

# TASTE THE WORLD!

You Tube | PAY-LESS SUPERMARKETS



# ALL ABOARD!



around the world as we celebrate our 65th anniversary! We invite you to join us for a summer-long "Passport to Flavor" tour, where all Pay-Less Supermarkets are uniquely themed to a country and its cuisine. Explore the flavors of Italy, Brazil, Philippines, Thailand, China, Australia, Mexico and Japan!

Be bold and make your way around the island to *chagi* a different flavor every weekend. We've also selected a few classic recipes from our featured destinations – some familiar, some ... adventurous!

We have some exciting giveaways in store, including a grand prize trip for 2 to Asia on United Airlines, including accommodations. See next page for details. We hope you enjoy something new this summer at Pay-Less-your *Passport to Flavor!* 



Subscribe to our YouTube channel for special Passport to Flavor features!

YouTube /PaylessSupermarkets



The Passport to Flavor Giveaway is our opportunity to thank you for 65 years of support. How to enter: with every \$65 purchase or more, receive 1 entry form per transaction for a chance to win one of these great prizes.\*

### GRAND PRIZE>>

# WIN A TRIP FOR 2 TO ANY ASIAN DESTINATION!

Choose your end-of-summer destination, which includes roundtrip airfare to anywhere in Asia\* and accommodations for 2 courtesy of United Airlines! Asia features a blend of modern and traditional landscapes, trendy restaurants, shopping, nightlife and more!

Last day to enter is July 31, 2015.

### & WINNERS>>

### WIN A \$650 SHOPPING SPREE!

Your entry form also gets you a chance to win one of eight \$650 shopping sprees. Shop at your favorite Pay-Less Supermarket where every store will be selecting one winner!
Last day to enter is July 3, 2015.

### 56 WINNERS>>

### WIN A \$65 GIFT CERTIFICATE

There's more chances to win. We are giving away one \$65 Pay-Less Gift Certificate per store per week!
Last day to enter is July 31, 2015.

### Win a 65th Anniversary Prize package on Facebook.

Like our page for helpful tips and other Passport to Flavor offerings, and be on the lookout for our weekly contests. Package includes a \$25 Gift Certificate, 65th themed reusable bag, t-shirt and umbrella!



**Pay-Less Supermarkets** 

\*Terms and conditions apply . See instore poster for details.

### SI YU'US MA'ASE' GUAM!



Since 1950, Pay-Less Markets Inc. has grown from a single grocery store to a locally owned supermarket chain with 8 convenient store locations throughout our island. Pay-Less values the family we have gained with our customers and employees. We care about the quality of life on Guam, the importance of preserving our culture and sustaining our environment. We encourage our 680+ employees to make a difference in our community, just as we do in giving back through volunteer activities. For 65 years we have provided value in the products we sell by supporting local farmers and suppliers.

We believe that sustainability is an important factor in our continued growth. We reinvest in our stores by upgrading the equipment, fixtures and systems. Our employees are our most valuable assets who we train on a regular basis. We provide a variety of good quality products to appeal to our wide customer base. We thank you, our customers, for your patronage and friendship through the years. We thank you for giving us a reason to do all we can to service our beautiful island community.

Our employees and customers have become our family and friends, and we are proud and honored to be your grocery store of choice.

BIBA PAY-LESS MARKETS CUSTOMER – CELEBRATING 65 YEARS!

From left to right: Michael Benito, General Manager; Paul M. Calvo, President and CEO; Kathy Sgro, Executive Vice President and Chairwoman of the Board; Eloy Lizama, Pay-Less Controller.

# Oka Pay-Less presents A TASTE OF

- Greg Calvo, Oka Manager 17 years with Pay-Less



### BALSAMIC **BRUSCHETTA**

### INGREDIENTS

- 8 roma (plum) tomatoes, diced
- 1/3 cup chopped fresh basil
- 1/4 cup shredded Parmesan cheese
- 2 cloves garlic, minced
- 1 tbsp. balsamic vinegar
- 1 tsp. olive oil
- 1/4 tsp. kosher salt
- 1/4 tsp. freshly ground black pepper
- 1 loaf French bread, toasted and sliced

### DIRECTIONS

In a bowl, toss together the tomatoes, basil, Parmesan cheese, and garlic. Mix in the balsamic vinegar, olive oil, kosher salt, and pepper. Serve on toasted bread slices.



### **FOUR CHEESE PASTA**

### INGREDIENTS

- 3 tbsp. olive oil
- 16 oz. Italian sausage, casing removed
- 2 cups grated cheese mix Parmesan, mozzarella, gorgonzola and Swiss cheese (to taste)
- 1 cup milk
- 16 oz. dry penne or rigatoni pasta
- 1/4 cup parsley, chopped
- Salt and pepper
- 3 cloves garlic, minced
- 3 cups baby spinach
- 1/2 cup grated Parmesan cheese

### DIRECTIONS

Heat olive oil in a large skillet, over medium-high heat. Add sausage and cook until browned, breaking up the meat into bite-size pieces. Transfer to bowl.

Add the garlic to the same skillet, and sauté over medium heat for about 2 minutes. Stir in the spinach and cook until wilted.

Cook the pasta until al dente in salted, boiling water. Drain, and add the cooked pasta to the sausage mixture. Stir in cheese, milk and parsley. Toss to coat. Season with salt and pepper to taste. Dust with Parmesan cheese.

Flavor tip: Cook pasta al dente according to package directions. Drain, but reserve some water. Add sautéed garlic, 1 tbsp. red pepper flakes and olive oil, a bit of pasta water and a pat of butter.



- 1 tsp. vanilla extract
- 6 tbsp. sugar
- 1 envelope gelatin
- topping or make mango purée:

### Mango Purée:

- 1 large ripe mango, or 2-3 smaller ones
- 2 tbsp. sugar

### DIRECTIONS

In a saucepan, gently heat the cream, milk, vanilla and sugar until well dissolved. Do not boil.

In a bowl, sprinkle the gelatin over the cold water. Allow to bloom for 5 minutes. Add a bit of the hot cream mixture to the gelatin and stir to melt completely. Stir in the remaining of the cream mixture and blend well. Pour into 12 small ramekins or other dessert cups to your liking. Refrigerate for at least 3 hours.

For mango purée: Peel, pit and cut the mango into pieces. In a food processor, purée the mango with the sugar until it is smooth. Set aside.

Once the panna cotta is set, remove from the refrigerator. Top with mango purée or diced mango, and if desired, whipped cream and mint.

### MANGO PANNA COTTA

### INGREDIENTS

- 1-1/2 cups 15% cooking cream
- 1 cup milk

- 3 tbsp. cold water
- 1 large ripe mango, or 2-3 smaller ones, diced for





### INGREDIENTS

- 1/2 cup grated Parmesan cheese
  1/2 cup extra virgin olive oil
  1/3 cup pine nuts
  3 garlic cloves

### DIRECTIONS

Place basil leaves and pine nuts into the bowl of a food processor and pulse until blended. Occasionally stop to scrape down the sides of the food processor, and pulse. Add the garlic and Parmesan and pulse.

Slowly drizzle in olive oil while the food processor is running. Add salt and freshly

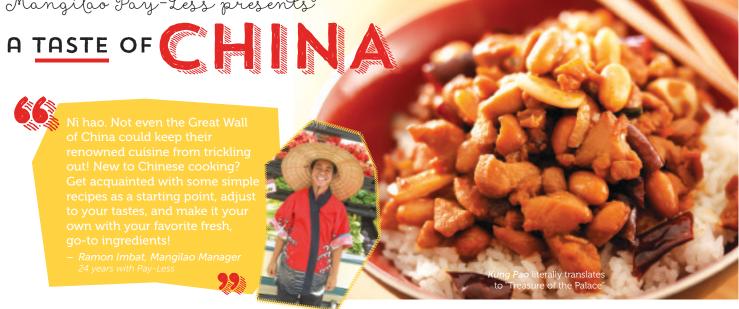


Use this versatile condiment to kick up your pasta,



# Mangilao Pay-Less presents







### CHINESE WONTON

### INGREDIENTS

- 1 lb. ground beef
- 4 large cabbage leaves
- 3 stalks green onions
- 7 shiitake mushrooms, minced
- 1/2 cup bamboo shoots
- 1/4 cup ginger root, minced
- 3 tbsp. sov sauce
- 2 tbsp. sesame oil
- 2 tbsp. corn starch
- 40 wonton wraps

### DIRECTIONS

Combine all ingredients in a large bowl and mix thoroughly. Cover and refrigerate until ready to use.

Place a piece of the wonton wrapper on your palm. Add 1/2 tbsp. of the filling in the middle of the wrapper. Dip your index finger into some egg yolk and trace the outer edges of the wonton wrapper. Fold the edges of the wrapper up and pinch the wonton tight so it is seals and there is no opening at the top. Be sure your wontons are securely enclosed before cooking.

Heat up some cooking oil in a wok or frying pan and deep fry wontons until golden brown. Serve hot with sweet chili sauce.

### KUNG PAO CHICKEN

### INGREDIENTS

- 1 lb. boneless skinless chicken breast, cut into bite-sized pieces
- 1 tbsp. cornstarch
- 2 tsp. light sesame oil or vegetable oil
- 3 tbsp. green onions, chopped
- 2 garlic cloves, minced
- 1/4 to 1-1/2 tsp. crushed red pepper flakes, to taste
- 1/2 tsp. powdered ginger, or fresh grated
- 2 tbsp. rice wine vinegar
- 2 tbsp. soy sauce
- 2 tsp. sugar
- 1/3 cup dry roasted peanuts
- 4 cups cooked rice

### DIRECTIONS

Combine chicken and cornstarch in small bowl and toss to coat. Heat oil in large non-stick skillet or wok on medium heat, then add chicken. Stir-fry for five to seven minutes or until no longer pink in center. Remove from heat, then add onions, garlic, red pepper and ginger to skillet. Stir-fry for 15 seconds before removing from heat.

Combine vinegar, soy sauce, and sugar in small bowl and stir well and add to skillet. Add chicken to skillet and stir until chicken is well coated. Stir in nuts. Heat thoroughly, stirring occasionally. Serve over hot rice.

### INGREDIENTS

- 1 cup sugar
- 3 cups of water
- 3-5 drops vanilla extract
- 9 eggs
- 8 oz. evaporated milk
- Pie crust dough

### DIRECTIONS

Preheat oven to 450°F.

Pie crust: Make 5" balls then press into tart mold, starting from center then pushing up until it goes higher than the sides.

Filling: Mix sugar, butter, and flour together thoroughly. Add egg and vanilla extract and mix well. Make balls of 5 in diameter then press into tart mold, starting from center then pushing up until it goes higher than the sides.

Boil sugar and water until sugar is melted. Set aside and cool down to room temperature. Mix in eggs, vanilla extract and evaporated milk. Filter the mixture through the strainer. Pour into the tart crust. Preheat oven at 450°F, then bake for 15-20 minutes until golden brown and the filling raises up a little bit.

### **ALMOND JELLY**

### INGREDIENTS

- 1 (7g) packet agar agar
- 3 cups water
- 1 cup evaporated milk
- 1/2 cup sugar
- 2 tsp. almond extract
- 1 can lychee or fruit cocktail, chilled (optional)

### DIRECTIONS

In a medium saucepan, combine the agar agar, water, evaporated milk and sugar. Bring to a boil over medium heat, stirring constantly until agar agar is fully dissolved.

Remove from the heat and let cool for 5 minutes. Add the almond extract and stir to mix. When the liquid is completely cooled, pour into a jelly mold and chill until set. Cut into cubes.

Combine jelly and lychee or fruit cocktail, including some syrup. Serve cold and with ice cubes if desired.

### TRY...

Steamed Wontons: Place cabbage leaves in steamer and wontons on top. Steam for 30 minutes or until filling is cooked through.

Wonton Soup: Simmer 6 cups of chicken broth, 1 tbsp. sesame oil and 1 tbsp. of soy sauce. Drop in uncooked wontons and cook for about 5 minutes. Stir in 1/4 cup chopped green onions and serve immediately.





Sumary Pay-Less presents

# A TASTE OF STORMER STO



Probably the most unfamiliar





### INGREDIENTS

- 2 cups self-raising flour
- 1/2 tsp. sea salt
- 3 tbsp. butter, chilled, chopped
- 3/4 cup milk
- Extra milk, for brushing
- Extra plain flour, for dusting
- · Softened butter, to serve

### DIRECTIONS

Preheat oven to 400°F.

Lightly grease a baking tray. Sift flour and salt into a large bowl. Add butter. Using fingertips, rub butter into flour mixture until mixture resembles fine crumbs. Season with pepper. Make a well in centre of flour mixture. Add milk. Stir to form a soft, sticky dough. Turn dough out onto a lightly floured surface. Knead lightly for 1 minute or until just smooth. Shape dough into 6 balls. Place on prepared tray. Cut shallow slits across the top of each ball. Brush with a little extra milk. Dust with a little extra flour.

Bake for 15 minutes or until rolls sound hollow when tapped on top. Serve warm or at room temperature with butter.

### **AUSTRALIAN MEAT PIE**

### INGREDIENTS

- 3 lb. beef chuck, diced 1/2" cubes
- 1/2 cup flour
- 3 tbsp. vegetable oil
- 2 cloves garlic, chopped
- 1 onion, diced
- 1 tbsp. ground cilantro
- 1 tbsp. celery seed
- 1/4 cup Worcestershire sauce
- 1/4 cup soy sauce
- 4 cup beef or chicken stock
- 4 sheets puff pastry
- 1 beaten egg, to glaze crust
- · Black pepper

### DIRECTIONS

Coat beef in flour and sear in oil in a hot pan. Add the garlic and onion and saute for 4 more minutes. Add the spices, Worcestershire and soy sauce and cook until the liquid is almost dissolved. Add the stock and cook until the meat is coated in thick gravy. Transfer to a container and cool.

Roll 2 sheets of puff pastry to 1/2" thickness. Line 8" tart molds with the rolled pastry. Line the pastry with tin foil and prebake for about 8 minutes. Let cool.

Roll out the remaining pastry sheets and cut lids for the pies. Fill baked shells with the meat mixture and cover with the cut pastry lids. Attach lids with egg wash. Brush the tops with the remaining egg wash and sprinkle with black pepper.

Bake for 8 minutes or until golden brown.



- 1 can Ox & Palm Corned Beef
- 1 onion, chopped
- 4 cloves garlic, chopped
- 2 tbsp. flour for the corned beef mixture
- 1 large egg, lightly beaten
- 1 cup flour for dredging the patties
- 1 cup bread crumbs
- 1 cup cooking oil

### Pineapple sauce:

- 1/2 cup brown sugar
- 1 cup unsweetened pineapple juice
- 1 cup crushed pineapples (do not drain)

### DIRECTIONS

In a mixing bowl, combine corned beef with chopped onion, garlic, 2 tbsp. flour and beaten egg. Shape into patties. Coat each patty lightly with flour. Cover patties with bread crumbs.



Hailing from the land down under is a notable selection of wines. Australia is the world's 4th largest exporter, not too shabby for a country that has no native grapes. Most uniquely Australian is the Shiraz. Make sure to pick up a bottle of Yellow Tail, Banrock, or Alice White and find out what all the fuss is about!

OX & PALA

CORNED

BEEF

In a frying pan, heat the cooking oil to medium. Fry the patties until golden brown on both sides. Remove the patties from the heat and drain on paper towels.

Combine the sugar, pineapple juice and crushed pineapples in a saucepan. Bring to a boil. Lower heat to a simmer and let simmer until the sauce becomes syrupy, stirring occasionally. Serve with the corned beef patties.

### LAMINGTONS

### INGREDIENTS

- 8 tbsp. butter (1 stick), softened • 1 cup sugar
- 1/2 tsp. vanilla extract
- 3 eggs • 1-3/4 cups self-rising flour, sifted
- 1/2 cup milk

### • 2 cups desiccated coconut

- Icing: • 3-1/2 cups icing sugar mixture
- 1/4 cup cocoa powder
- 1 tbsp. butter, softened
- 1/2 cup boiling water

### DIRECTIONS

Preheat oven 350°F. Grease about 1" deep, 8"x 12" baking pan. Line with baking paper, leaving a 1" overhang on all sides. Using an electric mixer, beat butter, sugar and vanilla until light and fluffy. Add eggs, 1 at a time, beating well after each addition (mixture may curdle).

Sift half the flour over butter mixture. Stir to combine. Add half the milk. Stir to combine. Repeat with remaining flour and milk. Spoon into prepared pan. Smooth top. Bake for 30 minutes or until a skewer inserted in centre comes out clean. Stand in pan for 10 minutes. Turn out onto a wire rack. Cover with a clean tea towel. Set aside overnight.

Icing: Sift icing sugar and cocoa into a bowl. Add butter and boiling water. Stir until smooth.

Cut cake into 15 pieces. Place coconut in a dish. Using a fork, dip 1 piece of cake in icing. Shake off excess. Toss in coconut. Place on a wire rack over a baking tray. Repeat with remaining cake, icing and coconut. Stand for 2 hours or until set.





Micromall Pay-Less presents

# A TASTE OF

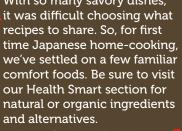
With so many savory dishes, it was difficult choosing what recipes to share. So, for first our Health Smart section for and alternatives.

- Bernie Onedera, Mall Manager 33 years with Pay-Less

soy sauce, mirin and

sake are used in many

Japanese dishes.



### **TEMPURA**

### INGREDIENTS

Batter:

- 2 eaas
- 1-1/2 cups iced water
- 2 cups sifted flour

### Dipping Sauce:

- 1-3/4 cups dashi stock
- 1/3 cup soy sauce
- 1/3 cup mirin

Seafood & Vegetables - your choice

- Medium prawns, cleaned and deveined
- Snapper fillets or other white meat fish, if desired
- Eggplant, shiitake mushrooms, peppers, squash, carrots - or just about any vegetable you like.

### DIRECTIONS

Prepare seafood and vegetables. Clean seafood. Cut eggplant and squash lengthwise, and any others into dipping size pieces. Pat everything dry. You can tempura just about anything.

Batter: Break eggs into chilled bowl and add iced water. Add sifted flour. Loosely fold batter with chopsticks – make sure batter is lumpy. Dipping sauce: bring all to a boil and cool slightly.

Heat oil to 330-350°F. Start by cooking vegetables: coat vegetables in tempura batter and slide into the oil. Deep fry until golden, turning once or twice for even cooking. Continue with all the vegetables, then seafood. Drain excess oil on paper towels. Serve with dipping sauce. Other condiments include grated radish, sansho powder,





### **PORK CUTLET**

### INGREDIENTS

- 1 lb. pork tenderloin, sliced 1/2" thick
- 2 eggs, beaten
- 1/2 cup Panko (bread crumbs)
- 1/2 cup flour, to start
- Vegetable oil for deep frying
- · Salt and Pepper

Suggested condiments: Tonkatsu or curry sauce Pickled rakkyo Ground, toasted sesame seeds



### **DIRECTIONS**

Flatten out pork slices. Make slits along the fat to prevent shrinkage while cooking. Season with salt and pepper.

In 3 separate shallow containers, prepare flour, beaten eggs and bread crumbs. In that order, dust pork with flour on both sides and shake off. Next, dip into egg wash. Lastly, coat with bread crumbs on both sides and press into the pork.

Heat oil for deep frying to about 340°F. Deep fry until pork is cooked through. Turn over 2 or 3 times for even cooking. Breading should be golden brown. Drain grease on paper towels.

Slice and serve with rice and condiments, or with a side of curry sauce.

### SUKIYAKI

### INGREDIENTS:

- Vegetable oil for sautéing
- 1 lb. thinly sliced beef tenderloin or sirloin
- 4 leeks or onions cut into 2" pieces
- 1 onion cut into wedges
- 10 oz. Chinese cabbage, bite-sized pieces
- 4 oz. spinach leaves
- 2 or more shiitake or enoki mushrooms
- Shirataki bean noodles
- 1 package guartered soft tofu, or grilled regular tofu
- · Optional green onions, celery, bamboo shoots, carrots

### Cooking Broth:

- 1-1/2 cups water
- 1/2 cup dark soy sauce
- 1/4 cup sake
- 1/4 cup mirin
- 1/4 cup sugar (or less)



Go pro and dip very hot Sukiyaki in a raw scrambled egg wash

### **DIRECTIONS**

Prepare all ingredients on a large platter attractively.

Heat a skillet to 400°F or moderate heat. Grease with vegetable oil. You can cook half or a little at a time. Add a few slices of beef to start, then push to one side of the skillet. Add other ingredients separately and add at least 1/3 of the cooking broth, to taste. When cooked, serve immediately with rice.



Don't stop at tofu and

seaweed. Here's the basic

recipe, and some other

### TRY THESE COMBOS OR MAKE YOUR OWN ... TOP WITH GREEN ONION

- · Softened wakame seaweed and soft tofu
- Medium sized clams

BASIC MISO SOUP

• 1 tbsp. shiro miso

• 2/3 cup dashi stock

miso with some of the dashi stock to make a

paste, and mix into to

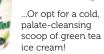
the stock. Turn off the

heat. Do not boil miso.

- Fish cake (kamaboko)
- Blanched spinach and boiled potato
- Flaked salmon, mackarel, snapper
- Mushrooms



For a big finish, enjoy a sweet mochi dessert made with traditional flavors like sesame, green tea and red bean.





## Yigo Pay-Less presents





Bem-vindos! Although foreign to most of us, the ingredients are surprisingly familar, processes simple and the dishes... just delicious! If you try nothing else, don't skip the feijoada, a big hearty meat and bean stew, perfect for a chill day indoors.

Pepita Contreras, Yigo Manager . 14 years with Pay-Less



### INGREDIENTS

- 3 cups tapioca starch
- 3 eggs
- 1 cup milk
- 3/4 cup vegetable oil
- 1 tsp. salt
- 3/4 cup mozzarella cheese, shredded
- 1/4 cup Parmesan cheese, shredded
- Grated Parmesan cheese, for sprinkling

### DIRECTIONS

Preheat oven to 375°F.

In a large mixing bowl, combine tapioca starch, eggs, milk, vegetable oil and salt and blend until mixture is smooth. Gently fold in mozzarella and Parmesan cheese.

Form into balls approximately 2" in diameter and place on a greased baking sheet. Sprinkle with Parmesan cheese on top.

Bake for 15-20 mins, or until top turns golden brown.



### **FEIJOADA**

### INGREDIENTS

- 1 tbsp. canola oil
- 1/4 lb. chorizo sausage, chopped
- 1/3 pound cooked ham, chopped
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 sweet potatoes, peeled and diced
- 1 large red bell pepper, diced
- 2 (14.5 oz) cans diced tomatoes with juice
- 1 small hot green chile pepper, diced
- 1-1/2 cups water
- 1 (16 oz.) can black beans, rinsed and drained
- 1 mango, seeded and diced
- 1/4 cup chopped fresh cilantro
- 1/4 tsp. salt

Heat the oil in a large pot over medium heat, and cook the chorizo and ham 2 to 3 minutes.

VITH ORANGE

GREENS

Place the onion in the pot, and cook until tender. Stir in garlic, and cook until tender, then mix in the sweet potatoes, bell pepper, tomatoes with juice, chile pepper, and water.

Bring to a boil, reduce heat to low, cover, and simmer 15 minutes, until sweet potatoes

Stir the beans into the pot, and cook uncovered until heated through. Mix in the mango and cilantro, and season with salt.



### CHOCOLATE TRUFFLES "BRIGADEIRO"

### INGREDIENTS

- 3 tbsp. unsalted butter
- 14 oz. sweetened condensed milk
- 4 tbsp. cocoa powder
- 1 tsp. vanilla extract

### **TOPPINGS**

- 1.7 oz. toasted chopped pistachios
- 1.7 oz. flaked almonds
- 1.7 oz. dehydrated coconut

### DIRECTIONS

In a medium heavy-based saucepan, heat the butter, condensed milk, a pinch of salt and the cocoa, to boiling, stirring constantly. Reduce the heat to mediumlow; cook for 10-15 minutes, stirring constantly, until the mixture is thick and shiny and starts to pull away from the bottom. Stir in the vanilla and vigorously mix again.

Pour the mixture onto a buttered plate. Chill for at least 2 hours.

Butter your hands and pinch off some of the dough to make 1" balls. Place your toppings into small bowls and roll the balls of one of the decorations.

Place in mini paper baking cups or on a tray lined with non-stick baking paper.



The açaí berry is a reddish-purple fruit from South America. The açaí fruit pulp is rich boosts energy levels. Whether you believe addition to any diet.



Travel Through 65 Years of



Proud to support local farmers since 1950. GROWN

J&G Thrift Market changes name

to J&G Pay-Less Supermarkets. Agana closes its doors and a new market opens in Maite.

1960

Sinajaña store opens.

'68

Northgate store opens.

1970

J&G Pay-Less begins Pan Am air charters twice a week from San Francisco for fresh fruits, vegetables, dairy products and baked goods.

Harmon location opens, taking over Sav-Mor.

J&G Agana Pay-Less opens at Agana Shopping Center, while the Maite store closes. 1980

**'80** 

J&G Pay-Less increases to five locations after the purchase of Ada Seiyu Mart's Dededo and Sinajaña locations.

Calvo Enterprises buys 5 J&G Pay-Less Supermarkets and renames it Pay-Less Supermarkets.

Calvo Enterprises purchases Oka Store from Pedro's Market, which increases the chain to six locations.



1990

Calvo Enterprises takes over Safeway Supermarket in the Micronesia Mall and establishes the largest store in the chain.

Dededo Pay-Less is renovated to better serve the growing community.

> The Western Family brand is introduced, providing more affordable options.

Pay-Less starts its annual Kick the Fat 5K run to raise money for non-profit organizations and encourage the community to live healthy.

Pay-Less Yigo opens for business!



2000

Guam's first-ever Health Smart section opens at Pay-Less in Micronesian Mall, providing healthy alternatives to the community. See article pg. 22

Oka Pay-Less undergoes renovation.

'06

Agana and Sinajana Pay-Less undergoes renovation.

Pay-Less Markets Community Foundation launches to help improve the quality of life for Guam's people. See article pg. 25

Pay-Less launches Go Green campaign to encourage costumers to use reusable bags. All stores begin using only biodegradable plastic bags.

Pay-Less launches Small Change, Big Difference, supporting organizations that fight poverty and hunger on Guam.

J&G PAY-LESS SUPERMARKE

Mangilao Pay-Less opens.



Pay-Less begins "Fresh Savings for Seniors" program for customers 55 and above, offering a 10% discount on all fresh produce.

Pay-Less launches the "Mission: Zero Bags" program in hopes of eliminating plastic bags at our stores. Wednesday is designated MOB day at Pay-Less, and customers are encouraged to do without plastic bags.



Sumay Pay-Less opens, making it the eighth store in the grocer's family of stores.

Oka Pay-Less completes major renovations.



Super Drug at IHP Clinic Pharmacy opens.

Pay-Less kicks off "Chagi". Sample new flavors right at the store every Saturday and Sunday!

14

Oka, MicroMall, Agana and Mangilao Pay-Less begin providing a line of juices, made with 100% FRESH produce.



Our YouTube channel launches, sharing local recipes and healthful tips. You Tube /Payless Supermarkets





Sinajaña Pay-Less presents



Bienvenidos everyone! We've gathered a selection of easy Mexican recipes to freshen up your summer days, including the ever popular churros! Swing by on weekends to chagi more homemade recipes and find your flavor.

- Stacey Quitugua, Sinajaña Manager



Just like our local kelaguen, there are many varieties of ceviche. By adding different garnishes, every Latin American country has given ceviche its own touch of individuality. Always use fresh ingredients...



### **GUACAMOLE**

### INGREDIENTS

- 4 avocados
- 2-3 roma tomatoes
- 1 medium jalapeño
- 1/2 purple onion
- 3 garlic cloves • 1 handful fresh cilantro
- Juice of 1-2 limes
- · Salt and black pepper, to taste

### DIRECTIONS

Roughly chop all ingredients. Combine all the chopped ingredients in a large bowl, carefully mashing up some of the avocado. Add the lime juice and sprinkle with a little sea salt and black pepper.

Serve with your favorite vegetable sticks or tortilla chips!



cucumber, garlic... and of course, bacon.

### **GRILLED CHICKEN TOSTADAS**

### INGREDIENTS

- 3 tbsp. lime juice
- 3 tbsp. olive oil
- 1-1/2 tsp. chili powder
- 1-1/2 tsp. Lawry's garlic salt with parsley
- 1-1/2 lb. boneless skinless chicken breast halves
- 8 corn tortillas
- 1 can (16 oz.) refried beans, heated

### **DIRECTIONS**

Mix lime juice, oil, chili powder and garlic salt in small bowl. Reserve 2 tbsp. for brushing chicken on the grill. Brush tortillas with some of the remaining mixture.

Grill chicken over medium heat 6 to 7 minutes per side or until cooked through, and baste periodically. Grill tortillas 3 minutes or lightly browned, turning frequently. Cool chicken slightly; cut into strips.

To serve, spread refried beans on tortillas. Top with chicken and desired toppings. Top your tostadas with lettuce, guacamole, cheese, sour cream, tomatoes... or anything you like!

# how pika?

### ANAHEIM

mild heat, and can be roasted and stuffed to make rellenos.



5 times hotter than a jalapeño. the serrano packs a punch and

### **JALAPEÑO** Commonly used in salsas for it's Adds a spark of heat to any salsa,

marinades and more. Vary heat and flavor by sautéing, roasting or pickling.



One of the hottest chili peppers around, and often the main ingredient in a can be used in different cuisines. bottle of hot sauce. Pika challenge!

### **CEVICHE**

### INGREDIENTS

- 1 lb. mahi mahi trimmed and cut in 1/2" cubes
- 3/4 cup of lime juice
- · Salt to taste
- 1 medium chile or 1 large jalapeno, finely chopped
- 1 cup of cilantro, finely chopped
- 1/2 tsp. oregano, crushed
- 2 large tomatoes, finely chopped

### Optional condiments:

- 3/4 cup pimento stuffed green olives, chopped
- 1 avocado, cubed
- Tabasco sauce or fresh peppers
- 4 tbsp. of olive oil
- Ketchup

### DIRECTIONS

Marinate the fish in a glass bowl with the lime juice and salt. Leave in the refrigerator while you chop the rest of the vegetables. Drain the marinade from the fish bowl. Stir in tomatoes, peppers, onion, cilantro and oregano. Taste and add salt if needed. Chill in the refrigerator for a couple hours.

If using the ketchup and olive oil, stir in before garnishing. Serve with the avocado, green olives and pepper or tabasco on toasted tortilla or flatbread.

### **CHURROS**

### INGREDIENTS

- Vegetable oil
- 1 cup water
- 1/2 cup butter • 1/4 tsp salt
- 1 cup all-purpose flour
- 3 eggs
- 1/4 cup sugar
- 1/4 tsp. ground cinnamon (optional)

### **DIRECTIONS**

Prepare for frying by warming oil in a pan (1 to 1-1/2") to 360°F.

Heat water, margarine and salt in 3-quart saucepan to boil. Stir in flour. Stir vigorously over low heat until mixture forms a ball, about 1 minute. Remove from heat. Beat eggs until smooth and then add to saucepan while stirring mixture.

Spoon mixture into cake decorators' tube with large star tip. Squeeze 4" strips of dough into hot oil. Fry 3 or 4 strips at a time until golden brown, turning once (about 2 minutes on each side). Drain on paper towels.

Roll churros in sugar-cinnamon mixture or sprinkle liberally on the pile of churros.

### **DUNKING CHOCOLATE** INGREDIENTS

- 4 oz. dark chocolate, chopped
- 2 cups milk
- 1 tbsp. cornstarch
- 4 tbsp. sugar

### **DIRECTIONS**

Place the chocolate and half the milk in a pan and heat, stirring, until chocolate has melted. Dissolve cornstarch in the remaining milk and whisk into chocolate with sugar. Cook on low heat, whisking constantly, until the chocolate is thickened- about 5 minutes. Add extra cornstarch if it doesn't start to thicken after 5 minutes. Remove and whisk smooth.



Agana Pay-Less presents



– Bob Field, Agana Manager



### THAI BANANA ROTI

### INGREDIENTS

- 1/2 cup cold water
- 1 large or extra-large egg
- 1 tbsp. sweetened condensed milk more for drizzling
- 1 tbsp. granulated sugar
- 1/2 tsp salt
- 2 cups all-purpose flour
- 1 tbsp. butter, melted
- Canola oil
- Butter for frying
- · 4 bananas, thinly sliced



### DIRECTIONS

Whisk together water, egg, 1 tbsp. condensed milk, sugar and salt in a small mixing bowl.

In medium mixing bowl, sift flour. Make a well in center and pour in water mixture. Mix together. Drizzle with melted butter. Using hands, knead to form ball of dough until soft and elastic. Lightly grease with oil. Return ball to mixing bowl and let stand, uncovered for 30 minutes to an hour. Later, twist and break dough into 8 balls (each about 1-1/2"wide). Coat each with oil.

Using rolling pin, roll 1 ball as thinly as possible into rough circle with jagged edges, repeatedly coating fingers and dough lightly with oil to aid stretching.

Cook: Heat large non-stick skillet or griddle pan over medium high. Add dollop of margarine. When hot, place roti in pan. As quickly as possible, spread banana slices over center (about 1/2 banana per roti). Fold edges in and over filling to form square packet, flattening packet with spatula. Cook until both sides are lightly browned and crispy, reducing heat if browning too darkly. Transfer to plate. Drizzle with condensed milk.



### CHICKEN COCONUT SOUP "TOM KHA GAI"

### INGREDIENTS

- 6 slices of ginger, about 1/4" thick
- 10 kaffir lime leaves (see below)
- 6 cups low-sodium chicken broth
- 1-1/2 lbs. skinless, boneless
- chicken thighs, cut into 1" pieces • 8 oz. shiitake or oyster mushrooms, stemmed, cut into bite size pieces
- 113.5 oz. can coconut milk
- 2 tomatoes
- 2 tbsp. fish sauce
- 1 tsp. sugar
- 2 stalks fresh lemongrass

### DIRECTIONS

Prepare lemongrass and cut into 4" pieces. Bring lemongrass, ginger, lime leaves and broth to a boil in a large saucepan. Reduce heat and simmer until flavors meld (8-10 min). Strain broth into clean saucepan. Discard solids.

Add chicken and return to boil. Reduce heat and add mushrooms. Simmer and stir occasionally until chicken is cooked through and mushrooms are soft, 20-25 min. Stir in coconut milk, fish sauce, and sugar. Garnish with chili oil, cilantro leaves, and fresh pepper to taste



- 1 tbsp. of lime zest + 1/4 cup lime juice for 10 leaves

### SHRIMP PAD THAI

### INGREDIENTS

- 8 oz. uncooked pad thai rice noodles
- 2 tbsp. dark brown sugar
- 2 tbsp. low sodium soy sauce
- 1-1/2 tbsp. fish sauce
- 1-1/2 tbsp. fresh lime juice
- 1 tbsp. Sriracha or chili garlic sauce
- 3 tbsp. canola oil
- 8 oz. peeled and deveined shrimp
- 5 garlic cloves, minced
- 1 cup fresh bean sprouts
- 1/4 cup chopped unsalted dry-roasted peanuts
- 3 tbsp. thinly sliced fresh basil

### DIRECTIONS

Cook noodles according to package directions; drain.

Sriracha in a small bowl.

oil to pan. Add onion pieces, shrimp and garlic and stirfry until shrimp is almost done. Add cooked noodles. Stir in sauce. Cook 1 minute, stirring constantly to combine.

Serve with 1/4 cup bean sprouts, roasted peanuts, fresh Thai basil and fresh pepper.



Mix coconut milk, fish sauce, curry paste and lemongrass in small bowl until well blended. Place chicken in large resealable plastic bag or glass dish. Add marinade; toss to coat well. Refrigerate 1 hour or longer for extra flavor. Remove

chicken from marinade. Discard any remaining marinade. Thread chicken strips onto skewers.

Broil or grill over medium-high heat 3 minutes per side or until chicken is cooked through. Serve with peanut satay sauce for dipping.

least 30 minutes before threading with chicken. This prevents them from burning when on the grill.





- 1/2 cup coconut Milk
- 2 tbsp. fish sauce
- 2 tbsp. red curry paste
- 2 tsp. minced fresh lemongrass
- 1 lb. boneless skinless chicken breasts, cut into 3/4" strips
- Peanut satay sauce
- Bamboo skewers

### DIRECTIONS

Flavor tip: Soak bamboo skewers thoroughly in water for at

## Dededo Pay-Less presents

# A TASTE OF CONTRACTOR OF CONTR





### INGREDIENTS

- 5 pieces tablea (pure chocolate)
- 1-3/4 cups sweet rice
- 3/4 cup granulated white sugar, or to taste
- 6 to 8 cups water
- Condensed milk for serving

### DIRECTIONS

Pour water in a cooking pot. Bring to a boil Put in the tablea and then stir. Let it dissolve in boiling water.

Add in the rice. Let the water reboil. Set the heat to low-medium and then stir almost constantly to avoid sticking. The rice should be ready when it absorbs the water, about 15-25 minutes.

Add sugar and stir until the sugar dissolves. Serve with condensed milk on the side. Share and enjoy!

Go the extra mile. This dish is traditionally served with tuyo – salted, dried fish as a garnish. You can actually use any salted, fried or smoked meat on hand like bacon, chicharon or even fried pork belly (lechon kawali).







### LECHON KAWALI CRISPY FRIED PORK BELLY

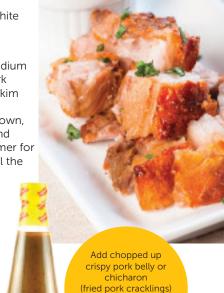
### INGREDIENTS

- 2 lbs. pork belly, whole slab
- 6-8 cups Water
- 2 medium onions, cubed
- 3 tbsp. Salt
- 1 tsp. Peppercorns
- Cooking oil for frying
- 1 tbsp. Salt
- 1/2 tbsp. Ground White Pepper

### **DIRECTIONS**

In a large pot over medium high heat, boil the pork belly with the water. Skim off the surface of the stock. Turn the heat down. add the onions, salt and peppercorns and simmer for 20-25 minutes or until the pork is tender.

Heat the oil to 350°F. Scoop out the pork and pat it dry with paper towel before deep-frying. Deep-fry for 15-20 minutes or until the skin is nice and crisp. Chop into bite size pieces and serve with rice and lechon



to anything and everything for a little bit of extra flavor.

### CHICKEN TINOLA

### INGREDIENTS

- 1 tbsp. cooking oil for sautéing
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 -1/2" piece fresh ginger, peeled and thinly sliced
- 1 tbsp. fish sauce
- 3 lbs. chicken legs and thighs, rinsed and patted dry
- 2 (14 oz.) cans chicken broth
- 1 chayote squash, peeled and cut into bite-sized pieces (optional)
- Salt and pepper to taste
- 1 head bok choy, chopped
- 1/2 lb. spinach, pepper or malunggay leaves (moringa)

### DIRECTIONS

Heat oil in a large pot over medium heat; cook and stir the onion and garlic in the hot oil until fragrant. Quickly stir ginger and fish sauce into the onion and garlic mixture before adding the chicken. Cook together for 5 minutes.

Pour chicken broth over the mixture and cook another 5 minutes. Add the chayote to the mixture and simmer until the chicken is no longer pink in the center, about 10 minutes more. Season with salt and pepper. Add the

bok choy and remaining vegetables; until just wilted, 1 to 2 minutes. Serve hot with rice.

Chicken tinola is one of the many versions of chicken soup. It gets it's distinct taste from wedges of green papaya, ginger and a local green like malunggay- which for some, a backyard gardener's staple.

### CASSAVA CAKE

### INGREDIENTS

### Cake Ingredients:

- 2 lbs. grated cassava
- 1 (14 oz.) can sweetened condensed milk
- 1 (12 oz.) can evaporated milk
- 1 (14 oz.) can coconut milk; reserve 1/3 cup for topping)
- 1 (13 oz.) can coconut cream;
- reserve 1/3 cup for topping) • 2/3 cup sugar
- 3 eggs
- 3 egg whites (save yolks for topping)
- 1 cup grated coconut

### Topping Ingredients:

- 3 egg yolks
- 1/3 cup coconut milk
- 1/3 cup coconut cream

### DIRECTIONS

Preheat oven to 325° F. In large mixing bowl combine cake ingredients. Mix well. Pour equally into two large greased rectangular pans. Bake until top is no longer liquid, about 30 minutes.

Mix topping ingredients well and spread evenly on the two cakes. Bake an additional 20 to 30 minutes. Cool cakes and slice into 24 equal squares.





Cassava is also known as

Brazilian arrowroot, yuca

or manioc. It is a starchy

tuberous root, also

used in making tapioca,

another familiar favorite!



It's refreshing to see our local community turn towards health and fitness. Together, we can make the journey to healthier living practical, sustainable, and exciting for **everyone!** At Pay-Less, we understand the challenges that may arise throughout the journey, so we strive to continually provide organic foods, educational opportunities, and fitness activities to help pave the road to making the healthy choice, **the easy choice!** 

### Eat Well with Health Smart



For customers seeking healthier alternatives, our Health Smart section includes natural, organic and fresh products. We encourage healthy living by providing customers with convenient

options at all our store locations. Customers can also enjoy healthy eating and living tips on our Pay-Less website **paylessmarkets.com** and Facebook page.

### **Nutritionist on Board**

Looking to raise the bar in health and wellness, Pay-Less nutritionist, Rosae Calvo is striving "to bridge the gap between nutrition knowledge and action." Learning more about what you consume can tackle and prevent



many of the chronic diseases on Guam such as heart disease, diabetes, and obesity. She will be conducting store tours, cooking demonstrations, and other exciting programs that will engage and educate costumers of all ages!

### 65 Years of Buying Local

From small farms to bigger plantations, we purchase produce from many farmers on island. Pay-Less' buy local philosophy has supported the importance of sustainability and opportunities this island has to offer.

"The Fresher The Better!" We want to provide



customers with fresh, quality produce and we appreciate the local farmers for giving us that opportunity.

See a feature on our local farmers, helpful tips and recipes.





### KICK THE FAT 5K 19 Years Strong!

This year, we celebrated our 19th Annual Kick the Fat 5k, with the challenge to "Be Faster than Before". On average, 4,500 yearly runners enjoy a family-oriented run. Fireworks provide a backdrop to the start, and a community health fair awaits finishers. Health, fitness and environmental organizations and vendors are invited to set up and support runners, participate and promote healthy living and tips. Pay-Less is proud to donate all proceeds of this event to non-profit organizations. We will continue to encourage a healthy community, as we head into 2016, the 20th anniversary of Kick the Fat 5K!

## 50¢ OFF\*

### **Ground Beef**

\*Package price

Effective 6/15/15 thru 7/31/15.



# 50¢ OFF

Tyson Boneless Skinless Chicken Breast 40oz.

Effective 6/15/15 thru 7/31/15.



## 10¢ OFF

S&W Black Beans 15oz.

Effective 6/15/15 thru 7/31/15.



## 10¢ OFF

XO Tapioca Starch 500g

Effective 6/15/15 thru 7/31/15.

20¢ OFF

Pace Picante Sauce

Medium 16oz.

Effective 6/15/15 thru 7/31/15.



## 50¢ OFF

Fletcher's Mini Ham Variety

Effective 6/15/15 thru 7/31/15.



# 2O¢ OFF

Rosarita Refried Beans 16 oz.

Effective 6/15/15 thru 7/31/15.



# 70¢ OFF

Western Family Pasta Long Fettuccine 16oz.



Effective 6/15/15 thru 7/31/15.

## 20¢ OFF

Mori-nu Tofu 12.3 oz., Assorted

Effective 6/15/15 thru 7/31/15.



## 50¢ OFF

Frozen EZ Peel Shrimp 2 lbs.

Effective 6/15/15 thru 7/31/15.



## 50¢ OFF

Western Family Dry Roasted Peanuts 16 oz.

Effective 6/15/15 thru 7/31/15.



## 10¢ OFF

Knorr Soup Base Tamarind 1.41oz.

Effective 6/15/15 thru 7/31/15.



## \$1.50 OFF

Balikbayan Box Hafa Adai 1ea.

Effective 6/15/15 thru 7/31/15.



## 30¢ OFF

Yamasa Soy Sauce (1.8L)

Effective 6/15/15 thru 7/31/15.







Valid through 6/15/15 through 7/31/15. Redeemable at all Pay-Less Supermarkets locations. Coupons must be surrendered at the time of purchase. Coupons void if altered or copied. No cash or credit back. Not valid on "As Advertised" items. WHILE SUPPLIES LAST.

### #305

Tyson Boneless Skinless Chicken Breast



Valid through 6/15/15 through 7/31/15. Redeemable at all Pay-Less Supermarkets locations. Coupons must be surrendered at the time of purchase. Coupons void if altered or copied. No cash or credit back. Not valid on "As Advertised" items. WHILE SUPPLIES LAST.

### #315

Ground Beef Package



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### #250

XO Tapioca Starch



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### #216

Pace Picante Sauce



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### #247

Western Family Pasta Long Fettuccine



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### #267

Frozen EZ Peel Shrimp



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### #375

Knorr Soup Base Tamarind



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Yamasa Soy Sauce





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### #182

S&W Black Beans



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### #363

Fletcher's Mini Ham Variety



Valid through 6/15/15 through 7/31/15. Redeemable at all Pay-Less Supermarkets locations. Coupons must be surrendered at the time of purchase. Coupons void if altered or copied. No cash or credit back. Not valid on "As Advertised" items. WHILE SUPPLIES LAST.

### #254

Rosarita Refried Reans



Valid through 6/15/15 through 7/31/15. Redeemable at all Pay-Less Supermarkets locations. Coupons must be surrendered at the time of purchase. Coupons void if altered or copied. No cash or credit back. Not valid on "As Advertised" items. WHILE SUPPLIES LAST.

### #253

Mori-nu Tofu



Valid through 6/15/15 through 7/31/15. Redeemable at all Pay-Less Supermarkets locations. Coupons must be surrendered at the time of purchase. Coupons void if altered or copied. No cash or credit back. Not valid on "As Advertised" items. WHILE SUPPLIES LAST.

### #165

Western Family Dry Roasted Peanuts



Valid through 6/15/15 through 7/31/15. Redeemable at all Pay-Less Supermarkets locations. Coupons must be surrendered at the time of purchase. Coupons void if altered or copied. No cash or credit back. Not valid on "As Advertised" items. WHILE SUPPLIES LAST.

### #528

Balikbavan Box

# COMMUNITY



Pay-Less Markets Community Foundation, Inc. (PMCF) was officially incorporated on May 2, 2006. The Pay-Less foundation aims to assist our local community in the areas of health, education, social services, and environment. The foundation was established to provide technical assistance and support to organizations that address the many needs of our communities, which falls in line with Pay-Less Markets, Inc. promise to "provide our customers with the greatest value every day".



Kathy C. Sgro Chairman of the Board/ Executive Vice President of Pay-Less Markets, Inc., said, "We continue to grow value through our community initiatives such as our Kick the Fat 5k, employee volunteer efforts, and Mission Zero Bags (MOB) campaign by promoting a more sustainable Guam."









Top photos: Pay-Less has adopted three major roadways in Agana, Mangilao and Dededo as part of the Island-wide Beautification Task Force Roadway Adoption Program. Every month, our employees volunteer their time to clean up the sites. Left: Employee Health Fair 2014. Above: Relay for Life 2013





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