chicken.
3. Add the lemon powder, water, salt and pepper to the bowl of chicken; mix to combine. Taste; adjust seasoning if required.
4. Stir in the grated coconut (optional).
5. Serve with my super easy sweet flour titiyas (see recipe below) and enjoy!

– [www.annieschamorrokitchen.com](http://www.annieschamorrokitchen.com)

## Red Brown Rice

**M**y family is making a concerted effort to develop healthier eating habits. We’re making small changes in the foods we eat as well as how we prepare them. One change we definitely like is that we’ve made the switch from white to brown rice. I admit, it took some getting used to, but we actually like it. Of course, I have to season the brown rice whenever I cook it.

I wanted to see if the classic Chamorro Red Rice would taste good using brown rice instead of the usual white medium or long grain rice we know and love.

The result? Delicious! Granted, you can definitely tell you’re eating brown rice (it’s firmer and a bit nuttier than white), but delicious nonetheless.

Give my recipe a try. I think you’ll like it. :)

- 3 cups brown rice (use your rice cooker cup)
  - 6 1/3 cups water (use your rice cooker cup) (\*See note below)
  - 1 packet achote powder (\*See note below)
  - 1 tablespoon olive oil
  - 1 bunch green onions, sliced
  - 1 tablespoon Dashida seasoning (or salt, to taste)
- You can use achote water made with achote seeds instead of achote powder. Scrub the seeds in the water; strain out the seeds before using.

1. Rinse the rice then place into your rice cooker pot.
2. Add the water.
3. Add the achote powder.
4. Add the olive oil.
5. Add the green onions.
6. Add the Dashida seasoning.
7. Cover the pot then turn it on or place it on “cook.” After about 5 minutes, open up the lid and stir the rice, ensuring the achote powder and Dashida seasoning are dissolved and evenly distributed. Place the cover back on the pot and let it finish cooking. After your rice cooker turns from “cook” to “warm” (or the equivalent for your rice cooker model), be sure to keep the lid closed, letting the rice continue steaming for 10-15 minutes before serving.
8. We love red rice with fried chicken and cucumber salad. Serve with your favorite main dish(es) and enjoy!



Red Brown Rice

– [www.annieschamorrokitchen.com](http://www.annieschamorrokitchen.com)





*"it's finger lickin' good"*

## KFC serving up Holiday Feast for you!

Howdy, folks! I'm Colonel Sanders from KFC and I have some tasty news for you! KFC wants to make your busy holiday season a little easier with KFC's complete Holiday Feast! That's 12 pieces of KFC's original chicken, three large homestyle sides, four biscuits and our delicious chocolate chip cake! Or try our six-piece meal with 2 sides, two biscuits, a mini lemon bundt cake and our NEW Sweet Potato Fries! Let us do the cooking for you this holiday season, folks! Happy holidays from your friends at KFC Guam! It's Finger Lickin' Good!



RESTAURANT INFO

# A Taste of Guam



Open Monday to Friday 11:00 to 22:00 Saturday and Sunday 11:30 to 22:00

Tel: 671-646-7692 email vitalesguam@live.com

Located on the second floor of The Plaza Shopping Center, Tumon



## 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!?

RESTAURANT INFO