

BOÑELOS DAGU (YAM DOUGHNUTS)

Ingredients:

2 pounds yams (dagu)

2/3 cup sugar

1 ½ cups sifted flour

Vegetable oil

Procedure:

1. Peel yam and grate it to fill about four cups.
2. Place grated yam in a medium bowl. Then add sugar and mix with your hands. Gradually add flour while mixing.
3. Heat oil to 350 degrees.
4. Take about ½ cup yam batter into one hand and squeeze into small balls, about one to two inches around. Wet hands often and before taking more batter.
5. Place into hot oil and fry for about 10 minutes, turning once or twice. If you use two inches worth of oil, the boñelos dagu will turn up by themselves.
6. Drain boñelos dagu on paper towel. Serve hot with maple syrup.

TRADITIONAL ISLAND FARE

Ingredients:

Breadfruit, or substitute with banana, taro or tapioca

Fish, gutted and cleaned, or other meat

Fresh coconut milk

Banana leaf stalk

Salt

Procedure:

1. Cut pieces of breadfruit lengthwise. Bananas, taro or tapioca can be used instead.
2. Line the bottom of a pot with the banana leaves, then pour in about half an inch of coconut milk—only enough to steam the food, not soak it.
3. Place breadfruit pieces on the banana leaves and place fish or meat on top of fruit or tubers.
4. Cover and bring to a boil, then let steam.
5. Add salt to taste and serve.

From *"Pacific Islands Cookbook,"* Guam Cooperative.