



GUAVA BBQ SAUCE

SERVES 8 (1/4 CUP)

English

Recipe can be adjusted to any taste. Substitute guava for Tamarind, Hoisin, Blood Oranges, Dragon Fruit, Starfruit, Kim Chee paste, just to name a few.

INGREDIENTS:

8 oz Guava Paste (1 cup)

1/3 Cup Cider Vinegar

1/4 Cup Dark Rum*

3 Tbsp Tomato Paste

3 Tbsp Lime Juice

1 Tbsp Soy Sauce

1 Tbsp Worcestershire Sauce

2 tsp ginger

1 Green Onion (white portion)

1/4 Cup Water

Salt & Pepper to taste

**Can Omit*

DIRECTIONS:

1. Mix everything together. Be sure that guava and tomato paste are incorporated well.
2. Cook on medium high heat until sauce thickens.
3. Remove from heat and cool.
4. Use on any type of meats for the grill. Enjoy!

NUTRITION FACTS PER SERVING:

Calories 187; Total Fat 0g; Saturated Fat 0g; Sodium 210mg; Total Carbohydrates 44g; Dietary Fiber 2g; Sugars 39g; Protein 0g





KAI KUAWA BBQ HA'AWINA `AI

HA `AWINA `AI 8 (1/4 KĪ `AHA)

Hawaiian

Hiki ke lilo i ka lekepē i kau `ono. Ho`ohana ka wī, Hoisin, `Alani Koko, Paninioakapunahou, Hua hōkū, Kim Chee paste ma kahi o ke kuawa.

NĀ MEA HO`OHUI:

8 `Aunaki Kuawa `Ae`ae (1
kī`aha)

1/3 kī`aha Wīneka Kaika

1/4 Kī`aha lama uli*

3 Puna Pākaukau Kamako
`Ae`ae

3 Puna Pākaukau Wai Lemi

1 Puna Pākaukau Koiū

1 Puna Pākaukau Kai
Worcestershire

2 Puna Pākaukau `Awapuhi

1 `Aka`akai `ōma`oma`o,
(Ka Māhele Ke`oke`o)

1/4 kī`aha wai

Pa`akai a me ka pepa i kāu
`ono

**Hiki ke ha`alele*

NĀ `ŌKUIHI:

1. E ho`ohui nā me a pau. Kāwili pono k kuawa a me ke kamako.
2. E kuke kau i ka wela lōpū ā i ke ko`okūpū maila.
3. Lawe aku a mani ke kai.
4. E `ai me nā i`o like `ole. E Luana!

NUTRITION FACTS PER SERVING:

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SALSA

BARBACOA DE GUAYABA

PORCIONES 8 (1/4 TAZAS)

Spanish

La receta se puede ajustar a cualquier gusto. Sustituya la guayaba por tamarindo, hoisin, naranjas sanguinas, fruta, del dragón, fruta de estrella, pasta Kim Chee, por nombrar algunos.

INGREDIENTES:

8 oz de pasta de guayaba (1 taza)

1/3 de taza de vinagre de sidra

1/4 de taza de ron oscuro*

3 cucharada de pasta de tomate

3 cucharada de jugo de limón

1 cucharada de salsa de soja

1 cucharada de salsa Worcestershire

2 cucharaditas de jengibre

1 Cebolla de verdeo, parte blanca

1/4 de taza de agua

Sal y pimienta al gusto

**puede omitirse*

INSTRUCCIONES DE COCCIÓN:

1. Mezcle todo, asegúrese de que la guayaba y la pasta de tomate se incorporen bien.
2. Cocinar a fuego medio alto hasta que espese.
3. Retirar del fuego y enfriar.
4. Usar en cualquier tipo de carnes para la parrilla. Disfrute.

NUTRITION FACTS PER SERVING:

Calories 187; Total Fat 0g; Saturated Fat 0g; Sodium 210mg; Total Carbohydrates 44g; Dietary Fiber 2g; Sugars 39g; Protein 0g





GUAVA BBQ SAUCE

JOÑAN KILEPEN EJ: NAAJ WALOK 8
(1/4 KAP NAN AJEJ)

Marshallese

Liōk ko remaon ukoktak nan elon nam ko. Binej jenkwān guava nan Tamarind, Hoisin, Blood Oranges, Dragonfruit, Starfruit, Kim Chee paste, im bar ko jet

INGREDIENTS:

8 oz Guava Paste (1 kap)

1/3 kap in cider vinegar

1/4 kap in dark rum*

3 TBS tomato paste

3 TBS danin lime

1 TBS jouju

1 TBS Worcestershire sauce

2 tsp ginger

1 Green onion, white portion

1/4 kap in Aiboj

Salt & Pepper ñan nōmake

**Kōjenolok mōñā ko ilo
kuwat*

DIRECTIONS:

1. Kobaik aolep men ippen doon, lale bwe guava im tomato paste eo ren likun bejloke iōk eo.
2. Kōmmatte ilo an kajoor jidik kijeek eo ñan ne ebin iook eo.
3. Kōmakūt jen kijeek eo im kamere.
4. Kōjberbal ñan ejabrewōt kain kanniek emōj ukrabōle (kommatte ioon kijeek). Monono kake!

NUTRITION FACTS PER SERVING:

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