



# BIBA MES

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# Chamoru!



During this special month celebrating our heritage, Pay-Less Supermarkets would like to share with you our renewed focus, our renewed mission – and continue to provide you the greatest customer value every day. Biba Guam!

# IN GUAIYA HAMYO

“As a locally owned company rooted in Guam, the 'Hafa Adai' spirit is at the heart of our mission. TOGETHER, we promise to provide the best value of fresh, quality products packaged into an exciting food shopping destination, build our family of valued and impassioned employees, and care for our community.”



Not only are we celebrating Mes Chamoru at Pay-Less, it's also **CUSTOMER APPRECIATION MONTH!** There's a lot going on that you won't want to miss.

**'PAY-LESS' IT FORWARD**  
We hope you enjoy receiving and sharing our 'love notes' – a little message to share some Hafa Adai spirit with you and brighten your day!



ENTER TO WIN A **\$600 SHOPPING SPREE**

Your note is your entry form!

– How to Enter –

Snap a pic of your note and post it on your Facebook page, using public settings.

Hashtag **#PaylessItForward**

for your entry to win the **\$600 SHOPPING SPREE!**

One (1) Winner will be chosen at random on April 1, 2017. Last day to enter 3/31/17



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We're giving away \$25,000 in coupons! See store for details.

**WE ♥ OUR CUSTOMERS!**



Stop by to try or "chagi" some local food!



# Pickles



**THE PROCESS OF PICKLING FOLLOWS THE SAME BASIC METHOD (AFTER PREPARING FRUITS AND VEGETABLES):** After slicing papaya, mango or radish, place them in desired glass container for pickling. In a separate bowl, combine the remaining ingredients thoroughly – your pickling marinade – then pour into your container. Give your container a shake to mix it up and cover the pickles. Marinate for at least an hour, or overnight. Add more pepper, vinegar or salt to your taste.



GREEN OR A PAPAYA STARTING TO RIPEN WORKS BEST FOR THIS RECIPE.

## PICKLED DAIGO

### INGREDIENTS

- 1 pkg pickled daikon radish (4 logs)
- 1/2 – 3/4 cup white vinegar
- 2/3 cup Kimchee base
- Hot pepper

## PICKLED PAPAYA

### INGREDIENTS

- 1 medium size papaya (green)
- 2 to 3 cups of white vinegar
- 3 cloves fresh chopped garlic
- 1/4 tsp salt or to taste
- 2 chopped hot peppers

## PICKLED MANGO

### INGREDIENTS

- 4 cups green mangoes
- 2 cups white vinegar
- 1-1/2 cup sugar
- 1/4 cup kosher salt
- 5 chopped hot peppers
- Water



DON'T TOSS THEM IN THE TRASH... MANGO PEELS ARE GREAT FOR COMPOSTING!

## LECHEN BIRINGHENAS

### BARBECUED EGGPLANT WITH COCONUT CREAM

#### INGREDIENTS

- 12 eggplants
- 1 can coconut milk
- Lemon juice, to taste
- Salt, to taste
- Green onions (optional)
- Hot pepper, to taste

#### DIRECTIONS

Place eggplants on a barbecue grill to roast, turning often. Grill until the skin is slightly burned and the eggplant is soft to the touch. After the eggplant cools, strip the skin off (leaving the stem is optional). Mash each eggplant with potato masher, or spoon, pressing repeatedly. Mix with lemon, salt, pepper and green onions (optional) to your liking.



## FISH KELAGUEN

#### INGREDIENTS

- 2 lbs. mahi filets, 3" dice
- 2 tsp. salt
- 1/3 cup lemon or calamansi juice
- One squirt sriracha sauce
- 1/4 yellow onion, diced
- 1/4 cup coconut milk or fresh coconut, grated
- Pepper, if desired
- 2 sprigs of green onion

#### DIRECTIONS

Mix all ingredients in a non-metallic bowl and let marinate in the refrigerator for at least 30 minutes. Garnish with chopped green onions. Add fresh diced cherry tomatoes if desired. Serve with titiyas or hot rice.

## CHICKEN KELAGUEN

#### INGREDIENTS

- 4 chicken leg quarters
- 4 green onions
- 1 yellow onion
- 1 lemon
- 1 tbsp lemon powder
- 2 tsp salt
- 1 coconut grated
- 5 peppers (add more if desired)

#### DIRECTIONS

Bake chicken 400°F for 40 minutes. When done, let chicken cool. Debone chicken and chop into small pieces (or use food processor to chop). Slice green onions. Chop onions and peppers. Combine all ingredients in bowl, squeeze lemon and mix. Taste and adjust seasoning.

## MUSHROOM KELAGUEN

Swap out meat for mushrooms for a healthier alternative to this local fave!

#### INGREDIENTS:

- 1 pound mushrooms, chopped
- 3 lemons
- 1 chili pepper, minced
- 1 tbsp salt
- 1 small onion, diced
- 2 green onions, diced

#### DIRECTIONS:

Saute mushrooms over medium heat until tender. Remove from heat and soak in lemon juice for 10 minutes. Add onion, salt and pepper to taste. Garnish with green onion before serving. Tip: For best results, refrigerate at least 1 hour before serving. *Nutrition: 28 Calories, 6g Carbohydrate, 2g protein*



# Kelaguen



## SHRIMP KELAGUEN

#### INGREDIENTS

- 1 pound unshelled shrimp
- 1/4 cup lemon juice
- Salt, to taste
- Boonie pepper, as desired
- 1/3 cup of grated coconut, as desired

#### DIRECTIONS

Rinse unshelled shrimp in boiling water and then peel. Remove sand veins and crush shrimp. Pour in the lemon juice and mix (remember to mix in lemon juice before seasoning with salt). Salt to taste. Crush pepper into mixture. Lastly, toss in freshly grated coconut.

## TITIYAS

#### INGREDIENTS

- 4 cups flour
- 3/4 cups sugar
- 1-1/2 tbsp baking powder
- 1 pinch salt
- 1/2 cup oil
- 6 tbsp water
- 5 oz evaporated milk

#### DIRECTIONS

Set aside 1/2 cup of flour. Combine dry ingredients. Add in evaporated milk, water and oil. Knead until well incorporated, adding in the 1/2 cup of flour set aside earlier as needed. Form dough into balls, sprinkle some flour on your cutting board or smooth counter top to prevent the dough from sticking and roll out into circles of about 1/4 inch thickness. With a fork, poke several holes through the dough. To help steam escape. Heat a pan to medium heat. Place dough in pan, and flip once, when dough begins to brown.



# Savory Chesas



## TINALA KATNE

### INGREDIENTS

- 2 pounds beef brisket, sirloin or flank steak
- 1 cup Kikkoman soy sauce
- 1/2 cup white vinegar
- 2 lemons, juiced
- 4 garlic cloves, crushed
- Pepper, to taste



### DIRECTIONS

Combine all ingredients except for the beef in a non-reactive bowl. Rub mixture onto the beef and marinate for at least 4 hours or overnight. You can cook tinala katne in a few different ways:

#### Method 1 (Traditional method) :

Lay the meat on a baking sheet and let dry in the sun for about 4 hours, turning it over after 2 hours onto the other side. (Heat the meat before serving on a grill.)

#### Method 2:

In a single layer, dry the meat in an oven at 250°F for 1.5-2 hours.

#### Method 3:

Cook in a smoker.

RECIPE COURTESY OF:  
Illegal Aliens BBQ Crew



## SHRIMP PATTIES

### INGREDIENTS

- 2 eggs
- 10 oz can evaporated milk
- 10 oz mixed vegetables
- 3 cups shrimp, chopped (approximately 2 lbs.)
- 3 tbsp garlic, minced
- 1 tsp salt
- 1 tsp black pepper
- 2 tbsp baking powder
- 2 cups flour
- Oil, for frying



### DIRECTIONS

Heat oil in a large pan until ready for frying. Whisk together eggs and evaporated milk in a mixing bowl. Stir mixed vegetables, shrimp, garlic, salt, and black pepper into mixture. Add baking powder and flour. Mix well until batter is smooth. Carefully drop spoonfuls of batter into hot oil and fry until golden brown.



YouTube @paylessupermarkets  
Chagi | Shrimp Patties

## FRIED LUMPIA

### INGREDIENTS

- 1 tbsp vegetable oil
- 3 cloves garlic, minced
- 1/2 cup onions, chopped
- 1 pound ground pork (beef, shrimp, turkey)
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp garlic powder
- 1 tsp soy sauce
- 3 cups cabbage, thinly sliced
- 2 cups carrots, thinly sliced
- Egg wash (1 Egg + 1 - 3 tsp Water)
- Lumpia wrappers
- Vegetable oil, for frying



### DIRECTIONS

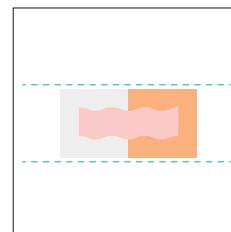
In a large pan, sauté onions and garlic in vegetable oil over medium-high heat. Add ground pork when onions become translucent and cook until brown. Stir in salt, black pepper, garlic powder, and soy sauce. Add cabbage and carrots to the pan. Mix to combine. Cook until vegetables become soft and tender. Remove from heat, drain any excess liquids, and set aside until mixture is cool enough to handle. After mixture has cooled, scoop two tablespoons onto a sheet of lumpia wrapper, about 1 inch away from the corner closest to you. Fold the corner over the length of the mixture. Fold in side corners and roll until only one corner is left unrolled. Dab the unrolled corner with egg wash to seal the lumpia. Heat vegetable oil, about an inch or two deep, over medium-high heat in a large pot for about 5 minutes or until oil is ready for frying. Fry lumpia for about 1 - 2 minutes on each side. Remove and cool lumpia over a paper towel covered plate or baking rack. Serve lumpia with sweet chili sauce for dipping.



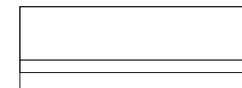
@paylessupermarkets  
Chagi | Fried Lumpia

## HOW TO WRAP A TAMÁLE:

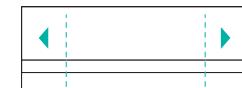
1. Fold foil tightly over the length of the tamales on top and bottom.



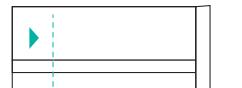
2. Tuck the foil ends into each other until the excess is gone and flattened on tamales.



3. Press down on the ends, releasing the air from the foil folds like a tube of toothpaste.



4. Fold end in half to the tamales, and keep folding over a few times to seal.



See how to wrap Tamales Giso after the recipe.

## TAMÁLES GISO

### INGREDIENTS

- 1/4 cup achote seeds
- 1/4 cup water
- 2 cups chicken broth
- 2 cups corn meal
- 4 slices bacon
- 2 tbsp salad oil
- 2 cloves garlic, minced
- 1/2 medium onion, minced
- 2 cups chicken, minced or ground
- 2 tbsp corn starch
- 1/8 tsp salt
- 1/8 tsp pepper
- 3 small fresh red chilli peppers



Optional: Extra slices of bacon to lay on top of your tamales. Do this last, before wrapping in foil.

### DIRECTIONS

Soak achote seeds in water for 30 minutes. Rub achote seeds together until water turns a velvet red color. Drain achote water into a separate bowl. In a skillet, fry bacon and set aside to drain and then chop into small pieces. In a saucepan, sauté garlic, onions and chicken in oil until chicken is brown. Add corn meal and chicken broth into mixture. Slowly add corn starch to chicken, constantly stirring until sauce thickens. Remove from heat and add chopped bacon, salt and pepper. Divide mixture into two portions. Add achote water and chilli peppers into one portion. Cut foil squares about 6" or 7". Place 1 to 2 tablespoonful of mixture onto each foil square, wrap and secure any ventilation. Other wise contents will ooze out when steamed. Place in steamer for one hour. Let stand for ten minutes before serving.



RECIPE COURTESY OF:  
Guam Super Cookbook



## CHAMORRO SAUSAGE EMPANADA

### DOUGH

- 2 cups all-purpose flour
- 1/2 tsp salt
- 1/2 cup water
- 1 tbsp sugar
- 1 egg yolk, beaten
- 1/4 cup melted butter or margarine
- 1 egg white, lightly beaten
- Oil for deep-frying

### FILLING

- 1 tbsp salad oil
- 2 cloves garlic, finely chopped
- 1 medium onion, finely chopped
- 8 oz Chamorro sausage
- 3/4 tsp salt
- 1/4 tsp black pepper
- 2 tbsp tomato sauce or tomato catsup
- 3 hard boiled eggs, chopped
- 2 tsp sweet pickle relish

### INSTRUCTIONS:

**Dough:** Sift flour and salt into a bowl and set aside. In a separate bowl, mix together water, sugar and egg yolk. Make a dent in center of sifted flour and pour in egg mixture. Blend and knead until smooth. Set aside to rest for 15 minutes. Cut dough in half and place on a clean lightly floured surface and roll until slightly thin. Brush with melted butter. Roll up dough to a long, thin roll, making sure it is rolled tightly and firmly. Cut into 1 inch thick slices, roll and flatten each slice until it becomes the size of a small round saucer. Place a spoonful about 2-3 tablespoons of meat filling in center of dough and brush edges with lightly beaten egg white. Fold dough in half from center and with the back of a fork, press edges together firmly to seal. Heat oil in a pan about 2 inches deep on medium heat. Fry empanada a few at a time until golden brown. Transfer onto paper towel to drain. Serve hot.

**Filling:** If sausage has casing, remove the casing from sausage. Once removed, chop sausage into small pieces. In a skillet, heat oil and sauté onions and garlic until golden brown. Add sausage and cook; stirring sausage until browned. Add black pepper, salt, tomato



## COCONUT CANDY

### INGREDIENTS

- 3 cups granulated sugar
- 1 cup milk
- 3 cups coconut, shredded

### DIRECTIONS

In a saucepan, over medium heat, bring sugar and milk to a boil until mixture turns into a thin syrup (232°F-240°F on a candy thermometer). Add coconut, stirring constantly to prevent from burning. Cook until coconut candy turns golden brown in color. Remove from heat and spread over a flat tray and allow cooling. Serve warm or chilled.



RECIPE COURTESY OF:  
Guam Super Cookbook



sauce; mix well, cover and simmer on medium-low heat for 15 minutes. Stir in boiled eggs and pickle relish and mix well, taste if more salt is needed. Remove from heat and let cool completely for 10-20 minutes before filling dough.



RECIPE COURTESY OF:  
Guam Super Cookbook



## Fina' mames



## BANANA CHIPS

### INGREDIENTS

- 1 green cooking banana
- 1 tsp coconut oil, melted
- 1/2 tsp sea salt

### DIRECTIONS

Preheat oven to 350°F. In the meantime, line a baking sheet with parchment paper. Cut the ends off and then score the length of the banana with three evenly spaced cuts (be sure to only cut through the skin and not too far into the flesh). Peel the banana then slice it diagonal as thinly as you can. Toss the slices with melted coconut oil and lay out on the baking sheet. Sprinkle with salt and bake for 20-25 minutes. Leave in longer or shorter depending on how your oven heats and remove once golden.



## MAPANAS PĀN NIYOK

### INGREDIENTS

- 1 cup egg whites
- 1/4 cup unsweetened almond milk
- 1/4 cup coconut flour
- 1/2 tsp each: cumin and garlic
- 1/4 tsp each: salt and cayenne pepper

### DIRECTIONS

In a blender, combine all ingredients. Process for 10-20 seconds to break up any lumps in the coconut flour. Let it sit for 10 minutes so the coconut flour hydrates. Heat a nonstick skillet over medium heat or oil the bottom of a regular pan lightly with coconut oil. When hot, pick up the pan and pour 1/4 cup of the batter into the center of the pan, giving the pan a rotating action to spread the batter into a thin pancake about 8 inches wide. Put the pan back on the burner and let it cook until the top of the flatbread is ready to flip. Flip the flatbread and cook the other side for another minute or until done.

## BUÑELOS KAMUTI

### INGREDIENTS

- 2 cups local sweet potatoes, grated
- 1 tsp baking powder
- 1/2 cup all purpose flour
- 1 tbsp + 2 tsp Stevia
- Dash of salt

### DIRECTIONS

Preheat oven to 400°F. Mix sweet potatoes, baking powder, stevia and salt together. Add flour last in small amounts until mixture forms a fairly heavy dough. Line a baking pan with parchment paper. Form 2-3 in. balls and place on lined baking pan. Bake in oven for 10 minutes, flipping after 5 minutes. Take out of oven and place on a plate lined with paper towel. For a crispier texture, lightly grease each donut with coconut oil before baking. Cool and enjoy!



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FRUITS AND VEGETABLES

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— SWEET POTATOES —

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