

# **BOÑELOS DÂGO**

(daw-goo)

*I love the texture of this doughnut. While the dâgo on Guam is a bit different (red dâgo) from what one can purchase out here (white yam), it is close enough. Stateside, you can buy white dâgo at Asian stores under a few names:*

***Japanese mountain yam*** – nagaimo, yamaimo

***Chinese yam*** – huai shan, shan yao or huai shan yao

***Korean yam*** – ma

*Dâgo does have oxalate crystals on its skin. The crystals create an itchy sensation for humans. Research indicates a brief submersion in a vinegar-water solution should help to neutralize the crystals. If you decide to try this, don't keep it in the vinegar-water for too long or you may taste the vinegar in the finished product.*

*Traditionally on Guam, I have not heard of this practice. So, you can wear gloves or brave it out when skinning the dâgo with a potato peeler. Otherwise, handling the batter with your hands does not seem to be a problem.*

*Dâgo has a lot of water in it. Hence, all you need to make the batter is sugar and flour. Below is a picture of a Japanese mountain yam, a.k.a. nagaimo.*

## ***INGREDIENTS***

### **Set 1**

4.5 c. grated dâgo (about 4 average sized yams)

### **Set 2**

½ c. sugar

3 ½ c. all-purpose flour

¼ c. cake flour

### **Set 3**

Oil for deep frying

Maple syrup, pancake syrup, sugar water, or anibat tuba for dipping

***Tools:*** large pot, ladle or tongs, cheese grater, colander, napkins, container for finished doughnuts

## ***DIRECTIONS***

1. Pour oil into pot and heat on medium heat.
2. Skin the yams. Discard skins.
3. Grate yams.
4. Add sugar.
5. Add flour a little at a time to make the batter thick enough to drop from your hand.
6. Batter should pull away from the bowl but still be soft and sticky.
7. Drop a test doughnut into the oil (see boñelos aga for batter dropping technique).
8. Immediately after frying, the finished doughnut may not look cooked on the inside, but it is the dâgo you are seeing.
9. Doughnut should be golden brown on the outside.
10. If doughnut does not rise to the top, use a fork to dislodge from the bottom of the pot.
- 11. If doughnuts stick together, immediately separate them.**
- 12. If they have browned quite a bit, do not separate the doughnuts. If you do, you will create an opening in the doughnut for the dago to come out with a BAM!!! The water content will literally create a burst of moisture, which popping into the oil, will cause there to be quite an explosion of oil.....as if you splashed water into the pot.**
13. Dip finished doughnuts in your choice of syrup.

*After the boñelos dâgo cooled off completely, I put some in the freezer in a Ziploc freezer bag. OMG, I thawed the boñelos then heated them in the microwave so they were nice and hot. Wow, with real maple syrup they were soooooo delicious! I loved them even more than when they were freshly made!*

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