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NEW
RENAL DIET
RECIPES

EASY GUIDE TO HEALTHY PINOY MEALS

2nd Edition



Easy Guide to Healthy Pinoy Meals

Easy Guide to Healthy Pinoy Meals

Easy Guide to Healthy Pinoy Meals
by Annie Pascual Guerrero

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2nd Edition

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FOREWORD

The Department of Health cognizant of the increasing prevalence of lifestyle related diseases, has taken as one of its priorities the Promotion of Healthy Lifestyle.

Healthy lifestyle in this context is defined as a way of life which promotes and protects one's health and well-being. The campaign promotes the following messages:

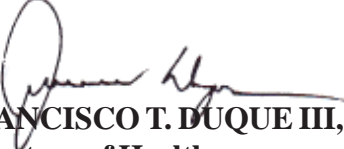
1. Don't smoke
2. Regular exercise
3. Eat healthy diet everyday
4. Watch your weight/Weight control
5. Manage stress
6. Regular health check up

The process of behavioral changes that will lead to the adoption of a healthy lifestyle in individuals is long and tedious. Thus, the healthy lifestyle campaign should be continuous, sustained and integrated. Because of limited resources, the DOH needs partners from various sectors of society to jump in the bandwagon.

This book, "Easy Guide to Healthy Pinoy Meals" is an initiative by our partners from the private sector--- Natural Quality Corporation, CCA Manila and Cravings; to help strengthen public information regarding one major component of our healthy lifestyle campaign which is in the planning and preparation of healthy, affordable and delicious meals.

It is my pleasure to congratulate the publishers, authors and all those who have contributed in the development of this material.

Hopefully, this book will serve as a handy, reliable and easy to understand reference material that would help in the promotion of health and well-being of the citizenry.

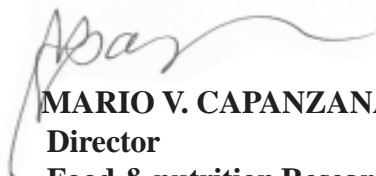

FRANCISCO T. DUQUE III, MD, MSc.
Secretary of Health

PREFACE

Solving nutritional problems have always been considered a top priority amongst our health programs in the country. In the past we have always battled against undernutrition but in recent times we saw that a double burden of disease is emerging, which is that of infectious diseases and generative diseases. Diseases such as diabetes and atherosclerosis have contributed to the burden, not only because of environmental and social factors but also on the way we live and eat. The Food and Nutrition Research Institute, Department of Science and Technology is the research arm of the government in food and nutrition, however it is also the lead agency in nutritional innovation and intervention. We remain cognizant that one of our basic issues is that we do not eat right. This has greatly affected how we fight disease and also by how we allow diseases to set in. Fastfood meals have overtaken our daily lives and it's time that we rethink how we want to eat and live in the home environment.

This book, **“Easy Guide to Healthy Pinoy Meals”** is a basic material for households who want to go back to our tradition of healthy home cooking without the high expense yet keeping the food interesting.

We commend our partners from the private sectors---Natural Quality Corporation, CCA Manila, and Cravings who have worked on the development of this book. This will help create more interest on cooking Filipino meals as well as providing information on how we can be healthy by eating and living right.



MARIO V. CAPANZANA, P.h.D.

Director

Food & nutrition Research Institute, DOST



acknowledgment

It gives me great pleasure to express my gratitude to the people who have shared their talent, hard work, enthusiasm and encouragement with me in the creation of this book. I would like to recognize them and offer my warmest appreciation.

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introduction

“Why is bad food so good and good food so bad?”

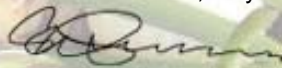
Many people associate high-fat foods as being tastier because chefs traditionally have worked in the high-fat arena. As a consequence, healthy food has come to mean bland and boring (“asparagus without the hollandaise,” to quote a line from a song) or else expensive or hard-to-find ingredients (salmon and olive oil-extra virgin).

But healthy food need not be either. It isn't the amount of fat (or calories or sodium) but the way the food is prepared that counts. One can come up with healthy dishes without depriving the taste buds or bloating the budget. Instead of using oil, for instance, one can just simply grill, roast, steam, or sauté vegetables in some broth, perked with fresh herbs. Hamburgers get fiber and nutrient boost with added oatmeal, spaghetti with meatballs extended with shredded carrots or soy products, fish and poultry dishes crusted with grains and cereals. These are just some of the myriad ways of reducing unwanted fat and cholesterol while enhancing flavor and nutrient of the dish.

It is, in part, to correct misconceptions about healthy food that this book is written. But it is also to help promote wellness. We live in an increasingly toxic environment, and while we cannot control what's outside and around us, we can still make the meals we prepare in our homes as nourishing as they can get. After *Cooking with Coconut*, in which the recipes mind the health benefits of just about everything, from sap to flesh about this fruit, *Easy Guide to Healthy Pinoy Meals* seems logically the next book to write. And I am glad that joining me in this endeavor are Nancy Reyes Lumen and Reggie Aspiras, both believers in healthy cooking.

If I must spell out the set of criteria for the recipes included in the book, it is simply this: affordability, nutritional value, practicability, and taste. The recipes are prepared with the ordinary homemaker in mind-somebody who has to whip out a tasty and healthy meal on limited time and budget. In this book, then, one learns to go back to the basics – like to make “burgers out of banana heart, *lumpia* from *labong*, *ginataan* out of various vegetables,” which ironically perhaps is a way of being creative. In this book, finally, one learns that good food can be good, indeed: tasty on the tongue, easy on the tummy-a tonic for body and soul.

“Eat to live; don't live to eat,” our teachers used to tell us. We add, “Try these recipes and live longer.”



Annie Pascual-Guerrero



Your Lifestyle, Your Weight, Your Health

There is a distinction between obesity and overweight. Obesity simply means we have a significant excess of body fat and overweight means we have excess weight from fat, bone, muscle or even body water. Both conditions carry significant risks of disease development especially diseases of the heart and vascular system, diabetes, gall stones, breathing problems, bones and joints, and certain cancers. It is not only the type of food that we eat that contributes to obesity and overweight but a number of factors such genetics and more often than not, our lifestyle –which includes our activities, stress, outlook in many things and behavior, among others.



Apart from eating inappropriate food, these are the factors that will tend to increase the likelihood of obesity and overweight:

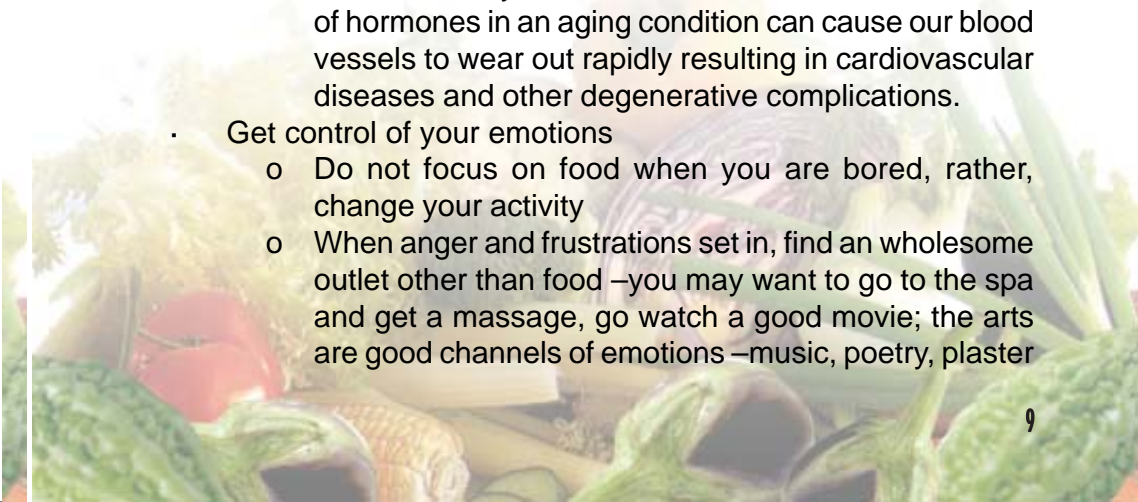
- Lack of exercise
- Lack of sleep
- Stress/ boredom
- Physical/work environment
- Genes and family history
- Health conditions
- Certain medications
- Age



While we cannot do much with our advancing age, genes , and certainly with family history, we can do something with the other factors. These manageable factors have been collectively called “Lifestyle.”

Modifying our lifestyle to near optimal state for a healthy living and longer life span with certainty of good quality of life require the following:

- Exercise
 - o Walking, equivalent to 3 hours or more per week is comparable to aerobic exercise
 - o It's not too late to start a regular, planned physical activity even in middle adulthood or older
 - o Work on your household chores as easily as doing an exercise in the gym
- Sleep 7-8 hours daily
 - o Lack of adequate sleep will cause insulin levels to rise similar to diabetic states; chronic sleep deprivation may actually trigger diabetes –this is a form of biophysical stress
 - o Adequate sleep will cause “Leptin” to increase (this is a hormone that helps reduce hunger)
 - o Other body hormones become rhythmic to one's use of energy. Our hormones rise in the morning when we need them for work and frequent lack of sleep will reverse the rhythm of these hormones. Persistent rise of hormones in an aging condition can cause our blood vessels to wear out rapidly resulting in cardiovascular diseases and other degenerative complications.
- Get control of your emotions
 - o Do not focus on food when you are bored, rather, change your activity
 - o When anger and frustrations set in, find an wholesome outlet other than food –you may want to go to the spa and get a massage, go watch a good movie; the arts are good channels of emotions –music, poetry, plaster



art and painting. You might discover something in yourself worthy of pursuing. This is what you may call as changing the adverse situation into opportunities for unusual productivity.

- Change some of your routine activities
 - Get out of the “rat race” once in a while
 - If your workplace or home has no provision for physical movement, go out, plan a vacation
- It is important to get a health check at once a year (this date can be after your birthday) and set a goal of self monitoring
 - If you are at the middle age or older, monitor your blood sugar; it is worth the investment to buy a blood glucose monitor and regularly check your blood sugar. You’ll be surprised to know that you could actually have a consistent rise in fasting blood sugar or abnormal post meal blood glucose and yet still feel “healthy.”
 - Your lipid profile may indicate that you have been eating the wrong food
 - Watch out for unusual change in bowel movements, urination, or appearance of body lumps
- If you are under certain medications for a long period of time, ask your doctor about what to expect as long term effects
 - Some drugs can increase body water and fat such as steroids or synthetic hormones
 - Some drugs can cause increase in appetite
- Drink enough water
 - It is a natural way to get rid of toxins; helps cleanse our colon and kidneys
 - It helps burn fat
- Plan your healthy meal now and put your weight into the ideal level
 - This is what the rest of this book will teach you

Remember, many chronic debilitating/degenerative diseases can be prevented by eating right and being within the ideal body weight.

Techniques For Healthy, Tasty Cooking

Delicious dishes which are not healthy are usually associated with rich calories and high fat, are complicated to prepare and even expensive. But with simple tricks and techniques, it's not difficult to come up with healthy and at the same time delicious food without adding fat and calories. Here are some of the suggested methods:



- Instead of oil, sauté onions and/or garlic in a small amount of vegetable broth, wine or water. You can control the speed of evaporation by cooking with or without the lid, or by raising or lowering the heat. At the end of the cooking time, the liquid should be evaporated so the vegetables' natural sugar caramelizes slightly. Sautéing brings out the onion's sweetness and mellows the garlic. Take care not to use too much liquid or you will be boiling, not sautéing, and you will not achieve the caramelization of natural sugars that you want.
- For more intense flavor of the broth, reduce by half over high heat. You will need this tasty broth every so often in nonfat cooking, so it makes sense to have it on hand all the time. It takes about half an hour or less to make, whether you make a little or a lot, so to save time and energy, it's smart to cook a big batch and store in small containers and freeze to last for several months.
- Expand the varieties of herbs and spices you cook with. They can help make dishes lively and varied. Seek out a source of fresh herbs, or better still, grow them yourself. Their intense flavor can compensate for the lack of fat. Add them to a dish at the last minute for maximum impact and save a sprig or two for a pretty garnish. Dried herbs need to simmer in a soup or stew before they impart their character. Whole spices can

be toasted first to intensify their flavor, then pounded in a mortar or ground in a coffee mill.

- Salad dressings made from high fat like mayonnaise, cream cheese and sour cream can be substituted with nonfat yogurt or soft tofu. Add whole grain mustard for texture and vinegar for tang. Add fresh herbs like basil, tarragon, cilantro, mint, dill or parsley. Sweeten with touch of honey or puree with cucumbers to make a creamy dressing.



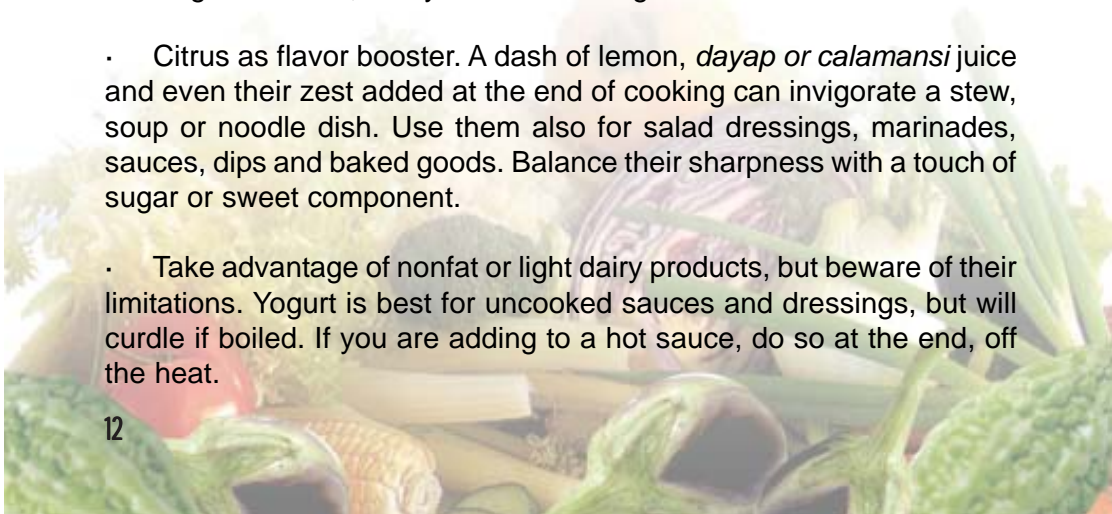
- You can minimize nutrient loss in fresh produce by storing, handling, and cooking them properly. To maintain maximum nutrients, limit the foods' exposure to light, heat and water. Don't chop or slice fruits and vegetables until you are ready to use them. Since most nutrients are under the skin, it's best to cook with their skin on. If you can't eat the skin, peel it after cooking.

- Many vegetables benefit from roasting and grilling to give a certain depth and intensity of flavor. Top of the list are roasted onions and garlic, bell peppers, eggplant, zucchini, beets, tomatoes, squash, etc., and even fruits like pineapple, pears, oranges, apples, etc.

- Invest in a pepper mill if you don't have one. Freshly ground pepper has far more punch than store-bought ground pepper. When you are cooking without fat, every flavor advantage counts.

- Citrus as flavor booster. A dash of lemon, *dayap* or *calamansi* juice and even their zest added at the end of cooking can invigorate a stew, soup or noodle dish. Use them also for salad dressings, marinades, sauces, dips and baked goods. Balance their sharpness with a touch of sugar or sweet component.

- Take advantage of nonfat or light dairy products, but beware of their limitations. Yogurt is best for uncooked sauces and dressings, but will curdle if boiled. If you are adding to a hot sauce, do so at the end, off the heat.



· Make meatless dishes hearty by adding beans and grains. Vegetables are no longer side dishes, but can be main course with varieties of beans, lentils, and starches to make the meal more robust and substantial.

· Replace the cream in pasta sauces with nonfat sour cream or with skim milk thickened with cornstarch. Dissolve cornstarch in a little cold water first. A tablespoon of cornstarch will thicken a cup of liquid.

· On monosodium glutamate (or commonly known as MSG) as flavor enhancer: Glutamate is an amino acid, and amino acids are the “building blocks” of protein. Virtually all protein foods contain some natural glutamate. MSG is made by a fermentation process, similar to that used to produce such familiar foods as yogurt, cheese and beer. It can create smooth, rich and full bodied flavors in many meat, poultry, seafood and vegetable dishes. However, it does not enhance flavor in highly acidic foods, some milk products, and in sweets. Also, adding MSG does not compensate for inferior or spoiled ingredients, nor does it act as a meat tenderizer. The rule of thumb for adding MSG to recipes is: use no more than a teaspoon of MSG per kilo of meat or vegetables. In fact, a pinch of MSG is all it takes to enhance the flavor. Adding more contributes little to food flavor, and adding too much can result in a decrease in palatability, and for some persons, cause allergic reaction.



· Invest a few moments in thinking about food presentation, so your meals will please the eye. Put a salad in a pretty bowl to enhance its appetite appeal. Sprinkle some chopped fresh herbs or green onions atop a bowl of cooked beans or potato salad. Aim for contrasting colors when you plan your meals: how will foods look together on the plate? Just placing a dark soup in a light bowl or a light food on a dark plate can make it look more inviting.

· Select ingredients critically for quality. Respect and adapt proper cooking methods and techniques. And finally, add tender loving care.



recipes by Annie P. Guerrero

Asado Andaluz

Serves 8-10

1 piece	porkloin , 1 to 1 ½ kilos, trimmed of fat
1 head	garlic, peeled whole
2 tablespoons	Perrins sauce
	salt and pepper to taste

For the sauce/gravy:

	pork drippings
2 tablespoons	butter
1 teaspoon	thyme
2 tablespoons	flour

1. Stick whole pieces of garlic all over the porkloin by using ice pick or pointed knife, evenly distributed.
2. Marinate with perrins sauce, salt and pepper to taste.
3. Roll and tie with strings to hold shape like a log.
4. Brown well in little oil all over.
5. Place in a *carajay*, add about 2 cups water. Cover.
6. Simmer for about 1 hour 'till tender.
7. Cool and chill for ready use.
8. Save drippings to make sauce.
9. Slice and serve with sauce.



Asado Andaluz

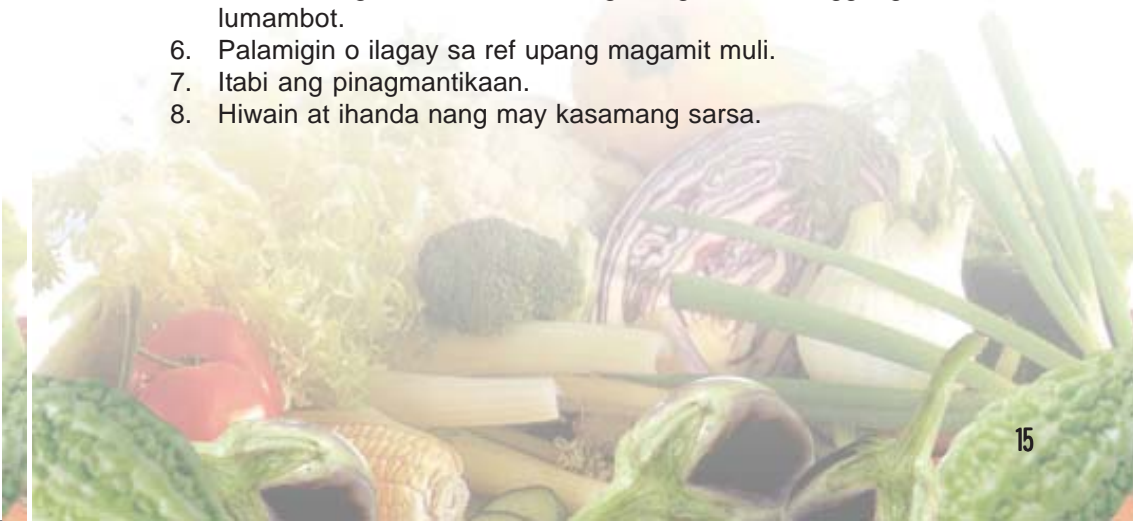
Para sa 8-10 katao

1 piraso	buo na kasim ng baboy, 1 hanggang 1 ½ kilo, tinanggalan ng taba
1	ulo ng bawang, binalatan ng buo
2 kutsara	Perrins sauce asin at paminta para pampalasa

Para sa sarsa/gravy:

	katas ng pinaglutan ng baboy
2 kutsara	mantikilya
1 kutsarita	thyme
2 kutsara	harina

1. Ikalat nang pantay ang mga buong pirasong bawang sa laman ng baboy sa pamamagitan ng ice pick o kutsilyo.
2. Ibabad sa perrins sauce, asin at paminta timplahan ng pampalasa. Ihugis nang pahaba.
3. Isankutsa ng bahagya sa kaunting mantika.
4. Ilagay sa carajay, dagdagan ng 2 tasang tubig. Takpan.
5. Pakuluan ng marahan sa loob ng isang oras o hanggang lumambot.
6. Palamigin o ilagay sa ref upang magamit muli.
7. Itabi ang pinagmantikaan.
8. Hiwain at ihanda nang may kasamang sarsa.



Tuna Croquettes

Serves 6-8

2 tablespoons	butter or margarine
½ cup	cheddar cheese, grated
2 pieces	onions, chopped
1 piece	egg with water, beaten
¾ cup	flour
	white bread crumbs
1 cup	evaporated milk
2 cans	tuna, flaked
½ cup	shrimps, shelled & chopped

1. Sauté onions and shrimp in butter, stir in flour.
2. Add milk gradually, stirring constantly.
3. Add tuna, cheese and season to taste with salt and pepper.
4. Cool and refrigerate until it becomes firm to handle.
5. Divide into equal serving portions and shape into oblong croquettes.
6. Dip in egg and coat generously with breadcrumbs.
7. Rest and chill in refrigerator.
8. Deep fry and drain in paper towels.
9. Serve with your favorite catsup or mayonnaise.



Tuna Croquettes

Para sa 6-8 katao

2 kutsara mantikilya o margarine
2 piraso sibuyas, tinadtad
 $\frac{1}{2}$ tasa keso, ginayat
1 piraso itlog, binati nang may tubig at bread crumbs
 $\frac{3}{4}$ tasa harina
1 tasa evaporadang gatas
2 lata tuna
 $\frac{1}{2}$ tasa hipon, tinanggalan ng balat at tinadtad

1. Igisa ang sibuyas at hipon sa mantikilya, ihalo sa harina.
2. Idagdag ang gatas habang unti-unting hinahalo ang sangkap.
3. Idagdag ang tuna, keso at timplahan ng pampalasang asin at paminta.
4. Palamigin at ilagay sa ref hanggang maging matigas.
5. Hatiin sa pantay-pantay na piraso at ihugis nang pahaba.
6. Isawsaw sa itlog at ibalot sa breadcrumbs.
7. Ilagay sa ref.
8. Iprito sa sapat na mantika at patuluin sa paper towels.
9. Ihanda ng may kasamang ketsap o mayonnaise.



Lomo Estofado

Serves 6-8

1 kilo	pork <i>lomo</i> , cut into cubes about 1 ½"
1 head	garlic
2 pieces	onions, chopped
¼ cup	soy sauce
2 pieces	laurel leaves
¼ cup	vinegar
¼ cup	brown sugar
1 teaspoon	oregano
	peppercorns and salt to taste
8-10 pieces	<i>saba</i> bananas, fried
5-6 pieces	potatoes, cubed and fried
2-3 tablespoons	cornstarch to thicken

1. Sauté in oil the garlic, onions and pork *lomo* till brown.
2. Add the rest of ingredients.
3. Thicken sauce.
4. Add last the bananas and potatoes.



Lomo Estofado

Para sa 6-8 katao

1 kilo	karneng lomo, hiniwa ng parisukat ng may kapal na 1 ½ na pulgada
1	ulo ng bawang
2 piraso	sibuyas, tinadtad
¼ tasa	toyo
2 piraso	laurel
¼ tasa	suka
¼ tasa	asukal na pula
1 kutsarita	oregano
	pamintang buo at asin para pampalasa
8-10 piraso	saging na saba, pinirito
5-6 piraso	patatas, hiniwa ng parisukat at pinirito
2-3 kutsara	gawgaw bilang pampalapot

1. Igisa ang bawang, sibuyas at karneng lomo hanggang maluto.
2. Idagdag ang iba pang sangkap.
3. Palaputin ang sarsa.
4. Ihuli ang pagdagdag ng saging at patatas.



Tortilla Provinciana

Serves 6-8

3 pairs	pig's brains, par-boiled with little salt, sliced
¼ kilo	bacon, sliced
4 pieces	potatoes, sliced
1-2 pieces	sweet red pepper, sliced
4 pieces	tomatoes, blanched and sliced
150 grams	green peas
	salt and pepper to taste
8 pieces	eggs, beaten

1. Stir-fry bacon to render fat.
2. Add potatoes, tomatoes and rest of ingredients including boiled brains.
3. Season to taste.
4. Combine sautéed mixture with beaten eggs to make 2 big round omelets.



Tortilla Provinciana

Para sa 6-8 katao

3 pares	utak ng baboy, pinakuluan ng bahagya nang may kaunting asin, hiniwa
¼ kilo	bacon, hiniwa
4 piraso	patatas, hiniwa
1-2 piraso	pulang sili, hiniwa
4 piraso	kamatis, binanlian ng mainit at malamig na tubig, hiniwa
150 gramo	gisantes
	asin at paminta para pampalasa
8 piraso	itlog, binati

1. Isankutsa ang bacon upang makatasan ng mantika.
2. Idagdag ang patatas, kamatis at iba pang sangkap kabilang ang pinakuluang utak ng baboy.
3. Timplahan ng pampalasa.
4. Paghaluin ang naisankutsang sangkap na may binating itlog hanggang makabuo ng dalawang torta.



Cornflake Crusted Fish Fillet

Serves 6-8

1 kilo	fish fillet, sliced to serving portion
	<i>calamansi</i> juice, salt and pepper to taste
½ cup	flour
1 piece	egg with ¼ cup water, beaten
2 cups	cornflakes, crushed

1. Season fish fillet and marinate for about 20 minutes.
2. Dredge in flour, dip in egg and coat with cornflakes.
3. Press lightly.
4. Deep fry.
5. Serve with favorite mayonnaise or catsup.



Cornflake Crusted Fish Fillet

Para sa 6-8 katao

1 kilo	isda ng tinanggalan ng tinik, hiniwa sa katamtamang laki
	katas ng kalamnasi
	asin at paminta para pampalasa
½ tasa	harina
1 piraso	itlog, binati sa ¼ tasang tubig
2 tasa	cornflakes, dinurog

1. Lagyan ang isda ng pampalasa at ibabad sa loob ng 20 minutos.
2. Igulong sa harina, isawsaw sa itlog at ibalot sa durog na cornflakes.
3. Idiin nang bahagya.
4. Iprito sa sapat na mantika.
5. Ihanda ng may mayonnaise o ketsap.



Vegetable Skillet

Serves 6-8

1-2 tablespoons	vegetable oil
2 pieces	onions, chopped
3-4 pieces	shiitake mushrooms, soaked in water and blanched
4 kilos	broccoli, broken into florets
¼ kilo	cauliflower, broken into florets
2 pieces	carrots, sliced
¼ kilo	fresh young corn
2 pieces	green sweet pepper, sliced
2 stalks	celery, sliced
	salt and pepper to taste
2 tablespoons	oyster sauce

1. Sauté onion and shiitake mushrooms in oil.
2. Stir in the rest of the ingredients.
3. Season to taste.
4. Serve at once.



Vegetable Skillet

Para sa 6-8 katao

1-2 kutsara	mantika
2 piraso	sibuyas, tinadtad
3-4 piraso	kabuteng shiitake, binanlian
4 kilos	broccoli, hiniwa
¼ kilo	cauliflower, hiniwa
2 piraso	karots, hiniwa
¼ kilo	murang mais
2 piraso	berdeng siling pare, hiniwa
2 tangkay	kintsay, hiniwa
	asin at paminta para pampalasa
2 kutsara	oyster sauce

1. Igisa ang sibuyas at kabuteng shiitake sa mantika.
2. Idagdag ang iba pang sangkap.
3. Lagyan ng pampalasa.
4. Ihain kaagad.



Vegetable & Tofu Curry

Serves 6-8

2 tablespoons	vegetable oil
1	big slab tofu, cut into big cubes
2 pieces	onions, sliced
½ cup	button mushrooms
2 pieces	carrots, sliced
2 pieces	green sweet peppers, sliced
2 bundles	<i>kinchay</i> , sliced
1 piece	Knorr chicken cube
1 cup	broth
½ cup	coconut milk or all-purpose cream
1-2 tablespoons	cornstarch

1. In a little oil, lightly fry tofu. Set aside.
2. Fry onions and vegetables in little oil.
3. Season to taste and thicken sauce with cornstarch.
4. Add tofu last. Serve hot.



Vegetable & Tofu Curry

Para sa 6-8 katao

2 kutsara	mantika
1	malaking tipak ng tokwa, hiniwa sa malalaking parisukat
2 piraso	sibuyas, hiniwa
½ tasa	kabute, binanlian at hiniwa
2 piraso	karots, hiniwa
2 piraso	berdeng sileng pare, hiniwa
2 tali	kintsay, hiniwa
1 piraso	Knorr chicken cube
1 tasa	sabaw
½ tasa	gata o all-purpose cream
1-2 kutsara	gawgaw

1. Sa kaunting mantika, iprito ng bahagya ang tokwa. Itabi.
2. Igisa ang sibuyas at iba pang gulay sa kaunting mantika.
3. Lagyan ng pampalasa at palaputin sa pamamagitan ng gawgaw.
4. Ihuli ang pagdagdag ng tokwa. Ihain ng mainit.



Vegetable Omelet

Serves 6-8

2 tablespoons	vegetable oil
2 pieces	onions, chopped
¼ cup	button mushrooms, sliced
¼ cup	celery stalks, sliced
1-2 pieces	sweet green peppers, sliced
¼ cup	fresh green peas
	salt and pepper to taste
8 pieces	eggs, beaten and lightly seasoned with salt and pepper

1. Sauté onion in oil.
2. Stir in rest of ingredients.
3. Season to taste.
4. Make individual omelets using the sautéed mix as filling.
5. Be creative with variations in ingredients for filling.
6. Use left-over meats like chicken, shrimps, fish, potatoes, ham and many others.



Vegetable Omelet

Para sa 6-8 Katao

2 kutsara	mantika
2 piraso	sibuyas, tinadtad
¼ tasa	kabute, binanlian at hiniwa
¼ tasa	kintsay, hiniwa
1-2 piraso	berdeng siling pare, hiniwa
¼ tasa	gisantes
8 piraso	itlog, binati ng may asin at paminta

1. Igisa ang sibuyas sa mantika.
2. Ihalo ang iba pang sangkap.
3. Timplahan ng pampalasa.
4. Gumawa ng magkakahiwalay na torta gamit ang iginisang sahog.
5. Maaaring mag-iba ng sahog sa torta, depende sa nais na sangkap.
6. Mga angkop na sahog sa torta: tirang karne ng manok, hipon, isda, patatas, at hamon.



Picadillo

Serves 6-8

2 tablespoons	vegetable oil
1 head	garlic, chopped
2 pieces	onions, chopped
1-2 pieces	Knorr cube <i>sinigang</i>
1 kilo	lean pork or chicken, ground
2 cups	broth or water
3-5 cups	<i>upo</i> , cubed

1. Sauté garlic and onion in oil.
2. Stir in *sinigang* bouillon cube.
3. Add ground pork or chicken, then the broth.
4. Correct seasoning.
5. Add *upo* last.



Picadillo

Para sa 6-8 katao

2 kutsara	mantika
1	ulo ng bawang, tinadtad
2 piraso	sibuyas, tinadtad
1-2 piraso	Knorr cube sinigang
1 kilo	giniling na karneng laman o manok
2 tasa	tubig o pinaglagaan ng karne
3-5 tasa	upo, hinati ng parisukat

1. Igisa ang bawang at sibuyas sa mantika.
2. Ihalo sa ginisa ang Knorr cube sinigang.
3. Lagyan ng saktong pampalasa.
4. Ihuli ang paglalagay ng upo.



Vegetarian Egg Fu Yung

Serves 6-8

2 tablespoons	vegetable oil
½ head	garlic, minced
2 pieces	onions
2-3 pieces	shiitake mushrooms, soaked and sliced
	water chestnuts, sliced (optional)
2 cups or more	<i>patola</i> , peeled and sliced
3-4 cups	bean sprouts (<i>togue</i>)
2 teaspoons	soy sauce, salt, and pepper to taste
6-7 pieces	eggs, beaten

1. Sauté garlic and onions in oil.
2. Stir in all vegetables till half-cooked. Season to taste.
3. Cool. Mix with eggs.
4. Make 4-5 round omelets in non-stick pan just enough to make the eggs set, but still moist.
5. Arrange or stack one on top of others.
6. Pour sauce on top, slice in wedges.

For Egg Fu Yung Sauce:

1. In the saucepan, boil 1 cup broth or water with ½ chicken bouillon, soy sauce for little color, 1-2 tablespoon sugar, and thicken with cornstarch.



Vegetarian Egg Fu Yung

Para sa 6-8 katao

2 kutsara	mantika
½	ulo ng bawang, pinisa
2 piraso	sibuyas
2-3 piraso	kabuteng shiitake, binanlian at hiniwa
1 lata	apulid, hiniwa
2 tasa	patola, binalatan at hiniwa
3-4 tasa	togue
2 kutsarita	toyo, asin at paminta para pampalasa
6-7 piraso	itlog, binati

1. Igisa ang bawang at sibuyas sa mantika.
2. Ihalo ang lahat ng gulay at iluto ng bahagya lamang. Timplahan ng pampalasa.
3. Palamigin. Ihalo ang itlog.
4. Gumawa ng 4-5 na bilog na torta sa isang kawali.
5. Ayusin ang mga bilog na torta, na magkakapatong sa isang plato.
6. Ibhos ang sarsa.

Para sa sarsang Egg Fu Yung :

Sa isang maliit na kaldero, ihalo ang 1 tasang tubig sa Knorr chicken cube at toyo, 1-2 kutsarang asukal at palaputin gamit ang gawgaw.



Italian Meatballs Spaghetti

Serves 6-8

½ kilo	lean beef, ground
1-2 cups	carrots, grated and chopped
½ cup	breadcrumbs
2 pieces	eggs, beaten
½ cup	celery stalks, chopped
1 piece	green sweet pepper, sliced finely
1 piece	onion, chopped
1 teaspoon	Italian seasoning or ½ teaspoon each of basil and oregano
	salt and pepper to taste
1 liter	Italian Tomato Sauce
	Parmesan cheese

1. Combine all ingredients except tomato sauce in a bowl. Mix thoroughly.
2. Form into balls.
3. Bake in oven 'till brown about 30 minutes or pan-fry in little oil 'till brown.
4. Simmer prepared sauce with meatballs.
5. Serve with Parmesan cheese.



Italian Meatballs Spaghetti

Para sa 6-8 katao

½ kilo	giniling na laman ng baka
1-2 tasa	karots, ginayat at tinadtad
½ tasa	breadcrumbs
2 piraso	itlog, binati
1/2 tasa	kintsay, tinadtad
1 piraso	siling pare, pinatuyo ng husto
1 piraso	sibuyas, tinadtad
1 kutsarita	Italian seasoning o ½ kutsarita ng basil o oregano asin at paminta para pampalasa
1 litro	Italian tomato sauce parmesan cheese

1. Paghaluin ang lahat ng sangkap, maliban sa tomato sauce sa isang mangkok, haluin nang mabuti.
2. Ibilog.
3. I-bake sa oven sa loob ng 30 minutos o iprito sa kawali sa kaunting mantika.
4. Pakuluan ang naihandang sarsa kasama ang meatballs.
5. Ihanda ng may kasamang ginayat na parmesan cheese.



Heart Of Palm Salad

Serves 6-8

1 kilo	<i>ubod</i> , trimmed and sliced into strips
1 piece	<i>sincamas</i> , peeled and sliced into strips
1 piece	green sweet pepper, sliced into strips
2 stalks	celery, sliced into strips
¼ kilo	lettuce, romaine or iceberg, shredded
½ cup	vinaigrette dressing

1. Soak *ubod* in ice water to prevent discoloration.
2. Drain when ready to serve.
3. Toss salad with vinaigrette dressing and marinate for about an hour.
4. Add lettuce just before serving.

Vinaigrette Dressing:

¼ cup	vinegar; pineapple or cane vinegar
¼ cup	corn or olive oil
2 tablespoons	sugar or artificial sweetener
	salt and pepper to taste

Shake all ingredients together in a bottle.



Heart Of Palm Salad

Para sa 6-8 katao

1 kilo	ubod, hinugasan at hiniwa ng maninipis
1 piraso	singkamas, binalatan at hiniwa sa maninipis na hibla
1 piraso	berdeng siling pare, hiniwa ng maninipis
2 tangkay	celery, hiwain ng maninipis
¼ kilo	letsugas, romaine o iceberg, hiniwa ng maninipis
½ tasa	vinaigrette dressing

1. Ibadad ang ubod sa malamig na tubig upang maiwasan ang pag-iiba ng kulay.
2. Salain kapag ihahanda na.
3. Ihalo ang salad sa vinaigrette dressing at ibabad sa loob ng isang oras.
4. Idagdag ang letsugas bago ihanda.

Para sa vinaigrette dressing:

¼ tasa	suka, pinya o sukang gawa sa tubo
¼ tasa	olive oil
2 kutsara	asukal
	asin at paminta para pampalasa

Alugin mabuti ang lahat ng sangkap sa isang bote.



Potato Latkes

Serves 6-8

½ kilo	potatoes, peeled and coarsely chopped
2 pieces	onions, chopped
¼ cup	flour
4 pieces	eggs, beaten
	black pepper and salt to taste
1-2	sprigs parsley, chopped

1. Place all ingredients in a processor to finely process and combine except eggs.
2. Stir in eggs and season to taste.
3. Chopped herbs may be added to create different flavors like basil, tarragon, dill, etc. in a non-stick pan, cook like pancakes until golden brown in color.
4. Drain on absorbent kitchen towels and serve hot with favorite tomato catsup.



Potato Latkes

Para sa 6-8 katao

½ tasa	patatas, binalatan at tinadtad
2 piraso	sibuyas, tinadtad
¼ tasa	harina
4 piraso	itlog, binati
	paminta at asin para pampalasa
1-2	tangkay ng parsley, tinadtad

1. Ilagay ang lahat ng sangkap sa isang processor upang mainam na matadtad. Ihalo ang lahat maliban sa itlog.
2. Ihalo ang itlog at timplahan ng pampalasa matapos matadtad ang ibang sangkap.
3. Ang mga natadtad na herbs ay maaaring idagdag upang magkaroon ng ibang lasa gaya ng basil, tarragon, dill, atbp. sa isang kawali. Lutuin na kahawig ng pagluto sa pancake.
4. Salain sa isang paper towel. Ihanda ng mainit na may kasamang ketsap.



Spinach Stir-Fry

Serves 6-8

1 tablespoon	vegetable oil
¼ kilo	spinach, trimmed of mature stems & leaves
1 head	garlic, minced
½	cube bouillon

1. In hot oil, quickly stir- fry garlic and spinach.
2. Season with bouillon cube.



Spinach Stir-Fry

Para sa 6-8 katao

1 kutsara	mantika
$\frac{1}{4}$ kilo	spinach, pinilian
1	ulo ng bawang, pinisa
$\frac{1}{2}$	cube na pampalasa

1. Sa kumukulong mantika, mablis na isankutsa ang bawang at spinach.
2. Timplahan ng pampalasa.



Honey-Lemon Fish

Serves 6-8

1 kilo fish fillet
¼ cup lemon juice or *calamansi* or *dayap*
2 tablespoons honey
Salt & pepper

1. Combine lemon juice, honey and salt & pepper to taste.
2. Use to marinate the fish fillet for about 20 minutes.
3. In a non-stick, coat with oil and pan-sear fish.
4. Serve with extra slices of lemon or *calamansi*.



Honey-Lemon Fish

Para sa 6-8 katao

1 kilo	isda na tinanggalan ng tinik
¼ tasa	katas ng dayap o kalamansi
2 kutsara	honey
	asin at paminta

1. Ihalo ang katas ng dayap o kalamansi, honey, asin at paminta para pampalasa.
2. Gamitin ang pinaghalong sangkap para pambabad sa isda sa loob ng 20 minutos.
3. Lagyan ng mantika ang kawali at iprito ang isda.
4. Ihain kasama ang ilang hiwang dayap o kalamansi.



Sesame Chicken

Serves 6-8

¼ cup	flour, with ½ tsp. fine salt & ½ tsp. pepper
1 kilo	chicken breast, skinless & boneless, cut into 2"- 4" strips
¼ cup	light soy sauce
¼ cup	sugar
1 teaspoon	sesame oil
2 pieces	red sweet peppers, cut into strips
1 cup	snow peas (<i>sicharo</i>) trimmed
2-3 tablespoons	sesame seeds, toasted
¼ cup	chives; chopped

1. Dredge the chicken on the flour mixture and shake off any excess.
2. Preheat a non- stick skillet with few drops oil.
3. Stir-fry chicken in batches and cook while stirring occasionally, for 3-4 minutes.
4. Transfer chicken to serving plate.
5. Reduce heat, combine soy sauce and sugar in the skillet.
6. Stir in sesame oil & seeds.
7. Add vegetables and quickly stir in chicken.
8. Toss and serve at once.

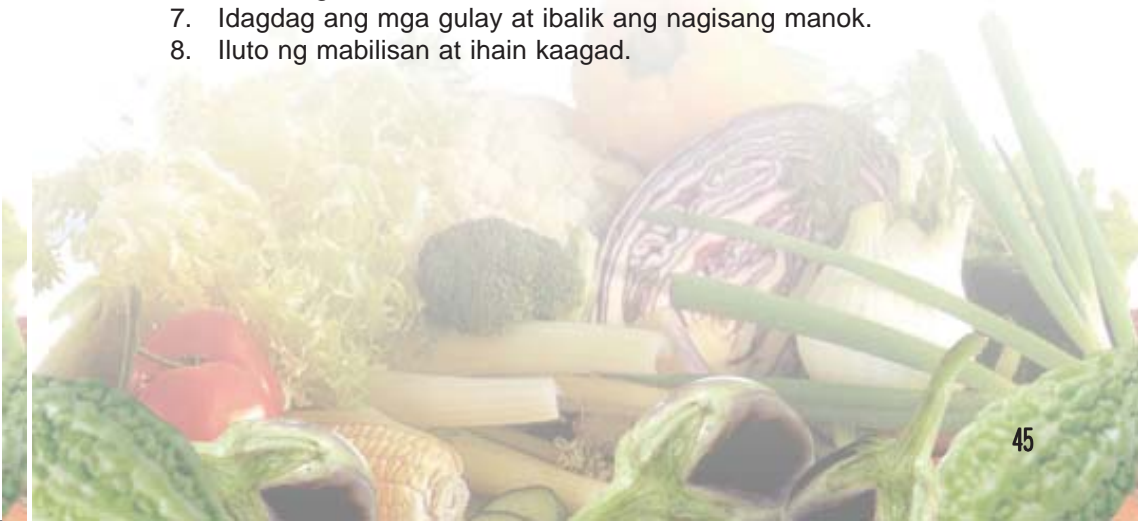


Sesame Chicken

Para sa 6-8 katao

¼ tasa	harina, may halong ½ kutsaritang asin at ½ kutsaritang paminta
1 kilo	pitso ng manok, tinanggalan ng balat at buto, hiniwa ng pahaba sa 2-4 pulgada
¼ tasa	toyo
¼ tasa	asukal
1 kutsarita	sesame oil
2 piraso	pulang siling pare, hiniwa ng maninipis
1 tasa	sitsaro, nalinisan
2-3 kutsara	sesame seeds, niluto ng bahagya
¼ tasa	murang sibuyas, tinadtad

1. Igulong ang manok sa harinang may pampalasa at siguraduhing sakto at pantay ang pagkakabalot sa harina.
2. Ipainit ang kawali ng may kaunting mantika.
3. Igisa ang manok habang patuloy na hinahalo. Iluto sa loob ng 3-4 na minutos.
4. Ilipat ang manok sa isang bandehado.
5. Hinaan ang apoy, ihalo ang toyo at asukal sa kawali.
6. Ihalo ang sesame oil at seeds.
7. Idagdag ang mga gulay at ibalik ang nagisang manok.
8. Iluto ng mabilisan at ihain kaagad.



Chicken Piccata

Serves 6-8

¼ cup	flour, with ½ tsp fine salt & ½ tsp pepper
1 kilo	chicken breast, skinless & boneless,
¼ cup	white wine
¼ cup	chicken broth
2 tablespoons	lemon juice or <i>calamansi</i> juice
1	lemon, thinly sliced
1 tablespoon	parsley, chopped finely

1. Pound the chicken breast lightly with mallet to an even ¼" thickness.
2. Dredge each piece with the flour mixture and shake off excess.
3. In a non-stick skillet with little oil, cook chicken until juice runs clear.
4. Add wine, lemon juice and broth.
5. Arrange in a serving platter and garnish with lemon slices and sprinkle with parsley.



Chicken Piccata

Para sa 6-8 katao

¼ tasa	harina na may kahalong ½ kutsaritang asin at ½ kutsaritang paminta
1 kilo	pitso ng manok, binalatan at tinanggalan ng buto
¼ tasa	white wine/ alak panluto
¼ tasa	pinagkuluan ng manok
2 tasa	katas ng kalamansi o dayap
1	dayap, hiniwa ng manipis
1 kutsara	parsley, tinadtad ng mabuti

1. Palaparin at panipisin ang pitso ng manok.
2. Igulong ang bawat piraso sa harinang may pampalasa.
3. Sa isang kawali na may kaunting mantika, lutuin ang manok.
4. Idagdag ang white wine, katas ng dayap o kalamansi at pinagkuluan ng manok.
5. Ayusin ang naluto sa bandehado at lagyan ng parsley o hiniwang dayap.



Togue Stir-Fry

Serves 6-8

½ kilo	(<i>mongo</i> bean sprouts), washed and drained
2 pieces	onions, sliced thinly
2 pieces	sweet green peppers, sliced into strips
½ teaspoon	sesame oil
	salt and pepper to taste
1-2 tablespoons	vegetable oil

1. Sautè onions in oil quickly adding the rest of ingredients.
2. Season to taste.
3. Serve hot.



Togue Stir-Fry

Para sa 6-8 katao

½ kilo	togue, hinugasan at sinala
2 piraso	sibuyas, hiniwa ng manipis
2 piraso	berdeng siling pare, hiniwa ng manipis
½ kutsarita	sesame oil
	asin at paminta para pampalasa
1-2 kutsara	mantika

1. Igisa ang sibuyas sa mantika at idagdag na ang iba pang sangkap.
2. Lagyan ng pampalasa.
3. Ihain habang mainit pa.



Sayote Tops Stir-Fry

Serves 6-8

2 big bundles	<i>sayote</i> tops, sorted out
½	head garlic
1 piece	onion, sliced
	<i>patis</i> to taste
	vegetable oil, as needed

1. Sautè garlic and onion in oil.
2. Stir in *sayote* tops.
3. Season to taste.



Sayote Tops Stir-Fry

Para sa 6-8 katao

2 malalaking tali ng talbos ng sayote, pinilian
½ ulo ng bawang
1 piraso sibuyas, hiniwa
patis para pampalasa
mantika

1. Igisa ang bawang at sibuyas sa mantika.
2. Idagdag ang talbos ng sayote.
3. Timplahan ng pampalasa.



Tofu Nuggets

Serves 6-8

1 kilo	tofu, mashed
1 bundle	<i>kinchay</i> , chopped finely
2 pieces	onions, chopped finely
¼ cup	all purpose flour
¼ cup	cornstarch
1 piece	egg, slightly beaten
	salt and pepper to taste

1. Mix all ingredients together.
2. Season to taste
3. Form into nuggets or patties.
4. Pan-grill on both sides in a non-stick pan until golden brown.



Tofu Nuggets

Para sa 6-8 katao

1 kilo	tokwa, dinurog
1 tali	kintsay, tinadtad ng maigi
2 piraso	sibuyas, tinadtad ng maigi
¼ tasa	all-purpose na harina
¼ tasa	gawgaw
1 piraso	itlog, binati ng bahagya asin at paminta para pampalasa

1. Paghaluin ang mga sangkap.
2. Lagyan ng pampalasa.
3. Ihugis na parang nuggets o patties.
4. Iprito sa kaunting mantika lamang.



Sizzling Tofu

Serves 6-8

1 kilo	tofu, sliced, lightly dredged in flour
2 pieces	onions, sliced into rings
$\frac{3}{4}$ cup	water or broth
2 tablespoons	Knorr liquid seasoning
2 tablespoons	soy sauce
2 tablespoons	tomato catsup
2 tablespoons	cornstarch
2 tablespoons	vegetable oil
	dash sugar and pepper to taste

1. In little oil, pan-fry tofu until slightly browned. Set aside.
2. Pan-fry onions, set aside.
3. Combine water with all seasonings and cornstarch.
4. Boil once. Add tofu and part of onions.
5. Simmer 1-2 minutes.
6. Transfer in hot plate and garnish with more onions.
7. Serve sizzling hot.



Sizzling Tofu

Para sa 6-8 katao

1 kilo	tokwa, hiniwa at binudbod sa harina
2 piraso	sibuyas, hiniwa ng pabilog
$\frac{3}{4}$ tasa	tubig
2 kutsara	Knorr liquid seasoning
2 kutsara	toyo
2 kutsara	tomato ketsap
2 kutsara	gawgaw
2 kutsara	mantika
	asukal at paminta para pampalasa

1. Sa kaunting mantika, isankutsa ang tokwa hanggang maluto ng bahagya. Itabi.
2. Isankutsa ang sibuyas. Itabi.
3. Ihalo sa tubig ang lahat ng pampalasa at gawgaw.
4. Pakuluan. Idagdag ang tokwa at kalahati ng nalutong sibuyas.
5. Pakuluan sa loob ng 1-2 minutos.
6. Ilipat sa mainit na plato at lagyan ng natirang sibuyas.
7. Ihain ng mainit.



Corn -Gelatin Salad

Serves 6

1 can	whole kernel corn, drained
1 cup	all-purpose cream
½ cup	condensed milk
1 pack	Also <i>gulaman</i> , cooked as directed, cubed

1. Mix all ingredients together.
2. Stir-in *gulaman* gently.
3. Chill well before serving.



Corn- Gelatin Salad

Para sa 6 katao

1 lata	whole kernel corn, sinala
1 tasa	all-purpose cream
½ tasa	kondensada
1 pakete	Alsa gulaman, lututin ayon sa direksyon sa pakete, hiwain ng parisukat

1. Ipaghalo ang lahat ng sangkap.
2. Idagdag ang gulaman ng dahan-dahan.
3. Palamigin bago ihain.

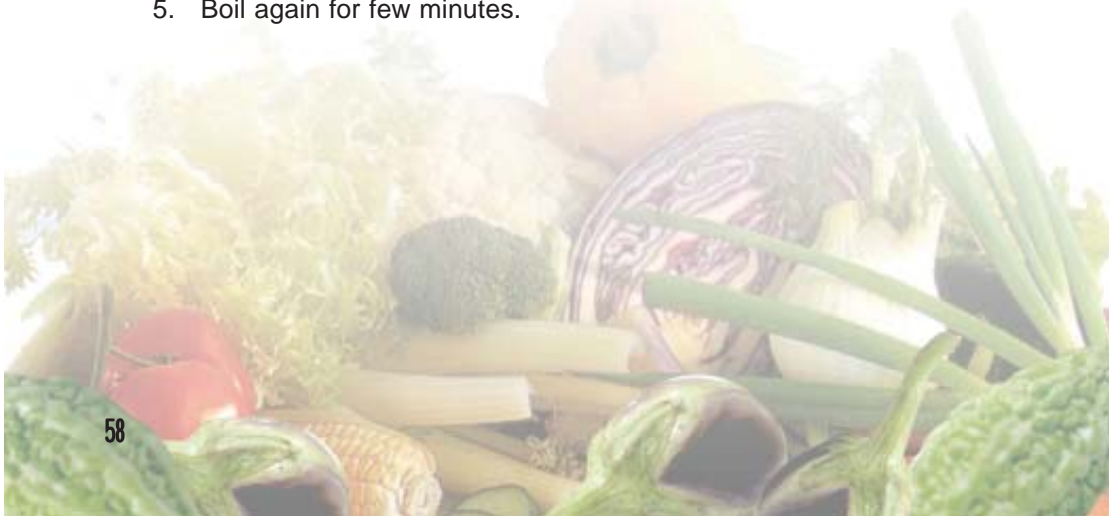


Menudi Ilo

Serves 8-10

1 kilo	pork <i>kasim</i> , trimmed of fat & cubed
¼ cup	<i>calamansi</i> juice
½ tablespoon	<i>pimenton</i>
¼	cup soy sauce
2	red sweet peppers, sliced to strips
1	head garlic, minced
2 tablespoons	margarine
1 piece	onion, chopped
1	8 oz can garbanzos
2 pieces	chorizos, sliced
4-5 pieces	potatoes, cubed and fried
1	8oz tomato sauce
½ cup	raisins
	salt, & pepper to taste

1. Marinate pork in *calamansi* and soy sauce for 1 hour.
2. Sauté pork in garlic, onions, tomato sauce, chorizos. Season to taste.
3. Simmer 'till tender.
4. Add garbanzos, sweet pepper, margarine and raisins.
5. Boil again for few minutes.



Menudi Ilo

Para sa 8-10 katao

1 kilo	karneng baboy, kasim, tinanggalan ng taba at hiniwa ng parisukat
¼ tasa	katas ng kalamansi
½ kutsarita	pimenton
¼ tasa	toyo
2 piraso	sweet peppers, hiniwa ng maninipis
1	ulo ng bawang, pinisa
2 kutsara	margarine
1 piraso	sibuyas, hiniwa
Isang	8 oz lata garbanzos
2 piraso	chorizo, hiniwa
4-5 piraso	patatas, hinating parisukat at pinirito
isang 8 oz lata	tomato sauce
½ tasa	pasas
	asin, paminta para pampalasa

1. Ibabad ang karne sa kalamansi at toyo sa loob ng isang oras.
2. Igisa ang karne, bawang, sibuyas, tomato sauce at chorizo. Lagyan ng pampalasa.
3. Pakuluan hanggang maging malambot.
4. Idagdag ang garbanzos, sweet pepper, mantikilya at pasas.
5. Pakulang muli sa loob ng ilang minuto.



Potato Fritata

Serves 6-8

2 tablespoons	cooking oil
½ kilo	potatoes, peeled and sliced thinly
1 cup	broccoli florets
½ cup	button mushrooms, sliced
1 piece	red & green pepper, sliced
6 pieces	eggs, beaten
1 tablespoon	mustard
¼ cup	water
¼ cup	grated quick melt cheese

1. Sauté potatoes in oil.
2. Add broccoli, mushrooms and sweet peppers. Set aside.
3. Beat eggs with water, mustard, add cheese. Stir in sautéed mixture.
4. Season with salt and pepper to taste.
5. Pour all mixture in a 10" skillet or oven-proof pie plate.
6. Bake about 20 minutes or until egg is set. Serve hot.



Potato Fritata

Para sa 6-8 katao

2 kutsara	mantika
½ kilo	patatas, binalatan at hiniwa ng maninipis
1 tasa	broccoli florets
½ tasa	kabute, tinadtad
1 piraso	pula at berdeng sili/sweet peppers, hiniwa
6 na piraso	itlog, binati
1 kutsara	mustard (burong mustasa)
¼ tasa	tubig
¼ tasa	ginayat na keso na mabilis matunaw

1. Igisa ang patatas sa mantika.
2. Idagdag ang broccoli, kabute, at sweet peppers. Itabi.
3. Batihin ang mga itlog sa tubig, mustard at idagdag ang ginayat na keso. Ihalo ang iginisang sangkap.
4. Lagyan ng asin at paminta para pampalasa.
5. Ibhos ang mga nalutong sangkap sa 10-pulgadang kawali o isang lalagyang maaring ipasok sa mainit na oven.
6. Iluto sa loob ng 20 minutos o hanggang sa maluto na ang itlog. Ihain ng mainit.



Ratatowi

Serves 6-8

2 tablespoons	cooking oil
2-3 pieces	onions, chopped
3-5 pieces	cloves garlic, chopped
2 pieces	eggplants, unpeeled, diced
2 pieces	zucchinis, unpeeled, diced
¼ kilo	tomatoes, blanched, sliced
1 teaspoon	oregano
1 teaspoon	basil or ¼ cup fresh basil
	salt and pepper to taste

1. Sauté garlic and onions in oil.
2. Add vegetables and season to taste. This can be used with pasta or as siding for fish.



Ratatowi

Para sa 6-8 katao

2 kutsara	mantika
2-3 piraso	sibuyas, tinadtad
3-5 na piraso	bawang, tinadtad
2 piraso	talong, hindi binalatan, hiniwa ng maliliit na parisukat
2 piraso	zucchini, hindi binalatan, hiniwa ng maliliit na parisukat
¼ kilo	kamatis, binanlian ng mainit at malamig na tubig, hiniwa
1 kutsara	oregano
1 kutsara	basil o ¼ tasang sariwang basil
	asin, paminta para pampalasa

1. Igisa ang bawang at sibuyas sa mantika.
2. Idagdag ang mga gulay at dagdagan ng pampalasa. Ito ay maaaring iparehas sa pasta o bilang terno sa isda.



Pinangat Na Hasa-Hasa

Serves 6-8

1 kilo	<i>hasa-hasa</i> , cleaned
about 1 cup	<i>kamias</i> , pre-dried in sun
1 thumb-size	ginger, sliced
¼ cup	shallots, sliced
½ cup	water or more
	<i>patis</i> to taste

1. Combine all ingredients together except for fish.
2. Arrange fish on top of the vegetables.
3. Simmer gently for about 20-25 minutes. Correct seasoning.



Pinangat Na Hasa-Hasa

Para sa 6-8 katao

1 kilo	hasa-hasa, nilinisan
1 tasa	kamias, pinatuyo sa ilalim ng araw
1	ga-hinlalaki na luya, hiniwa
¼ tasa	sibuyas Tagalog, hiniwa
½ tasa	tubig o higit pa
	patis, pampalasa

1. Ipaghalo ang lahat ng sangkap maliban sa isda.
2. Ayusin o ihanay ang isda sa ibabaw ng mga gulay.
3. Pakuluan mula 20 hanggang 25 minutos. Lagyan ng saktong pampalasa.



Banana Heart Burger

Serves 6-8

4-5	banana heart (<i>puso ng saging</i>), trimmed of outer part and chopped finely
	cooking oil
1 head	garlic, minced
2	onions, chopped
150 grams	ground pork
1 piece	egg, beaten
½ cup	flour
1 bundle	<i>kinchay</i> , sliced finely
2 tablespoons	spring onions, chopped
1 tablespoons	soy sauce
	salt and pepper to taste

1. Sauté garlic and onions in oil.
2. Stir in pork 'till half-cooked. Cool.
3. Combine egg, flour and seasonings.
4. Blend into sautéed mixture and the chopped banana heart.
5. Form into patties.
6. Chill to make firm patties.
7. Pan-sear in little oil.
8. Serve with favorite banana catsup.



Banana Heart Burger

Para sa 6-8 katao

4-5 piraso	puso ng saging, tinanggalan ng panlabas na bahagi at tinadtad ng pino
	mantika
1 ulo	bawang, pinisa
2	sibuyas, tinadtad
150 gramo	giniling na baboy
1 piraso	itlog, binati
1 tasa	harina
2 tali	kintsay, hiniwa ng pino
2 kutsara	murang sibuyas, tinadtad
1 kutsara	toyo
	asin, paminta para pampalasa

1. Igisa ang bawang at sibuyas sa mantika.
2. Idagdag at igisa ang giniling na baboy hanggang maluto nang bahgya. Palamigin.
3. Ipagsama ang itlog, harina at mga pampalasa.
4. Ihalo ang ginisang sangkap at ang tinadtad na puso ng saging.
5. Ihugis na parang patties.
6. Patigasin sa ref ang mga naihugis na patties.
7. Iprito ng bahagya sa kaunting mantika.
8. Ihanda ng may kasamang ketsap.



Oatmeal-Crusted Fish Fillet

Serves 6-8

1 kilo	cooking oil for frying fish fillets, <i>lapu-lapu</i> or <i>maya-maya</i> , sliced to serving portions
2-3 tablespoons	<i>calamansi</i> or lemon juice salt and pepper to taste
½ cup	all-purpose flour
1 cup or more	oatmeal
1 piece	egg with ¼ cup water, beaten

1. Season fish fillets with *calamansi*, salt, and pepper.
2. Dredge lightly with flour.
3. Dip in egg.
4. Coat with oatmeal and press lightly.
5. Refrigerate for about 1 hour.
6. Pan-fry in hot oil. Strain in paper towels.
7. Serve with mango salsa.

For the salsa:

2 pieces	ripe mangoes, cubed
2 pieces	red onions or shallots, chopped
1 cup	cilantro, chopped

1. Toss lightly all ingredients.
2. Season lightly with lemon juice and salt:



Oatmeal-Crusted Fish Fillet

Para sa 6-8 katao

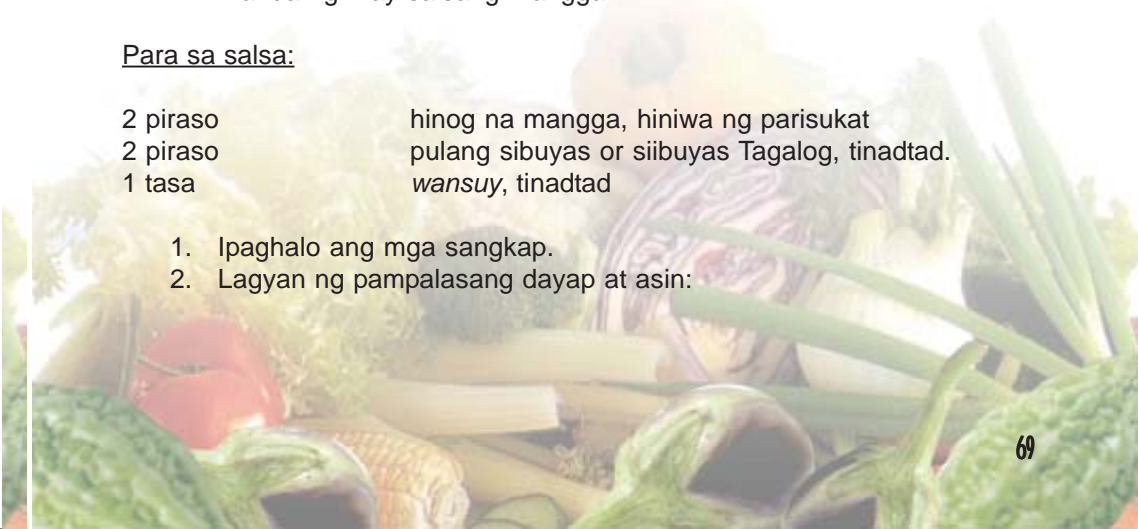
1 kilo	mantika
2-3 kutsara	isdang tinanggalan ng tinik, lapu-lapu o maya-maya, hiniwa sa pirasong saktong pang-hain
½ tasa	harina
1 tasa o higit pa	oatmeal
1 piraso	itlog na may halong ¼ tasang tubig, binati

1. Lagyan ang isda ng pampalasang kalamansi, asin at paminta.
2. Igulong nang bahagya sa harina.
3. Isawsaw sa itlog.
4. Pagulungin sa oatmeal habang pinipisa ng dahan-dahan.
5. Ilagay sa ref ng isang oras.
6. Iprito sa mainit na mantika. Salain sa paper towels.
7. Ihanda ng may salsang mangga.

Para sa salsa:

2 piraso	hinog na mangga, hiniwa ng parisukat
2 piraso	pulang sibuyas or siibuyas Tagalog, tinadtad.
1 tasa	wansuy, tinadtad

1. Ipaghalo ang mga sangkap.
2. Lagyan ng pampalasang dayap at asin:



Suwam Na Tahong

Serves 6-8

1 kilo *tahong* (mussels) cleaned and washed
1 thumb-size ginger, sliced
pepper leaves

1. Sauté *tahong* in little oil with ginger.
2. Add enough water to cover *tahong*.
3. Season lightly with *patis*. Boil 'till done.
4. Add leaves last.



Suwam Na Tahong

Para sa 6-8 katao

1 kilo tahong, nilinisan at nahugasan
1 ga-hinlalaking luya, hiniwa
dahon ng paminta

1. Igisa ang tahong sa kaunting mantika at luya.
2. Magdagdag ng sapat na tubig na sasabaw sa tahong.
3. Lagyan ng patis para pampalasa. Ilaga hanggang maluto.
4. Ihuli ang paglalagay ng dahon ng paminta.



Pinoy Bacalao

Serves 6-8

2-3 pieces	dried white fish (<i>lapu-lapu, maya-maya, etc.</i>)
1 head	garlic, minced
2 pieces	onions, chopped
1/4 cup	olive oil
1/4 cup	olives
2 teaspoons	pimenton or sweet paprika
1	small can pimiento, sliced

1. Soak dried and salted fish overnight in water. Drain.
2. Boil fish with water.
3. Change water twice.
4. Cool and wash to rinse away saltiness.
5. Slice to serving pieces.
6. Sauté fish in olive oil with garlic and onions. Simmer.
7. Season and add pimientos.



Pinoy Bacalao

Para sa 6-8 katao

2-3 piraso maya-maya, atbp)	pinatuyong isda na may puting laman (lapu-lapu,
1 ulo	bawang, pinisa
2 piraso	sibuyas, tinadtad
¼ tasa	olive oil
2 kutsarita	pimenton o sweet paprika
1 maliit na lata pimiento, hiniwa	

1. Ibadad ang inasinan at pinatuyong isda sa tubig ng magdamag. Salain.
2. Ilaga ang isda sa tubig.
3. Palitan ang tubig ng dalawang beses.
4. Palamigin at hugasan upang maalis ang alat.
5. Hiwain ayon sa nais na laki ng pang-hain.
6. Igisa ang isda, bawang at sibuyas sa mantikang gawa sa olive oil. Pakuluan.
7. Lagyan ng pampalasa at idagdag ang pimiento.



Bangus Sisig

Serves 6-8

1 kilo	boneless <i>bangus</i> , skinned and sliced into cubes
1 cup	pineapple juice
1 head	garlic, minced
1 cup	shallots, chopped
½ cup	<i>calamansi</i> juice
2 tablespoons	soy sauce
2 pieces	laurel
3-4 pieces	finger chilis
	<i>patis</i> and black pepper to taste

1. Marinate *bangus* in pineapple juice for about 1-2 hours.
2. Sauté in vegetable oil the garlic, shallots, laurel and *bangus*.
3. Season with *calamansi* juice and soy sauce.
4. Correct seasoning with black pepper, chili and *patis*.



Bangus Sisig

Para sa 6-8 katao

1 kilo	bangus na tinanggalan ng tinik, binalatan at hiniwa ng parisukat
1 tasa	katas ng pinya
1	ulo bawang, pinisa
1 tasa	sibuyas Tagalog, tinadtad
½ tasa	katas ng kalamansi
2 kutsarita	toyo
2 piraso	laurel
3-4 piraso	sili
	patis at pamintang durog para pampalasa

1. Ibadad ang bangus sa katas ng pinya sa loob ng 1-2 oras.
2. Igisa sa mantika ang bawang, sibuyas Tagalog, laurel at bangus.
3. Lagyan ng pampalasang katas ng kalamansi at toyo.
4. Lagyan ng tamang pampalasa na may paminta, sili at patis.



Lumpiang Labong

Serves 6-8

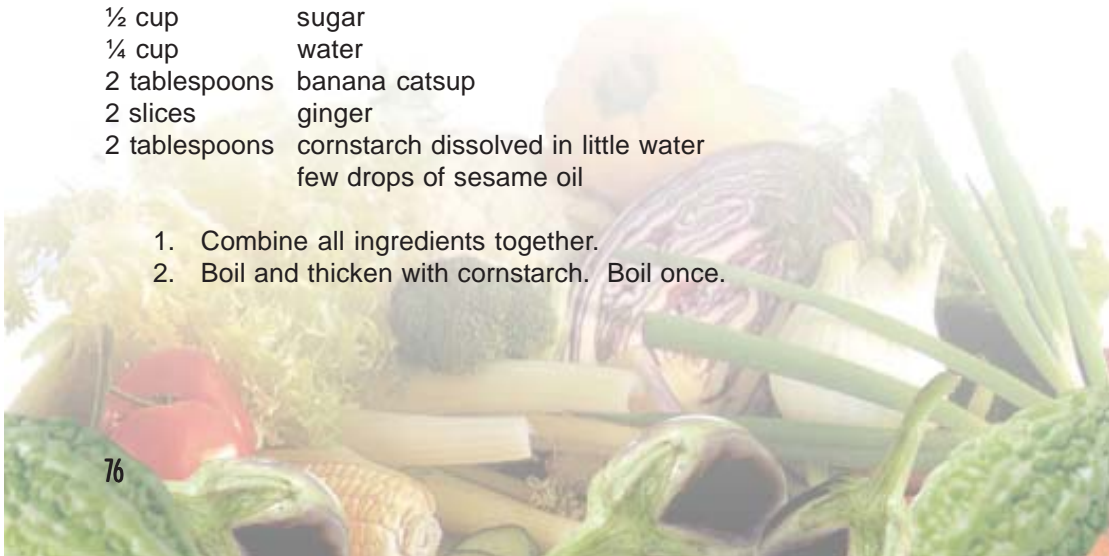
1 kilo	<i>labong</i> , washed and squeezed dry, chopped
¼ kilo	lean pork, ground
2 pieces	onions, chopped finely
1 bundle	<i>kinchay</i> , chopped
2 pieces	eggs, slightly beaten
	spring onions, chopped
	salt and pepper to taste
	<i>lumpia</i> wrapper

1. Combine all ingredients together thoroughly.
2. Wrap in *lumpia* wrappers like *lumpia* shanghai.
3. Seal well with cornstarch paste. Deep fry.
4. Serve with sweet and sour sauce.

For sweet and sour sauce:

½ cup	vinegar
½ cup	sugar
¼ cup	water
2 tablespoons	banana catsup
2 slices	ginger
2 tablespoons	cornstarch dissolved in little water
	few drops of sesame oil

1. Combine all ingredients together.
2. Boil and thicken with cornstarch. Boil once.



Lumpiang Labong

Para sa 6-8 katao

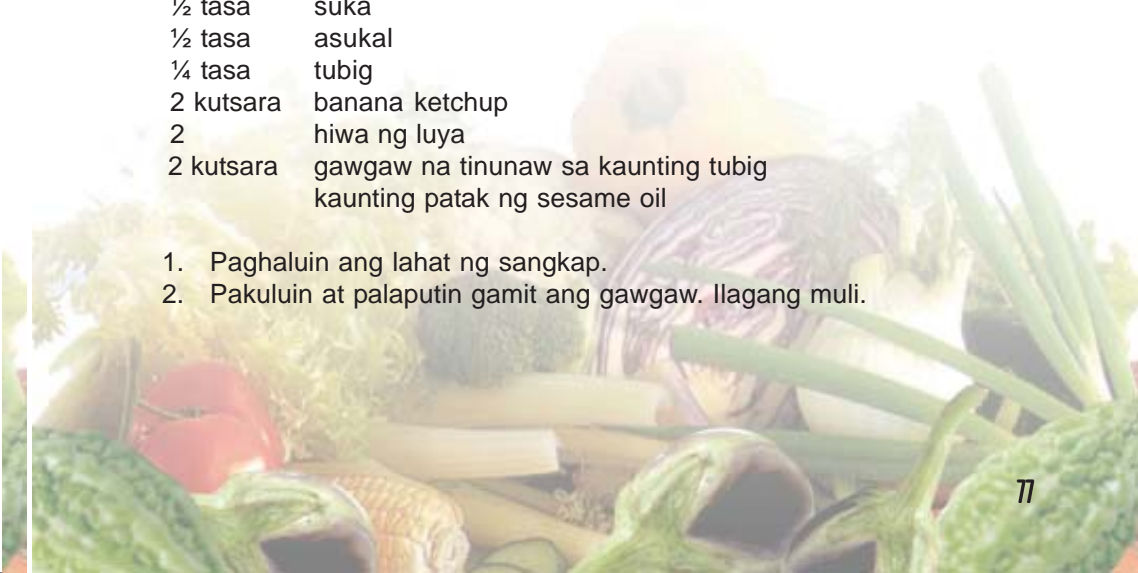
1 kilo	labong, hinugasan at pinatuyong mabuti, tinadtad
¼ kilo	giniling na laman ng baboy
2 piraso	sibuyas, tinadtad ng pino
1 tali	kinchay, tinadtad
2 piraso	itlog, binati ng bahagya murang sibuyas, tinadtad asin at paminta para pampalasa pambalot ng lumpia

1. Haluin mabuti ang lahat ng sahog.
2. Ibalot ang sahog sa pambalot ng lumpia gaya ng paraang gamit sa shanghai.
3. Siguraduhin ang pagkakabalot, punasan ng gawgaw ang mga dulo. Iprito sa maraming mantika.
4. Ihanda na mayroong sweet and sour sauce.

Para sa sweet and sour sauce:

½ tasa	suka
½ tasa	asukal
¼ tasa	tubig
2 kutsara	banana ketchup
2	hiwa ng luya
2 kutsara	gawgaw na tinunaw sa kaunting tubig kaunting patak ng sesame oil

1. Paghaluin ang lahat ng sangkap.
2. Pakuluin at palaputin gamit ang gawgaw. Ilagang muli.



Tokwa With Kuchay

Serves 6-8

5 pieces	big <i>tokwa</i> , sliced into sticks
¼ kilo	<i>togue</i>
½ kilo	pork, tenderloin, shredded
1 tablespoon	cornstarch
1 piece	small carrot, grated
1 piece big bunch	<i>kuchay</i> , cut 2-in
2 pieces	onions, sliced
2 tablespoons	water
3 tablespoons	soy sauce
1 teaspoon	salt
1 teaspoon	sesame oil
1 teaspoon	sugar
2 tablespoons	knorr seasoning

1. Boil *tokwa* in toyo then slice into sticks.
2. Fry *tokwa* half-cooked and season with salt. Set aside.
3. Season pork with knorr seasoning, sugar and cornstarch.
4. Stir fry then remove and set aside.
5. Sauté onions, pork, *tokwa*, carrots, *togue*, *kuchay*.
6. Add soy sauce, water, and sesame oil. Serve at once.



Tokwa With Kuchay

Para sa 6-8 katao

5 piraso	malalaking tokwa, hiniwa ng pahaba
½ kilo	baboy lomo, hiniwa ng maninipis
1 piraso	maliit na karot, ginayat
2 piraso	sibuyas, hiniwa
3 kutsara	toyo
1 kutsara	sesame oil
2 kutsara	Knorr seasoning
¼ kilo	togue
1 kutsara	gawgaw
1 tali	kuchay
2 kutsara	tubig
1 kutsarita	asin
1 kutsarita	asukal

1. Ilaga ang tokwa sa toyo at hiwain ng pahaba.
2. Iprito ang tokwa nang bahagya lamang. Lagyan ng asin para pampalasa. Itabi.
3. Lagyan ang karne ng Knorr, asukal at gawgaw.
4. Isankutsa ang sahog at alisin sa kawali. Itabi.
5. Igisa ang sibuyas, karne, tokwa, karot, togue at kuchay.
6. Idagdag ang toyo, tubig at sesame oil. Ihain agad.



Chinese Pechay Rolls

Serves 6-8

12 to 14	leaves of Chinese <i>Pechay</i>
½ kilo	ground pork
1 tablespoon	cornstarch
3 tablespoons	water
1 teaspoon	salt
1 teaspoon	wine
1 tablespoon	green onion, chopped
2 teaspoons	sesame oil
1 cup	broth of <i>pechay</i>
1 ½ tablespoons	<i>hebi</i>
½ tablespoon	light soy sauce
½ teaspoon	cornstarch
¼ teaspoon	pepper
½ chicken	Knorr cube

1. Parboil the *pechay* leaves in boiling water until soft.
2. Remove and drain.
3. Cut the stem of each leaf to 4 inches long, if the stem is thick cut it lengthwise to make it pliable to roll, starting about 1/3 inch from the edge of stem, make several cuts 2 inches long to 1/3 inch from the edge.
4. Add 1 tbsp cornstarch, 3 tablespoons water, salt, wine, green onions, and sesame oil to pork and mix well.
5. Knead well.
6. Divide crosswise place one portion of filling at the end of stem.
7. Roll up the leaf to enclose the filling. Repeat with rest of leaves.
8. Cut the remaining stem of *pechay* and place in pyrex casserole.
9. Place rolls on top and steam over medium heat for 12 minutes.
10. Place the rolls on top.
11. Boil broth with soaked *hebi*, soy sauce, salt, and pepper, then thicken with cornstarch and pour on top of rolls.



Chinese Pechay Rolls

Para sa 6-8 katao

12-14 piraso	dahon ng Chinese Pechay
1 kutsara	cornstarch
1 kutsarita	asin
1 kutsara	sibuyas, tinadtad
1 tasa	tubig na pinaglagaan ng pechay
½ kutsara	toyo
¼ kutsarita	paminta
½ piraso	Chicken Knorr cube
½ kilo	giniling na baboy
3 kutsarita	tubig
1 kutsarita	alak
2 kutsarita	mantikang mula sa katas ng sesame
1 at ½ kutsara	hebi
½ kutsarita	cornstarch

1. Pakuluan nang bahagya ang dahon ng pechay sa tubig hanggang lumambot.
2. Alisin sa kaldero at salain.
3. Hiwain ang bawat tangkay sa 4 na pulgada ang haba. Kung ang tangkay ng pechay ay masyadong makapal, hatiin pa ito sa gitna nang patayo, sapat na kapal upang ito ay maigulong. Sumukat ng 1/3 pulgada mula sa dulo ng tangkay at gumawa ng ilang hiwa na may haba ng 2 pulgada.
4. Idagdag ang 1 kutsarang gawgaw, 3 kutsarang tubig, asin, alak, sibuyas at sesame oil sa karne. Haluing mabuti.
5. Igulong nang mabuti.
6. Hatiin nang pahalang at ibahagi ang sahog sa dulo ng tangkay ng pechay.
7. Ibalot sa dahon ng pechay at gawin ang parehong proseso sa iba pang dahon.
8. Ilagay ang iba pang tangkay ng pechay at ihanay ang mga ito sa kaserolang pyrex.
9. Ilagay ang mga binalot sa ibabaw at pasingawan sa katamtamang init sa loob ng 12 minutos.
10. Ilagay ang mga binalot sa ibabaw.
11. Pakuluan ang pinaglagaan at ilagay ang hebi , toyo, asin at paminta. Palaputin gamit ang gawgaw at ibuhos na sa ibabaw ng mga nabalot.

Claypot Chicken

Serves 8-10

1 ½ kilos	chicken, cut up
3 tablespoons	oyster sauce
	salt and pepper to taste
6 slices	ginger
2 pieces	chinese sausages, sliced
2 ½ kilos	uncooked rice
2 tablespoons	soy sauce
1 teaspoon	sugar
2 teaspoons	sesame oil
1 ½ tablespoons	cornstarch
2 pieces	dried mushrooms, soaked, sliced
1-2 tablespoons	<i>hebi</i> , soaked

1. Put chicken in a bowl and add soy sauce, oyster sauce, salt, sugar, pepper, sesame oil, ginger and cornstarch.
2. Marinate for at least 30 minutes.
3. Add mushroom and top with *hebi* and sausages.
4. Steam for 35 minutes or until tender.
5. Cook rice as in *sinaing*.
6. Cool and scrape with fork.
7. Put in claypot and serve with the chicken on top.
8. Cover and put back to fire (low fire) for 7 to 10 minutes. Serve hot.

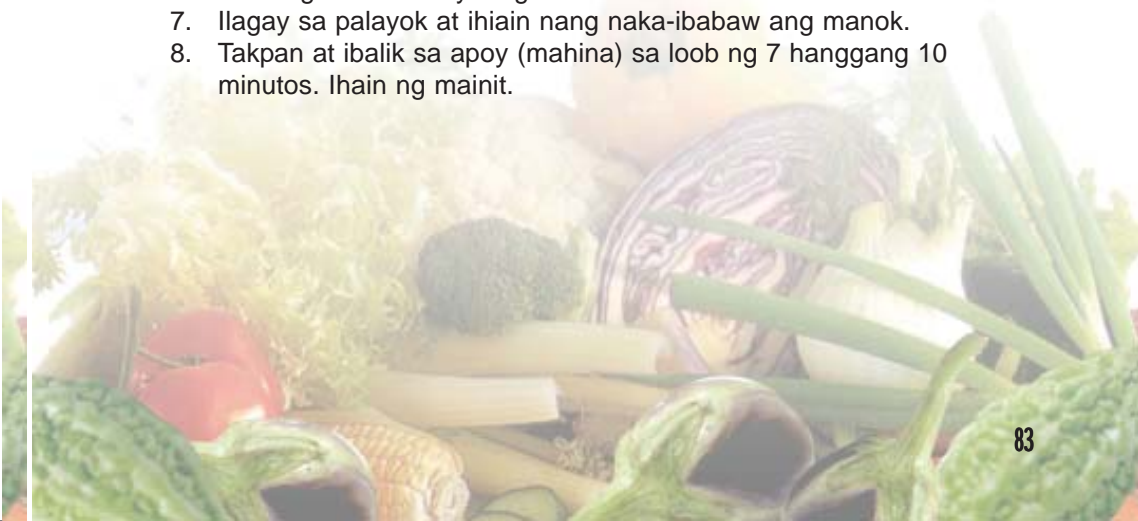


Claypot Chicken

Para sa 8-10 katao

1 at ½ kilo	manok, hiniwa
3 kutsara	oyster sauce
	asin at paminta para pampalasa
6	hiwang luya
2	longganisang makaw, hiniwa
2 at ½ kilo	bigas
2 kutsarita	toyo
2 kutsarita	sesame oil
1 at ½ kutsara	gawgaw
2 piraso	pinatuyong kabute, binabad at hiniwa
1-2 kutsara	hebi, binabad

1. Ilagay ang manok sa mangkok at idagdag ang toyo, oyster sauce, asin, asukal, paminta, sesame oil, luya at gawgaw.
2. Ibadad sa loob ng 30 minutos.
3. Idagdag ang kabute at ipa-ibabaw ang hebi at longganisang makaw.
4. Pasingawan sa loob ng 35 minutos hanggang lumambot.
5. Iluto ang bigas gaya ng sinaing.
6. Palamigin at halukayin ng tinidor.
7. Ilagay sa palayok at ihain nang naka-ibabaw ang manok.
8. Takpan at ibalik sa apoy (mahina) sa loob ng 7 hanggang 10 minutos. Ihain ng mainit.



Ginataang Kangkong

Serves 6-8

½ head	garlic, minced
1 piece thumb-size	ginger, sliced
1 piece	onion, sliced
3 tablespoons	<i>bagoong</i> (shrimp paste)
200 grams	ground pork
1 ½ cups	coconut milk
	salt to taste
6 bundles	<i>kangkong</i> , sliced thinly
1 cup	coconut cream

1. Sauté in a little oil the garlic, ginger, and onion.
2. Stir in *bagoong*, and add pork.
3. Cook until oily.
4. Stir in chilis, *kangkong* and let it wilt.
5. Add coconut cream last and boil until thick.



Ginataang Kangkong

Para sa 6-8 katao

1	ulo ng bawang, pinisa
1	ga-hinlalaki na luya, hiniwa
1 piraso	sibuyas, hiniwa
3 kutsara	bagoong
200 gramo	giniling na baboy
1 at ½ tasa	gata ng niyog
	asin para pampalasa
6 na tali	kangkong, hiniwa ng maninipis
1 tasa	gata ng niyog

1. Igisa sa kaunting mantika, luya at sibuyas.
2. Ihalo ang bagoong at idagdag ang giniling na baboy.
3. Lutuin hanggang magmantika.
4. Ihalo ang sili, kangkong at hayaang malanta ito sa pagkakaluto.
5. Ihuli ang gata ng niyog. Pakuluan hanggang lumapot.



Laksa

Serves 6-8

¼ cup	cooking oil
¼ cup	garlic, minced
2 pieces	onions, chopped
200 grams	pork, boiled and diced, broth reserved
150 grams	shrimps, shelled, and heads blanched for broth
2 cups	pork broth and shrimps
	fish sauce, salt, and pepper to taste
1	banana heart, trimmed, and shredded
1 bundle	<i>sitaw</i> (string beans), cut about 1 inch long
100 grams	<i>bataw</i> , cut diagonally
100 grams	squash, cubed
250 grams	<i>sotanghon</i> (cellophane noodles), soaked

1. Sauté garlic and onions in oil to sweat.
2. Add pork and allow to render fat, stir in shrimps.
3. Pound the shrimp heads, add 2 cups water to get the broth. Strain.
4. Add the pork and shrimp broth, let boil. Season to taste.
5. Add the vegetables, then the noodles.



Laksa

Para sa 6-8 katao

¼ tasa	mantika
¼ tasa	bawang, pinisa
2 piraso	sibuyas, tinadtad
200 gramo	karne ng baboy, nilaga at hiniwa ng parisukat. Itabi ang pinaglagaan
150 gramo	hipon, binalatan. Ilaga ang mga ulo ng hipon at isantabi
2 tasa	pinaglagaan ng baboy at hipon patis, asin at paminta para pampalasa
1 piraso	puso ng saging, nalinis at hiwain ng manipis
1 tali	sitaw, pinutol ng tig-isang pulgada
100 gramo	bataw, hiniwa ng pahalang
100 gramo	kalabasa, hinati ng parisukat
250 gramo	sotanghon, binabad

1. Igisa ang bawang at sibuyas sa mantika upang lumabas ang lasa.
2. Idagdag ang karneng baboy at isunod agad ang hipon.
3. Pukpukin ang ulo ng mga hipon, dagdagan ng 2 tasang tubig upang makuha ang katas. Salain.
4. Idagdag ang karneng baboy, pinaglagaan ng hipon. Pakuluan. Lagyan ng pampalasa.
5. Idagdag ang mga gulay at isunod ang sotanghon.



Reilenong Repollo

Serves 6-8

1 kilo	ground lean pork
2	eggs
2-3 pieces	bacon, chopped
2	carrots, grated or chopped
1-2 pieces	onions, chopped
½ cup	celery stalks, chopped
1 kilo	cabbage, blanched
1 can	tomato soup diluted with 2-3 tablespoons milk salt and pepper to taste

1. Mix all ingredients together except tomato soup and cabbage.
2. Wrap meat mixture in cabbage leaves.
3. Boil tomato soup with celery leaves and season to taste.
4. Remove leaves.
5. Arrange cabbage rolls in a baking dish.
6. Pour tomato soup.
7. Bake 20-25 minutes at 350°F or just simmer rolls with soup adding little water when sauce thickens until done.



ReIlenong Repollo

Para sa 6-8 katao

1 kilo	giniling na laman ng baboy
2 piraso	itlog
2-3 piraso	bacon, tinadtad
2	karots, ginayat o tinadtad
1-2 piraso	sibuyas, tinadtad
½ tasa	kinchay, tinadtad
1 kilo	repolyo, binanlian ng mainit at malamig na tubig
1 lata	tomato soup na pinalabnaw gamit ang 2-3 kutsarang gatas asin at paminta para pampalasa

1. Paghaluin ang lahat ng sangkap maliban sa tomato soup at repolyo.
2. Ibalot ang sahog na karne sa mga dahon ng repolyo.
3. Pakuluan ang tomato soup sa dahon ng kinchay at lagyan ng pampalasa.
4. Alisin ang dahon mula sa pagkakabalot.
5. layos ang mga dahon sa isang baking dish.
6. Ibihos ang tomato soup.
7. I-bake sa loob ng 20-25 minutos sa 350F o pakuluan lamang ang mga binalot at dagdagan ng kaunting tubig kapag lumalapot hanggang sa maluto.





recipes by Nancy Reyes Lumen

mula sa Standard The Practical Cook Book

Ampalaya Wheels

Serves 4-6

2 pieces	medium <i>ampalaya</i>
500 grams	<i>lumpia</i> shanghai mix
1 cup	all purpose flour
2	eggs
1 ½ cups	water or stock
2 teaspoons	salt
½ teaspoon	pepper
3 cups	cooking oil

1. Cut *ampalaya* crosswise into circles 1 ½" tall, about 16 pieces.
2. Clean out the center.
3. In boiling water, par cook the *ampalaya* for 3-4 minutes then refresh under running water or iced water to stop the cooking process.
4. Drain and let it dry.
5. Then fill it up with the *lumpia* shanghai mix.
6. Repeating the process until you use up all the *ampalaya*.
7. Preheat your cooking oil for deep-frying.
8. Make the batter by mixing the flour, eggs, water, salt and pepper.
9. Coat *ampalaya* with flour then dip in the batter.
10. Deep-fry a few pieces at a time in the hot oil until the batter turns golden in color.
11. Drain excess oil on paper towels. Or you can just coat it with flour on both ends then fry.
12. Serve with catsup or sweet chili sauce.



Ampalaya Wheels

Para sa 4-6 katao

2 piraso	ampalaya, katamtaman ang laki
500 gramo	lumpia shanghai mix
1 tasa	harina
2	itlog
1 ½ tasa	tubig o pinagkuluan
2 kutsarita	asin
½ kutsarita	paminta
3 tasa	mantika

1. Hiwain ang ampalaya ng pahalang at pabilog, may kapal na 1 ½ pulgada, mga 16 piraso.
2. Alisin ang mga buto sa gitna ng bilugang hiwa.
3. Sa kumukulong tubig, iluto ng bahagya ang ampalaya sa loob ng 3-4 minutos.
4. Salain at patuyuin.
5. Lagyan ng lumpia shanghai mix.
6. Ulitin sa lahat ng ampalayang nahiwa.
7. Initin ang kawali na paglulutuan.
8. Paghaluin ang harina, itlog, tubig, asin at paminta.
9. Ibadad ang ampalaya sa harina at isawsaw sa nagawang sangkap.
10. Iprito sa kumukulong mantika hanggang maluto.
11. Salain sa paper towels.
12. Ihain ng may ketsap o sweet chili sauce.



Cabbage Siomai

Serves 4-6

2 heads	small cabbages
2 cups	<i>lumpia</i> shanghai
3 tablespoons	salt
8 cups	water

1. Core the cabbage.
2. Bring the water to a boil with the salt.
3. Cook the cored cabbage in it for 6-8 minutes or until done.
4. Take it out of the water and refresh under running water or in iced water.
5. Stuff cabbage with *lumpiang* shanghai mix.
6. In a preheated rice cooker, steam the *siomai* for 1 cycle or until done.
7. Serve with soy sauce and *calamansi*.



Cabbage Siomai

Para sa 4-6 katao

2	ulo ng repolyo
2 tasa	lumpiang shanghai mix
3 kutsara	asin
8 tasa	tubig

1. Linisin ang repolyo.
2. Pakuluan sa tubig na may asin.
3. Iluto ang repolyo sa loob ng 6-8 na minuto sa kumukulong tubig.
4. Alisin ang repolyo sa kinuluang tubig at padaanin sa malamig na tubig.
5. Lagyan ng lumpiang shanghai mix ang repolyo.
6. Sa isang napainit na rice cooker, pakuluan ang siomai hanggang maluto.
7. Ihain ng may toyo at kalamansi.



Pasta Picante

Serves 4-6

500 grams	assorted seafood, cut into bite sized pieces
500 grams	pasta (any kind)
1 cup	<i>caldereta</i> sauce (prepared according to package)
1-1 ½ cups	stock or water
1	tomatoes with liquid, (deseeded & chopped)
30 grams	chopped onion
15 grams	chopped garlic
3 tablespoons	oil
2 tablespoons	salt and pepper
3 pieces	<i>calamansi</i>

1. Season your seafood with *calamansi*, salt and pepper.
2. Grill or panfry them until they are cooked. Set aside.
3. Cook pasta according to package instructions.
4. Cool under running water or iced water to stop the cooking process.
5. In a pan, sauté onion and garlic in oil and butter for 3-5 minutes.
6. Add to this the chopped tomatoes, cook for 2 minutes.
7. Then add the *caldereta* sauce, liquid from the canned tomatoes and stock.
8. Bring to a boil then reduce to a simmer for 5-8 minutes.
9. Season with salt and pepper.
10. Add to the sauce the seafood and pasta, toss to combine.
11. Check for seasoning. Serve in a suitable dish.

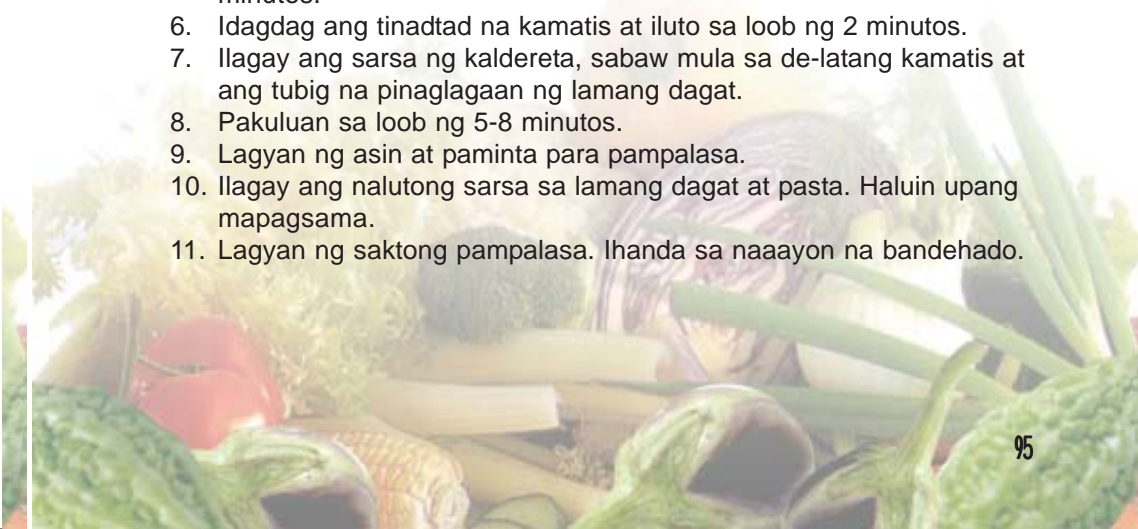


Pasta Picante

Para sa 4-6 katao

500 gramo	iba't-ibang isda, hiniwa sa maliliit na piraso
500 gramo	pasta, kahit anong klase
1 tasa	sarsa ng kaldereta (ihanda ayon sa direksyon sa pakete)
1-1 ½ tasa	tubig
1	canned tomatoes (tinanggalan ng buto at tinadtad)
30 gramo	sibuyas, tinadtad
15 gramo	bawang, tinadtad
3 kutsara	mantika
2 kutsara	asin at paminta
3 piraso	kalamansi

1. Lagyan ng kalamansi ang lamang dagat, ihalo din ang asin at paminta.
2. Ihawin o isankutsa sa kawali ang lamang dagat hanggang maluto. Itabi.
3. Iluto ang pasta ayon sa direksyon sa pakete.
4. Lagyan ng malamig na tubig upang mahinto ang pagkaluto.
5. Sa kawali, igisa ang bawang, sibuyas at mantikilya sa loob ng 3-5 minutos.
6. Idagdag ang tinadtad na kamatis at iluto sa loob ng 2 minutos.
7. Iilagay ang sarsa ng kaldereta, sabaw mula sa de-latang kamatis at ang tubig na pinaglagaan ng lamang dagat.
8. Pakuluan sa loob ng 5-8 minutos.
9. Lagyan ng asin at paminta para pampalasa.
10. Iilagay ang nalutong sarsa sa lamang dagat at pasta. Haluin upang mapagsama.
11. Lagyan ng saktong pampalasa. Ihanda sa naaayon na bandehado.



Saba and Kamote in Orange Syrup

Serves 4

4 pieces	ripe <i>saba</i>
3 pieces	orange fleshed <i>kamote</i> , peeled and cut into 1-1 ½ cubes
4-5 tablespoons	orange juice powder
¼ cup	sugar
2 cups	water

1. Put *kamote* cubes in a pan with enough water to cover it.
2. Bring to a boil, then lower flame to a simmer.
3. Cook *kamote* for 15-20 minutes or until tender.
4. Make syrup by mixing the orange juice powder, sugar and water.
5. Then add the *saba* and the cooked *kamote* to the syrup.
6. Bring to a simmer and cook for a further 5 minutes.
7. Allow to cool or refrigerate before serving.
8. Serve with coconut ice cream or coconut milk.

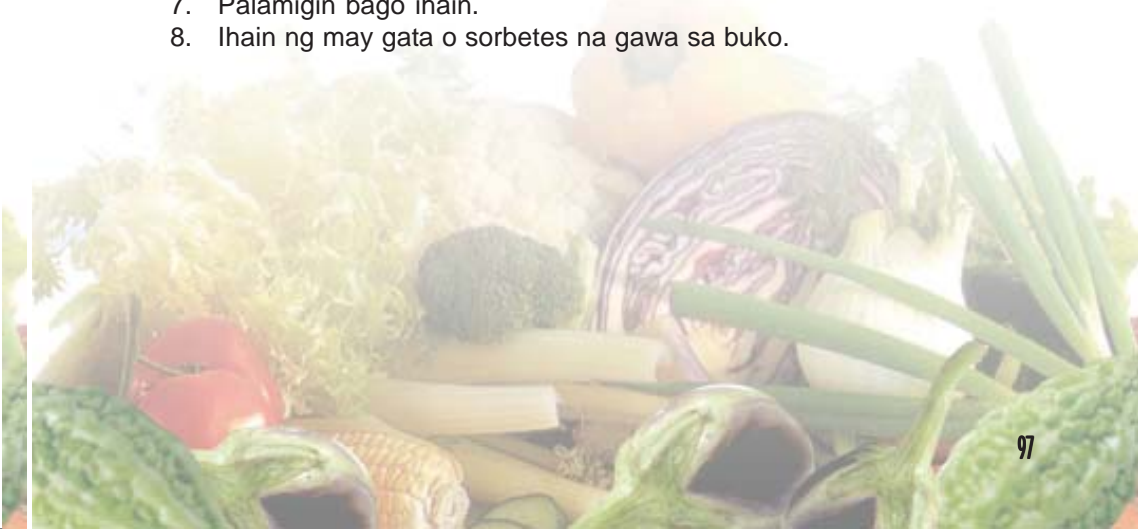


Saba and Kamote in Orange Syrup

Para sa 4 katao

4 na piraso	hinog na saging na saba
3 piraso	kamote, binalatan at hiniwang parisukat na may kapal na 1-1/2 pulgada
4-5 kutsara	orange juice powder
¼ tasa	asukal
2 tasa	tubig

1. Ilagay ang kamote sa kawali ng may sapat na tubig.
2. Pakuluan, hinaan ang apoy hanggang sa tuluyang kumulo.
3. Iluto ang kamote sa loob ng 15-20 minutos o hanggang maging malambot.
4. Gumawa ng syrup sa pamamagitan ng pinaghalong orange juice powder, asukal at tubig.
5. Idagdag ang saging na saba at ang nalutong kamote sa nagawang syrup.
6. Pakuluan at iluto sa loob ng 5 minutos pa.
7. Palamigin bago ihain.
8. Ihain ng may gata o sorbetes na gawa sa buko.



Ukoy Kalabasa

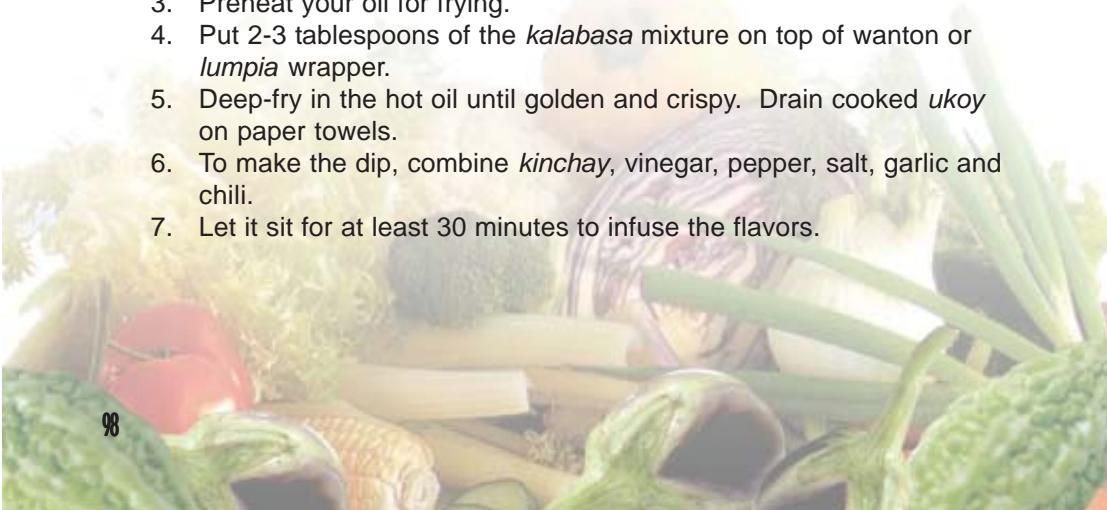
Serves 4

500 grams	<i>kalabasa</i> , grated and squeezed of its juice
100 grams	baby shrimps (<i>tagunton</i>)
3 tablespoons	corn starch
4 pieces	eggs
	salt and pepper to taste
500 milliliters	oil
12-16 pieces	wanton / <i>lumpia</i> wrapper, cut into 3" rounds

Dipping sauce

5 grams	chopped <i>kinchay</i> /coriander
½ cup	vinegar
½ teaspoon	pepper
1 teaspoon	salt
15 grams	garlic
5 grams	chili

1. Combine *kalabasa*, shrimps, cornstarch and eggs.
2. Season with salt and pepper. Mix well.
3. Preheat your oil for frying.
4. Put 2-3 tablespoons of the *kalabasa* mixture on top of wanton or *lumpia* wrapper.
5. Deep-fry in the hot oil until golden and crispy. Drain cooked *ukoy* on paper towels.
6. To make the dip, combine *kinchay*, vinegar, pepper, salt, garlic and chili.
7. Let it sit for at least 30 minutes to infuse the flavors.



Ukoy Kalabasa

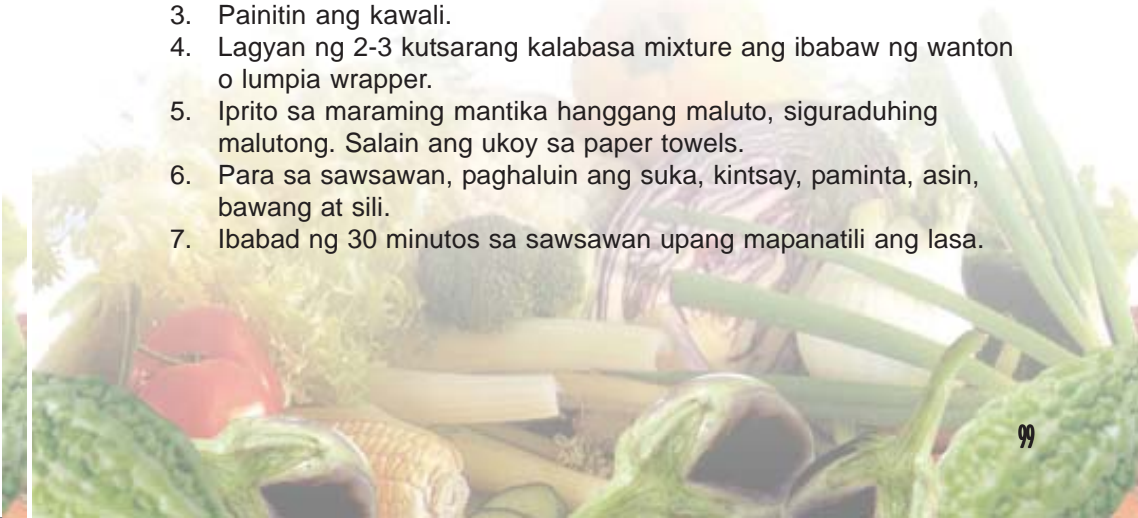
Para sa 4 katao

500 gramo	kalabasa, ginayat at kinatasan
100 gramo	maliliit na hipon (tagunton)
3 kutsara	gawgaw
4 na piraso	itlog
	asin at paminta para pampalasa
500 mililitrong	mantika
12-16 na piraso	wanton o pambalot ng lumpia, hiniwa sa bilugang hugis sa kapal na 3 pulgada

Para sa sawsawan:

5 gramo	tinadtad na kintsay o coriander
½ tasa	suka
½ kutsarita	paminta
1 kutsarita	asin
15 gramo	bawang
5 gramo	sili

1. Paghaluin ang kalabasa, hipon, gawgaw at itlog.
2. Lagyan ng asin at paminta. Haluing mabuti.
3. Painitin ang kawali.
4. Lagyan ng 2-3 kutsarang kalabasa mixture ang ibabaw ng wanton o lumpia wrapper.
5. Iprito sa maraming mantika hanggang maluto, siguraduhing malutong. Salain ang ukoy sa paper towels.
6. Para sa sawsawan, paghaluin ang suka, kintsay, paminta, asin, bawang at sili.
7. Ibabad ng 30 minutos sa sawsawan upang mapanatili ang lasa.



Garden Salad

2 cups *pansit pansitan*, washed and snapped
into bite-sized pieces
2-3 bulbs purple shallots, chopped
½ cup tomatoes, peeled and sliced
1 cup sweet dressing

Sweet Dressing

1/3 cup ordinary French dressing
1 tablespoon sugar

1. Stir and mix well all ingredients of the salad dressing.
2. Toss vegetables with the dressing.
3. Chill for 30 minutes.



Garden Salad

2 baso	<i>pansit pansitan</i> , hinugasan at pinutol-putol sa maliliit na piraso
2-3 piraso	<i>purple shallot</i> , tinadtad
½ baso	kamatis, tinalupan at hiniwa
1 baso	matamis na dressing

Matamis na dressing

1/3 baso	ordinaryo French dressing
1 kutsara	asukal

Salad Things: Fresh Herbs

As much as you have:

Mint <i>Macopa</i> , quartered and trimmed	<i>Suha</i> , supremed and cut
<i>Wansoy</i> Ripe Mango, (bells or cubes)	<i>Patis</i> or Salt
Basil	Tomatoes, seeded and wedges
Chico, seeded, peeled and sliced	Balsamic vinegar
Chili	Cucumber, seeded and sliced
Pineapple chunks	Carrots, peeled and sliced
<i>Makrut</i> or <i>Dayap</i> lime leaves	Other fresh fruits and vegetables
Celery	

Dressing:

For every 1 kilo of the above ingredients, blend together:

½ cup *patis*
½ cup honey
lemon, squeezed
lemon, zest
salt and pepper to taste

1. Mix all ingredients together.
2. Toss fruits and vegetables with the dressing.

Kamiash

Serves 4-6

1 kilo *kamias*, washed, clean and trimmed
2 cup cold water
2 cups crushed ice
sugar syrup to taste

1. Boil 1 part sugar to $\frac{1}{2}$ part water till all the sugar has dissolved.
2. Boil some water and immerse the *kamias*.
3. Allow the fruit to soften in the boiling water for about 5 minutes.
4. Strain the water.
5. Plunge the *kamias* in very cold water to cool them down.
6. In a blender, puree the *kamias* with very cold water and crushed ice.
7. Blend in the desired amount of sugar syrup to suit your taste.



Kamiash

Para sa 4-6 katao

1 kilo *kamias*, hinugasan, nilinis at pinantay / pinuto puto
2 baso malamig na tubig
2 baso dinurog na yelo
matamis na arnibal na gawa sa asukal

1. Pakuluin ang isang parte (1 part) asukal sa kalahating parte (1/2 part) ng tubig hanggang matunaw ang asukal.
2. Pakuluin ang tubig at ilubog ang *kamias*.
3. Palambutin ang *kamias* sa kumukulong tubig sa loob ng 5 minuto.
4. Salain ang tubig.
5. Ilubog ang *kamias* sa malamig na tubig upang ito ay lumamig agad.
6. Isalang ang *kamias* sa blender kasama ng malamig na tubig at dinurog na yelo.
7. Ihalo ang arnibal upang ito ay tumamis.



Ampalaya Power Drink

Serves 4-6

2 pieces	<i>ampalaya</i>
1 ½ cups	water
2 pieces	<i>dayap</i> , squeezed juice
	sugar syrup to taste
3 cups	crushed ice

1. Wash and de-seed the *ampalaya*. Cut into thin slices.
2. Place in a blender with water, blend until smooth.
3. Strain and squeeze out the pulp.
4. Put the *ampalaya* juice back into the blender with the *dayap* juice, sugar syrup and ice.
5. Blend until well incorporated.
6. If the drink settles, just shake or stir before serving.



Ampalaya Power Drink

Para sa 4-6 na katao

2 piraso	<i>ampalaya</i>
1 ½ baso	tubig
2 piraso	<i>dayap</i> na piniga ang katas matamis na arnibal
3 baso	dinurog na yelo

1. Hugasan at tanggalan ng buto ang ampalaya. Hiwain ng maninipis.
2. Isalang sa blender kasama ng tubig hanggang ito'y maging pino.
3. Salain at pigain ang *sapal* (pulp)
4. Ibalik ang katas ng *ampalaya* sa blender kasama ng katas ng *dayap*, matamis na arnibal at dinurog na yelo.
5. Haluin ng mabuti.





recipes by Reggie Aspiras

Spaghetti Squash

To cook spaghetti squash:

Boil. Submerge whole vegetable in water and boil 20 minutes, until soft.

Steam. Pierce flesh with fork and steam until soft.

Bake. Pierce whole vegetable with fork and bake until tender. Baking is best though time consuming. It enhances the flavors and makes for sweeter "squaghettsis."

Once cooked, slice, scrape off the seeds and use a fork to shred the flesh. Viola! Vegetable noodles! It is not an illusion but rather, the sheer magic of Mother Nature!

Courtesy of Kitchen Rescue, PDI Lifestyle Section



Spaghetti Squash

Sa pagluluto ng spaghetti squash;

Ilublob ang buong gulay sa tubig at pakuluan ng 20 minutos hanggang lumambot.

Pausukan. Tusuk-tusukin ng tinidor ang laman ng gulay at pakuluan muli hanggang lumambot.

I-bake. Tusukin ng tinidor ang laman ng gulay upang matiyak na malambot na ito. Ang pagbi-bake ay mainam na paraan ng pagluluto ngunit mabusisi. Inilalabas nito ang lasa ng mga pagkain at mas pinatatamis pa ang “squaghetis.”

Kapag naluto na, hiwain at kayurin ang mga buto ng kalabasa. Gadgarin ang laman sa pamamagitan ng tinidor. Viola! Mayroon nang noodles na gawa sa gulay. Hindi ito ilusyon, ngunit isang natural na mahika!

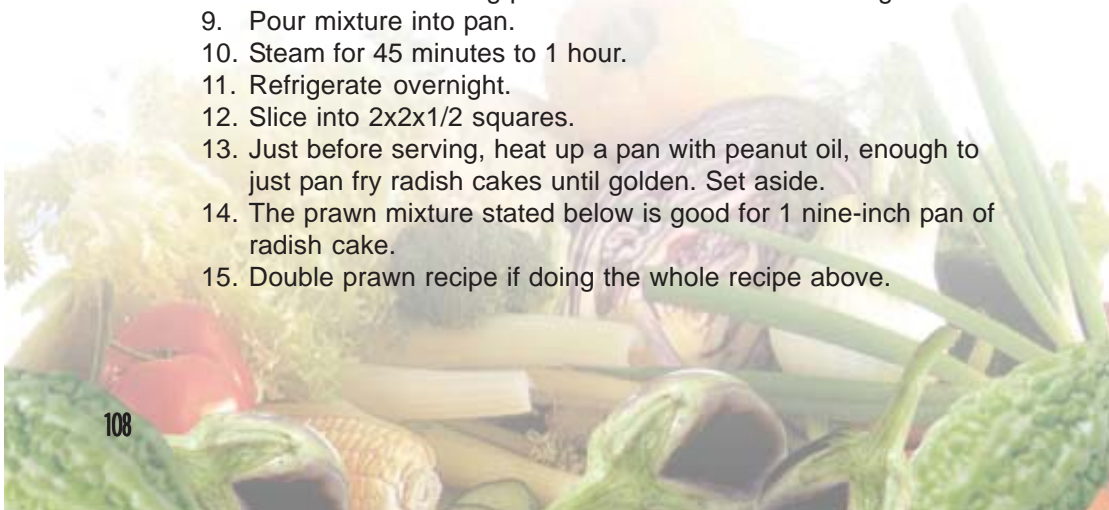
Mula sa Kitchen Rescue, PDI Lifestyle Section



Steamed Carrot And Raddish Cake

1.3 to 1.5 kilos	grated Japanese / Korean radish, grated, squeezed dry
4 cups	chicken
200grams	grated carrot
350grams	rice flour
150 grams	Tapioca flour
$\frac{3}{4}$ teaspoon	salt
$\frac{1}{2}$ teaspoon	white pepper

1. In a saucepan, put in 2 cups stock or 2 cups water and 200g grated carrots.
2. Bring mixture to a boil. Turn off fire.
3. Add 350 grams rice flour. Mix well.
4. Add remaining 2 cups of stock gradually.
5. Mix well after each addition.
6. Add radish and tapioca flour.
7. Season with salt and pepper.
8. Line 2 - 9inch baking pans with banana leaves then grease.
9. Pour mixture into pan.
10. Steam for 45 minutes to 1 hour.
11. Refrigerate overnight.
12. Slice into 2x2x1/2 squares.
13. Just before serving, heat up a pan with peanut oil, enough to just pan fry radish cakes until golden. Set aside.
14. The prawn mixture stated below is good for 1 nine-inch pan of radish cake.
15. Double prawn recipe if doing the whole recipe above.



2 tablespoons	peanut oil
350 grams	shelled prawns / chicken breast /
1 cup	mixed fresh mushrooms, sliced
2 pieces	eggs, scrambled
2 tablespoons	<i>kecap manis</i>
2 tablespoons	sugar
2 tablespoons	light soy
1 tablespoons	chili
2 teaspoons	fish sauce
*1/4 cup	stock
	cornstarch slurry to thicken
1 cup	spring onion, sliced into 1 inch lengths - garnish

1. Heat up 2 tbsp. peanut oil.
2. Sauté prawns or chicken breasts.
3. Add mushrooms.
4. Push to one side of the pan and break 1 egg. Scramble.
5. Add the rest of the ingredients. Mix well
6. Add radish cakes and toss gently into the mixture.
7. If more sauce is desired, add stock before putting radish cakes. Thicken with slurry.



Steamed Carrot And Raddish Cake

1.3 hanggang 1.5 kilong	ginayat na Japanese/Korean/local na labanos, piniga ng tuyong manok
4 tasa	ginayat na karots
200 gramo	rice flour
350 gramo	tapioca flour
150 gramo	asin
$\frac{3}{4}$ kutsarita	puting paminta
$\frac{1}{2}$ kutsarita	

1. Sa kawali, ilagay ang 2 tasang pinagkulan ng manok o tubig at ang 200 gramong ginayat na karots
2. Pakuluan. Patayin ang apoy.
3. Idagdag ang 350 gramong rice flour. Haluin mabuti.
4. Dahan-dahang idagdag ang natitira pang 2 tasang pinagkulan.
5. Haluin mabuti matapos idagdag ang bawat sangkap.
6. Ilagay ang labanos at tapioca flavor.
7. Lagyan ng pampalasang asin at paminta.
8. Ihanay ang dalawang pirasong dahon ng saging sa baking pan na may sukat na 9 na pulgada. Lagyan ng mantika upang maging madulas.
9. Ilagay ang mga sangkap sa kawali.
10. Pasingawan ng 45 minutos hanggang 1 oras.
11. Ilagay sa ref magdamag.
12. Hiwain sa sukat na 2x2x1/2 na kwadrado.
13. Bago ito ihain, painitin ang peanut oil sa kawali , upang maiprito ang cake na gawa sa labanos.
14. Doblehin ang sukat ng mga sangkap kung dodoblehin ang kabuuan ng recipe.

2 kutsara	mantika mula sa peanut oil
350 gramo	binalatan na hipon o pitso ng manok
1 tasa	pinaghalong sariwang kabute, hiniwa
2 piraso	itlog, binati
2 kutsara	kecap manis
2 kutsara	asukal
2 kutsara	toyo
1 kutsara	sili
2 kutsara	patis
¼ tasa	pinagkuluan ng hipon o manok
	gawgaw para pampalapot
1 tasa	murang sibuyas, hiniwa sa 1 pulgada na haba, bilang palamuti/dekorasyon sa pagkain

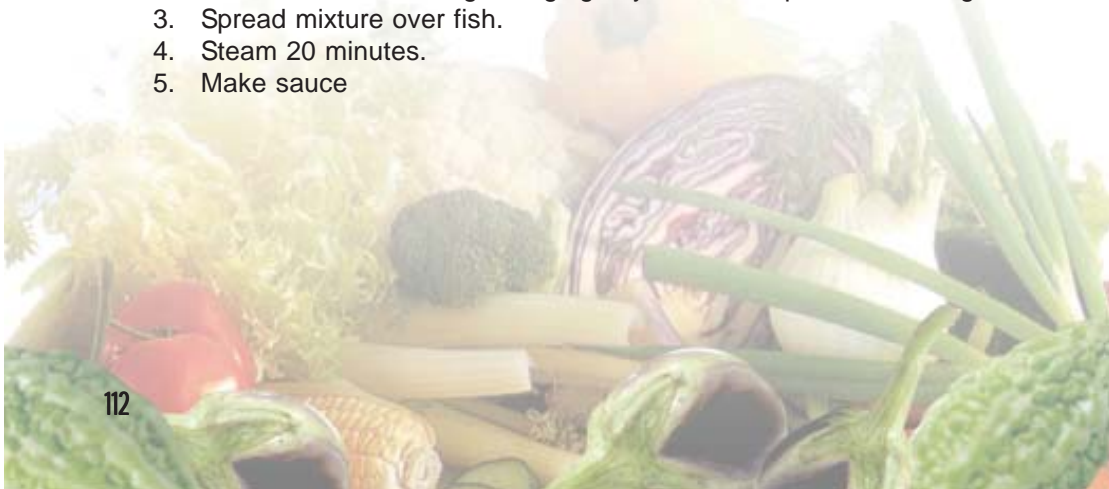
1. Magpainit ng 2 kutsarang mantika.
2. Igisa ang hipon o pitso ng manok.
3. Idagdag ang kabute.
4. Isantabi sa kawali. Basagin, batihin at iluto ang itlog sa gitna ng kawali.
5. Idagdag ang iba pang sangkap. Haluin mabuti.
6. Idagdag ang cake na gawa sa labanos at ihalo sa iba pang sangkap.
7. Kung nais na mas maraming sarsa, dagdagan ang pinagkuluan bago ilagay ang cake na gawa sa labanos. Palaputin.



Whole Steamed Fish with Sweet Soy, Three Mushroom Saute & Browned Garlic Chips

1 whole	fresh grouper or bass, 1 – 1.5 kilos, washed and scored
4 tablespoons	<i>xiao xing</i>
2 tablespoons	sesame oil
1/4 cup	chopped garlic
1/4 cup	chopped ginger
1 1/2 tablespoons	preserved yellow bean paste (tau cheo)
2 tablespoons	<i>tausí</i> fermented black bean, minced
1 teaspoon	sugar
1/8 teaspoon	pepper

1. Scale, clean and score fish. Drizzle *xiao xing* on fish.
2. Combine sesame oil, garlic, ginger, yellow bean paste, *tausí* sugar.
3. Spread mixture over fish.
4. Steam 20 minutes.
5. Make sauce



Sauce:

3 tablespoons	sesame oil
3 tablespoons	peanut oil
1 cup	button mushrooms, sliced
1 cup	shiitake mushrooms, sliced
1 pack	shimeji or straw mushrooms
1 cup	green onions, sliced diagonally, 1 inch long
1/2 cup	light soy sauce
1/3 cup	xiao sing
3 1/3 tablespoons	sugar
3 tablespoons	water

1. Heat up oils.
2. Add mushrooms.
3. Add green onions.
4. Add rest of the ingredients.
5. Season to taste.
6. Pour over steamed fish

Assembly:

1. Put steamed fish on a platter together with fume.
2. Top with sauce.
3. Garnish

Garnish:

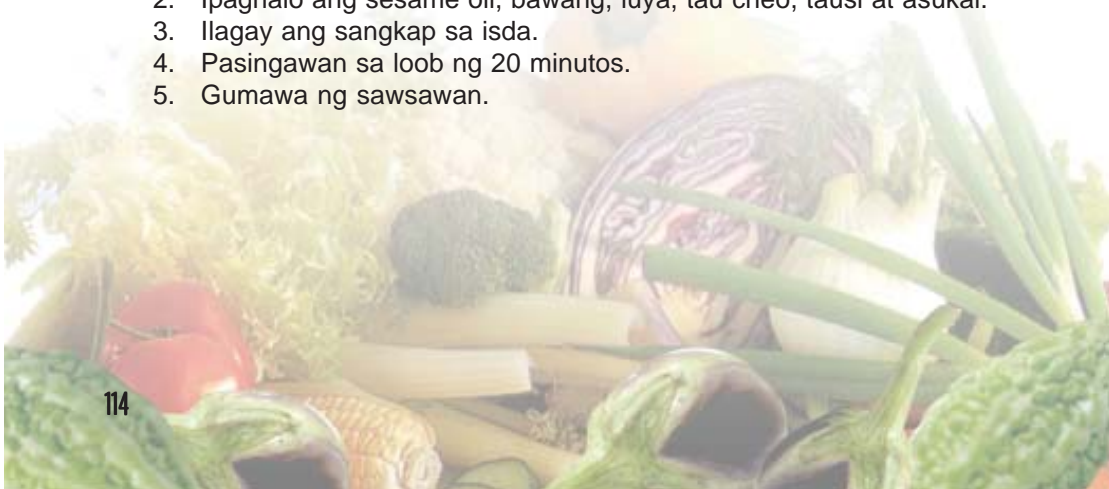
Cilantro sprigs
Spring onions
1 cup fried garlic



Whole Steamed Fish with Sweet Soy, Three Mushroom Saute & Browned Garlic Chips

1 buong	sariwang grouper o bass, (1-1.5 kilo), hinugasan at linising mabuti
4 kutsara	xiao xing
2 kutsara	sesame oil
¼ tasa	tinadtad na bawang
¼ tasa	tinadtad na luya
1 ½ kutsara	pinalagkit na dilaw na monggo (tau cheo)
2 kutsara	tausi, tinadtad
1 kutsara	asukal
1/8 kutsarita	paminta

1. Kaliskisan at linising mabuti ang isda. Lagyan ng xiao xing ang isda.
2. Ipaghalo ang sesame oil, bawang, luya, tau cheo, tausi at asukal.
3. Ilagay ang sangkap sa isda.
4. Pasingawan sa loob ng 20 minutos.
5. Gumawa ng sawsawan.



Para sa sarsa:

3 kutsara	sesame oil
3 kutsara	peanut oil
1 tasa	kabute, hiniwa
1 tasa	kabuteng shiitake, hiniwa
1 pakete	shimej o kabuteng straw
1 tasa	sibuyas, hiniwa ng pahalang sa haba na 1 pulgada
½ tasa	malabnaw na toyo
1/3 tasa	xiao sing
3 1/3 kutsara	asukal
3 kutsara	tubig

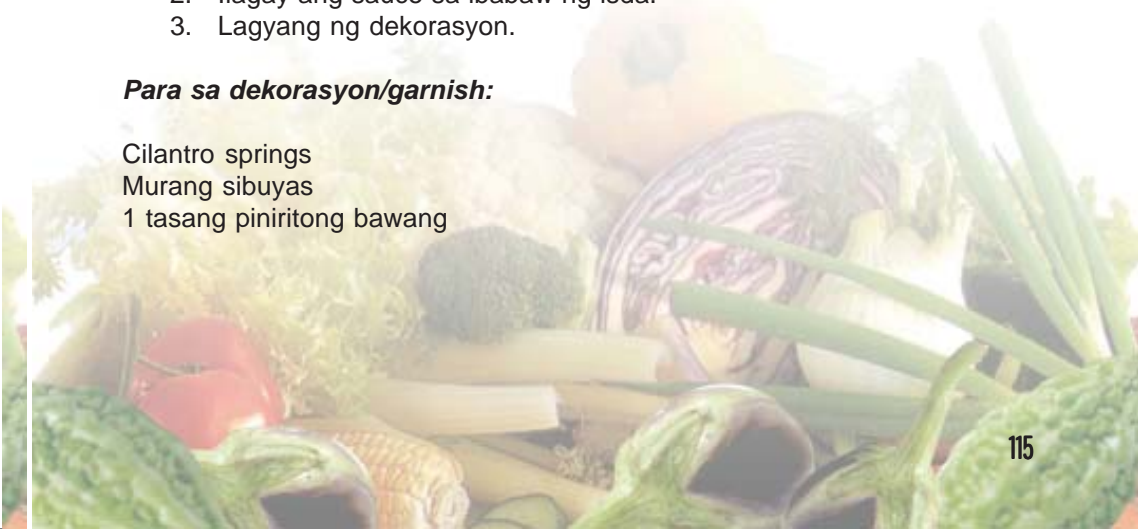
1. Painitin ang mantika.
2. Idagdag ang mga kabute.
3. Idagdag ang mga sibuyas.
4. Ihalo ang iba pang sangkap.
5. Lagyan ng pampalasa.
6. Ibhos ang nalutong sangkap sa isda.

Paghahain:

1. Ilagay ang napasingawang isda sa bandehado.
2. Ilagay ang sauce sa ibabaw ng isda.
3. Lagyang ng dekorasyon.

Para sa dekorasyon/garnish:

Cilantro springs
Murang sibuyas
1 tasang piniritong bawang



Shiitake Stuffed Chicken with Jasmine Soy Rice and Condiments

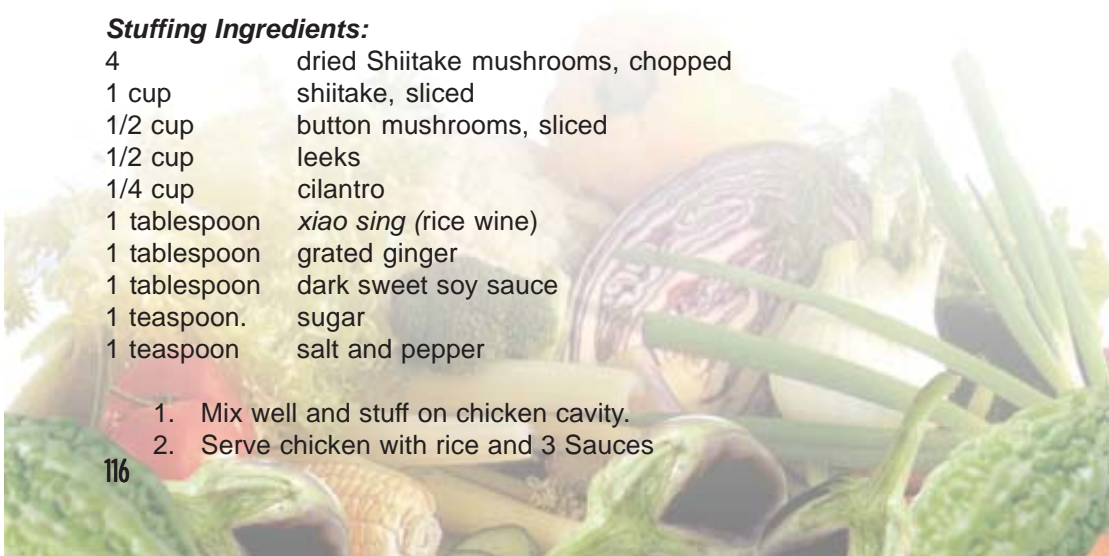
1	chicken, de-boned
1 cup	dark soy sauce
1 tablespoon	sesame oil
1 tablespoon	peanut oil
1/2	lime, juiced
1 tablespoon	ginger juice
1 tablespoon	garlic, paste
1 handful	cilantro, chopped
2 tablespoons	<i>xiao sing</i> (rice wine)

1. Combine all the ingredients.
2. Marinate chicken.
3. Stuff chicken.
4. Tie.
5. Steam 45 minutes to an hour

Stuffing Ingredients:

4	dried Shiitake mushrooms, chopped
1 cup	shiitake, sliced
1/2 cup	button mushrooms, sliced
1/2 cup	leeks
1/4 cup	cilantro
1 tablespoon	<i>xiao sing</i> (rice wine)
1 tablespoon	grated ginger
1 tablespoon	dark sweet soy sauce
1 teaspoon.	sugar
1 teaspoon	salt and pepper

1. Mix well and stuff on chicken cavity.
2. Serve chicken with rice and 3 Sauces



Garnish:

Cucumber slices, Spring onions and Coriander cut into 2 cm lengths

Rice:

2 tablespoons	oil
2 cloves	garlic, crushed
2 slices	ginger
2 cups	jasmine rice, washed and drained
2 teaspoons	light soy
1 teaspoon	dark soy
1 teaspoon	sugar
1/2 teaspoon	salt
2 pieces	<i>pandan</i> leaves, knotted
4 cups	chicken stock

1. Heat oil, sauté garlic and ginger until aromatic.
2. Add rice and toss slightly for a minute, making sure that the rice is coated in oil.
3. Add stock, salt and *pandan* leaves.
4. Cook in a rice cooker until done.
5. Season to taste with salt & pepper

Garlic chili sauce:

5 pieces	red chilies	4 shallots
1	bell pepper	1/4 teaspoonsalt
1 teaspoon	fresh young ginger	1 teaspoon sugar
3	cloves garlic	2 tablespoons chicken stock
	Juice of 2 limes	

1. Steam chilies, bell pepper, ginger, garlic & shallots until soft.
2. Process until smooth.
3. Add sugar, salt, chicken stock and lime juice.
4. Serve with chicken

Ginger sauce:

1/4 cup	ginger, grated
4 cloves	garlic, pounded
1/4 teaspoon	salt
1/4 teaspoon	pepper
2 tablespoons	chicken stock
	Juice of 2 limes
3 tablespoons	vegetable oil
2 teaspoons	sesame oil

Mix well



Shiitake Stuffed Chicken with Jasmine Soy Rice and Condiments

1	manok, tinanggalan ng buto
1 tasa	toyo
1 kutsara	sesame oil
1 kutsara	peanut oil
½ piraso	dayap, kinatasan
1 kutsara	katas ng luya
1 kutsara	bawang, pinalagkit
1 bulko	cilantro, tinadtad
2 kutsara	xiao sing (rice wine)

Sangkap para sa stuffing:

4 piraso	pinatuyong kabuteng shiitake, tinadtad
1 tasa	kabuteng shiitake, hiniwa
½ tasa	kabute, hiniwa
½ tasa	murang sibuyas
¼ tasa	cilantro
1 kutsara	xiao sing (rice wine)
1 kutsara	ginayat na luya
1 kutsara	toyo
1 kutsara	asukal
	asin at paminta para pampalasa

1. Paghaluin ang mga sangkap at ipasok sa manok bilang palaman.
2. Ihain ang manok na may kasamang kanin at tatlong uri ng sawsawan.

Para sa dekorasyon:

Hiniwang pipino
Murang sibuyas
Coriander, hiniwa sa haba na 2 sentimetro

Para sa kanin:

2 kutsara	mantika
2 ulo	bawang, pinisa
2 hiwa	luya
2 tasa	jasmine rice, hinugasan at sinala
2 kutsarita	malabnaw na toyo
1 kutsarita	malapot na toyo
1 kutsarita	asukal
½ kutsarita	asin
2 piraso	dahon ng pandan, tinalian
4 tasa	pinagkuluan ng manok

1. Initin ang mantika, igisa ang bawang at luya hanggang lumabas ang bango.
2. Idagdag ang kanin at haluin nang bahagya sa loob ng isang minuto. Siguraduhing naigisa ang lahat ng kanin sa mantika
3. Idagdag ang pinagpakuluan ng manok.
4. Iluto ang kanin sa rice cooker.
5. Lagyan ng pampalasang asin at paminta.

Para sa garlic chili sauce:

5 piraso	pulang sili	4 sibuyas Tagalog
1 piraso	bell pepper	¼ kutsarita asin
1 kutsarita	murang luya	1 kutsarita asukal
3	ulo ng bawang	2 kutsara pinagkuluan ng manok
	katas ng 2 dayap	

1. Pasingawan ang mga sili, bell pepper, luya, bawang at sibuyas Tagalog hanggang lumambot.
2. Iluto hanggang maging pino ang lahat ng sangkap.
3. Idagdag ang asukal, asin, pinagkuluan ng manok at katas ng dayap.
4. Ihain kasama ang manok.

Para sa ginger sauce:

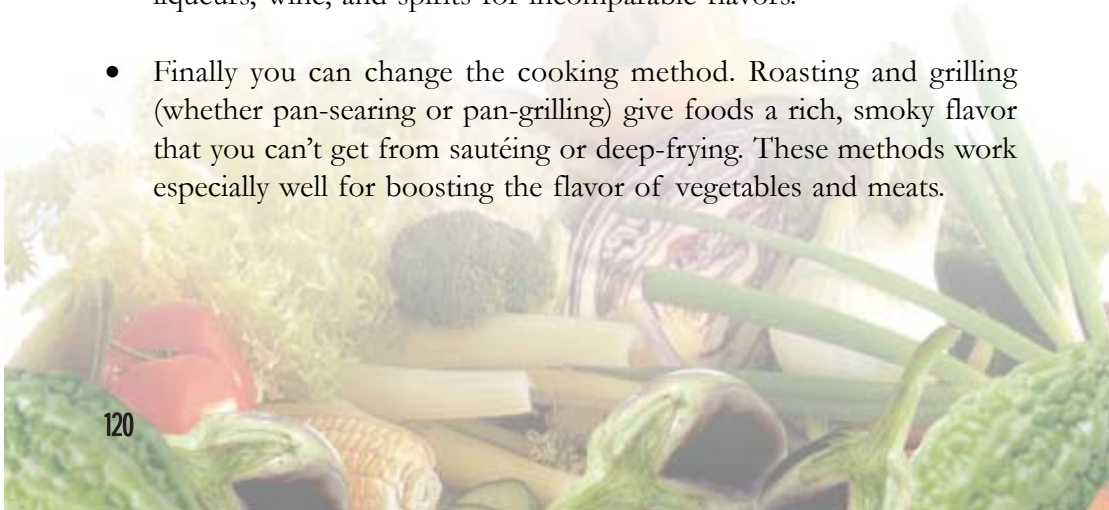
¼ tasa	luya, ginayat
4 ulo	bawang, pinisa
¼ kutsarita	asin
¼ kutsarita	paminta
2 kutsara	pinagkuluan ng manok
	katas ng 2 dayap
3 kutsarita	vegetable oil
2 kutsara	sesame oil

Haluin mabuti.

How to Adapt Recipes

We all know that the secret to boosting flavors in recipes is by adding fats and fatty ingredients like butter and cream. You need not have to give up your favorite family recipes. All you need to do is learn how to adapt them. Most dishes can be adapted to fit into a low fat eating plan, the healthy way. It helps to use a three-step approach when adapting recipes.

- First, look for “problem” ingredients – those high in total fat, saturated fat, cholesterol or sodium.
- Next, find low-fat substitutions for these ingredients. Either reduce the amount you use or substitute a similar ingredient that’s healthier for you, or even eliminate the ingredient altogether. Examples are the use of herbs that add incomparable aromas to foods. Sometimes all a recipe needs is a sprinkling of fresh herbs for a final touch. There’s citrus as a flavor booster which brightens the flavor of almost anything. Don’t forget the zest and the grated peels of citrus. Try the dried stuff that contribute burst of flavor in a recipe. Examples are oven-dried tomatoes, dried varieties of mushrooms, even dried fruits and vegetables, as great flavor boosters. Try also other mediums like liqueurs, wine, and spirits for incomparable flavors.
- Finally you can change the cooking method. Roasting and grilling (whether pan-searing or pan-grilling) give foods a rich, smoky flavor that you can’t get from sautéing or deep-frying. These methods work especially well for boosting the flavor of vegetables and meats.



Pamamaraan ng Pag-angkop ng Resipi

Alam natin na ang karaniwang pamamaraan ng pampasarap at pampalinamnam ng ulam ay ang paggamit ng mga sangkap na *fatty* gaya ng mantekilya at crema. Hindi naman kinakailangang isantabi ang mga paborito nating kinaugaliang resipi. Kailangan lang na matuto tayo ng mga pamamaraan ng pag-angkop ng ating resipi. Maraming ulam na pwedeng gawing tasado ang mga sangkap na makakasama sa ating kalusugan, sa pamamagitan ng tatlong hakbang na pamamaraan.

- Una, kilalanin ang problema na sangkap – iyung mataas sa ipinagbabawal o tinatasahan – gaya ng *sodium*, mantika, kalidad na protina..
- Ikalawa, humanap ng pamalit o panghalili. Kung hindi bawasan, tasahan o palitan. Halimbawa ay ang paggamit ng *herbs* na makakadagdag ng aroma ng ulam. Minsan ay gamitan ng ginadgad na kahel o *lemon* imbis na ating itinatapon lang kasama ng balat. Maganda ring gumamit ng mga *dried* o *dehydrated* na prutas at gulay. Subukan din ang paggamit ng alak at *liqueurs* para pampalasa.

Malaking pagpapasarap ang paraan ng pagluluto. Ang pag-ihaw o paghurno sa halip na deep-frying, paggisa at paggamit ng maraming mantika na nakakasama sa kalusugan.





recipes by Annie P. Guerrero

Fabada

6 – 8 servings

3 cups	white beans, pre-boiled or pressure-cooked
3 tablespoons	olive oil
1 head	garlic, minced
1 piece	white onion, chopped
¼ cup	celery stalks, chopped
1 piece	chorizo, chopped
1 piece	carrot, diced
1	8 oz. tomato sauce
	salt and pepper to taste

1. Sauté in olive oil, garlic, and onion.
2. Stir in celery stalks, chorizo, beans, carrots, and tomato sauce.
3. Let simmer till tender.



Fabada

Para 6-8 katao

3 tasa	<i>white beans</i> , pinalambutan
3 kutsara	aceite oliva
1 ulo	bawang, dinurog
1 piraso	putting sibuyas, tinadtad
¼ tasa	tangkay ng <i>celery</i> , tinadtad
1 piraso	<i>chorizo</i> , tinadtad
1 piraso	<i>carrot</i> , hiwang pino
1 8 oꝝ	<i>tomato sauce</i>
	asin at paminta, sangkapan ayon sa panglasa

1. Gisahin ang bawang at sibuyas sa aceite oliva
2. Idagdag and lahat na mga sangkap.
3. Hayaang maluto sa mahinang apoy.
4. Sangkapan ng asin at paminta



Homemade Chicken Tocino

all natural – no preservative, no artificial coloring

Curing Mix for 1 kilo chicken

1 kilo	chicken thighs deboned
½ cup	sugar
½ teaspoon	fine salt, iodized
	white pepper, to taste
	umami – dash
1 teaspoon	light soy sauce

1. Blend sugar, salt, pepper, and umami.
2. Rub mix evenly into chicken thighs.
3. Let stand one hour.
4. Sprinkle soy sauce and mix well to give color.

Pack in covered container. Chill/freeze. Best consumed after 2-3 days.



Homemade Chicken Tocino

all natural – no preservative, no artificial coloring

Mga sangkap para sa 1 kilo manok

1 kilo	manok , piling hita, alisan ng buto
½ tasa	asukal puti
1 kutsarita	asin, pino
½ kutsarita	puting paminta
	umami – bahagya
1-2 kutsarita	toyo

1. Paghaluin lahat ang mga sankap maliban sa toyo.
2. Itimpla sa mga hita ng manok na pantay-pantay.
3. Iabad ng isang oras.
4. Sangkapan ng toyo para magkakulay.
5. Itabi sa lagadera, 2-3 araw bago lutuin.

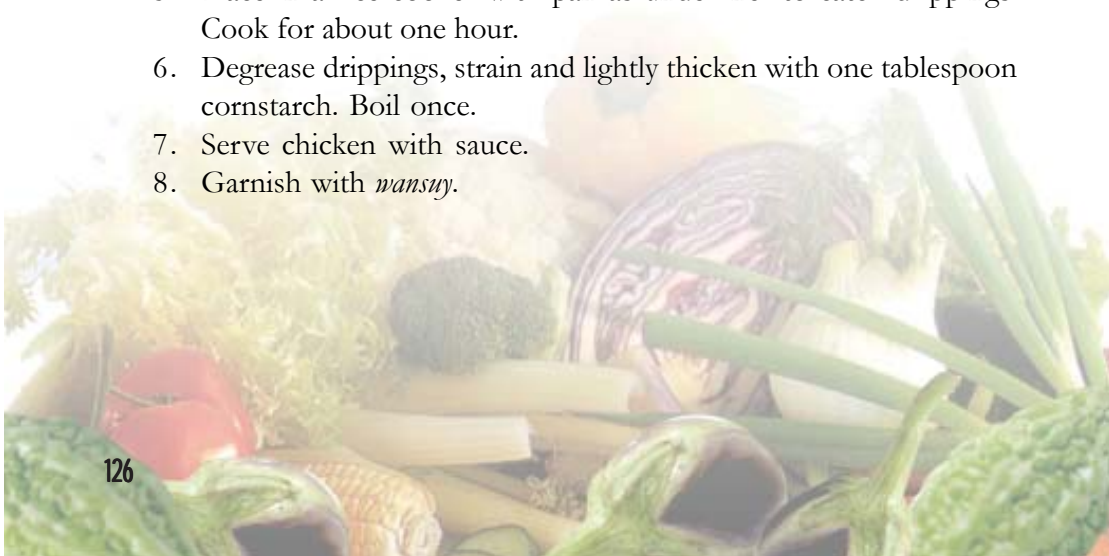


Pinausukang Manok

6 – 8 servings

1 head	garlic, minced
½ teaspoon	salt
2 teaspoons	ginger, chopped
5 pieces	shallots, sliced
1 tablespoon	lemon grass, chopped
2 tablespoons	rice wine
1 tablespoon	light soy sauce
1 tablespoon	sugar
1 tablespoon	sesame oil
1 bunch	<i>wansuy</i> for garnish

1. Mix first six ingredients together.
2. Pound in a mortar and pestle.
3. Blend rest of liquid ingredients with seasonings.
4. Rub all over chicken and marinate for 2-3 hours in refrigerator.
5. Place in a rice cooker with pan as underliner to catch drippings. Cook for about one hour.
6. Degrease drippings, strain and lightly thicken with one tablespoon cornstarch. Boil once.
7. Serve chicken with sauce.
8. Garnish with *wansuy*.

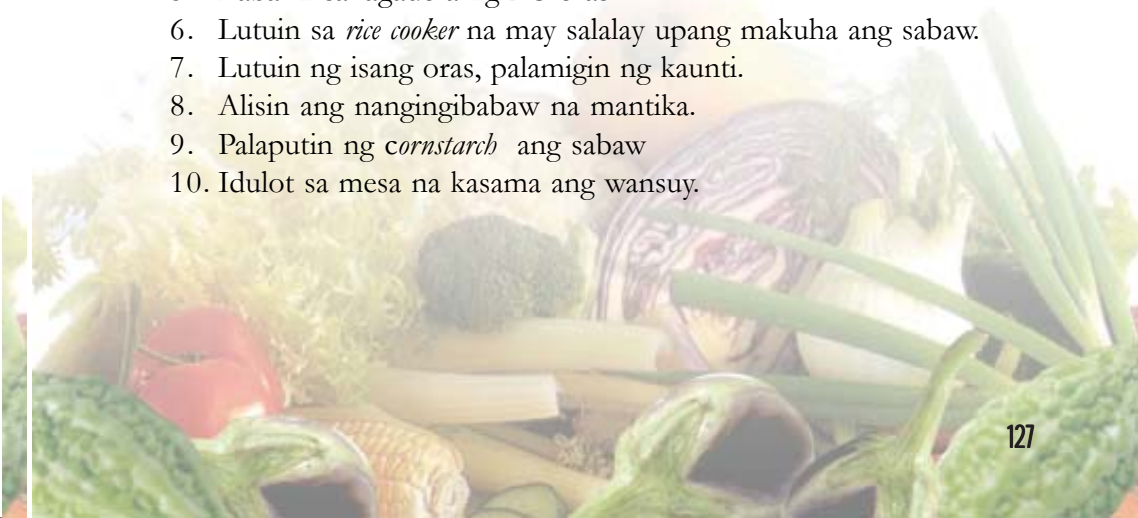


Pinausukang Manok

Para 6-8 katao

1 ulo	bawang, dinurog
½ kutsarita	asin
2 kutsarita	luya, tinadtad
5 piraso	sibuyas Tagalog, hiniwa
1 kutsara	tanglad, tinadtad
2 kutsara	<i>rice wine</i>
1 ½ kilo	manok, pinutol-putol
1 kutsara	toyo
1 kutsara	asukal
1 kutsara	<i>sesame oil</i>
1 bigkis	wansuy

1. Pagsamahin ang unang 6 na mga sangkap
2. Bayuhin sa almires
3. Paghaluin ang mga natitirang sangkap maliban sa wansuy
4. Lamasin ang manok ng mga pinaghalong sangkap.
5. Babarin sa lagadera ng 2-3 oras.
6. Lutuín sa *rice cooker* na may salalay upang makuha ang sabaw.
7. Lutuín ng isang oras, palamigin ng kaunti.
8. Alisin ang nangingibabaw na mantika.
9. Palaputin ng *cornstarch* ang sabaw
10. Idulot sa mesa na kasama ang wansuy.



Chicken Parmigiana

1 kilo	chicken breast, skinned and deboned
	salt and pepper
¼ cup	corn oil or olive oil
2 tablespoons	sherry or white wine
½ teaspoon	sage
¼ cup	parmesan cheese, grated

1. Flatten chicken breast with mallet.
2. Lightly season with salt and pepper.
3. Pan-fry chicken in oil.
4. Arrange in heat-proof dish.
5. Deglaze pan with wine, add sage and little water.
6. Pour over chicken.
7. Sprinkle parmesan cheese and place in broiler or hot oven at 475°F for about 6-8 minutes.



Chicken Parmigiana

1 kilo	kilo manok, dibdib, binalatan at inalis ang buto asin at paminta
¼ tasa	mantika
2 kutsara	<i>sherry</i> o <i>white wine</i>
½ kutsarita	<i>sage</i>
¼ tasa	keso <i>parmesan</i> , ginadgad

1. Palaparin ang laman ng manok sa pamamagitan ng *mallet*.
 2. Sangkapan ng asin at paminta.
 3. Iprito sa kaunting mantika.
 4. Ilipat sa *pyrex* ng maayos.
 5. Iuhos ang *wine* sa kawali, sangkapan ng *sage* at kaunting tubig.
 6. Iuhos sa manok.
 7. Ibudbod ang keso sa manok.
- Ilagay sa *broiler* o *oven* na 425°F, 10 minuto.



Grilled Chicken Burger

6 – 8 servings

1 kilo chicken breast, skinless, boneless, and ground
1 cup light mayonnaise
1 ½ cups fresh basil, packed and chopped
¼ cup dill pickles, chopped
2 tablespoons dill pickles brine
2 tablespoons green onions, chopped
salt and pepper to taste

1. Combine mayonnaise and rest of ingredients together.
2. Blend into a kilo chicken breast. Mix well.
3. Form into patties and chill.
4. Pan-grill in lightly oiled griddle pan.
5. Serve hot with sesame bun with lettuce, tomato, and cucumber.



Grilled Chicken Burger

Para 6-8 katao

1 kilo	dibdib ng manok, binalatan, inalis ang buto at giniling
1 tasa	mayonesa
1 ½ tasa	<i>sweet basil</i> , tinadtad
¼ tasa	<i>dill pickles</i> , tinadtad
2 kutsara	sabaw ng <i>pickles</i>
2 kutsara	sibuyas na mura, tinadtad paminta at asin

1. Pagsamasamahin ang lahat na sangkap.
2. Ihalo ng mabuti sa giniling na manok.
3. Iporma na mga *patties* at ilagay sa lagadera o *freezer*.
4. Iluto sa kawaling bakal na may bahagyang mantika.
5. Ipalaman sa *hamburger rolls* na may kasamang letsugas, pipino at kamatis.



Nilasing na Mangga

6 servings

5 pieces green mangoes, carabao variety, peeled and sliced lengthwise
1 bottle/can beer
1 – 1 ½ cups sugar

1. Dissolve sugar in beer. Use less sugar if mangoes are not too sour.
2. Marinate the mangoes at room temperature about half day.
3. Chill. Best eaten after 3-4 days in the refrigerator.



Nilasing na Mangga

Para 6 katao

5 piraso manggang hilaw na kalabaw, binalatan at hiniwang
pahaba

1 bote o lata *beer*

1 – 1 ½ tasa asukal

1. Tunawin ang asukal sa *beer*.
2. Babarin ang hiniwang mangga sa *beer* sa labas ng labas ng lagadera, kalahating araw.
3. Ituloy babarin sa lagadera 3-4 na araw bago kainin.



Baked Cream Dory with Asparagus

¼ cup	olive oil
½ head	garlic, crushed
½ cup	shitake mushrooms, soaked and sliced
1 bundle	fresh asparagus, sliced
1 bundle	leeks, white and light green part, chopped
½ cup	light mayonnaise
1 kilo	Cream Dory or Cobbler

1. Sauté garlic in olive oil.
2. Stir in shitake, asparagus, and leeks.
3. Season lightly with salt and pepper.
4. Arrange one layer of fish in a baking pan.
5. Top with sautéed vegetables.
6. Repeat with another layer and top with vegetables.
7. Top with thin layer of mayonnaise.
8. Bake at 350°F for 45 minutes.



Baked Cream Dory with Asparagus

¼ tasa	aceite oliva
½ ulo	bawang, tinadtad
½ tasa	<i>shiitake mushrooms</i> , binabad at hiniwa
1 bigkis	<i>asparagus</i> , hiniwa
1 bigkis	leeks, mura at tinadtad
½ tasa	<i>light</i> mayonesa
1 kilo	<i>Cream Dory</i> , walang tinik

1. Gisahin sa aceite oliva ang *bawang*, *mushrooms*, *asparagus* at *leeks*.
2. Sangkapan ng asin at paminta
3. Ayusin sa *pyrex* ang kalahati ng isda.
4. Ilagay ang kalahati ng ginisang mga sangkap sa ibabaw.
5. Ulitin sa kalahating isda.
6. Ayusin ang mayonesa sa pinakaibabaw ng isda.
7. Iluto sa oven na 350°F ng mga 40 minuto



Mock Apple Cobbler

6-8 servings

15 pieces	<i>saba</i> bananas, ripe, sliced thinly
1 ½ cups	brown sugar
2 teaspoons	lemon or calamansi juice
3 cups	water
2 teaspoons	cinnamon
¼ cup	butter

1. Mix all ingredients together except butter and boil until thick.
2. Cook for about 10-12 minutes.
3. Pour into a 3-quart baking dish.
4. Dot with butter.
5. Top with crumbs and bake at 375F oven until golden brown for about 30 minutes.

Crumbs:

1 ½ cups	flour
¾ cup	sugar
½ cup	butter

Mix sugar and flour. Add butter and mix with fingers till mealy.



Mock Apple Cobbler

Para 6-8 katao

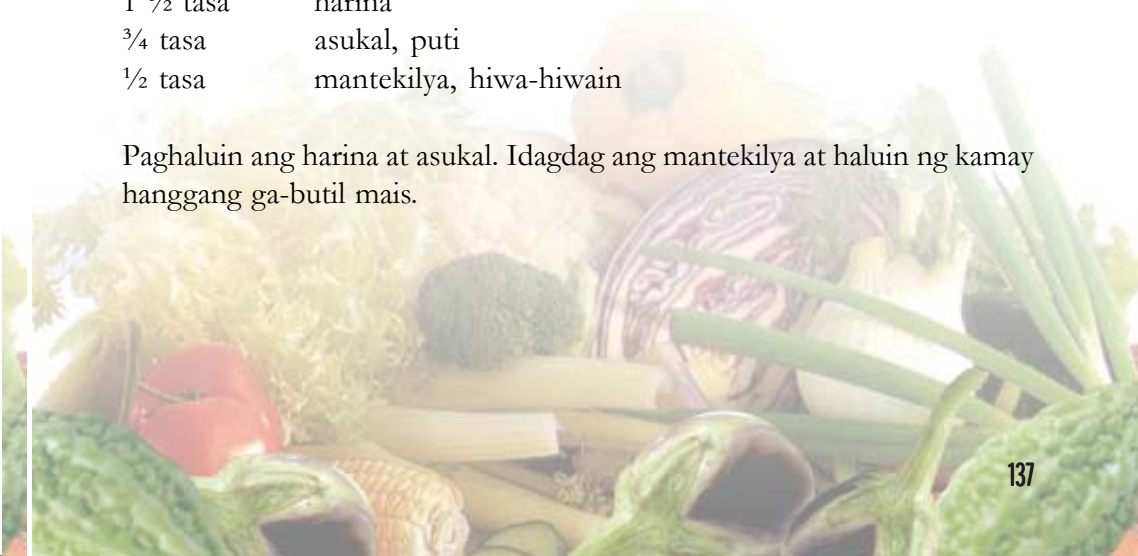
12 – 15 piraso	saging na saba, hinog, hiniwang pino
1 ½ tasa	asukal na pula
2 kutsarita	kalamansi <i>juice</i>
3 tasa	tubig
2 kutsarita	<i>cinnamon</i>
¼ tasa	mantekilya

1. Pagsamasamahin ang lahat ng sangkap maliban sa mantekilya.
2. Pakuluin hanggang lumapot sa loob ng 10-12 minuto.
3. Ilipat sa isang *pyrex* o *oven dish*.
4. Putul putulin at ilagay sa buong ibabaw ang mantekilya.
5. Takpan ng *crumbs* at isalang sa *oven* na 375°F *oven* hanggang maging *golden brown*, 30 minuto.

Crumbs:

1 ½ tasa	harina
¾ tasa	asukal, puti
½ tasa	mantekilya, hiwa-hiwain

Paghaluin ang harina at asukal. Idagdag ang mantekilya at haluin ng kamay hanggang ga-butit mais.



Golden – Crumbed Chicken

6 servings

1 kilo	choice cut chicken pieces
	salt and pepper to taste
½ cup	light mayonnaise
¾ - 1 cup	cornflakes, crushed to crumbs
1 cup	cheese, grated

1. Lightly season chicken with salt and pepper.
2. Coat chicken with mayonnaise and chill for about an hour.
3. Transfer in a baking dish.
4. Combine cheese and cornflakes.
5. Sprinkle all over chicken.
6. Bake at 350°F about 45 minutes or until golden brown.



Golden – Crumbed Chicken

Para 6 katao

1 kilo	manok, piling mga parte, putul-putulin asin at paminta
½ tasa	<i>light</i> mayonesa
¾ - 1 tasa	<i>cornflakes</i> , dinurog
1 tasa	keso, ginayat

1. Sangkapan ng asin at paminta.
2. Lamasin ng mayonesa, ilagay sa lagadera ng isang oras.
3. Ilipat sa *oven* o *pyrex dish*.
4. Pagsamahin at paghaluin ang keso at *cornflakes*.
5. Ibudbod sa manok.

Iluto sa *oven* na 350°F mga 45 minuto hanggang maging *golden brown*.



Tokwa With Kuchay

4-5 pieces	large <i>tokwa</i> , sliced into strips, fried half-cooked
1	onion, chopped
¼ kilo	pork tenderloin, sliced into fine strips
1 piece	small carrot, shredded
1 bunch	<i>kuchay</i> , sliced 1 ½ inches
1 cup	bean sprouts

Seasonings

1 tablespoon	light soy sauce
1 tablespoon	knorr seasoning
Few drops	sesame oil
1 teaspoon	sugar
2 tablespoons	water with 1 tablespoon cornstarch

1. Sauté onions in little oil, add pork tenderloin.
2. Stir in vegetables and *tokwa*.
3. Combine all seasonings and cornstarch with water.
4. Quickly stir in seasonings.
5. Serve hot.



Tokwa with Kuchay

4-5 piraso	tokwa, malaki, hiwain ng pahaba at <i>ibalf-cook</i>
1 piraso	sibuyas, tinadtad
¼ kilo	lomo ng baboy, hiwain ng pahaba
1 piraso	<i>carrot</i> , ginayat
1 bungkos	kuchay, hiniwa 1 ½"
1 tasa	toge

Sangkap:

1 kutsara	toyo at <i>knorr seasoning</i>
½ kutsarita	<i>sesame oil</i>
	asukal
	tubig na may tinunaw na 2 kutsarang <i>cornstarch</i>

1. Igisa sa kaunting mantika ang sibuyas, lomo, gulay at tokwa.
2. Sangkapan ng pampalasa at pampalapot.
3. Kaagad idulot ng mainit.



Malunggay Ade

2 cups	malunggay leaves, washed
2 cups	water
1 piece	<i>panocha</i> , cut into chunks
2 cups	water

1. Simmer 2 cups malunggay with water.
2. Strain and cool.
3. Make a syrup out of *panocha* with water.
4. Strain and keep as needed.
5. Chill malunggay juice and sweeten to taste with *panocha* syrup.



Malunggay Ade

2 tasa	dahon ng malunggay, hinugasan
2 tasa	tubig
1 piraso	panocha, pinutol-putol
2 tasa	tubig

1. Pakuluan ang malunggay sa tubig, salain at palamigin
2. Pakuluan ang panocha sa tubig, salain at palamigin
3. Pagsamahin ang malunggay *water* at panocha *syrup*, lagyan ng yelo.



Vegetarian Pinakbet

6 – 8 servings

1 head	garlic, minced
¼ cup	shallots, sliced
2 cups	tomatoes, sliced
1 small piece	ginger, sliced
1 tablespoon	<i>bagoong</i>
1 pack	vegetarian sicharon
¼ kilo each	round eggplant, <i>okra</i> , <i>sitan</i> , <i>bataw</i> , malunggay pods, squash, small ampalaya

1. Combine garlic, shallots, tomatoes, ginger, and bagoong.
2. Arrange above mixture at the bottom of casserole.
3. Trim all vegetables, slice squash but do not peel. Preferably do not slice eggplants, okra, bataw, and ampalaya.
4. Arrange on top of sauté mix. Add sicharon.
5. Cover and let simmer, without stirring until done. Correct seasoning.



Vegetarian Pinakbet

Para 6-8 katao

1 ulo	bawang, tinadtad
¼ tasa	sibuyas Tagalog, hiniwa
2 tasa	kamatis, hiniwa
1 piraso	maliit na luya, hiniwa
1 kutsara	bagoong alamang
1 pakete	<i>vegetarian</i> sicharon
¼ kilo	bawat isa ng mga gulay: bilog na talong, okra, sitaw, bataw, buto ng malunggay, kalabasa, ampalayang bilog

1. Pagsama-samahin ang bawang, sibuyas, kamatis, luya at bagoong at sicharon.
2. Ilagay ang mga pinagsamang sangkap sa ilalim ng kaserola.
3. Ayusin ang lahat gulay sa ibabaw.
4. Takpan at pakuluin ng marahan hanggang magsabaw. Tikman, ayusin ang sangkap.



Sopa De Gallego

6 – 8 servings

1 tablespoon	cooking oil
1 tablespoon	butter
1 tablespoon	garlic, minced
1	onion, chopped
½ cup	celery stalks, chopped
1 cup	carrots, diced
½ - 1 cup	chicken breast, parboiled and cubed
1 piece	ham bone
4 - 6 cups	chicken stock
200 grams	elbow macaroni, boiled
½ cup	fresh cream
	salt and pepper to taste

1. Sauté garlic in oil and butter. Add onion.
2. Stir in rest of ingredients and simmer.
3. Season to taste and add cream.
4. Boil once and serve hot.



Sopa De Gallego

Para 6-8 katao

1 kutsara	mantika
1 kutsara	mantekilya
1 kutsara	bawang, tinadtad
1 piraso	sibuyas, hiniwa
½ tasa	tangkay ng <i>celery</i> , hiniwa
1 piraso	<i>carrot</i> , hiniwang pino kwadrado
1 tasa	dibdib ng manok, hiniwa ng kwadrado
1 piraso	buto ng hamon
4 - 6 tasa	sabaw ng manok
200 gramo	<i>elbow macaroni</i> , <i>half-cook</i>
½ tasa	<i>cream</i>
	asin at paminta pampalasa

1. Igisa sa mantika at mantikilya ang bawang at sibuyas.
2. Ihalo ang lahat ng sangkap.
3. Pakuluin ng marahan, timplahan.
4. Idagdag ang *cream*, isang kulo at ihain ng mainit.



Chilled Taho

6 – 8 servings

1 cup	soybeans
2 cups	water for grinding
2 ½ cups	water for boiling
1 bar	<i>gulaman</i>
2 cups	water for <i>gulaman</i>

1. Soak soybeans overnight with enough water. Drain.
2. Grind in processor / blender with 2 cups water.
3. Boil another 2 ½ cups water and add ground soybeans.
4. Boil 15-20 minutes, stirring carefully to avoid bubbles.
5. Strain boiled soybeans to produce soymilk.
6. Cook *gulaman* separately, strain and add soymilk.
7. Cook for another 3-5 minutes.
8. Cool and place in molds. Chill and serve with syrup.

Syrup: Caramelize 1 tablespoon brown sugar 'till very dark brown color. Add ½ cup water and another 1 cup brown sugar. Simmer until syrupy.



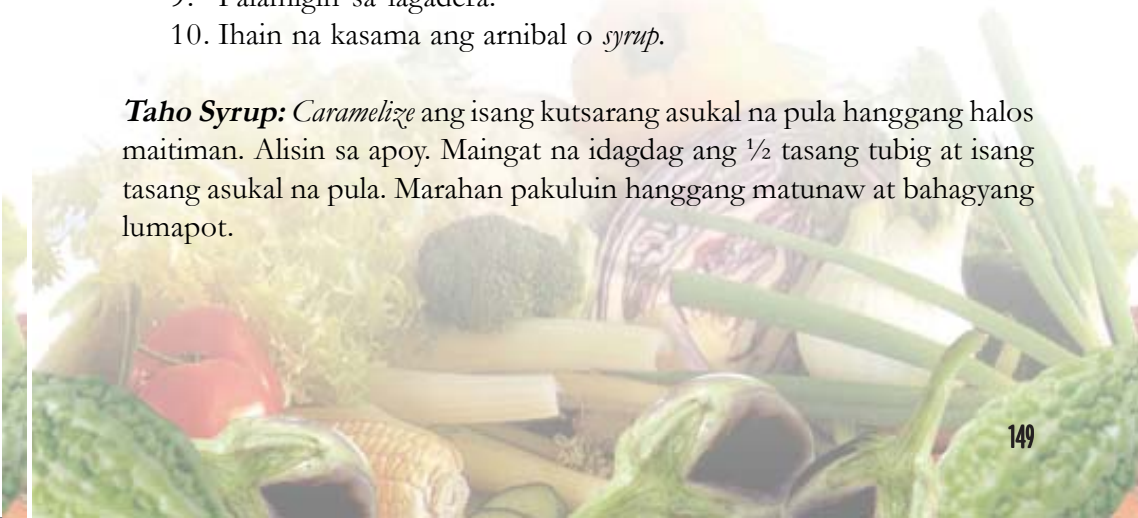
Chilled Taho

Para 6-8 katao

1 tasa	<i>soybeans</i>
2 tasa	tubig, para panggiling
2 ½ tasa	tubig, para pampakulo
1 piraso hiwalay	puting gulaman, binabad 10 minuto para maghiwalay-
2 tasa	tubig para sa gulaman

1. Ibadad sa tubig magdamag ang *soybeans*. Salain
2. Gilingin sa *processor* o *blender* kasama ang 2 tasang tubig.
3. Pakuluin ang 2 ½ tasang tubig. Ihalo ang giniling na *soybeans*
4. Pakuluin ng 15-20 minuto, haluin.
5. Salain ang pinakulong *soybeans* – para makakuha ng *soymilk*.
6. Lutuin ng hiwalay ang gulaman sa 2 tasang tubig. Salain.
7. Pagsamahin ang gulaman at *soymilk*. Pakuluin ng 3-5 minuto.
8. Isalin ang taho sa mga molde.
9. Palamigin sa lagadera.
10. Ihain na kasama ang arnibal o *syrup*.

Taho Syrup: *Caramelize* ang isang kutsarang asukal na pula hanggang halos maitiman. Alisin sa apoy. Maingat na idagdag ang ½ tasang tubig at isang tasang asukal na pula. Marahan pakuluin hanggang matunaw at bahagyang lumapot.

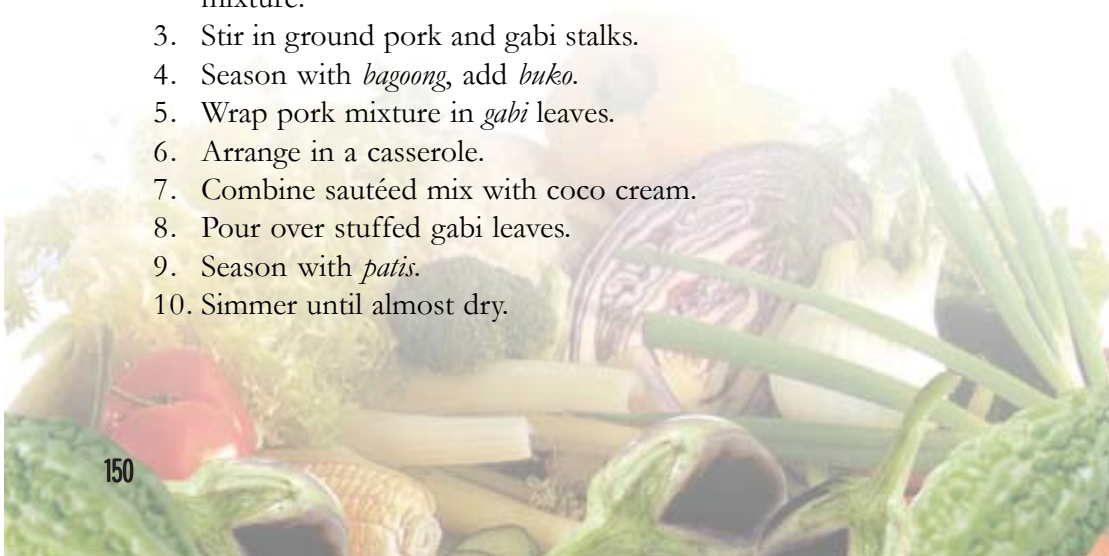


Stuffed Gabi Leaves

6 servings

30 - 40 pieces	<i>gabi</i> leaves, separate and trim young stalks
2 tablespoons	vegetable oil
1 head	garlic, minced
1	big onion, sliced
1 thumb-size	ginger, sliced
½ kilo	ground pork, lean
2 pieces	<i>buko</i> , shredded
1 tablespoon	shrimp <i>bagoong</i>
2	coconuts, grated and coco cream extracted with water to make 2 cups
	finger chilis
	<i>patis</i> to taste

1. Chop *gabi* stalks.
2. Sauté garlic, onion and ginger in oil. Set aside ½ of this sautéed mixture.
3. Stir in ground pork and *gabi* stalks.
4. Season with *bagoong*, add *buko*.
5. Wrap pork mixture in *gabi* leaves.
6. Arrange in a casserole.
7. Combine sautéed mix with coco cream.
8. Pour over stuffed *gabi* leaves.
9. Season with *patis*.
10. Simmer until almost dry.

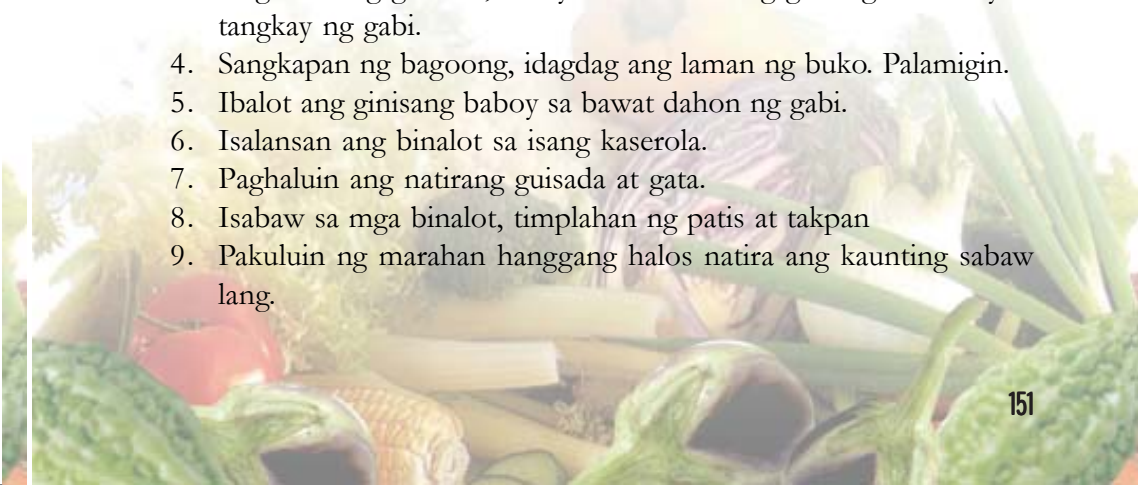


Stuffed Gabi Leaves

Para 6 katao

30 - 40 piraso	dahon ng gabi, alisin ang tangkay
2 kutsara	mantika
1 ulo	bawang, tinadtad
1 piraso	sibuyas, hiniwa
1 piraso	luya, hiniwa
½ kilo	giniling baboy, malaman
2 piraso	buko, ginayat ang laman
1 kutsara	alamang bagoong
2 piraso	niyog, kinayod at ginataan para makakuha ng 2 tasang gata
	siling pahaba
	patis pampalasa

1. Tadtarin ang tangkay ng gabi.
2. Gisahin sa mantika ang bawang, sibuyas at luya. Itabi ang kalahati nitong ginisa.
3. Ang natirang guisado, ituloy lutuin ditto ang giniling na baboy at tangkay ng gabi.
4. Sangkapan ng bagoong, idagdag ang laman ng buko. Palamigin.
5. Ibalot ang ginisang baboy sa bawat dahon ng gabi.
6. Isalansan ang binalot sa isang kaserola.
7. Paghaluin ang natirang guisada at gata.
8. Isabaw sa mga binalot, timplahan ng patis at takpan
9. Pakuluin ng marahan hanggang halos natira ang kaunting sabaw lang.



Salabat Soda

4 – 6 servings

4 cups	water
2 thumb-size pieces	ginger, crushed
½ cup	sugar or honey
2 chilled bottles	<i>sprite</i> or <i>7up</i>

1. Make a brew out of water, ginger and sugar by boiling all together.
2. Let it steep, discard ginger and cool in refrigerator.
3. Make ice-cubes out of the half portion of the brew.
4. Serve brew with two bottles of *sprite* and ice cubes.



Salabat Soda

Para 4 – 6 katao

4 tasa	tubig
2 piraso	luya, hiniwa
½ tasa	asukal o <i>honey</i>
2 malamig na bote	<i>sprite</i> o <i>7up</i>

1. Gumawa ng *brew* sa pamamagitan ng pagpapakulo ng sama-samang tubig, luya, at asukal.
2. Hayaang mababad hanggang lumamig at palamigin sa *refrigerator*.
3. Gumawa ng *ice cubes* galing sa kalahati ng *brew*.
4. Ipainom na sama-sama ang pinalamig na *ginger brew*, *sprite*, at *ice cubes*.



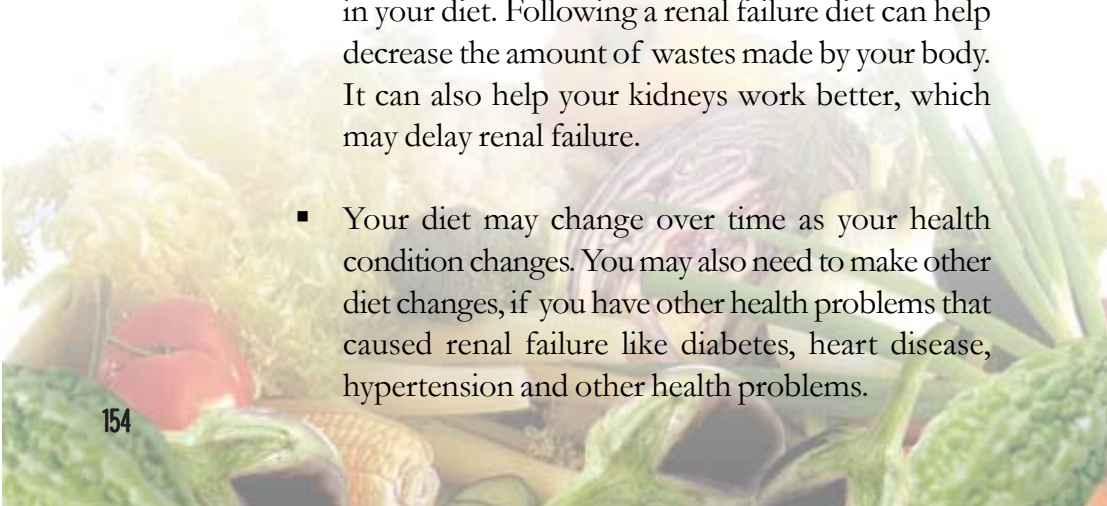
Renal Failure Diet

❖ What is renal failure?

- Renal failure means that your kidneys are not able to get rid of all the wastes from your blood. These wastes came from the foods you eat and the liquids you drink. Renal failure usually happens slowly over time. Some people eventually have total renal failure or end stage that need dialysis treatments. Dialysis treatments remove extra waste from your blood with a dialysis machine when your kidneys cannot function. Renal failure may occur because of diabetes, high blood pressure or other health problems.

❖ What is renal failure diet?

- It is a diet that controls the amount of protein, sodium, potassium, phosphorus even saturated fats in your diet. Following a renal failure diet can help decrease the amount of wastes made by your body. It can also help your kidneys work better, which may delay renal failure.
- Your diet may change over time as your health condition changes. You may also need to make other diet changes, if you have other health problems that caused renal failure like diabetes, heart disease, hypertension and other health problems.



- If you are on a renal failure diet, ask your dietitian or doctor about the lists of food that are high in protein, phosphorus, potassium and sodium. They will be able to prescribe the quantities in servings of each item in your diet.

Tips on a Renal Failure Diet

- Read the nutrition information on food labels when shopping. This information may help you to follow the renal failure diet.
- You may need to take vitamin and mineral supplements, such as calcium since your body may not get the calories, protein and other nutrients that your body needs.
- Make meatless dishes hearty by adding beans and grains. Vegetables are no longer side dishes; it can be main course with varieties of beans, lentils and starches to make meal more robust and substantial.
- Select ingredients critically and cautiously for quality and freshness. Respect and adapt proper cooking methods and techniques in food preparation and presentation.



- Many vegetables benefit from roasting and grilling to give a certain depth and intensity of flavor. Top of the list are roasted onions, garlic, tomatoes, bell pepper, eggplants, zucchini, squash and even fruits like pineapple, pears, mango, apple etc.
- Expand and take advantage of the varieties of herbs, lemon and spices you cook with, to compensate for otherwise bland diet. Seek out always available source of fresh herbs or better still, grow them yourself.
- Avoid or limit those that are high in sodium like table salt, bouillon cubes, potato chips, bacon, cold cuts, cheese, canned/instant noodles and soups, processed meats.



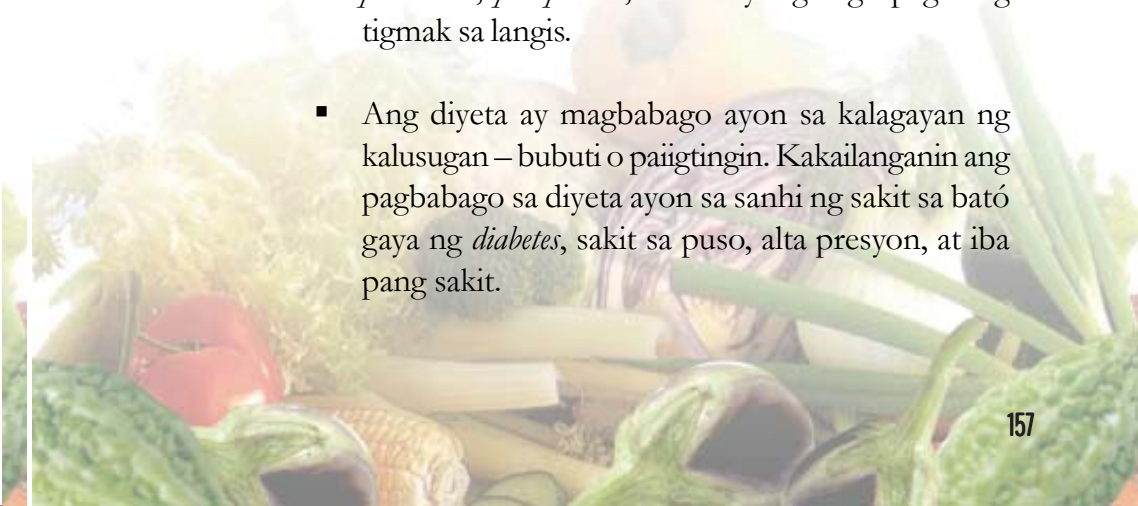
Diyeta ng Sakit sa Bató

❖ Ano ang sakit sa bató?

- Ang sakit sa bató ay nangangahulugang hindi na malinis ng bató ang mga dumi sa dugo. Ang mga dumi ay nanggagaling sa mga pagkain at iniinom natin. Ito ay nangyayari ng unti-unti sa ating pang araw-araw na kinakain hanggang ito ay hindi malunasan ng gamot at kinakailangan na ng *dialysis*. Kung hindi na magawa ng bató ang tungkulin na maglinis ng dumi ay wala ng magagawa kundi gamitan ng *dialysis machine*. Ang sakit sa bató ay dulot din ng ibang mga sakit gaya ng *diabetes*, alta presyon, at iba pang mga sakit.

❖ Ano ang diyeta ng sakit sa bató?

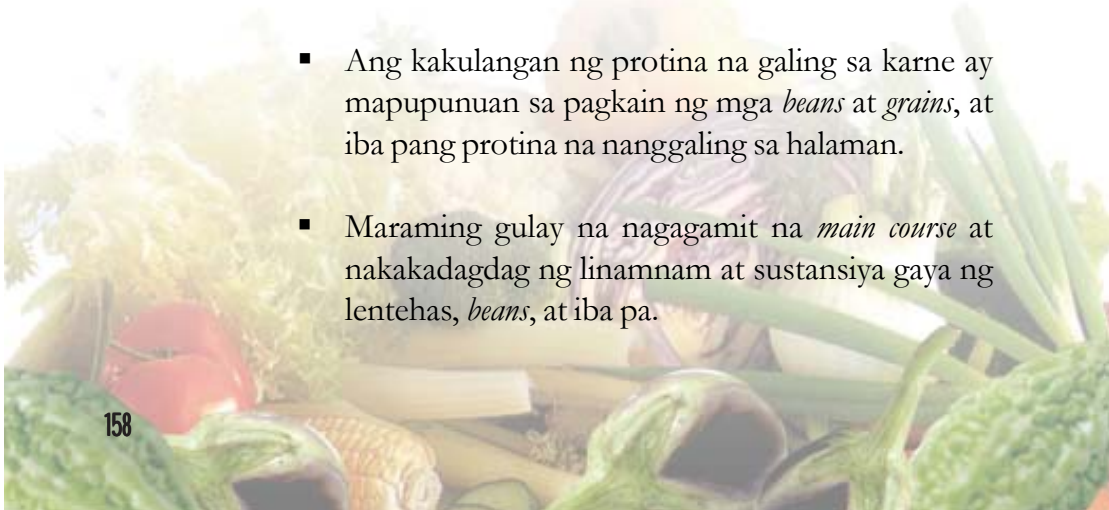
- Ito ay diyeta na nagtatasa ng dami ng protina, *sodium*, *potassium*, *phosphorus*, maski iyung mga pagkaing tigmak sa langis.
- Ang diyeta ay magbabago ayon sa kalagayan ng kalusugan – bubuti o paiigtingin. Kakailanganin ang pagbabago sa diyeta ayon sa sanhi ng sakit sa bató gaya ng *diabetes*, sakit sa puso, alta presyon, at iba pang sakit.



- Kung kayo ay sumusunod sa isang diyeta ng sakit sa bató, makabubuti na sumangguni sa isang doktor o *dietitian* na magbibigay ng mga tala ng mga pagkain na mataas sa protina, *phosphorus*, *potassium*, at *sodium*. Sila din ang magtatakda ng dami ng bawat mga tinatasahan na mga nabanggit na talaan.

Mga *Tips* Para sa Diyeta ng Sakit sa Bató

- Basahin lagi ang *nutrition information* na nakalakip sa mga etiketa ng produkto. Ang mga impormasyon na ito ay mahalaga sa pagsunod ng diyeta sa sakit sa bató.
- Kakailanganin na uminom ng mga suplementong bitamina at mineral, gaya ng *calcium* sa kadahilanan na magkukulang sa kinakailangang *calories*, protina, at masustansiyang pagkain na kailangan sa kalusugan ng tao.
- Ang kakulangan ng protina na galing sa karne ay mapupunuan sa pagkain ng mga *beans* at *grains*, at iba pang protina na nanggaling sa halaman.
- Maraming gulay na nagagamit na *main course* at nakakadagdag ng linamnam at sustansiya gaya ng lentehas, *beans*, at iba pa.



- Maging mapili sa mga gagamiting sangkap at rikado – ayon sa kalidad at kasariwaan. Gumamit ng wastong paraan ng pagluluto at presentasyon na kaaya-aya at nakakagana.
- Maraming gulay na lalong nararagdan at nagiging kagana-gana ang lasa sa pamamagitan ng pag-ihaw at paghurno gaya ng sibuyas, bawang, kamatis, siling pare, talong, *zucchini*, kalabasa, maging mga prutas na gaya ng pinya, mangga, mansanas, at peras.
- Gumamit ng sari-saring klase ng *herbs*, *lemon*, at *spices* para matumbasan o mapunuan ang pagkawala ng ibang sangkap na karaniwang pinagbabawal sa diyeta ng sakit sa bató. Mas makakabuti na magtanim upang laging makukuha ang mga sariwang *herbs* sa sariling hardin.
- Umiwas o tasahan ang mga matataas sa *sodium* gaya ng asin, *bonillon cubes*, *potato chips*, *bacon*, *cold cuts*, keso, mga delatang karne, *instant noodles* at sopas.



Two-Week Menu Cycle: Renal Failure Diet

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Breakfast:</u>						
* Pineapple Slice * Paksiw na bisugo * Garlic Rice * Ginger Brew	* Dalandan Juice * Boiled Gabi with shredded coconut * Coffee or Herbed Tea	* Papaya Slice * Home-made Chicken Tocino * Sliced Tomato * Garlic Rice * Hot Fat-free Milk	* Kaimito * Corn Flakes with Low Fat Milk * Hot Calamansi with Honey	* Mango * Suman sa Ibos with Latik * Hot Chocolate	* Pineapple * Carrot Juice * Strawberry Jam * Light Cream Cheese * Bagel * Green Tea	* Fresh Orange Juice * Boston Baked Beans * Fruit Yogurt * French Baguette * Coffee
<u>Lunch:</u>						
* Pomelo-Lato Salad * Boneless Bangus a la Pobre * Brown Rice * Lemonade	* Tossed Green Salad with Vinaigrette Dressing * Fabada * French Bread * Low Fat Butter * Melon Shake	* Miswa Patola Soup * Chicken Parmigiana * Vegetable Medley * Brown Rice * Watermelon	* Crispy Fried Hito * Gising-gising * Nilasing na Mangga * Brown Rice * Fruit in Season	* Squash Soup * Cole Slaw * Spaghetti Marinara * Poached Pear	* Clear Soup * Cocido with Eggplant Sauce * Brown Rice * Fruit Medley	* Golden Crumbed Chicken * Vegetable Medley * Rice or Bread * Banana Foster
<u>Snack:</u>						
* Mais con Hielo	* Guinumis	* Turon with Langka	* Corn on the Cob	* Banana Muffins	* Mock Apple Cobbler	* Molded Fruit Gelatin
<u>Dinner:</u>						
* Almondigas * Chinese Broccoli with Beef in Oyster Sauce * Brown Rice * Rambutan	* Sopa de Ajo * Pinausukang Manok with Garlic-ginger Dip * Brown Rice * Tamarind	* Cream of celery soup * Grilled Chicken Burger * Cucumber-tomato Lettuce Salad * Sesame Bun * Fruit in Season	* Turnip Carrot Salad * Baked Cream Dory with Asparagus * Brown Rice * Banana	* Sinigang na Pichong Baboy * Brown Rice * Mangosteen	* Pesang Maya-maya with Miso Sauce * Brown Rice * Kaimito	* Pasta Primavera * Beef Bourguignon * Rice Pilaf * Pomelo

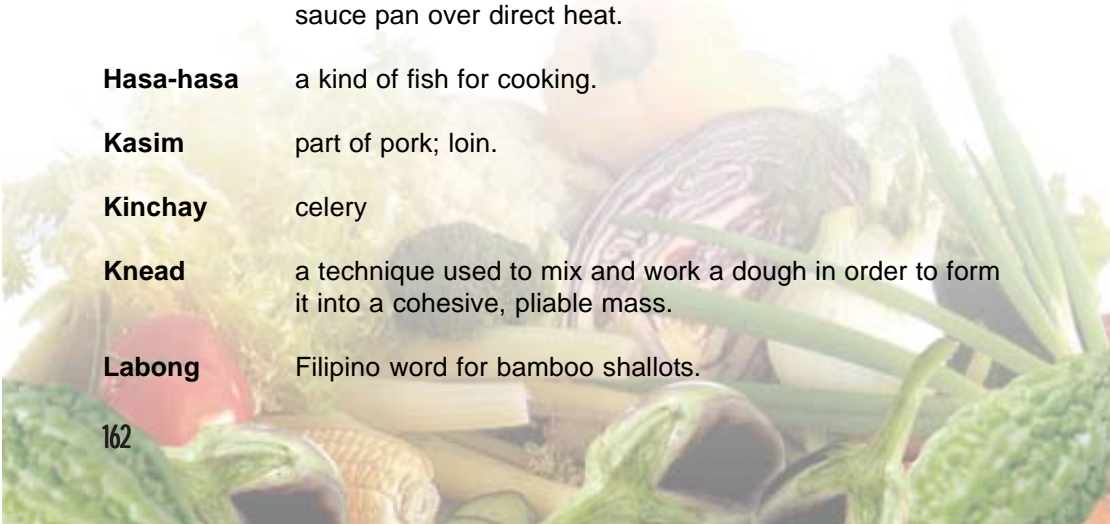
WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Breakfast:</u>						
* Guyabano * Cucumber Smoothie * Puffed Rice Cereal with Low Fat Milk	* Orange wedges * Sauteed Scrambled Egg * Pan de Sal * Pandan Mint Tea	* Apple or Grapes * Churros con chocolate * Green Tea	* Pitted Prunes * Raisin Cereal Low Fat Milk with Avocado * Hot Cocoa	* Boiled Saba * Orange Marmalade * Whole Wheat Bread * Hot Calamansi	* Pineapple Slice * Homemade Chicken Longganisa * Tomato Salad * Brown Rice * Coffee or Tea	* Banana Pancake with Maple Syrup * Soft Boiled or Poached Egg * Pan de Sal * Ginger Brew
<u>Lunch:</u>						
* Ho To Tay Soup with Quail Egg * Tokwa with Kuchay * Brown Rice * Peanut Brittle	* Sopa con Ajo * Menudillo * Sayote Tops Ensalada * Brown Rice * Calamansi Squares	* Julienne Soup * Pan-seared Snapper Fillet with Pineapple Salsa * Brown Rice * Fruit Yogurt	* Chicken Binakol * Guinataang Sigarilyas, Malunggay at Kangkong * Brown Rice * Chilled Langka	* Sopa de Gallego * Fish Cakes * Roasted Vegetables * Brown Rice * Fruit Salad	* Lentil Soup with Pesto * Meat-Spinach Loaf * Brown Rice * Glazed Sweet Potato	* Corn Chowder * Pork Tenderloin Tournedos * Vegetable Skillet * Rice Plaf * Banana Cobbler
<u>Snack:</u>						
* Peanut Butter Sandwich * Malunggay Ade	* Melon Shake	* Alfahor with Coco Cream	* Puto at Kutchinta	* Chilled Taho	* Chicken Mami	* Sticky Rice with Mango
<u>Dinner:</u>						
* Minestrone Soup * Claypot Chicken with Rice * Lansones	* Grilled Tilapia or Pla-pla * Alugbati – Saluyot Talinum Tossed Salad * Brown Rice * Saba with Sago in Syrup	* Miso Soup * Labong Guisado * Vegetarian Pinakbet * Brown Rice * Pineapple Mango Salad	* Kalabasa Malunggay Guisado * Oil-splashed Steamed Fish * Brown Rice * Halayang Ube	* Laksa * Lumpiang Hubad * Brown Rice * Santol Ade	* Pinangat na Isda sa Kamias * Bulanglang na Bataw, Sigarilyas, at Malunggay * Brown Rice * Nilupak na Cassava	* Tortilla Wrap * Romaine Arugula Salad * Lychee with Almond Jelly

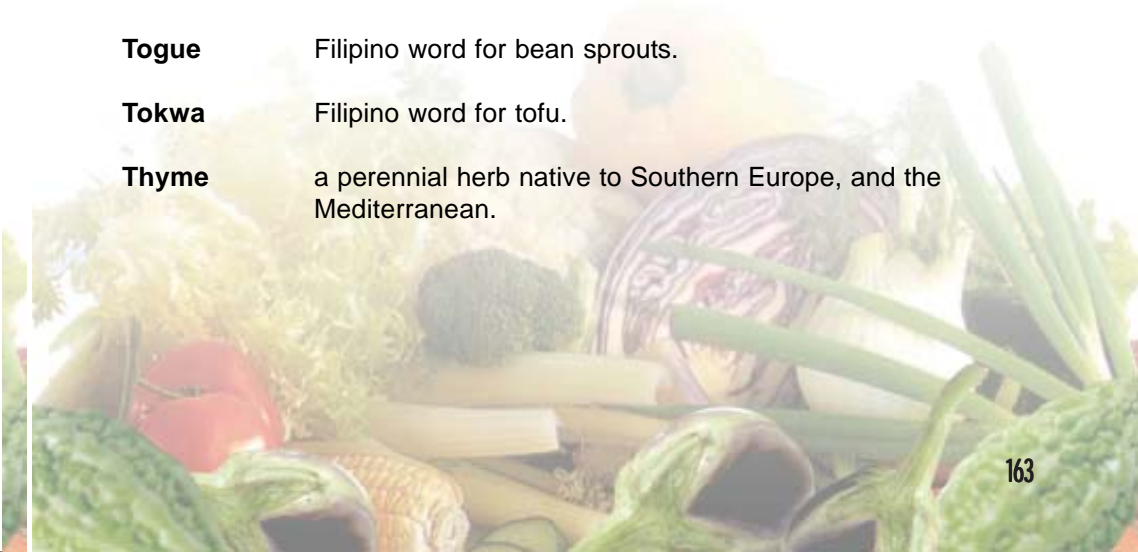


glossary

- Bangus** Filipino word for milkfish.
- Blanch** to plunge food (usually vegetables and fruits) into boiling water briefly, then into cold water to stop cooking process.
- Bouillon** any broth made by cooking vegetables, poultry, meat or fish in water.
- Caldereta** beef stew with vegetables and red sauce.
- Carajay** a wooden container used for cooking steamed food.
- Chorizo** Chinese sausage.
- Cilantro** the bright green leaves and stems of the coriander plant.
- Croquettes** a mixture of minced meat or vegetables, a thick white sauce, and seasonings that is formed into small cylinders, ovals or rounds, dipped in beaten eggs and then bread crumbs, and deep fried until crisp and brown.
- Dredge** to lightly coat the food to be fried, as with flour, corn flour or bread crumbs.
- Sauté** to cook food quickly in a small amount of oil in a skillet or sauce pan over direct heat.
- Hasa-hasa** a kind of fish for cooking.
- Kasim** part of pork; loin.
- Kinchay** celery
- Knead** a technique used to mix and work a dough in order to form it into a cohesive, pliable mass.
- Labong** Filipino word for bamboo shallots.



Mince	to cut food into very small pieces.
Pan-fry	to cook food over moderate to high heat.
Pan-sear	to brown meat quickly by subjecting it to very high heat either in a skillet, under a broiler or in a very hot oven.
Paprika	used as a seasoning and garnish for savoury dishes.
Parboil	to partially cook food by boiling it briefly in water.
Patis	Filipino word for fish sauce.
Patty/patties	a small, thin round of finely chopped food such as meat, fish or vegetables.
Pimiento	a large, red, heart-shaped sweet pepper that measures 3-4 inches long and 2-3 inches wide.
Salsa	the Mexican word for sauce which can signify cooked or fresh mixtures.
Shiitake mushrooms	a kind of mushroom grown in Japan.
Singang	pork stew with vegetables.
Togue	Filipino word for bean sprouts.
Tokwa	Filipino word for tofu.
Thyme	a perennial herb native to Southern Europe, and the Mediterranean.



4-Week Menu Plan

WEEK 1	Breakfast	Lunch	Supper
Monday	<ul style="list-style-type: none"> Papaya slice Grilled Cottage Cheese Wheat Pandesal Coffee/Tea 	<ul style="list-style-type: none"> Nilasing na Manok Unpolished Rice Banana Pudding 	<ul style="list-style-type: none"> Pinangat na Hasa-Hasa Spinach Stir Fry Unpolished Rice Chico/Fruit in Season
Tuesday	<ul style="list-style-type: none"> Fresh Pineapple Tinapang Bangus with tomato- salted eggs Garlic Rice Hot Chocolate 	<ul style="list-style-type: none"> Bangus Sisig Sitaw-Kalabasa Guisado Unpolished Rice Kaimito/Fruit in Season 	<ul style="list-style-type: none"> Picadillo Miswa with Patola Unpolished Rice Siniguelas/Fruit in Season
Wednesday	<ul style="list-style-type: none"> Apple Oatmeal Cereal Bread Toast with Fruit Jam Ginger Brew 	<ul style="list-style-type: none"> Arroz ala Cubana Sinigang sa Bayabas Fresh Pineapple 	<ul style="list-style-type: none"> Tortilla Provinciana Sicharo-Cabbage Sauté Unpolished Rice Mangosteen/Fruit in Season
Thursday	<ul style="list-style-type: none"> Orange Wedges Ranch-Style Egg Soft Rolls Coffee/Tea 	<ul style="list-style-type: none"> Banana Heart Burger Chicken Binakol Unpolished Rice Lanzones 	<ul style="list-style-type: none"> Lomo Estofado Lumplang Hubad Unpolished Rice Pomelo
Friday	<ul style="list-style-type: none"> Fresh Pineapple Juice Chicken Arroz Caldo with Quail Eggs Crispy Tokwa Ginger Brew 	<ul style="list-style-type: none"> Suwam na Tahong Chinese Patchay Rolls Unpolished Rice Kaimito 	<ul style="list-style-type: none"> Bistek Filipino Baguio Beans Guisado Unpolished Rice Lakatan
Saturday	<ul style="list-style-type: none"> Star Apple Tuna on Toast Orange Juice 	<ul style="list-style-type: none"> Oatmeal-Crusted Fish Fillet Mango Saba Unpolished Rice Chilled Taho 	<ul style="list-style-type: none"> Pinoy Bacalao Vegetable Skillet Unpolished Rice Saba-Sago Dessert
Sunday	<ul style="list-style-type: none"> Mushroom-Vegetable Omelet Whole Wheat Bread Orange Juice Coffee/Tea 	<ul style="list-style-type: none"> Morconitos Chopseuy Unpolished Rice Buko Salad 	<ul style="list-style-type: none"> Ukoy Pesang Baka Unpolished Rice Coconut Macaroons

WEEK 2	Breakfast	Lunch	Supper
Monday	<ul style="list-style-type: none"> Rambutan Toasted Pinipig Boiled Sweet Potato Hot Chocolate 	<ul style="list-style-type: none"> Fish-Egg Sariado Laksa Unpolished Rice Duhat 	<ul style="list-style-type: none"> Lumplang Labong Ginataang Kangkong-Sigarilyas Unpolished Rice Lakatan
Tuesday	<ul style="list-style-type: none"> Mango Suman sa Ibos Coffee/chocolate 	<ul style="list-style-type: none"> Sinigang na Maya-Maya sa Miso Unpolished Rice Mango Balls with Sago 	<ul style="list-style-type: none"> Escabecheng Alumahan Mongo Guisado Unpolished Rice Lanzones
Wednesday	<ul style="list-style-type: none"> Sauteed Sardines with Tomato Sauce Garlic Rice Calamansi Juice Coffee/Tea 	<ul style="list-style-type: none"> Menuddilo Sayote-Carrot Guisado Unpolished Rice Saba with Kaong in Syrup 	<ul style="list-style-type: none"> Pinausukang Manok Ensaladang Talbos ng Sayote Unpolished rice Grapes
Thursday	<ul style="list-style-type: none"> Pomelo Sauteed Scrambled Egg Whole Wheat Bread Coffee/Tea 	<ul style="list-style-type: none"> Vegetable & Tofu Curry Unpolished Rice Banana Fritters 	<ul style="list-style-type: none"> Ratatouille Pan-seared Tuna Fruit in season
Friday	<ul style="list-style-type: none"> Strawberry Yogurt Whole Wheat Toasted Bread Orange Marmalade Coffee/Chocolate 	<ul style="list-style-type: none"> Tanguigue Steak Pasta-Vegetable Salad Bread or Rice Guinumis 	<ul style="list-style-type: none"> Vegetarian Egg Fu Yung Unpolished Rice Saba in Muscovado syrup
Saturday	<ul style="list-style-type: none"> Atis Sausage Skillet Whole Wheat Bread Coffee or Tea 	<ul style="list-style-type: none"> Pan-Seared Chicken Honey Cauli- Broccoli Casserole Unpolished Rice 	<ul style="list-style-type: none"> Italian Meatballs Spaghetti Whole Wheat Bread Fruit Kebabs
Sunday	<ul style="list-style-type: none"> Guyabano Potato Frittata Whole Wheat Bread Coffee or Tea 	<ul style="list-style-type: none"> Claypot chicken Tokwa with Kuchay Saba with Langka 	<ul style="list-style-type: none"> Asado Andaluz Heart of Palm Salad Unpolished Rice Buko-Pandan Dessert

WEEK 3	Breakfast	Lunch	Supper
Monday	<ul style="list-style-type: none"> • Champorado • Crispy Dilis • Fresh Dalandan Juice • Coffee or Tea 	<ul style="list-style-type: none"> • Sesame Chicken • Potato Latkes • Watermelon 	<ul style="list-style-type: none"> • Salisbury Steak • Unpolished Rice or Bread • Tossed Green Salad • Apple
Tuesday	<ul style="list-style-type: none"> • Tomato Salad • Homecured Chicken Tocino • Garlic Rice • Calamansi Juice 	<ul style="list-style-type: none"> • Ho To Tay Soup • Beef Yakinku • Unpolished Rice • Rambutan/ Fruit in Season 	<ul style="list-style-type: none"> • Sotanghon Soup • Soy Chicken • Unpolished Rice • Melon/ Fruit in Season
Wednesday	<ul style="list-style-type: none"> • Papaya Slice • Strawberry Jam • Toasted Bread with Butter • Coffee/Chocolate 	<ul style="list-style-type: none"> • Stuffed Tofu • Upo Guisado • Unpolished Rice • Star Apple 	<ul style="list-style-type: none"> • Cucumber Salad • Carne Frita • Unpolished Rice • Sugar-free Sherbet
Thursday	<ul style="list-style-type: none"> • Dalandan • Boiled Cassava with Grated Coconut • Coffee or Tea 	<ul style="list-style-type: none"> • Chicken Piccata • Bean Sprout Sauté • Unpolished Rice • Mango 	<ul style="list-style-type: none"> • Tofu Lasagna • Bread Toast • Banana Split Dessert
Friday	<ul style="list-style-type: none"> • Boiled Saba • Grilled Cheddar Cheese • Whole Wheat Bread • Coffee or Tea 	<ul style="list-style-type: none"> • Lomo Relleno • Klawing Puso ng Saging • Unpolished Rice • Banana Cobbler 	<ul style="list-style-type: none"> • Pechay Tips in Oyster Sauce • Unpolished Rice • Fruit Gelatin
Saturday	<ul style="list-style-type: none"> • Lakatan • Boiled Gabi with Fresh Coconut • Coffee or Tea 	<ul style="list-style-type: none"> • Rellenong Repollo • Unpolished Rice • Alfahor 	<ul style="list-style-type: none"> • Tortilla Wrap • Grilled Chicken Tenders • Sweet Potato with orange sauce
Sunday	<ul style="list-style-type: none"> • Pomeio • Sausage Strata • French Bread • Coffee/ Tea 	<ul style="list-style-type: none"> • Cornflake Crusted Fish Fillet • Bokchoy Stir Fry • Unpolished Rice • Mock Apple Strudel 	<ul style="list-style-type: none"> • Cocido with Eggplant Sauce • Fish Nuggets with sweet-chilli sauce • Unpolished Rice • Banana-Langka Turon

WEEK 4	Breakfast	Lunch	Supper
Monday	<ul style="list-style-type: none"> • Pitted Prunes • Cornflakes Cereal • Raisin Bread • Coffee/Tea 	<ul style="list-style-type: none"> • Minestrone Soup • Cabbage Siomai • Unpolished Rice • Avocado Shake 	<ul style="list-style-type: none"> • Sopa de Ajo • Sizzling Tofu • Unpolished Rice • Poached Pear
Tuesday	<ul style="list-style-type: none"> • Fruit in Season • Soy Binatog with Grated Coconut • Coffee/Chocolate 	<ul style="list-style-type: none"> • Breaded Pork Chop • Colestlaw • Rice Pilaff • Banana Fritters 	<ul style="list-style-type: none"> • Sotanghon Soup • Bulanglang • Pinaputukang Tilapia • Unpolished Rice • Fresh Pineapple
Wednesday	<ul style="list-style-type: none"> • Lakatan • Corn Muffins • Soy Coffee/Tea 	<ul style="list-style-type: none"> • Nilagang Baka with Corn, Cabbage and Pechay • Tanguingue Steak • Unpolished Rice • Santol 	<ul style="list-style-type: none"> • Chicken-Macaroni Soup • Tofu-Vegetable Stir-Fry • Unpolished Rice • Ube Jam
Thursday	<ul style="list-style-type: none"> • Fruit in Season • Sauteed Scrambled Egg • Skinless Longganisa • Garlic Rice • Coffee/Tea 	<ul style="list-style-type: none"> • Tossed Green Salad • Beef Stroganoff • Sourdough Bread • Watermelon 	<ul style="list-style-type: none"> • Ampalaya Wheels • Hainanese Chicken • Pandan Rice • Mango
Friday	<ul style="list-style-type: none"> • Fresh Dalandan Juice • Tuna Sandwich • Chocolate/ Coffee 	<ul style="list-style-type: none"> • Pasta Picante • Waldorf Salad • Dinner Rolls • Buko Sherbet 	<ul style="list-style-type: none"> • Sopa de Ajo • Fish Teriyaki • Broccoli in Oyster Sauce • Unpolished Rice • Fruit in Season
Saturday	<ul style="list-style-type: none"> • Pineapple-Orange Juice • Tofu Omelet • Soft Rolls with Butter • Coffee/Tea 	<ul style="list-style-type: none"> • Potato-Bean Salad • Basque Chicken • Unpolished Rice • Melon 	<ul style="list-style-type: none"> • Beef Yakinku • Pea Sprout Salad • Unpolished Rice • Cassava Bar
Sunday	<ul style="list-style-type: none"> • Apple Juice • Banana Pancake with Maple Syrup • Coffee/Tea 	<ul style="list-style-type: none"> • Molo Soup • Paella Marinara • Chicken Casserole • Fruit Jelto 	<ul style="list-style-type: none"> • Tossed Green Salad • Meat Loaf • Unpolished Rice • Chilled Jackfruit



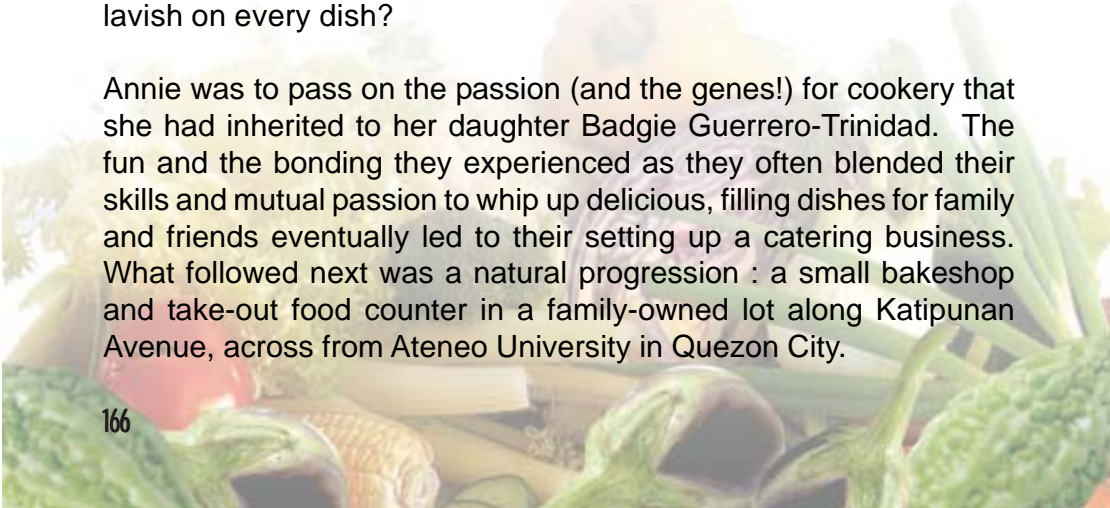
about the author By Lilita T. Logarta

The good fairies must have presided at the christening of Susana Pascual-Guerrero, they gifted her with a slew of intangibles—passion, vision, artistry, determination, a loving heart – and put a wooden ladle in her hand. Indeed, “Annie”, as she is known to one and all, is that rare and prized individual, “a born cook.”



Aside from the fairies we like to imagine were her godmothers, she had the right genes and the right home environment to bring her talent into flower. Her mother was a dedicated cook, why not only personally attended to her family’s meals but also ran a cooking school in the family home in Malabon. There was a big backyard and garden, where fruit trees grew and vegetables flourished, and in the Malabon were to be found the freshest of seafood, meat and produce. Is it any wonder that the child Annie grew up completely familiar and at ease with the intricacies of running a kitchen, filling the market basket, budgeting and producing healthy, nutritious meals? Not to mention the loving effort that she saw her mother lavish on every dish?

Annie was to pass on the passion (and the genes!) for cookery that she had inherited to her daughter Badgie Guerrero-Trinidad. The fun and the bonding they experienced as they often blended their skills and mutual passion to whip up delicious, filling dishes for family and friends eventually led to their setting up a catering business. What followed next was a natural progression : a small bakeshop and take-out food counter in a family-owned lot along Katipunan Avenue, across from Ateneo University in Quezon City.



That was how it all started. The small bakeshop is now a restaurant chain called The Cravings Group, including the original Cravings restaurant (celebrating its 19th anniversary in October, 2007) and spin-offs, The Coffee Beanery, C2 and C3 restaurants.

That it has been a success, involving her whole family, goes without saying, but Annie would not be Annie if she did not also possess a strong sense of social responsibility and determined desire to share her myriad blessings.

Today, standing proudly beside Cravings on Katipunan Avenue is the Center for Culinary Arts-Manila, the Philippines' first-ever internationally-affiliated culinary diploma school, founded by Annie in 1996 in fulfillment of her dream to professionalize the culinary industry. Today CCA graduates are making their mark both locally and abroad, as successful chefs and/or culinary entrepreneurs, a source of inordinate pride to Annie, as President of CCA.

Then there is the Culinary Education Foundation, born in 2002 out of Annie's vision to bestow scholarships on financially-challenged, deserving would-be culinary students. Not only Metro Manila-based students have benefited. Through the CEF's Mobile Kitchen Program, aspiring chefs in provincial towns have been able to take short cooking courses from CCA instructors, via a motorized van fully equipped as a kitchen. Not surprisingly, CEF's motto is: "Teach them to cook, feed them for a lifetime."

Other outreach programs initiated by Annie are the Food Service Training Program for the UP Alumni Association (UPAA) Cafeteria personnel to improve the sales potential and profitability of the cafeteria; as well as such grassroots efforts as a customized culinary training program for her parish, Sta. Maria della Strada, to enhance the skills of a low-income group called Helping Hand Cooks, and a similar program for the Inner Wheel Club of Q.C. livelihood program dubbed "Super Manang", to provide culinary skills for the women of Brgy. Pansol, Q.C.

As if all that were not enough to keep her busy, Annie has another passion driving her these days: the environment. Zero Waste is her dream for local communities, and for both UP and her subdivision of La Vista, Q.C., she put up ecology centers dealing with the segregation and recycling of household wastes. For her efforts in this area, she has received the Alab ng Puso Award from the Zero Waste and Recycling Movement of the Philippines.

Needless to say, in her own special field of culinary art and the hospitality industry, she has iconic status, what with an unequalled roster of awards, citations and recognition from both peers and public. To cite a few, she was the 2006 Mabuhay Gold Awardee of the Association of Human Resources Managers in the Hospitality Industry (AHRM), which honors every year one Filipino hotelier or restaurateur who has put the Philippines in the service industry map of the world. The first Certified Culinary Professional in the Philippines, by the International Association of Culinary Professionals, USA, she also holds a Service Recognition Award from the National Restaurant Association, USA. She was named Most Outstanding Alumna (HRA) by her alma mater, UP, and holds the UPAA Award for Entrepreneurship in Food Management, The Entrepreneurship Award from the Philippine Congress, The QC Best in Business Award and the Mariang Maya (Sigma Delta Phi Sorority, UP) Award as Outstanding Achiever in Hotel and Restaurant Management.

The little girl watching her mother cook in the family kitchen in Malabon has certainly come a long way, and along that way, she has changed the lives and lifestyles of countless clients, guests, students, graduates, housewives, families, entrepreneurs, and, yes, just plain ordinary people. Anyone who cooks, eats and lives the way Annie Guerrero teaches us to do cannot but end up healthier and happier!



