A Taste of Guam

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

4-page pullout
**BBQ TIME!**

**BBQ'D BEEF SHORT RIBS - GUAM STYLE**

One of our favorite BBQ eats on Guam are the BBQ'd Beef Short Ribs. These are actually crosscut beef ribs about 1/4 to 1/2 inch thick. They are very tender and meaty. They do not take long to marinate. Here is a photo of the ribs on the BBQ.

*Ingredients*
- 1 cup of Kikkoman Soy Sauce
- 1 cup of Apple Cider Vinegar
- ½ cup stone ground mustard
- 4 tablespoons vegetable oil
- Black pepper to taste
- 1 tsp paprika
- ½ tsp cayenne pepper

*Directions*
1. Mix the ingredients either by hand or in a blender.
2. Pour the marinade over your ribs in a container and coat ribs well. (the amount of marinade depends on the amount of ribs)
3. Place the covered container in the refer for at least 2 hours. If you don’t have a refer, any cooler will do.
4. BBQ or grill as some say, mopping the marinade on the ribs to keep them moist.

Because these ribs are thin, they will not take long to cook. These are juicy and delicious right off the grill. Enjoy and let me know what you thought of them.

– BBQ GUAM

**SMOKED BONE-IN PORK LOIN ROAST**

My good friend Chad Miller from the Barbecue Bible Forum Board turned me on to this great rub. He calls it Bonedust. I wrote a post about it here [http://bbqguam.blogspot.com/2011/06/two-new-dry-rubs-to-try.html](http://bbqguam.blogspot.com/2011/06/two-new-dry-rubs-to-try.html). Well I had to try out this rub out on something, so my victim was a bone-in pork loin roast.

I had a hard time buying a decent piece at the grocery store but I was able to come up with this roast. My victim was a bone-in pork loin roast.

To set up my fire. Here are a couple of photos of the loin all oiled and rubbed down.

**Chicken Thighs with Honey Mustard Garlic Wine Sauce**

[Serves: 5-8]

**Ingredients**
- 1 pkg (10 pieces thighs with skin and bone)
- Salt
- Black pepper
- 4 cloves garlic, chopped
- ½ tsp dried thyme
- 1 tsp dried rosemary
- ¾ tsp paprika
- ½ tsp cayenne pepper

**Instructions**
1. Mix all the sauce ingredients together then set aside.
2. Heat 4 Tbsp oil in a large skillet over medium high heat. (Note: don’t over crowd the chicken; use two pans if needed.) Cook the chicken skin side down for 12 minutes (do not turn it while cooking; you want the skin to brown and crisp). Season the other side of the chicken thighs with salt and black pepper.
3. After 12 mins, flip the chicken over (they may all fit in one pan now). Cook for 2 mins over medium high heat then pour in the sauce.
4. Turn heat down to medium. Simmer for 10 minutes or until the sauce has reduced, the alcohol has cooked out, and the thighs are done.
5. Spoon sauce all over the chicken. Serve with rice or potatoes, and/or steamed vegetables.

– Annie’s Chamorro Kitchen

**BBQ GUAM [http://bbqguam.blogspot.com]**

**Check on the fire to see if it needed more charcoal, wood chunks and chips (apple wood). I would also spray the loin down with apple juice at the same time.**

After 8 hours I came up with this. And of course we ate this.


My wife thoroughly enjoyed this meal. She was making noises that I wouldn’t know how to describe here. She told me that she had never eaten a pork loin like this before. I must admit the Bonedust rub was awesome, the meat was super tender, but not falling apart, juicy and the outside (bark) crusty. The brining really helps maintain the moisture. I will definitely be doing this again.

– BBQ GUAM

**Annie’s Chamorro Kitchen** [http://www.annieschamorrokitchen.com]**

**CHICKEN THIGHS WITH HONEY MUSTARD GARLIC WINE SAUCE**

**Directions**
1. Mix the ingredients either by hand or in a blender.
2. Pour the marinade over your ribs in a container and coat ribs well. (the amount of marinade depends on the amount of ribs)
3. Place the covered container in the refer for at least 2 hours. If you don’t have a refer, any cooler will do.
4. BBQ or grill as some say, mopping the marinade on the ribs to keep them moist.

Because these ribs are thin, they will not take long to cook. These are juicy and delicious right off the grill. Enjoy and let me know what you thought of them.

– BBQ GUAM

I eventually smothered this with my Salsa Ranchero salsa [http://bbqguam.blogspot.com/2011/06/salsa-ranchero-the-perfect-compliment-to.html](http://bbqguam.blogspot.com/2011/06/salsa-ranchero-the-perfect-compliment-to.html). My wife thoroughly enjoyed this meal. She was making noises that I wouldn’t know how to describe here. She told me that she had never eaten a pork loin like this before. I must admit the Bonedust rub was awesome, the meat was super tender, but not falling apart, juicy and the outside (bark) crusty. The brining really helps maintain the moisture. I will definitely be doing this again.

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Authentic tastes

“Ishii is a renowned Japanese brewer who had developed his own ale at a microbrewery in Japan. Although his brewery was very successful, he was determined to become independent and moved to Guam nine years ago after producing various collaborations with breweries in the U.K., Czech and Norway.

“There were no microbreweries on Guam when I moved out here,” Ishii said, adding that San Miguel Beer closed its Guam brewery 39 years ago. “I feel it gave me the chance to be a pioneer in micro brewing on this island.”

The first thing he did, was name his brand of beer Minagof, a Chamorro word meaning “happiness, pleasure and cheer.”

More than 99 percent of beer on the island is lager, produced by major breweries overseas. “So, I was determined to brew only ale with selected barley and wheat malts, hops and yeasts,” Ishii said.

Ishii brews several flavored craft beers, including American-style Pale Ale, American-style India Pale Ale, American-style Pale Wheat Ale, Oatmeal Stout, Smoked Porter and Green Tea India Pale Ale.

Mermaid Tavern and Grille near Chamorro Village is also known for its tasty craft beers. The brewpub is currently offering Oatmeal Stout, Vanilla Porter, India Pale Ale, Cascadian IPA, Sirena Pale Ale, Irish Red Ale and Classic American Pale Ale.

“Mermaid’s Tavern and Grille is a great place to go,” said Josh Tyquist, co-information officer of Guam Visitors Bureau. “They have a beer sampler that allows people to try their homemade brews. Their food is also very good.”

Brewers paradise

Ishii considers Guam a great place for micro brewing.

“Water on Guam contains a lot of minerals, such as calcium and magnesium, that are suitable for brewing ales,” Ishii said. “Neither consumption nor liquor tax are posed on spirits, and thousands of U.S. service members are located here and many of them are craft beer fans. These are all great assets in terms of brewing craft beer.”

The most notable asset, however, is Guam’s tropical climate, according to Ishii.

“Guam is always hot and that is the best environment for drinking beer,” Ishii said. “Some Locals drink beer seven days a week throughout the year.”

Ishii said that in Japan, he felt that a century of brewing had conditioned the market for beer. “I feel it gave me the chance to be a pioneer in microbrewing on this island.”

The warm climate doesn’t necessarily assist in the brewing, but it sure helps work up the craving to drink a nice cold beer,” says India Sekiguchi of The Island King Imports, a distributor which imports beer and alcohol to Guam.

According to Ishii, one of the reasons craft beers are popular is because they can be paired with various foods depending on the type of flavors, just like wine. Craft beer varies according to its raw ingredients and ways of fermentation, and each beer has a unique aroma, flavor and taste.

“So, certain craft beers can be paired with certain courses, such as hors d’oeuvre, main dish, desert, meat or fish,” Ishii said.

Distilled spirits

It’s not all about beer on the island, and Guam’s Own Distillery ensures the taste of Guam is bottled up in every case of its alcohol.

“The process from raw alcohol to distillation to bottling is done by hand here on Guam,” says Valentino Perez, co-owner of Guam’s Own, which opened in 2009. “Our Chamorro heritage and history of distilling, as well as our dedication to only use the premium alcohol, makes us special.”

In fact, both of Perez and his business partner have a family history of distilling, going back decades. “The business seemed a natural progression of that family history,” he said.

Perez says it’s been a lot of trial and error in perfecting the distillation process, especially in fermenting carbohydrates and sugar to create a mash. If the distillation using the mash isn’t right, you could end up with a product that’s rough going down, he said.

“The most important item is the expertise of the distiller,” Perez said. “We only bottle premium alcohol. Being able to know how to pull out the premium alcohol and leave the lower quality alcohol behind is difficult. Perfecting that art is time-consuming and expensive. For our product, it is still an artisan’s trade.”

According to Perez, whose distillery produces vodka, mango vodka, whiskey, rum and a local moonshine that dates back to colonial Spanish times on Guam, he started very small and has not changed.

“We have contemplated adding lines but our market is a niche market,” he said. “It is very hard to be competitive with off-island brands.”

BY TAKAHIRO TAKIGUCHI, STRIPES GUAM

“Locals drink light lager beer, such as Budweiser or Miller as a substitute for water,” said Toshiyuki Ishii, owner of Ishii Brewing Company. “Corona, Heineken, Kirin, Asahi and other popular imported lager beers are virtually unavailable anywhere in this island.”

But Ishii’s microbrewery, as well as the Mermaid Tavern & Grille brewpub, offer locals and tourists a chance to enjoy authentic tastes of craft beer.

“These local beers complement our tropical weather on Guam,” says Matthew Sgro, of the Guam Economic Development Authority. “While the malt and darker beers are more adequate for cooler weather, these beers provide a refreshing taste that can be enjoyed for cooler weather, these beers provide an indispensable taste of Guam.”

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Hey there, folks! It’s me, KFC’s Extra Crispy Colonel! Now don’t get me wrong, I love our one-of-a-kind Original Recipe. But in this sizzling summer heat, I’m feeling a little Extra Crispy. My KFC Extra Crispy Chicken is freshly double breaded and fried to a luxurious mouth-watering bronze. You see, Extra Crispy KFC Chicken isn’t just a product. It’s a way of life. Pick up your KFC Extra Crispy Meal today and crunch into our delicious chicken. K-F-C, Extra Finger Lickin’ Good!

Hot and Spicy Pizza a big slice of heaven

It’s an excellent time to be both a pizza lover and a spicy food lover! Spice it up with Sbarro’s brand new Hot and Spicy Pizza! It starts with Sbarro’s signature tomato sauce and whole milk mozzarella cheese layered with pepperoni. And then spice it up with crushed red pepper, jalapeno peppers and banana peppers! Sbarro’s new Hot and Spicy Pizza is available through local delivery apps Good 2 Go, GrabNGrab and UnoGo. You can also pick it up at Sbarro’s in the Micronesia Mall and GPO. What are you waiting for?