

GUAM BOÑELOS DÀGU YAM DONUTS WITH TROPICAL SYRUP RECIPES

This is the same recipe from my *Remember Guam* book and my older boñelos dàgu video from forever ago. However, the earlier version didn't include the syrup recipes. It's just so good, you gotta make it!

INGREDIENTS

SYRUPS

Set 1

2 cups or 474 milliliters sweet tuba

¼ cup or 50 grams granulated sugar

Set 2

1 - 13 ½ ounce can or 400 milliliters thick coconut milk

¾ cup or 150 grams granulated sugar

Set 3

½ cup or 118 milliliters water

¼ cup or 50 grams granulated sugar

Set 4

56 fluid ounces or 1.66 liters coconut oil

Set 5

4 ½ cups or 1,065 milliliters grated Japanese mountain yam, about 2 long ones

½ cup or 100 grams granulated sugar

¼ cup or 30 grams cake flour

3 ½ cups or 420 grams all-purpose flour, may not use all

Set 6

Pancake or maple syrup, optional

Tools: food processor with small grating blade or cheese grater with small holes, small dough scooper

DIRECTIONS

TUBA SYRUP OR ANIBAT TUBA

Pour 2 cups of sweet tuba into a pan. Add ¼ cup of sugar. Stir to dissolve. Simmer till you can hear the sugar in the syrup sizzling; when it's been reduced to about a half cup. Anibat tuba will thicken as it cools. Set aside.

COCONUT MILK SYRUP

Pour 1 can of coconut milk into a pan. Add ¾ cup sugar. Stir to dissolve. Simmer till you can hear the sugar and fat in the syrup sizzling. Pour through a strainer. Cover with plastic wrap to keep a skin from forming. Coconut milk syrup will thicken as it cools. Set aside.

SUGAR WATER

Mix a half cup of water with ¼ cup of sugar. Stir to dissolve. Set aside.

PREHEAT OIL

Transfer the coconut oil to a pot about 4 inches deep. Melt on medium heat. Heat oil to about 350 degrees Fahrenheit or 176 degrees Celsius.

BOÑELOS DÁGU YAM DONUT BATTER

Place 4 ½ cups of grated yam at room temperature into a large bowl. Using one hand, squeeze mixture to smash any large pieces of yam. Add all the sugar and use your hand to mix and dissolve the sugar. Add all the cake flour and mix to dissolve.

Add the all-purpose flour a little at a time, about one-third of it at first. Incorporate well using your hand. Add another third. Watch how the batter moves in the bowl. It's ready when the batter starts to pull away from the rim as you mix. With a dough scooper or your hand, drop one donut-amount of batter back into the batter bowl. If it holds its shape, it's ready.

Test one donut in the preheated oil. Boñelos should float pretty quickly. Continue to add more batter to the oil. Don't overcrowd the pot. One batch takes about 10 to 12 minutes to color to a gorgeous golden brown.

When the donut is still hot and you open it, it will look raw. It's not. This is just the texture of the dāgu.

Dip donuts in your choice of syrup. Once completely cooled, boñelos may be frozen in freezer bags. Thaw overnight to reheat in microwave or air fryer.

So fun! So yummy!

Recipe courtesy Paula Quinene of Paulaq.com.