

TITIYAS

(ti-tee-dzas)

When a Chamorro wants titiyas, it is the flour version, the corn version, the fading (Federico) version or, the exquisite, m̄anha titiyas. These delicacies are often ¼ inch thick. The titiyas may be cut into diamonds or left as a large, round disc. Titiyas fadang, one I have never tried, is not as popular. In fact, you may rarely, if ever, find this titiyas as the seed from this plant (cycads palm) must be processed properly to avoid poisoning.

TITIYAS MAI'ES

(maw-is)

Corn titiyas is typically eaten with kelaguen, though can be eaten with any kind of meat or “chessa” (food the bbqers eat up while bbqing).

INGREDIENTS

Set 1

4 c. masa harina mix

2 T. sugar

1 t. salt

Set 2

3 ¾ c. water

Tools: large bowl, large non-stick pan, empanada press or rolling pin, wax paper, cooling rack

DIRECTIONS

1. In large bowl, combine masa, sugar, and salt.
2. Add water and mix well to form a soft dough.
3. Knead dough in the bowl for a few minutes.
4. Divide dough into equal pieces. Shape into the size of 2-3 golf balls.
5. **Preheat a non-stick pan to medium heat.**
6. Cut about 20 pieces of wax paper slightly larger than the empanada press.
7. Place one sheet on the bottom half of the press.
8. Put one ball of dough on the wax paper.
9. Lay a second sheet of paper on top of the ball.
10. Close the press and squeeze to flatten the dough about ¼ of an inch thick.
11. If you do not have an empanada press, you may also roll the dough between the two sheets of wax paper using a rolling pin.
12. Peel the top piece of paper away from the flattened dough. Prick dough gently with a fork.
13. Keeping the bottom wax paper intact, flip the titiyas dough side down into the pan.
14. Remove the wax paper.
15. **COUNT 30-45 SECONDS THEN FLIP TO THE OTHER SIDE.**
16. Don't cook the first side too long otherwise the titiyas will not **LOOK** the way it is supposed to look on the other side. Be careful not to break titiyas on this first flip.
17. Let brown on the second side then flip to the initial side to brown and finish cooking.
18. Cut titiyas into diamonds or squares.

Recipe from REMEMBER GUAM by Paula Quinene of PaulaQ.com.