



STARS  AND  STRIPES<sup>®</sup>

# A Taste of Guam

The 3 'R's to good eating –  
Restaurants,  
Reviews & Recipes

**8-page pullout**





*"it's finger  
lickin' good"*

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# A Taste of Guam



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**RESTAURANT INFO**



Home cookin'



## Greek tiropitakia: Feta cheese triangles recipe

By Karen Laedlein

### Ingredients:

- 8-12 oz. Feta cheese, crumbled
- 8-12 oz. Cottage cheese, small curd
- 2-3 eggs, beaten
- Fresh parsley, minced
- 1 stick butter, melted
- 1 stick margarine, melted
- Filo sheets (thawed but protected from drying out) (1 section)

### Instructions:

- 1) In a bowl, crumble the cheeses, add eggs, and parsley until the consistency of creamed eggs.
- 2) Melt the butter and margarine.

3) Cut the filo in 3" wide long strips.

4) Brush the melted butter onto one long strip of the filo, fold in half lengthwise. Butter again.

5) Add 1 1/2 tsp\* of cheese mix to a corner of the long strip and fold up (flag style) to form a triangle. Repeat.

6) Freeze on waxed sheet then store in a Ziplock bag. (Freeze up to 4 weeks)

7) Cook at 400° until golden.

\*Don't skimp or there will be leftovers.

## Thai chicken coconut soup (Tom Kha Gai)

By Karen Laedlein

This classic Thai chicken soup gets its rich flavor from quintessential Thai ingredients: coconut milk, lemongrass, ginger, turmeric, lime juice, chili, and cilantro. (30 minutes)

### Ingredients:

- 1 can (14 oz.) coconut milk (low fat works well)
- 2-3 cups water
- 1/4 cup fresh lime juice
- 4-5 Tbsp. oyster sauce
- 1 tsp. ground turmeric
- 1 tsp. chili powder
- 2-3 tsp. ground ginger or 6 quarter-size slices fresh ginger
- 4 stalks fresh lemongrass, halved

lengthwise and bruised or zest of one lemon

### SAUTÉ:

- 1 cup sliced mushrooms or 2 cans sliced mushrooms
- 1 pound boned, skinned chicken breast or thighs, cut into 1-in. chunks or use precooked rotisserie chicken
- 2 cans or packages baby corn sliced or frozen corn

### GARNISH OPTIONS:

- 1/4 cup fresh basil leaves
- 1/4 cup fresh cilantro
- Diced avocado

### Instructions:

1) In a medium saucepan, combine coconut milk, water, turmeric, chili powder, ginger, and lemongrass and bring to boil over high heat.

2) Add chicken, mushrooms, lime juice, oyster/fish sauce, Reduce heat and simmer until chicken is firm and opaque, 5 to 10 minutes.

3) Discard lemongrass. Garnish servings with basil, cilantro, and/or avocado.



# Recipe military world

Stars and Stripes recently asked folks from recipes. Here's a sample of the many that we going out to eat isn't necessarily on the plate. is the best way to serve up some family fun.

## Squash pull-apart dinner

By Karen Laedlein

### Ingredients:

(Makes 2 dozen)

- 1 1/2 cups warm milk
- 2 1/4 teaspoons dry yeast
- 2 tablespoons sugar
- 2 tsp salt
- 1 egg, lightly beaten
- 3/4 cup puréed squash or canned pumpkin
- 1/4 cup vegetable shortening or butter
- 4 to 5 cups all-purpose flour
- 2 tablespoons butter, melted, plus more for pan
- 2 teaspoons poppy or sesame seeds

### Instructions:

- 1) In a large bowl, combine warm milk with yeast, sugar, and salt. Let stand 5 minutes, then add egg and beat well to combine.
- 2) Add squash and shortening; mash with a fork until shortening is in small pieces. Add 1 1/2 cups (3C) flour and mix well with a wooden spoon. Gradually mix in more flour by the cupful until dough collects around spoon and pulls away from sides of bowl (you may not need all the flour).
- 3) Transfer to a lightly floured surface and knead 2 minutes. Put dough in a greased bowl; flip over to grease all side of dough then cover with a tea towel. Let rise in a warm place until doubled in size, 1 to 1 1/2 hours.



- 4) Grease a large baking down, turn out onto a lig surface, and knead until and supple, about 7 min into 4 balls (8); cut each
- 5) Roll each piece into a s on baking sheet so they
- 6) Brush balls with melte sprinkle with poppy seed cover with plastic wrap a minutes. Preheat oven to
- 7) Bake until golden brow minutes. Let cool, then p

## Chicken Caesar Salad

By Darlene Coffman

A crispy fresh salad is awesome at any time of the year!

### Ingredients:

- 4 boneless/skinless chicken breasts
  - 1 cup Dale's Liquid Steak Seasoning
  - 1 small sweet onion (~ 1/2 cup finely diced)
  - 3 tablespoons minced garlic
  - 1/2 cup EVOO
  - 1/4 cup water
  - 1 head romaine lettuce
  - 2 cups freshly shredded parmesan cheese
  - 1 cup Caesar croutons
  - Your favorite Caesar dressing
- YOU WILL NEED:** 1 Gallon Ziploc Bag, a large mixing bowl and individual serving bowls.



### Instructions:

- 1) If possible prepare the chick to when you want to serve the the chicken breasts with a mea facilitate better absorption of t Place them in a Ziploc bag wit



# Recipes from families worldwide

the military community to submit their favorite recipes sent in from around the world. In a time when we're maybe cooking up some of these delicious dishes

– Stripes Guam



Salsa, pico de gallo, and guacamole

By Rosie Ortiz-Torres

Ready to make an easy 3-in-1 Mexican dip? This recipe is great for snacks, BBQ, tortilla chips & dip, tacos, nachos, quesadillas, and so much more!

**Ingredients:**

- 2 avocados ■ 2 limes (juice the limes)
- 4 medium tomatoes ■ 1 Cilantro bunch
- 5-6 Garlic cloves or 2 tbsp garlic powder
- 4 Jalapenos ■ 1 tbsp salt

**Instructions:**

**Begin with Pico de Gallo (set aside avocados)**

- 1) Dice the onion, tomatoes, garlic, jalapenos, and cilantro (use some of the stems for added flavor bust). Combine in a container with salt and lime juice. Cover and set aside as flavors marry and create more juices.
- 2) Mash up the 2 avocados in a separate container. Add 1/2 cup of the pico de gallo into the avocado and juices for a smooth texture. Add more salt and garlic powder to taste.
- 3) For the salsa, a blender or puree can be used. Take 2 cups of the pico de gallo, place in blender and pulse until you get a desired consistency for salsa dip.
- 4) Place everything in its own section on a serving platter and enjoy!

rolls



sheet. Punch dough lightly floured work dough is smooth minutes. Cut dough ball into 6 pieces.

sphere and arrange barely touch.

and butter and seeds or sesame seeds; and let rise 30 to 375°.

own, about 20 pull apart to serve.



## Cheesy Chicken & Potato Casserole

By Marla Bautista

As a mom of three, Army wife, and entrepreneur, I am always on the go. From cheerleading practice to speech therapy and military ceremonies, my family doesn't have much downtime. Preparing a delicious meal that my picky eaters will enjoy is no easy feat. Baking a Cheesy Chicken and Potato Casserole is always a win, win. It's easy to make, and everyone loves it.

**Ingredients:**

- (Serves 4 people)
- 1lb. Boneless Chicken Breast
  - 4 Potatoes
  - 1 Tsp. Black Pepper
  - 1 Tsp. Salt
  - 1Tbsp. Garlic Powder

- 1/2 Tbsp. Paprika
- 3Tbsp. Olive Oil
- \*Green Onions and Shredded Cheese (Optional Garnish)

**Instructions:**

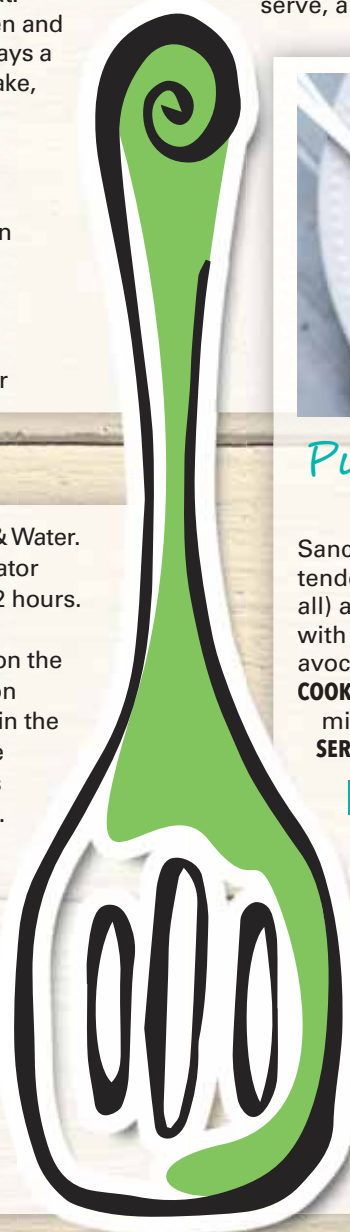
Preheat oven to 400 degrees. Oil baking pan. Clean or peel potatoes. Cut potatoes and chicken into cubed sized pieces, place in baking dish. In a separate bowl, mix all seasonings and olive oil. Pour mixture over chicken and potatoes. Mix well. Bake uncovered for 55 minutes. Remove from the oven. Cover top of casserole with shredded cheese and green onions. Return to oven for 5 additional minutes. Remove, serve, and enjoy!

seasoning, onion, garlic, EVOO & Water. Allow to marinate in the refrigerator overnight or a minimum of 2 hours.

2) Cook the chicken breasts on the grill or stovetop. If cooking on stovetop, add the marinade in the skillet with the chicken. Once cooked, slice into nice cubes for topping the Caesar salad.

3) Tear the romaine lettuce into bite-size pieces into the large mixing bowl. Add the shredded parmesan cheese and croutons. Now it's ready to serve into individual bowls and top with warm chicken. Add favorite Caesar dressing to taste. Enjoy!!

en the day prior dish. Smash at tenderizer to the marinade. h the Dales



## Puerto Rican Sancocho

By Kristy Maldonado

Sancocho is a one-pot stew with chunks of tender beef (meat of your choice or no meat at all) and root vegetables. It is typically served with a side of white rice and a piece of ripe avocado.

**COOK TIME:** 1 hour 40 minutes (includes 20 minutes of prep time)

**SERVINGS:** approximately 8 servings

**Ingredients:**

**SEASONINGS**

- 1 teaspoon of salt
- 1 teaspoon of black pepper
- 1/4 cup of chopped cilantro
- 4 ounces of tomato sauce
- 1/2 teaspoon of ground oregano
- 1/2 teaspoon of ground cumin
- 1-2 packets of sazón seasoning for coloring
- 1/3 cup of sofrito (you can buy it or make it at home with a blend of peppers, herbs, onions, garlic, and seasonings)

- 2 tablespoons of olive oil

**VEGETABLES**

- 1 large cassava (yuca)
- 1 cup of pumpkin (calabaza)
- 2 yams (ñames)
- 2 husks of corn (maiz)
- 2 Taros (yautías)
- 4 medium potatoes (papas)
- 3 large carrots (zanahorias)

**MEAT**

- You can choose between cubed beef, pork, chicken breasts, sausages, chorizo or any kind of meat that can be cut in small pieces. Use proximately 2-3 pounds of meat.

**Instructions:**

- 1) Peel all the vegetables and cut them into 1-2 inches chunks.
- 2) Add the seasonings to a large bottom soup pot over medium-high heat. Cook for 2 minutes and stir it.
- 3) Add in vegetables and meat.
- 4) Add water to cover everything in the pot.
- 5) Cover the pot and wait until soup reaches a boil, then lower heat to medium-low and allow to cook for 1 hour, or until vegetables are fork-tender.
- 6) Serve with your favorite side dish. ¡Buen provecho!

For more recipes on Page 6



Home cookin'  
Continued from Page 5



## Homemade Cinnamon Rolls

By Najwa Fieger

### Ingredients:

#### DOUGH

- 2 ½ tsp active yeast
- 1 cup warm milk
- 1 tsp cup sugar
- 1/3 cup of unsalted butter
- 1 tsp salt
- 2 eggs
- 4 cups flour

#### CENTER ROLL

- 1 cup brown sugar
- 3 tbsp cinnamon powder
- 1/3 cup melted butter

#### ICING

- 1 cup powdered sugar
- 3 tablespoons heavy cream
- 1 tsp vanilla extract
- 3 oz of cream cheese
- Pinch of salt

### Instructions:

- 1) Preheat oven to 350 degrees.

- 2) Mix yeast and sugar into the warm milk. Allow to froth for at least 5 minutes.

- 3) In another bowl, mix together 4 cups of flour, eggs, salt, and butter.

- 4) Slowly stir in the milk mixture until well blended.

- 5) Place the dough in an oiled bowl. Allow an hour to rise.

- 6) For the center, mix the cinnamon powder and brown sugar together.

- 7) Roll out the dough. A good measurement is to stretch it out thin to about 16" long and 12" wide.

- 8) Brush the melted butter on the dough.

- 9) Evenly distribute sugar/cinnamon mixture over the buttered dough.

- 10) Slice into 1 ½ inch pieces onto a pan. Let them rise on the pan for 30 minutes.

- 11) Bake in the oven for 20 minutes.

- 12) To make the icing, combine powdered sugar, heavy cream, vanilla, cream cheese and a pinch of salt.

- 13) Drizzle the icing on the cinnamon rolls once they are done.

Check out the video



## Ms. DD's Sweet Southern Cornbread

By Darlene Coffman



**YOU WILL NEED:** 1 - 9 inch cast iron skillet and a large mixing bowl.

### Instructions:

- 1) Preheat oven to 400 degrees. Put bacon grease in cast iron skillet and place in oven to heat. In a large mixing bowl, mix together the Corn Muffin Mix, sugar, eggs, and milk. Blend well. Batter will appear slightly watery and lumpy. Add any desired extras here.

This recipe is one of my family favorites. It goes great with chili and any kind of soup. It's excellent alongside collard greens, beans and rice or by itself with a little milk.

### Ingredients:

- 2 boxes Jiffy Corn Muffin Mix
- 1 cup sugar
- 2 eggs
- 1 cup milk
- 3 tablespoons bacon grease
- 1 stick butter

**EXTRAS YOU MIGHT LIKE:** Canned creamed corn, jalapenos, sweet kernel corn.

- 2) Remove skillet from oven when bacon grease is completely melted and slightly smoking. Place skillet on stovetop. Pour batter mix into skillet. It should sizzle. Place back in oven and bake till knife inserted into the middle comes out clean (approx 20 minutes). It should appear like a cake with golden brown top and caramel brown edges.

- 3) Use the stick of butter to outline the inside edge of the skillet and place a few pats on top. Enjoy!!



Check out the video



## Oreo Blueberry Cheesecake Cupcakes

By Najwa Fieger

Looking for a fantastic dessert? Try out this recipe for Oreo Blueberry Cheesecake Cupcakes! These sweet treats will be a favorite amongst friends and family.

### Ingredients:

#### BLUEBERRY SYRUP

- 1 cup frozen blueberries
- 1/4 cup sugar
- 1/3 cup water
- 1 tsp lemon juice

#### CUPCAKE INGREDIENTS

- Yellowcake mix
- Vanilla instant pudding
- 3 eggs
- 1 cup water
- 1/4 cup vegetable oil
- Halves of Golden Oreos (one side of cookie per cupcake)
- Crushed Oreos (half of one sleeve with cream removed)
- Cheesecake Icing ingredients
- 1 cup butter softened
- 1 1/2 cup cream cheese
- 1 1/2 cup powdered sugar
- Color from blueberry syrup

### Instructions:

- 1) To make the blueberry syrup: heat sugar, water, and lemon juice on stove until the sugar dissolves.

- 2) Add in frozen blueberries until they soften (about a minute).

- 3) Strain the blueberries, then bring back to a boil for 3 minutes.

- 4) Allow the blueberry syrup to cool.

- 5) Preheat oven to 365.

- 6) Remove the cream from the Oreos.

- 7) Line cupcake pan.

- 8) Place one side/half of Oreo on the bottom of each cupcake tin.

- 9) For cupcake batter: blend yellowcake mix, instant pudding pack, 3 eggs, cup of water, and vegetable oil on low speed, then high speed for about two minutes.

- 10) Fold in most of the blueberry syrup, saving some for the icing. Makes for pretty lavender icing.

- 11) Bake 20-25 minutes.

- 12) To make the icing, whisk 1 cup of butter + 1 1/2 cups of cream cheese until smooth.

- 13) Sift in powdered sugar.

- 14) Add about a tablespoon of blueberry mixture for desired purple color.

- 15) Pipe icing on the cupcakes.

- 16) Remove cream from about half the sleeve of golden Oreos. Crush the Oreos and use for garnish.

- 17) Top with fresh blueberries.

## Mama LuLu's famous garlic bread

By Laurie Kuhl



My children seem to forget every dish that I have made for them except for this recipe. It's one they ask for and it's fun to get them involved in making the garlic bread. It's a recipe that you can adjust to your taste — maybe sprinkle some red pepper for more zing or add some chives. It's easy to prep while you're cooking the rest of dinner and then pop it in the oven after everything else is ready! Enjoy!

### Ingredients:

- Loaf of bread - French or Italian is good
- Melted butter - 4 tbsp
- Lawry's Seasoned Salt - 1 1/2 tsp
- Mozzarella or Kraft Italian blend shredded cheese - 1 cup
- Shredded Parmesan (Kraft or do your own; don't use the granulated kind) - 1/2 cup or so
- Minced Onion - 1 tbsp
- Oregano - 1 tbsp
- Garlic Salt - 1 tbsp

### Instructions:

- 1) Cut bread into slices and arrange on a foil-lined pan.

- 2) Slices can touch, about an inch thick works well.



- 3) Spread melted butter over tops and let soak in.

- 4) Sprinkle lightly with Lawry's Seasoned Salt.

- 5) Top each piece using shredded mozzarella and/or Kraft Italian blend shredded cheese.

- 6) Sprinkle with minced onion.

- 7) Top with shredded parmesan.

- 8) Sprinkle lightly with oregano and garlic salt.

- 9) Bake under broiler, about 2-3 inches away until cheese starts to barely brown on the edges.

- 10) Keep a close eye, it cooks fast!



## Tuscan Tomato Soup

By Anna and Tom Bagiackas



- 1 sprig fresh basil plus 2 tablespoons chopped
- 1/2 teaspoon table salt
- 1/4 teaspoon pepper
- Grated Parmesan cheese

### Instructions:

- 1) Combine oil, garlic and pepper flakes in large saucepan and cook over medium heat until garlic is lightly browned, about 4 minutes.
- 2) Stir in tomatoes, bread, broth, basil sprig, salt and pepper and bring to boil over high heat. Reduce heat to medium, cover and simmer vigorously until bread has softened completely and soup has thickened slightly, about 15 minutes, stirring occasionally.
- 3) Off heat, discard basil sprig. Whisk soup until bread has fully broken down and soup has thickened further, about 1 minute. Sprinkle with Parmesan and chopped basil, drizzle with extra oil and serve.

*(This recipe was adapted from Cook's Country magazine.)*

What we love about this recipe is that it is first, delicious. Secondly, it is easy to make and adaptable with items often found in our pantry. Lastly, it is very adaptable. Easy to cut the recipe in half for one and perfect for a light lunch, or make the full recipe and serve for dinner alongside some crusty bread.

**START TO FINISH: 40 MINUTES**  
**SERVINGS: 4**

### Ingredients:

- 1/4 cup extra-virgin olive oil, plus extra for serving
- 3 garlic cloves, sliced thin
- 1/4 teaspoon red pepper flakes
- 1 (28-ounce) can crushed tomatoes
- 4 ounces hearty white sandwich bread, cut into 1/2-inch cubes (3 cups)
- 2 cups chicken broth



## Zucchini apple bread with crumble topping

By Rosie Ortiz-Torres

### Ingredients:

- 4 eggsw
- 3 cups all-purpose flour
- 2 1/2 cups sugar
- 2 tsp baking soda
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1 tsp salt
- 1 tsp lime juice
- 1 tsp lime zest
- 1 cup vegetable oil
- grated large apple
- 1 grated zucchini

- 2 cups flour
- 1 cup unsalted melted butter (2 sticks)

### Instructions:

Preheat oven to 350, combine zucchini apple ingredients in a large bowl. Spray 2 standard loaf baking containers with non-stick grease and pour the mixture. Add crumble topping on top and bake for 45 minutes in the oven. Adjust heat and baking time



### CRUMBLE TOPPING

- 1 cup light brown sugar

depending on oven settings and loaf containers (foil, glass, etc.)

## Hazelnut and White Chocolate Blondies

By Anna and Tom Bagiackas



- 1 cup hazelnuts, chopped
- 1 cup white chocolate chips, or chopped bar
- 2 tablespoons honey

### Instructions:

- 1) Heat oven to 400°F (204°C). Grease a 9-inch square baking pan, then line bottom and sides with parchment paper and grease paper.
- 2) Whisk the flour, coconut flour, sea salt and baking powder in a large bowl.
- 3) Melt the butter. Once melted, stir in the granulated and muscovado sugar.
- 4) Add the beaten eggs, a little at a time, and the vanilla extract, then fold in the flour mixture until fully combined.
- 5) Gently fold in heaping 1/2 cup of chopped hazelnuts and all of the chocolate chips until evenly distributed, then pour the mixture into the prepared pan, giving the pan a gentle shake to disperse the mixture evenly.
- 6) Bake for 25 to 30 minutes until a toothpick inserted into the center comes out sticky, but not wet. Remove from the oven, brush with the honey and sprinkle with the reserved chopped hazelnuts while still warm.

- 7) Let the blondie cool in the pan for 10 minutes and then remove it carefully and transfer to a wire rack to cool completely before slicing into squares.

*(This recipe is adapted from "The Big Book of Amazing Cakes" by The Great British Baking Show.)*

After getting completely sucked in watching the Great British Baking Show, these blondies were born. This favorite recipe is inspired from one of the show's cookbooks and when we needed to make a substitution after missing a key ingredient, these became our own. We have tried the original recipe too but liked ours better! If you cannot find muscovado sugar, you can substitute with light brown sugar.

**START TO FINISH: 1 hour**  
**SERVINGS: 8-10**

### Ingredients:

- 1 cup plus 2 tablespoons all-purpose flour, sifted
- 1 cup coconut flour
- Pinch of flaky sea salt
- 1 teaspoon baking powder
- 3/4 cup plus 1 tablespoon unsalted butter, diced
- 3/4 cup plus 2 tablespoons granulated sugar
- 1 cup light muscovado sugar
- 3 large eggs, at room temperature and beaten
- 2 teaspoons vanilla extract



Check out the video



## S'mores French Toast

By Najwa Fieger

Need a fun spin on french toast? Look no further than this special recipe of S'mores French Toast!

### Ingredients:

- 6 slices of bread (I used French Toast Wonder bread)
- 3 eggs
- 1 tsp vanilla
- 2 tsp cinnamon (or sprinkle per slice)
- Nutella
- Marshmallow Fluff
- Optional toppings: syrup/bananas/strawberries

### Instructions:

- 1) Whisk eggs.
- 2) Add in vanilla or cinnamon.
- 3) Dip the slices of bread in the egg mixture.

- 4) If the mixture runs out of cinnamon, you can always just sprinkle the bread with cinnamon after dipping in egg.

- 5) Fry the slices of bread on each side for 2-3 minutes.

- 6) Spread Nutella on 3 of the slices and marshmallow fluff on the other 3.

- 7) Sandwich together a Nutella slice with a marshmallow slice.

- 8) Sprinkle a little powdered sugar on top.

- 9) Taste great topped with syrup.

For more recipes on Page 8



Home cookin'  
Continued from Page 7



### Jagerschnitzel

By Susan Todorowski

**Ingredients:**

**CUTLETS**

- 1lb boneless pork or veal cutlets
- 2 eggs (beaten)
- 1/2 cup breadcrumbs
- 1/4 cup of flour

**SKILLET MIXTURE**

- 3 tablespoons of oil
- 10 slices bacon (diced)
- 2/3 cup of onions (chopped)
- 1lb of mushrooms (sliced)
- 2 tablespoon tomato paste
- 1 cup of water
- 1 cup of Burgundy wine
- 2 dashes of thyme
- 1 teaspoons of paprika

- 2 teaspoons of salt
- 1 teaspoon of pepper
- 2 teaspoons of parsley
- 2 tablespoons cornstarch with 1/4 cup milk



**Instructions:**

- 1) Heat oil in a large skillet over medium-high heat.
- 2) Pound cutlets with a meat tenderizer to flatten them to 1/4 inch thick. Season cutlets with salt and pepper, drench them in beaten eggs and then coat evenly with the bread crumbs that have been combined with the flour.
- 3) Place cutlets into a skillet and fry until golden brown (1-2 minutes on each side).
- 4) Remove the meat from the skillet and drain on paper towels; keep the meat warm in the oven while making the gravy.
- 5) Saute bacon and onions until golden brown; add tomato paste and mushrooms, and saute over low heat until mushrooms are cooked; add wine, water, and seasonings; let simmer for about 5 minutes.
- 6) Stir in the cornstarch/cream mixture; simmer till thickened, pour gravy over Schnitzel before serving.



### Kiffels

By Susan Todorowski

**Ingredients:**

- 1/2 lb. butter softened
- 2 egg yolks
- 6 oz. cream cheese softened
- 2 cups flour
- 1/4 tsp. baking soda

**FILLING**

- Apricot or nut filling

**Instructions:**

- 1) Mix all ingredients together.
- 2) Knead until well combined.
- 3) Shape dough into 2 discs, wrap in waxed paper then plastic wrap and chill overnight.
- 4) Cut a wedge at a time, roll out dough on a counter dusted with flour and powdered sugar.
- 5) Cut into 3" squares with pizza cutter and spoon 1 tsp filling on each one.
- 6) Moisten edges with water and fold closed.
- 7) Crimp edges with floured fork.
- 8) Place on a lightly greased cookie sheet.
- 9) Bake at 350 degrees for 15 to 20 minutes.



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