



Saipan International Airport (670) 288-4400 | Grandvrio Hotel (670) 233-8339 | Garapan (670) 233-0110 Hotline: (671) 888-6055 • (670) 285-4405



By BEA CABRERA beacabrerasaipan@gmail.com CORRESPONDENT

This year, Valentine's Day will fall on a Friday, giving people so many chances to plan something ahead and to spend some time committing to self-care because the more you take care of yourself, chances are you will have more love to share and give.

And what better way to celebrate the sweetness of Valentine's than being slathered with chocolate! It is raining chocolates at Aqua Resort Club Spa as their "Chocolate Spa Treat" for CNMI residents kicked off on the first day of this month. There are two treats to choose from. First, submit yourself to "Chocolate Essential Oil Massage" that entails a 60-minute full body massage with chocolate essence sweet almond oil. Go relax, detoxify and get glowing skin for only \$60.

Another option is to go for the "Chocolate Full Spa Treatment." It is a 55-minute full body massage with rich melt-



The Natural Nail Spa at their new location on Middle Road in Gualo Rai.

ed chocolate and essential oil, followed by a full body wrap and 15-minute head massage. It is described as euphotic, improves blood circulation, releases stress, and costs only \$90 for CNMI residents. Aqua Resort Spa is located in San Roque. For more information and reservation, call (670) 322-1234. Gift certificates are also available.

See PAMPER on Next Page



PAMPER From Page 12

Love is in the air at Natural Nail Spa and you can choose among their many Valentine's Day promo packages that come with tender loving care and a complimentary gift.

For only \$68, package A includes an exfoliating body scrub paired with a 90-minute body massage.

Package B is their sweet escape manicure and pedicure with paraffin wax and gel polish for only \$78.

Package C is their charcoal

detox pedicure paired with m a hydrating/antiaging facial m or detox/purifying facial for a only \$78.

Package D is their classic manicure and pedicure with gel polish that goes with a two-hour body massage for only \$98.

All packages available only by appointment. Natural Nail Spa is located along Middle Road in Gualo Rai. For more information, call (670)233-6245.

The new kid on the block, Apinan's Royal Thai Emporium or A.R.T.E. in San Jose, offers authentic Thai relaxing massages. Their classic Thai massages cost \$25 for 60 minutes, \$40 for 90 minutes and \$50 for 120 minutes. Oil massage starts at \$25

for 60 minutes, \$40 for 90 minutes and \$50 for 120 minutes. A combination of oil and scrub massage starts at \$25 for 60 minutes, \$40 for 90 minutes and \$50 for 120 minutes.

All-time favorite Thai foot massage starts at \$25 for 60 minutes, \$40 for 90 minutes and \$50 for 120 minutes.

For loyal customers, get regular massage four times and get the next one for free. For more information, call (670) 234-2783 and (670) 783-2502 or email: ph3w1rd@ gmail.com / wfburrell0148@ gmail.com.



Apinan's Royal Thai Emporium or A.R.T.E. in San Jose offers authentic Thai massages. BEA CABRERA



Enjoy Thai, oil, body scrub and foot massages everyday at Apinan's Royal Thai Emporium.



The interior of Natural Nail Spa provides a relaxing ambiance to its guests.



Start your Valentine's Day right at M

McChicken Biscuit

Chicken McGriddle

chicken at breakfast





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STORE HOURS:

Garapan Express: OPEN 24 HRS [24/7] • Chalan Pale Arnold Road: 6:30am to 10:00pm Chalan Pale Arnold Road 235-8577 • Garapan Express 233-8577 • Office Tel: 235-8761 • Fax: 235-8760 • E-mail: admin@jcamcd.com

Gift ideas for the 'techies' in your life

By BEA CABRERA beacabrerasapan@gmail.com CORRESPONDENT

ore than just giving and receiving flowers and cutesy stuff on Valentine's Day, people have moved to more practical gifts that do not only show you care but are sensible enough that it can used not only during Valentine's Day but everyday.

Here are some tech acces-



The Billboard Portable Charge and Sound Disc Wireless available at Triple J Payless SuperFresh & Truckload Store in Chalan Kanoa. PHOTOS BY BEA CABRERA



for him and her that will not break the bank.

The Billboard portable charger is the best option to keep your phones, laptops, or tablets always powered. It's super sleek

and slim decall (670)234-1444 sign allows you to take it

on beach trips around Saipan, whether you go to Lau Lau Bay, Tank Beach or Forbidden Island. This portable charger

sories that are great gift ideas will allow you to always have "juice" on hand every time your gadget needs a power boost. Cost is only \$16.95.

Sound Disc Wireless allows people bring their favorite music wherever they

go. The design For more information, is stylish and

has excellent

sound quality because of its superior HD sound. Cost is only \$16.95.

ubiolabs



The Bose Soundsport Pulse is available at Joeten Superstore in San Jose.

() Ol certified

Wireless Charging Stand



flowers and gifts for your special someone











COME IN AND SEE OUR SELECTION **OF VALENTINE'S GIFTS!**

Arrangementof Three, Half Dozen & One Dozen Roses. Large Selection of Stuffed Toys, Wine Baskets, Fruit, Chocolates and more.

Florist

STORE HOURS: Monday-Saturday 8:30am - 6:00pm



Ubio Labs Wireless is available at Joeten Superstore in San Jose.

Both gadgets are available at **Triple J Payless SuperFresh** & Truckload store in Chalan Kanoa. For more information, call (670)234-1444

The Bose Soundsport Pulse is a perfect gadget to supplement your active lifestyle. More than just producing high definition sound, it comes with a highly accurate built-in heart rate sensor to take your exercise routine to the next level. It is everything you need while having long or short runs along Beach Road. Cost is only \$199.99.

Ubio Labs Wireless enjoy decluttering messy wires and cables as this gadget allows you to charge cable-free. You can take it

anywhere just put your phone on

the dock and it automatically charges the phone so you can do other things. Cost is only \$58.55. Both gadgets are available at the **Joeten**

For more information, call

Superstore in San Jose.



Native Union Cable is a tanglefree and mess-free cable. Available at Hot Deals in Garapan.

(670) 234-2678

Native Union Cable is no ordinary cable. It's modern design and cloth-like material fits the modern

For more information, lifestyle as the call (670) 234-2678 wire does not become messy and entangled with other

wires. It is water-resistant and functional. Costs is only \$16. Invisible Shield Glass

Curve Elite protects your phone 24/7; it prevents im-Continued on Next Page



Maximize work or school projects with Lenovo Ideapad laptop available at Sherwood at the Springs Plaza in Gualo Rai.

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pacts and scratches. The curve has been designed to fit the contours of your

> Guard you phone against scratches and falls with the Invisible Shield Glass Curve Elite available at Hot Deals in Garapan.

SAMSUNG



The Samsung

Galaxy Tab A is

available at Sherwood located at the

Springs Plaza in Gualo Rai.

phone. It is

shock absor-

and

bent

For more information, call (670) 233-2758 in Garapan. 512. These For more information, call

(670) 233-2758 The **Lenovo Ideapad laptop** is great for first-time laptop users. Its high-performance notebook feature is great for students and serious gamers. It was made to be functional, stylish, and light and costs only \$719.

The Samsung Galaxy Tab A is always portable and comfortable. You can do school or office work on For more information, call (670) 235-1470 and (670) 235-1472 or email kncorp7@ hotmail.com.

it. Built-in apps are available. The full metal body and stylish design makes it an "eye candy" but does not sacrifice durability. Cost is only \$269.99. Both gadgets are available at **Sherwood** at the Springs Plaza in Gualo Rai. For more information, call (670) 235-1470 and (670) 235-1472 or email kncorp7@hotmail.com.



For reservation or inquiry, please call: 670-237-2527 or E-mail: food.beverage@grandvrio-saipan.com

FEBRUARY 14-15

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ith Valentine's Day just two days away and, love in with the air, here are some ideas to help you celebrate the day of hearts with the special person or people in your life.

Head to **McDonald's** for a special breakfast meant for lovers and everyone else. Instead of the usual sausage, try breakfast with something different and new: the Mc-Chicken Biscuit and Chicken McGriddle.

Valentine's day won't be complete without flowers. Design Florist, located at the Cabrera Center on Beach Road in Garapan, has a selec-

For more information call, (670) 23405593 or (670) 235-8572

tion of Valentine's Day gifts that you can choose from. One dozen, half dozen, three red roses arrangements are available. You can be creative with your gift baskets with their large selection of stuffed toys, wine, fruits, chocolates and more. The store is open from Monday to Saturday, from 8:30am to 6pm, and Sunday from 9am to 12pm. For more information call, (670) 23405593 or (670) 235-8572

Let you love bloom and give a gift from **Blossoms** Floral Shop, located at J.E.T. Building in Gualo Rai, for that



that lasting impression. See their many Valentine's Day flower arrangements, goodie baskets, assortment of lus-



of bath & body products, balloons, stuffed animals, and other specialty gifts. They are open from Monday to Saturday from 8:30am to 6pm and Sunday from 8:30am to 1pm. For more information, call (670) 235-7271.

Before going on a date, make sure to get your car clean inside out for that memorable ride. Best Car Wash in Gualo Rai offers a car wash discount on Valentine's Day. For big vehicles and sedan, it is \$2 off regular price; for buses, it's \$5 off regular price.

Alamo, Enterprise, and National wants you to go places for the whole month of February with discounted vehicles for rent. You can

For more information, call Saipan International Airport branch at (670) 288-4400, Grandvrio branch at (670) 233-8339 and Garapan branch at (670) 233-0110

rent a Toyota Corolla or a Toyota Yaris for only \$39/day or \$99 for three days. If you plan to bring the entire family or group of friends, get a Toyota Sienna for only \$79 a day or \$199 for three days or a Nissan Rogue for only \$49 a day or \$129 for three days. All rates are inclusive of CDW insurance, taxes and guaranteed no hidden charges. For more information, call Saipan International Airport branch

cious chocolates, collection at (670) 288-4400, Grandvrio branch at (670) 233-8339 and Garapan branch at (670) 233-0110

> Put on your roller skates and have a unique date at the International Roller Skates, located at Winners Residence, Aetna Road in San Antonio. Have fun going around the skating rink, en-

For more information. call (670) 235-2560 or (670) 235-3313

joy jumping on trampolines, play arcade games, or hang out at the snack bar and party room. The grand opening is on Feb. 15, 2020 with special performances from K-Pop bands direct from Korea. For more information, call (6700 235-2560 or (670) 235-3313

Triple J gives triple love with their Valentine's Day Specials—meals that are good for two-starting today until Feb. 16, 2020. Enjoy two orders of soup of the day, two glasses of house wine, two medallion combo plates, baby back ribs or grilled salmon, four side items and two2 mini desserts at Tony Roma's for only \$85.

Go Italian for dinner at Capricciosa with delicious lobster, Neapolitan spaghetti, two orders of minestrone soup, two glasses of sparkling wine, and blueberry ice cream pizza for only \$65.

Enjoy dining by the beach at Surf Club with 16 oz. T-Bone steak, six pieces of shrimps, two orders of soup

of the day, two baked potatoes and two glasses of sparkling wine.

Seafood awaits lovers at Bubba Gump. For only \$65, enjoy a seafood feast that includes Mama Blue's fried shrimp, 9 oz. Certifies Angus Beef New York Striploin with succulent grilled shrimp and mashed potatoes, onion rings, New England Clam chowder, Alabama brownie, and a glass of cabernet sauvignon.

For sweet lovers, Great Harvest Bread Co. has éclair and cream puffs with blueberry or vanilla fillings. It is \$1.25 each, \$3.50 for three pieces, \$6 for six pieces and \$10 for a dozen.

Marianas Creations Café celebrates happy hour the whole day on Friday with \$1 off on all alcoholic drinks. Have a round or two and see the works of art by local artists on display.

Have a fantastic local staycation at Saipan Vegas Golf Resort & Slot Club located on Middle Road in Chalan Lau Lau. For only \$35 a night, enjoy the style and comfort of rooms with free WiFi and cable TV. This promo package includes a welcome drink at Bamboo Bar, \$25 free play vouchers at the Saipan Vegas play room, free round of golf at Saipan Country Club and complimentary coffee and donut at Winchell's. If couples book a room on Feb. 14 for two nights, the second night is free.

Grandvrio Resort will celebrate Valentine's Day in a grand way, starting with a candlelit dinner from 5:30pm to 9pm at its Dolphin Restaurant. For only \$99, have a glass of wine, salmon ceviche for appetizer, beef consommé soup, Caesar salad

For reservations, call (670) 237-2527 or email food.beverage@ grandvrio-saipan.com

in parmesan cheese crust, and surf & turf with grilled steak and baked lobster and wash down their Valentine's Day dessert with coffee or tea. If you want to go for allyou-can-eat seafood and barbecue dinner with unlimited drinks, go to Tropicana Restaurant from 5:30pm to 9pm. For reservations, call (670) 237-2527 or email food.beverage@grandvriosaipan.com

Docomo Pacific wants you to bundle your love with

For more information, call 688CARE or 488CARE or go to docomopacific.com

their phone and SmartWatch package. Get a Samsung Galaxy S10 plus Samsung Galaxy Active Watch 2 44 MM starting at \$37.10 a month. For more information, call 688CARE or 488CARE or go to docomopacific.com

Getting new appliances is always a good idea, especially this Valentine's. Media Electric's Valentine's Day promotion offers 10% to 20% off on Midea aircon, AUX aircon, freezer, refrigerator, washer, LED items, rice cooker, electric fan, solar light, smart TV

32" to 55", faucets, hardware, home appliances, rechargeable speakers and more.

For more information, call (670) 234-0680 or (670) 285-0680

Installment payment is available. For more information, call (670) 234-0680 or (670) 285-0680.

Your one-stop shop, Taro Sue Corp., along Chalan Pale Arnold Road, Garapan, will have a Valentine's Dav sale

For more information, call (670) 234-5417

on Feb. 14 to 15, with 20% to 50% discount on selected items. They are open from Monday to Saturday from 9am to 5:30pm. For more information, call (670) 234-5417

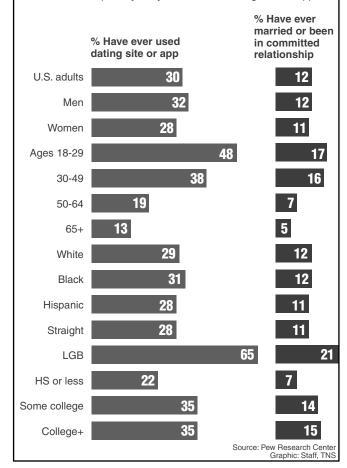
Joeten Shopping Center is running a Valentine's Day weeklong sale from Feb. 8 to 14. Enjoy 25% off on men's shirts and pants, ladies dress, blouses, lingerie and skirts, frames and phot albums, houseware, rugs and linens, hairdryers and curlers, toys, handbags and wallets. Other items such as shoes and sandals, Seiko and Casio watches and cosmetics and fragrances are 20% off.

For more information, call (670)234-6446

There are more discounts on wine, beer, whiskey, chicken leg, Ace of Diamond tuna, Hoosier Pride Smoked picnic ham, butane gas and market and organic items. Visit four branches in Joeten Susupe, Garapan, Dandan and Kagman. For more information, call (670)234-6446 (Bea Cabrera)

Finding true love online

Younger adults – as well as those who identify as lesbian, gay or bisexual - are especially likely to use online dating sites or apps



Have a Valentine's Day date at home

By BEA CABRERA beacabrerasaipan@gmail.com CORRESPONDENT

Spending Valentine's Day at home can be liberating. Dodge the Valentine's Day rush and, instead, spend this day showing love to the most important person or people in your life in your own home. Make this day special by cooking local favorites and, since wine makes food taste better, pair them with your favorite bottle.

No fuss and easy to make, chicken *kelaguen* is perfect with white wines like Sauvignon Blanc or Chardonnay. Sauvignon Blanc is perfect for white meat with herbs or spices just like the kelaguen and is perfect in warm climate region such as the CNMI. Chardonnay matches the tanginess that come from the lemon sauce of this dish.

Chicken Kelaguen

Recipe by Annie Merfalen

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) Freshly grated coconut (unsweet-

into small pieces (you can use 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

4. Stir in the optional grated coconut. 5. Serve with sweet flour titiyas

Special occasions on island always entails doing barbecue. Whether it is beef or pork, only red wine will do. Cabernet is a perfect match. If you spice up your dish with a *finadine* sauce, then go for Zinfandel, Shiraz or Malbec wines.

BBQ Short Ribs

By Reuben Olivas

1 cup of apple cider vinegar 1/2 to 1 onion sliced very thin 6 cloves of garlic minced Black pepper to taste

Beef short ribs, depending on the number of persons; generally 1/2 lb per person.

1. Mix the ingredients either by hand or blender.

2. Pour marinade over ribs in a container and coat well.

3. Place covered container in the refrigerator or cooler for at least two hours or overnight.

4. Grill the ribs, basting them with the marinade to keep them moist.

5. Because these ribs are thin, they will not take too long to cook. These are juicy and delicious right off.

Have pika-pika like shrimp patties while having a romantic conversation and wash it down with a sparkling wine because anything fried goes well with it. If you'd like a dipping sauce to add more flavor to your patties, pair it with a Sauvignon or Pinot Blanc.

Hot pepper, optional

ened), optional

1. Debone the chicken; shred or cut

and pepper to the bowl of chicken; mix to compline. laste; adjust seasoning if

required.

Say it with

By BEA CABRERA beacabrerasaipan@gmail.com

. CORRESPONDENT

The longstanding tradition of giving flowers for family and friends on Valentine's Day was first introduced in the 18th century by Charles II of Sweden. People started attaching specific meanings to it, making it possible to have an entire connection and understanding by either giving or receiving flowers. In whatever form, size, or color, flowers have come to symbolize not just love and commitment but also beauty, happiness, forgiveness, and sympathy, to name a few.

Amy Alano, manager of Island Flowers & Novelties on Beach Road in San Jose, said that red roses still top the list of requested flowers during Valentine's Day. "Red roses are still our bestseller during Valentine's Day. ... On Saipan, this special occasion is not only celebrated by lovers but by everyone," she said. "Over the years, I've also seen parents buy flowers and gifts for their child who is in kindergarten and elementary. I've seen people buy flowers for their siblings, cousins, co-worker, and even <image>

Orders of 3, 6, or a dozen red roses are available at Island Flowers & Novelties located on Beach Road in San Jose. BEA CABRERA.

best friend. Personally, I look forward to this day because, when a customer walks in, they are just full of joy to express their love through flowers and the mood for gift-giving is contagious." For inquiries, call Island Flowers & Novelties at (670)234-8383 (670)287-6279 (670) 4845666 or email islandflowersandnovelties@ gmail.com.

New Paradise Flower Shop



Saipan Vegas Resort is located next to Middle Rd. McDonald's Chalan Laulau. For further details, call 234-8718



BEA CABRERA Aside from flowers, special cards, ribbons and stuffed toys are available at the New Paradise Flower Shop located on Middle Road in Gualo Rai. BEA CABRERA.

florist Roberto Barcelo said that aside from flowers, their customers add a "personal touch" by writing love messages or poems in cards,

and adding stuffed toys and chocolates to their bouquets.

"We have ready-made flower arrangements and gift baskets for people who are on-the-go. But sometimes, we get customers that go to the shop with their own ideas in mind. We work on it and produce a unique flower arrangement or gift basket for them to give their loved ones," he said.

"Generally, flowers are given to brighten the day of someone but when people put something more, that arrangement becomes personal, intimate and extra special," he added.

New Paradise Flower Shop is located on Middle Road in Gualo Rai. For inquiries, call (670)233-9875 or (670) 287-9744.

Choosing which flower to give can be as extravagant as a gorgeous posy bought from a flower shop or a simple arrangement of flowers plucked from your own garden. Tropical flowers around the islands that bloom in your garden or in the wild year-round also have their meanings.

Hibiscus not only tastes delicious in teas and desserts but also symbolizes delicate beauty. White jasmine's fragrance always shows up in bath oils, soap and perfume as it also represent sweet love because of its lingering scent. Due to its bright colors of red, orange, yellow and green, bird of paradise symbolizes joyfulness and magnificence. Since it takes a long time for them to grow, it gives a vibe that exciting and wonderful things are about to happen when they bloom. Sunflower signifies dedicated love, pure thoughts, adoration and commitment.



An endless Valentine Making the day extra special.

Stop by the shop and see our selections of Valentine flower arrangements, goodie baskets, assortment of luscious chocolates, collection of Bath & Body products, variety of Valentine balloons, stuffed animals and other great specialty gifts.



Located at J.E.T. Building, Gualo Rai • P.O. Box 500070 CK, Saipan, MP 96950 Valentine's Shop Hours: Monday to Saturday 8:30am - 6:00pm SUNDAY 8:30am - 1:00pm

Tel. No.: 235-2276/7372 • Fax: 670-235-7271

Hop on the uttimate Valentine's Day getaway

Bv BEA CABRERA beacabrerasaipan@gmail.com CORRESPONDENT

hisk your loved one this Valentine's Day weekend to Aqua Resort Club Saipan and enjoy a romantic escape package that is meant to be memorable.

A special offer awaits CNMI residents. For only \$300 (plus 15% occupancy tax), couples are treated to a one-night accommodation in the Deluxe

Garden View room, chilled sparkling wine that will welcome them and a romantic six-course Valentine's Day dinner date at Kevin's - The Prime Rib & Seafood.

Dinner starts with Kevin's Chef Salad and New England Clam Chowder, Blackened Sea Scallop for appetizer, Lime Sherbet to cleanse your palate as you prepare for the main course, a main entrée that consists of a lobster and fillet mignon—a duo of half Maine

lobster and Angus Beef tenderloin with poached pears in wine and Roquefort cheese mousse and William potato.

For dessert, enjoy the heart=shaped strawberry roulade, which is strawberry cake roll stuffed with heart-

shaped mousse and topped with fresh mint and strawberry compote. All the ladies will get Ecua-

dorian long-stemmed roses

for free. Just add \$20 for unlimited

wine and beer for the duration of the dinner, which include Robert For more information Mondavi priand reservations, call vate selection (670) 322-1234. cabernet sau-

vignon, Robert Mondavi private selection Chardonnay, sparkling wine, Budweiser, Bud Light, Asahi. and Carlsberg.

According to ARC Marketing & Public Relations manager Victoria S. Barnes, this



Treat that special someone to a romantic Valentine's Day Getaway at Aqua Resort Club Saipan

SPECIAL OFFER FOR ALL

CNMI RESIDENTS

+15% Occupancy Tax

\$321:00/Inclusive of all taxes

EVIN'S

First ... Check in to our Deluxe Garden View Room, where you'll be welcomed with a Complimentary Bottle of Sparkling Wine

Relax | Lounge in the Pool | Enjoy Happy Hour

Then... Indulge in a Romantic 6-Course Valentine's Day Dinner for Two at Kevin's - The Prime Rib & Seafood

Take if further ... Call us in advance to book an additional Chocolate Spa Treatment or Couples Massage at the Aqua Resort Club Spa

Package Includes:

*1 Night Accommodation for Two in our Deluxe Garden View Room

*Complimentary Bottle of Sparkling Wine *Romantic 6-Course Valentine's Day Dinner for Two at Kevin's - The Prime Rib & Seafood

Offer available February 14, 2020 - February 15, 2020 Offer may not be combined with other discounts or special offers -Advance booking and reservations required -Special offer pricing is available to CNMI Residents only -Based on Availability

Please call (670) 322-1234 to book your package today

romantic getaway is available of February: Costa Terrace on Feb. 14 to Feb. 15, 2020. "We thought we'd give our valued guests and customers, the CNMI residents, a romantic staycation that they will always remember. It is a special deal to reconnect in a peaceful and quiet environment where everything has been planned for you," she said.

"For people who does not want to get the package, they can still dine at The Kevin's and order from the menu list," she added.

Coincidentally, Friday is also Seafood Buffet Night at Costa Terrace Restaurant. "Guests can enjoy gourmet seafood buffet that includes bottomless drinks," said ARC Food & Beverage manager Neil Metran.

Enjoy other special offers at ARC for the whole month

Restaurant's themed lunch buffet from 11am to 2pm: Chinese cuisine every Monday, Southeast Asian cuisine every Tuesday, Korean cuisine every Wednesday, local Chamolinian cuisine every Thursday, Japanese and Hawaiian fusion every Friday, and international cuisine every Saturday. Local residents' rates is \$17.60 for adults and \$8.80 for child.

Unwind and relax at Vino's Bar from 5:50pm to 8pm and enjoy the unlimited wine with authentic Spanish tapas while being serenated with live music. Michelle's Bar offers 50% off most beverages and there is a build your own taco station where each taco is only \$1.50.

For more information and reservations, call (670) 322-1234.

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Shrimp Patties

Recipe by Annie and Hannah Merfalen

- 1 cup thinly sliced green beans
- 2 cups peas
- 1 cup chopped onions
- 3 cups corn kernels
- 4 cups shrimp, chopped
- 2 tablespoons minced garlic 2 cans evaporated milk
- 3 cups all-purpose flour
- 2 tablespoons baking powder
- 5 tablespoons dashida seasoning
- 1 teaspoon Accent
- 1 teaspoon black pepper
- Vegetable oil, for frying

1. Heat the oil in a large frying pan. To test the heat, use the tip of a wooden spoon and dip it into the oil. If little bubbles start to form around the wood, then the oil is hot and ready.

2. While you're waiting for the oil to heat up, mix all of the ingredients (except for the vegetable oil, of course) in a large bowl.

3. Drop batter by the spoonful-about 11/2 tablespoons each—into the hot oil and fry until golden brown.

4. Drain on paper towels and serve warm.

Ready for dessert? Golfan Apai Lemmai goes well with Riesling or Chardonnay. These types of wine are high in acidity that it will cut through the sweetness of this dish.

Golfan Apai Lemmai

Recipe by Dr. Judy Flores

1 large (3 to 5 lb) breadfruit

2 coconuts (milk extracted or a 12-ounce can of coconut milk may be substituted)

- ¹/₂ teaspoon salt
- 2 to 3 tablespoons sugar (optional)

Water

1. Peel the breadfruit and cut into serving-sized pieces. Place in pot large enough to fit everything, with space on top to allow for boiling the coconut milk to bubble up.

2. Mix coconut milk and salt to taste, and add sugar if desired. Pour over the vegetables, so that everything is covered, but visible.

3. Bring to a boil, then cover with a lid and drop heat to low. When the mixture is appan and the vegetables are firm but soft, the dish is ready to serve.