

FMA Informative

Propagating the Filipino Martial Arts and the Culture of the Philippines

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Filipino Cook' in



Philippine Cuisine

Commence Preparation Day Before

Filipino Lechon
Fresh Lumpia Wrapper Skins
Lumpia
Classic Escabeche

Breakfast

Pandesal
Champorado
Itlog na Maalat

Pulutan / Appetizers

Kalderetang Aso
Dinuguan

Main Meal and Side Dishes

<i>Manggang Hilaw at Kamatis</i>	<i>Rellenong Bangus</i>	<i>Pork and Chicken Adobo</i>
<i>Bicol Express</i>	<i>Inihaw Na Bangu</i>	<i>Sinigang na Baka</i>
<i>Nilagang Baka</i>	<i>Lapu-Lapu</i>	<i>Embutido</i>
<i>Sinigang na Baboy</i>	<i>Kalderetang Kambing</i>	<i>Morcon</i>
<i>Kare-Kare</i>	<i>Kalderetang Baka</i>	<i>Pinoy Pork Barbecue</i>
<i>Pinakbet</i>	<i>Mechado</i>	<i>Pancit Bihon</i>
<i>Pinangat</i>	<i>Sweet and Sour Pork</i>	<i>Pancit Canton</i>
<i>Sinigang na Hipon</i>	<i>Sweet and Sour Sauce</i>	<i>Steamed Rice</i>
<i>Paksiw na Isda</i>	<i>Sweet and Sour Chicken</i>	

Desserts

Cassava Cake
Maja Blanca
Filipino Biko
Buko Salad
Leche Flan

Snacks

Turon
Maruya
Kamote Que

Filipinos traditionally eat three main meals a day - agahan (breakfast), tanghal'an (lunch), and hapunan (dinner) plus an afternoon snack called meri'nda (another variant is minand'l or minind'l).

Having a gathering, party, just a few friends over, or a family get together or just everyday family meals here are some great dishes.

This the Filipino Cook' in issue is some great information on some of the great cuisine's of the Philip-pines and if you have experienced any of these dishes that are in the issue you know what is meant. So this issue is to inform you the reader on the ingredients, and preparations for some of the best in the opinion of the FMA Informative.

Of course people that cook Filipino food have their own little likes and dislikes and seasoning secrets, but this will give the basic's.

If cooking for a gathering, and a big family event, of course you have to have some snacks, and little things to munch on, which if having to be prepared have been included. Also for those drinkers that usually get in the way, you can send them outside and while they drink give them some Pulutan so hopefully they do not get to inebriated and can still enjoy the meal when it is ready.

Some things need to be prepared the day before or at least getting it ready so it will be less work the day of the meal and something that will make the days cooking easier.

Now the FMA Informative is sure some readers will say that the FMA Informative has missed this or that, but hey there is some very delicious things in this issue and if readers send in some of what was missed or that would be good; another issue could be put together.

Of course the FMA Informative has a list of websites which helped in this issue and are very highly recom-mended to find a lot more dishes that can be prepared and are very interesting in one way or another.

1. panlasangpinoy.com
2. burntlumpia.typepad.com
3. www.pinoyrecipe.net
4. pinoyfoodblog.com
5. urbanfoodie.tumblr.com
6. www.recipesource.com
7. pinoykaintayo.blogspot.com
8. www.filipino-food-lovers.com
9. www.filipinocooking.net
10. stylezink.hubpages.com
11. www.philippinesinsider.com
12. zombiehunters.org

All postings are the opinions of the original websites listed. Filipino cuisine has been passed on from generation to generation. Now the FMA Informative is sharing this information to its readers to broaden their knowledge in some of the excellent cuisine of the Philippines.

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So get hungry, get your plate and have a hearty meal.

Each issue features practitioners of martial arts and other internal arts, other features include historical, theo-retical and technical articles; reflections, Filipino martial arts, healing arts, the culture of the Philippines and other related subjects.

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Philippine Cuisine

Philippine cuisine has evolved over several centuries from its Malayo-Polynesian origins to a mixed cuisine with many Hispanic cultural influences, due to the many Latin American and Spanish dishes brought to the Philippines during the Spanish colonial period. It has also received varying degrees of influence from Chinese, American, and other Asian cuisine.

Filipinos traditionally eat three main meals a day - agahan (breakfast), tanghal'an (lunch), and hapunan (dinner) plus an afternoon snack called meri'nda (another variant is minand'l or minind'l). Dishes range from a simple meal of fried fish and rice to rich paellas and cocidos. Popular dishes include lech'on (whole roasted pig), longganisa (Philippine sausage), tapa (cured beef), torta (omelette), adobo (chicken and/or pork braised in garlic, soy sauce, and vinegar or cooked until dry), kaldereta (goat in tomato stew), mechado (beef or pork cooked in tomato sauce), pocherro (beef in bananas and tomato sauce), afritada (pork or beef simmered in a tomato sauce with vegetables), kare-kare (oxtail and vegetables cooked in peanut sauce), crispy pata (deep-fried pig's leg), hamonado (pork sweetened in pineapple sauce), sinigang (pork, fish, or shrimp in tamarind stew), pancit (stir-fried noodles), and lumpia (fresh or fried spring rolls).

History and Influences

Malayo-Polynesians during the pre-Hispanic era in the Philippines prepared food by boiling, steaming, or roasting. This ranged from the usual

livestock such as kalabaw (water buffaloes), baka (cows), chickens and pigs to seafood from different kinds of fish, shrimps, prawns, crustaceans and shellfish. There are a few places in the Philippines where the broad range in their diet extended to monitor lizards, snakes and locusts. Filipinos have been cultivating rice, and corn, since 3200 BC from their arrival of the Austronesian people from Southern China Yunnan Plateau and Taiwan, when they settled in what is now the Philippines. They brought with them rice cultivation and a lot of other various traditions that are used in forms today. [2]. Pre-Hispanic trade with other Asian nations introduced a number of staples into Philippine cuisine, most notably toyo (soy sauce) and patis (fish sauce), as well as the method of stir-frying and making savory soup bases.

Maja, made from coconut milk, sweet milk, and creamed cornThe arrival of Spanish settlers brought with them chili peppers, tomato sauces, corn, potatoes, and the method of sauteeing with garlic and onions, which found their way into Philippine cuisine. Although chili peppers are nowhere as widely used in Filipino cooking compared to much of Southeast Asia, chili leaves are frequently used as a cooking green, again distinct from the cooking of their neighbours. They also used vinegar and spices in foods to preserve them due to lack of refrigeration. Local adaptations of Spanish dishes then became common, such as paella into its Filipino version arroz valenciana, chorizo into its local version of longanisa (from Spanish longaniza), and escabeche

and adobo, which are connected to the Spanish dish adobado, as well as Latin America and Mexico, which also have adobo dishes.

During the nineteenth century, Chinese food became a staple of the panciterias or noodle shops around the country, although they were marketed with Spanish names. “Comida China” (Chinese food) includes arroz caldo (rice and chicken gruel) and morisqueta tostada (an obsolete term for sinangag or fried rice) and chopsuey.

Today, Philippine cuisine continues to evolve as new techniques and styles of cooking find their way into one of the most active melting pots of Asia. The Philippines does not only possess its traditional cuisine; popular international cuisines as well as restaurant and fastfood chains are also available around the archipelago. Furthermore, the Chinese populace (especially in Manila) is famous for establishing Chinese districts where predominantly Chinese and Chinese-fusion food can be found. These are especially prevalent in urban areas where large influxes of Chinese expatriates are located.

Staples

As with most Asian countries, the staple food in the Philippines is rice. It is most often steamed and served during meals. Leftover rice is often fried with garlic and onions to make sinangag (fried rice), which is usually served at breakfast together with itlog (fried eggs) and tapa (beef) - “tapsilog,” tocino (sweetened cured meat) - “tocilog,” longanisa (sausages) - “losilog,” or fried hotdogs. Rice is often enjoyed with sauces or soup from the main dishes. In

some regions, rice is mixed with salt, condensed milk, cocoa, or coffee. Rice flour is used in making sweets, cakes and other pastries. Other staples derived from crops include corn and bread.

Fruits are often used in cooking as well. Coconuts, coconut milk, coconut meat, tomatoes, tomato sauce, and bananas are usually added to meals. Abundant harvests of root crops occur all year round. Potatoes, carrots, taro (gabi), cassava (kamoteng kahoy), purple yam (ube), and sweet potato (kamote) are examples. Kamote and a certain type of plantain called saba can be chopped, dusted with brown sugar, fried and skewered, yielding kamote-cue and banana-cue which are popular caramelized snacks.

Meat staples include chick-

en, pork, beef, and fish. Seafood is popular as a result of the bodies of water surrounding the archipelago. Popular catches include tilapia, catfish (hito), milkfish (bangus), grouper (lapu-lapu), shrimp (hipon), prawns (sugpo), mackerel (galunggong), swordfish, oysters (talaba), mussels (tahong), clams (tulya), large and small crabs (alimango and alimasag respectively), game fish, gindara or sablefish, tuna, cod, blue marlin, and squid/cuttlefish (both called pusit). Equally popular catches include seaweeds, abalone and eel.

The most common way of serving fish is having it salted, pan fried or deep fried, and eaten as a simple meal with rice and vegetables. It may also be cooked in a sour broth of tomatoes or tamarind, prepared with vegetables

to make sinigang, simmered in vinegar and peppers to make paksiw, or roasted over hot charcoal or wood. Other preparations include escabeche (sweet and sour) or rel-leno (boned and stuffed). Fish can be preserved by being smoked (tinapa) or sundried (tuyo).

Food is sometimes served with various dipping sauces. Fried food is often dipped in vinegar, soy sauce, juice squeezed from kalamansi (Philippine lime), or a combination of all. Patis (fish sauce) may be mixed with kalamansi as dipping sauce for most seafood. Fish sauce, fish paste (bagoong), shrimp paste (alamang) and crushed ginger root (luya) are condiments that are often added to dishes during the cooking process or when served.

Cooking Methods

The Tagalog words for popular cooking methods and terms are listed below:

Adobo/Inadobo - cooked in soy sauce, vinegar and garlic. It could also refer to just roasting on a wok, with light oil, garlic and salt, as in “adobong mani” (peanut adobo. The latter is done more for snacks, while the former is more associated with viands.

Babad/Binabad/Ibinabad - to marinate.

Banli/Binanlian/Pabanli - blanched.

Bagoong/Binagoongan/ - sa Bagoong - cooked with fermented fish paste bagoong.

Binuro - fermented.

Busal/Pabusal - toasted with garlic and a small quantity of cooking oil, as in “adobong mani.”

Daing/Dinaing/Padaing - marinated with garlic, vinegar, and black peppers. Sometimes dried, and usually fried before eating.

Guinataan/ - sa Gata - cooked with coconut milk.

Guisa/Guisado/Ginisa or Gisado - sauted with garlic, onions and tomatoes.

Halabos/Hinalabos - mostly for shellfish. Steamed in their own juices, but also at times, with 7-UP.

Hilaw/Sariwa - unripe (for fruits and vegetables), raw (for meats). Also used for uncooked food in general (as in lumpiang sariwa).

Hinurno - baked in an oven or roasted.

Ihaw/Inihaw - grilled over tai

Kinilaw or Kilawin - marinated in vinegar or kalamansi juice along with garlic, onions, ginger, tomato, peppers

Laga/Nilaga/Palaga - boiled, sometimes with onions and black peppercorns.

Lasing/Nilasing - cooked with an alcoholic beverage.

Lechon/Nilechon - roasted over a spit.

Minatamis - cooked with sugar, or with other sweeteners such as panucha (panela).

Pakbet/Pinakbet - to cook with vegetables (usually with string beans, calabaza, , among others) and bagoong.

Paksiw/Pinaksiw - cooked in vinegar.

Pangat/Pinangat - boiled in salted water with tomatoes.

Pinikpikan - peculiar preparation where the chicken is beaten alive before being slaughtered.

Palaman/Pinalaman - “filled” as in siopao, though “palaman” also refers to the filling in a “sandwich”.

Piniato - peanut brittle

Prito/Pinirito - fried or deep fried. From the Spanish frito.

Pasingaw - steamed, usually with a banana leaf.

Relleno/Relyeno - stuffed.

Tapa/Tinapa - dried and smoked. Tapa refers to meat treated in this manner, mostly marinated and then dried and fried afterwards. Tinapa meanwhile, almost exclusively is associated with smoked fish.

Sarza/Sarciado - cooked with a thick sauce.

Sinangag - fried rice.

Sigang/Sinigang - boiled, usually with a tamarind base. Variant bases are: guava, raw mangoes, calamansi or calamondin, and almost any other sour fruit abundant in the locality.

Tosta/Tinosta/Tostado - toasted, as in polvoron.

Torta/Tinorta - to cook with eggs in the manner of an omelette.

Totso/Totcho - cooked with fermented black beans. The name of both a cooking method and dish.

A Typical Meal

Filipino cuisine is distinguished by its bold combination of sweet, sour and salty flavors, and in general most dishes are not heavily spiced. While other Asian cuisines (e.g., Cantonese) may be known for a more subtle delivery and presentation, Filipino palates prefer a sudden influx of flavor. Filipino cuisine is often delivered in a single presentation, giving the participant a simultaneous visual feast, an aromatic bouquet, and a gustatory delight.

Counterpoint is also a feature in Philippine cuisine. This normally comes in a pairing of something sweet with something salty, and results in surprisingly pleasing combinations. Examples include: champorado (a sweet cocoa rice porridge), being paired with tuyo (salted, sun-dried fish); dinuguan (a savory stew made of pig’s blood and innards), paired with puto (sweet, steamed rice cakes); unripe fruits such as mangoes (which are only slightly sweet but very sour), are eaten dipped in salt; the use of cheese (which is salty) in sweetcakes

(such as bibingka and puto), as well as an ice cream flavoring.

Snacking is normal, a Filipino may eat five ‘meals’ in a day. Dinner, while still the main meal, is smaller than other countries. Usually, either breakfast or lunch is the largest meal.

Sinangag na baboy (Pork tamarind soup) Main dishes include sinigang (pork, fish, or shrimp in tamarind soup and vegetables), bulalo (beef soup – commonly with marrow still in the beef bone – with vegetables), kare-kare (oxtail and vegetables cooked in peanut sauce), crispy pata (deep fried hog hoofs with hock sometimes included), mechado (pork cooked in tomato sauce), pochero (beef or pork cooked in tomato sauce with bananas and vegetables), kaldereta (beef or goat cooked in tomato sauce), fried or grilled chicken/porkchops/fish/squid/cuttlefish. Dinner may be accompanied by stir-fried vegetables, atchara (shredded and pickled papaya), bagoong (fish paste) or alamang (shrimp paste). Desserts are usually made only for special occasions. The most popular desserts include

leche flan, buko pandan (slivers of young coconut with cream and pandan flavor) or gulaman (jello).

Some dishes rely on vinegar for flavoring. Adobo is popular not solely for its simplicity and ease of preparation, but also for its ability to be stored for days without spoiling, and even improve its flavor with a day or two of storage. Tinapa is a smoke-cured fish while tuyo, daing, and dangit are corned, sun-dried fish popular because they can last for weeks without spoiling, even without refrigeration.

Due to western influence, food is often eaten using utensils, e.g., forks, knives, spoons. The traditional way of eating is with the hands, especially dry dishes such as inihaw or prito. The diner will take a bite of the main dish, then eat rice pressed together with his fingers. This practice, known as kamayan, is rarely seen in urbanized areas. However, Filipinos tend to feel the spirit of kamayan when eating amidst nature during out of town trips, beach vacations, and town fiestas.

Breakfast: A traditional Filipino breakfast might include pan de

sal (bread), kesong puti (white cheese), champorado (chocolate rice porridge), sinangag (fried garlic rice), meat, such as tapa, longanisa, tocino, karne norte (Filipino-style corned beef, which is considerably moist compared with the Western variety), or fish such as daing na bangus (salted and dried milkfish); or itlog na pula (salted duck eggs). Coffee is also commonly served, particularly kapeng barako, a variety of coffee produced in the mountains of Batangas noted for having a strong flavor.

Combination dishes may include kankamtuy, a combination of kanin (rice), kamatis (tomatoes) and tuyo (dried fish), or silog --meat most often served with sinangag (fried rice) and itlog (egg) to be consumed. The three most commonly seen silogs are tapsilog (having tapa as the meat portion), tocilog (having tocino as the meat portion), and longsilog (having longanisa as the meat portion). Other silogs exist including hotsilog (with a hot dog), bangsilog (with bangus/milkfish), dangsilog (with danggit/rabbitfish), spamsilog (with spam), adosilog (with adobo), chosilog (with chorizo), chiksilog (with chicken), cornsilog (with canned corned beef), and litsilog (with lechon/litson). Pakaplog is a slang term referring to a breakfast consisting of pan de sal, kape (coffee), and itlog (egg).[4].

Merienda: Puto in banana leaf liners Merienda is an afternoon snack, similar to the concept of afternoon tea. If the meal is taken close to dinner, it is called merienda cena, and may be served instead of dinner.

Filipinos have a number of options to take with their traditional kape (coffee): bread (pan de

sal, ensaymada (buttery sweet rolls with cheese), and empanada (savory pastries stuffed with meat)). Cakes made with sticky rice (kakanin) like kutsinta, sapin-sapin, palitaw, biko, suman, bibingka, and pitsi-pitsi are served, or sweets such as hopia (pastries similar to mooncakes filled with sweet bean paste) and bibingka (rich desserts made with sticky rice). Savory dishes might include pancit canton (stir-fried noodles), palabok (rice noodles with a shrimp-based sauce), tokwa’t baboy (fried tofu with boiled pork ears in a garlic-flavored soy sauce and vinegar sauce), puto (steamed rice flour cakes), and dinuguan (a spicy stew made with pork blood).

Dim sum and dumplings brought over by the Fujianese people have been given a Filipino touch and are often eaten for merienda. Also famous are the different street foods that are sold, most of which are skewered on bamboo sticks, such as squid balls, fish balls and others.

Pulutan: (from the word “pulutin” which literally means “something that is picked up”) is a term roughly analogous to the English term “finger food”. It originally was a snack accompanied with liquor or beer but has found its way into Philippine cuisine as appetizers or, in some cases, main dishes, as in the case of sisig.

Deep fried dishes include chicharon that are pork rinds that have been salted, dried, then fried; chicharong bituka or chibab (pig intestines that have been deep fried to a crisp); chicharong bulaklak or chilak similar to chicharong bituka has a bulaklak or flower appearance of the dish made from mesenteries of pig intestines; chicken skin or chink that has been deep

fried until crispy.

Some grilled foods include Barbecue Isaw, chicken or pig intestines marinated and skewered; barbecue tenga pig ears are marinated and skewered; pork barbecue which is a satay marinated in a special blend; Betamax that is salted solidified pork blood which is skewered; Adidas which is grilled or sautéed chicken feet. And there is Sisig a popular pulutan made from the pig’s cheek skin, ears and liver that is initially boiled, then grilled over charcoal and afterwards minced and cooked with chopped onions, chillies, and spices.

Smaller snacks such as mani (peanuts) are often sold boiled in the shell, salted, spiced or flavored with garlic by street vendors in the Philippines. Another snack is Kropoek which is fish crackers.

The fried Tokwa’t Baboy is tofu fried with boiled pork then dipped in a garlic-flavored soy sauce or vinegar dip that is also served as a side dish to pancit luglog or pancit palabok.

Fiestas

Sapin-sapin, a Filipino rice-based delicacy, sprinkled with latik -- latik is the reduction of coconut milk until all of the liquid has evaporated For festive occasions, Filipino women band together and prepare more sophisticated dishes. Tables are often laden with expensive and labor-intensive treats requiring hours of preparation. Lechon, a whole roasted suckling pig, takes center stage. Other dishes include hamonado (honey-cured beef, pork or chicken), relleno (stuffed chicken or milkfish), mechado, afritada, kaldereta, pochero, paella, arroz valenciana,

morcon, and pancit canton. The table may also have various sweets and pastries such as leche flan, ube, sapin-sapin, sorbetes (ice cream), and gulaman (jello).

Christmas Eve, known as Noche Buena, is the most important feast. During this evening, the star of the table is the Christmas ham and Edam cheese (Queso de Bola). Supermarkets are laden with these treats during the Christmas season and are popular giveaways by Filipino companies in addition to red wine, brandy, groceries or pastries[citation needed].

Regional specialties: The Philippine islands are home to various ethnic groups resulting in varied regional cuisine.

Pinakbet with shrimp Ilocanos from the rugged Ilocos region boast of a diet heavy in boiled or steamed vegetables and freshwater fish, but they are particularly fond of dishes flavored with bagoong, fermented fish that is often used instead of salt. Ilocanos often season boiled vegetables with bagoong monamon (fermented anchovy paste) to produce pinakbet. Local specialties include the soft white larvae of ants and “jumping salad” of tiny live shrimp.

The Igorots prefer roasted meats, particularly carabao’s meat, goat’s meat, and venison.

Due to its mild, sub-tropical climate, Baguio, along with the outlying mountainous regions, is renowned for its produce. Temperate-zone fruits and vegetables (strawberry being a notable example), which would otherwise wilt in lower regions, are grown here. It is also known for a snack called sundot-kulangot which literally means “poke the booger.” It’s actually a sticky kind of sweet made from milled glutinous rice flour-

mixed with molasses, and served inside pitugo shells, and with a stick to “poke” its sticky substance with.

The town of Calasiao in Pangasinan is known for its puto, a type of steamed rice cake.

Pampanga is the culinary center of the Philippines. Among the treats produced in Pampanga are longganisa (original sweet and spicy sausages), kalderetang kambing (savory goat stew), and tocino (sweetened-cured pork). Kapampangan cuisine makes use of every regional produce available to the native cook, combining pork cheeks and offal to make sisig. Kare-kare is also known to have been originated from Pampanga.

Bicol is known for its very spicy Bicol Express. The region is also the well-known home of the Natong or Laing and Pinangat (pork or fish stew stuffed in layers of taro leaves).

Bulacan is popular for chicharon (pork rinds) and steamed rice and tuber cakes like puto. It is the center of Panghimagas or desserts, like brown rice cake or kutsinta, sapin-sapin, suman, cassava cake, halaya ube and the king of sweets, in San Miguel, Bulacan, the famous carabao’s milk candy pastillas de leche, with its ‘pabalat’ wrapper.

Cainta in Rizal province, east of Manila, is known for its Filipino rice cakes and puddings. These are usually topped with “Latik”, a mixture of coconut milk and brown sugar, reduced to a dry crumbly texture. A more modern, and time saving alternative to latik are coconut flakes toasted in a frying pan.

Antipolo, straddled mid-level in the mountainous regions

of the Philippine Sierra Madre, is a town known for its suman and cashew products.

Laguna is known for buko pie (coconut pie) and panutsa (molasses clustered peanuts).

Batangas is home to Taal Lake, a body of water that surrounds Taal Volcano. The lake is home to 75 species of freshwater fish. Among these, the maliputo and tawilis are two of the world’s rarest. These fish are delicious native delicacies. Batangas is also known for its special coffee, kapeng barako.

Iloilo is popular for La Paz batchoy, pancit molo, dinuguan, puto, and biscocho and piyaya.

Cebu is popular for its lechon. Lechon prepared “Cebu style”, also known as “Inasal” in Visayan, is characterized by a crispy outer skin and a moist juicy meat with unique taste from a blend of spices. [6] Cebu is also known for sweets like dried mangoes, mango and caramel tarts.

Further south in Mindanao, Sulu and Tawi-Tawi dishes are filled with the scents of Southeast Asia: turmeric, coriander, lemon grass, cumin, and chillies — many of these ingredients are not used in much of Filipino cooking (except in the Bicol Region where there is a fairly liberal use of chillies). Being free from Hispanization, the cuisine of the indigenous Moro and Lumad peoples of Mindanao and the Sulu archipelago differs greatly from much of the cooking found throughout the Philippines, having more in common with the rich and spicy Malay cuisines of Malaysia, Brunei and to an extent Sumatra, Indonesia, with well-known dishes from the region being Satti and Ginataang manok (chicken cooked in coconut milk). Since this region

is predominantly Muslim, pork is rarely if ever consumed. Popular crops such as cassava root, sweet potatoes (kamote), and yams are grown. The two popular sauces used in this region are Sambal, Satay, known locally as Satti, and also the de facto delicacy for people in Zamboanga, regardless of background. Another popular dish from this region is Tiyula Itum, a dark broth of beef or chicken lightly flavored with ginger, chili, turmeric and toasted coconut flesh (which gives it s dark color).

Popular Filipino Dishes Desserts and Snacks

Halo-haloFilipinos cook a wide variety of sweet desserts and snacks. One famous dessert is bibingka, a hot rice cake optionally topped with a pat of butter, slices of kesong puti (white cheese), itlog na maalat (salted duck eggs), and sometimes grated coconut. There is also glutinous rice sweets called biko made with sugar, butter, and coconut milk. Another brown rice cake is kutsinta. Puto is another well known example of sweet steamed rice cakes prepared in many different sizes and colors. Sapin-sapin are three-layered, tri-colored sweets made with rice flour, purple yam, and coconut milk with its gelatinous appearance.

Halo-halo can be described as a cold dessert made with shaved ice, milk and sugar with typical ingredients including coconut, halaya (mashed purple yam), caramel custard, plantains, jackfruit, red beans, tapioca and pinipig. Sorbetes is similar to ice cream but made primarily with coconut milk instead of dairy.

A slice of sapin-sapin sold at a market in CaliforniaLumpia

are spring rolls that can be either fresh or fried. Fresh lumpia (lumpiang sariwa) is usually made for fiestas or special occasions as it is very labour-intensive to prepare, while fried lumpia (lumpiang shanghai) is usually filled with ground pork and a combination of vegetables, and served with a sweet and sour dipping sauce.[7]. Other variations are filled with minced pork and shrimp and accompanied by a vinegar-based dipping sauce. Lumpia has been commercialized in frozen food form and though various restaurants. Similarly, turon could be described as a fruit version using sweetened bananas (plantains) and sometimes jackfruit fried in an eggroll or phyllo wrapper and sprinkled with sugar.

There are other Filipino desserts and snacks. As a dessert, leche flan is a type of caramel custard made with eggs and milk similar to the French creme caramel and Spanish flan; mamon is a dense buttery sweet sponge cake; palitaw are rice patties covered with sesame seeds, sugar, and coconut; pitsi-pitsi which are cassava patties coated with cheese or coconut; and tibok-tibok is based on a carabao milk as a de leche (similar to maja blanca). As a snack, binatog is created with corn kernels with shredded coconut. Packaged snacks wrapped in banana or palm leaves then steamed, suman are made from a sticky rice.

Street Food

Filipinos have their own repertoire of street food. Some of these are skewered on bamboo sticks like a kebab, which recipes mimic this presentation closely. One such example is banana-cue that consists of a whole plantain

skewered on a stick, rolled in brown sugar, and fried. Kamote-cue is a peeled sweet potato skewered on a stick, covered in brown sugar and then fried. Fishballs or squidballs are skewered on bamboo sticks then dipped in a sweet or savory sauce to be commonly sold frozen in markets and peddled by street vendors.

Turon, a kind of fried lumpia filled with plantain and jackfruit can also be found sold in streets.

As a warm soupish like snack, taho is made up of soft beancurd which is the taho itself, dark caramel syrup called “arnibal”, and tapioca pearls with cold (dark syrup). The pearls used come in various sizes and proportion and stand out. It been served by many street vendors who often yell out “taho” in the neighborhood like Americans who yell out hotdogs and peanuts in sporting events. Innovations on it include additional flavouring such as chocolate or strawberry, and even cold versions. Taho is derived from the original Chinese snack food known as douhua.

There is also iskrambol (from the English “to scramble”), a cooler ice-based snack, and which is a kind of sorbet, flavoured with a combination of artificial flavourings and usually topped with chocolate syrup. It is eaten by “scrambling” the contents or mixing them, then drinking with a large straw.

Egg street foods include kwek-kwek that are soft boiled quail eggs dipped in batter that is usually dyed orange then deep fried. In contrast, tokeneng is larger but similar to kwek-kwek in that it is made with chicken eggs. Filipino egg snacks include

balut that is essentially boiled pre-hatched poultry eggs, usually duck or chicken. These fertilized eggs are allowed to develop until the embryo reaches a pre-determined size and are then boiled. There is also another egg dish called penoy that is fertilized duck eggs. Like taho, balut is advertised vocally. Consuming balut by some involves sucking out the juices.

Okoy also spelled as Ukoy is another batter-based, deep-fried street food in the Philippines. Along with the batter, it normally includes bean sprouts and very small shrimps shells and all. It is commonly dipped in a combination of vinegar and chilli.

Other street food include betamax that is roasted dried chicken blood served cut into and served as small cubes for which it received its name in resemblance to a Betamax tape. Isaw, is another street food, which is seasoned hog or chicken intestines. Another street food is the Proven, which is essentially the proventriculus of a chicken, dipped in cornstarch, and deep-fried. Then there is Pinoy Fries which are fries made from sweet potatoes with the same tenderness of french fries but take on a more rounder presentation in contrast to stringy appearance in french fries.

Pastries

In a typical Filipino bakery, pandesal and ensaimada are often sold. Pandesal came from the Spanish pan de sal (literally, bread of salt) and is a ubiquitous breakfast fare, normally eaten with (and sometimes even dipped in) coffee. It typically takes the form of a bread roll, and is usually baked covered in bread crumbs. Contrary to what its name implies, pandesal

is not particularly salty as very little salt is used in baking it. Soft, chewy pandesal is much preferred to a crusty one, a holdover from the days when cheap, low-grade flour was used to cut costs. Ensaïmada, also spelled as ensaimada from the Spanish ensaimada, has been altered much to suit the Philippine palate producing a pastry with a soft and chewy texture. It can be made with a variety of fillings such as ube (purple yam) and macapuno and often topped with butter, sugar and shredded cheese. Other food sold in Filipino bakeries include pan de coco a sweet bread roll filled with shredded coconut mixed with molasses. Other breads like putok, which literally means “explode,” refers to a small hard bread roll whose cratered surface is glazed with sugar, and “kababayan,” a small, sweet kulintang-shaped (gong) muffin that has a moist consistency. There is also “Spanish bread” a rolled pastry which looks like a croissant prior to being given a crescent shape, and has a filling consisting of sugar and butter.

There are also rolls like pianono which is a chiffon roll flavored with different fillings. In a different roll, brazo de mercedes is similar to a rolled cake or jelly roll and is made from a sheet of meringue rolled around a custard filling. Similar to the previous dessert, it takes on a layered presentation instead of being rolled and typically features caramelized sugar and nuts for sans rival. Similar to both the two previous desserts mentioned, it has different texture due to the addition of sweetened bread crumbs for silva?as. In a more delicate roll, barquillos takes on as sweet thinly crunchy wafers rolled into tubes that can be sold

hollow or filled with polvoron (sweetened and toasted flour mixed with ground nuts). Meringues are also present in the Philippines, due to the Spanish influence, but they are called merengue – with all the vowels pronounced.

Some Filipino pies, for example the egg pie is a mainstay in local bakeries, serving as a type of pie with a very rich egg custard filling. It is typically baked so that the exposed custard on top is browned. The other pie, buko pie, is made with a filling made from buko (young coconut meat) and dairy. Mini pastries like turrone de casuy are made up of cashew marzipan wrapped with a wafer made to resemble a candy wrapper but take on a miniature look of a pie in a size of about a quarter. There is also “napoleones,” – again with all the vowels pronounced – a Mille-feuille pastry stuffed with a sweet milk-based filling.

There are hard pastries like biskotso that feature as a crunchy, sweet, twice-baked bread. Another baked crunchy food is sinipit which is a sweet pastry covered in a crunchy sugar glaze, made to resemble a length of rope. Similar to sinipit is a snack eaten on roadsides, and colloquially called shingaling. It is crunchy, hollow, but has a salty flavor.

On the softer side, mamon is a very soft chiffon-type cake sprinkled with sugar named from a slang Spanish term for breast. A soft cake like crema de fruta which is a more elaborate sponge cake, topped in succeeding layers of cream, custard, candied fruit, and gelatine. Related to sponge cakes is mamoncillo which generally refers to slices taken from a large mamon cake, but it is unrelated to the fruit of the same

name. Sandwich pastries like inipit are made with two thin layers of chiffon sandwiching a filling of custard that is topped with butter and sugar. Another mammon variant is mammon tostada, basically mamoncillo toasted to a crunchy texture.

Stuffed based foods include siomai similar to the Chinese shaomai and siopao similar to the Chinese baozi but larger and steamed bunned. The filling is often mixed with a sweet sauce made from soy sauce and sugar. Buchi is another snack fare that arguably has Chinese origins. Bite-sized, buchi is made of deep-fried dough balls (often from rice flour) filled with a sweet mung bean paste, and coated on the outside with sesame seeds, some variants have ube as the filling. There are also the many varieties of the mooncake-like hopia, which come in different shapes (from a flat, circular stuffed form, to cubes), and have different textures (predominantly using flaky pastry, but sometimes like the ones in mooncakes) and fillings. Empanada are turnover-type pastries filled with savory-sweet meat filling. Typically made with ground meat and raisins, it can be deep fried or baked.

Main Courses

At home usually, several of these dishes are cooked daily by many Filipino households. One widely cooked dish is adobo which pork or chicken (occasionally beef) is stewed or braised in a sauce made from soy sauce, vinegar, garlic, and peppercorns. It can also be prepared “dry” by cooking out the liquid and concentrating the flavor.

Kare-Kare

There are several styles of stew dishes cooked by Filipi-

nos. Some well-known stews are kare-kare and dinuguan. With kare-kare, also known as “peanut stew,” the oxtail or ox tripe is the main ingredient that is stewed with vegetables in a peanut-based preparation. It is typically served with bagoong (fermented shrimp paste). With dinuguan, it is created from pork blood, entrails, and meat and sometimes seasoned with red peppers, usually thai peppers. Mechado can be included in this list using pork cooked in tomato sauce, minced garlic, and onions, but goat meat can be used instead which would be then be turned into kaldereta. Varieties using other meats such as dog meat also exist. In afritada, the use pork or beef is simmered into a tomato sauce, typically with peas and carrots and of course potatoes in similar cut size to the pork. Allegedly originating from the Rizal area, Waknatoy is a dish similar to afritada, caldereta, and mechado. It has either pork or beef sirloin with potatoes, cut sausages, and has a tomato-based sauce sweetened with pickles. Different vinegar-based stews using milkfish, pork hocks, or even leftover lechon are called paksiw. Although paksiw is made using the same ingredients as adobo, it is prepared differently in that it is not stirred as it simmers, resulting in a different flavor as the vinegar is cooked first. On the sweetness scale, pochero makes use of beef and banana or plantain slices simmered in tomato sauce as its name is derived from the Spanish cocido.

Foods with strong green leafy appearance are dinengdeng a dish consisting of malunggay leaves and slices of bittermelon, and pinakbet which is stewed in vegetables heavily flavored with

bagoong. In balance to color, the traditional tinola has a strong chicken presence accompanied by a ginger soup cooked with whole chicken pieces, green papaya slices with chili, spinach, or malunggay leaves. The large chunks of the chicken in this dish contrast to the small pieces found in can of chicken noodle soup. On the other hand, simuwam involves similar ingredients and cooking methods as tinola, but is specifically used to refer to variants made with fish or other seafood.

Filipinos have their own styles of soups. In one recipe, binacol is a warm chicken soup cooked with coconut water and served with strips of coconut meat. In a well-known soup, La Paz Batchoy is garnished with pork innards, crushed pork cracklings, chopped vegetables, and topped with a raw egg. There is another dish with the same name that uses misua, beef heart, kidneys and intestines, but does not contain eggs or vegetables. In mami, the noodle soup is made from chicken, beef, pork, wonton dumplings, or intestines (called laman-loob). It was first prepared by Ma Mon Luk. Filipinos have a modified version of chicken noodle soup called sotanghon, consisting of cellophane noodles, chicken, and sometimes mushrooms. In another soup, sinigang is typically made with either pork, beef, or seafood and made outstandingly sour with tamarind or other suitable ingredients. Some seafood variants can be made sour by the use of guava fruit or miso. Sinigang made from chicken is commonly referred to as sinampalukan.

Two dishes with strong noodle appearance are pancit and ispageti. Pancit can be described

as a dish primarily consisting of noodles, vegetables, and slices of meat or shrimp with variations primarily distinguished by the type of noodles used. Some pancit, such as mami, molo, and la Paz-styled batchoy, are noodle soups while the “dry” varieties are comparable to chow mein in preparation. Then there is “Spaghetti” or “ispageti” in the local colloquy that is a modified version of Spaghetti Bolognese, a drastically simplified version of the Italian dish. It is made with banana ketchup instead of tomato sauce, sweetened with sugar and topped with hot dog slices.

There are several rice porridges that Filipino cooks create. One popular dish is arroz caldo which is a rice porridge cooked with chicken, ginger and sometimes saffron, garnished with spring onions (chives) and coconut milk to make a type of gruel. Arroz caldo is the chicken version of lugaw that is a variant of the Chinese congee usually cooked with either tripe, pork, or beef, with seafood rarely being used. Another variant is goto which is an arroz caldo made with ox tripe. There is this other rice porridge called champorado which is sweet and flavored with chocolate, and would be paired with tuyo or daing.

Two other rice based dishes include arroz valenciana which is a Filipino variation of the Spanish paella and thought to be named after the Spanish city Valencia. There is also kiampong a type of fried topped with pork pieces, chives and peanuts. It can be found in Chinese restaurants in Binondo and Manila.

A type of seafood salad known as kinilaw is made up of raw seafood such as fish or shrimp

cooked only by steeping in local vinegar, sometimes with coconut milk, onions, spices and other local ingredients. It is comparable to the Peruvian ceviche.

Chorizo also known as Longanisa. Dominating in meatiness and toughness and chewiness, Filipinos dine on tocino, longanisa, and bistek. Tocino is a sweetened cured meat either chicken or pork and is marinated and cured for a number of days before being fried. Longanisa is a sweet or spicy sausage, typically made from pork though other meats can also be used, and are often colored red traditionally through the use of the anatto seed although artificial food coloring is also used to cut costs. Bistek, also known as “Filipino Beef Steak,” consists of thinly sliced beef marinated in soya sauce and kalamansi and then fried on a skillet or griddle that is typically served with onions. In another pork diet, crispy pata pork knuckles (the pata) are marinated in garlic flavored vinegar then deep fried until crispy and golden brown, with other parts of the pork leg prepared in the same way.

Lechon manok is a variant of the rotisserie chicken. Available in most major Filipino supermarkets, hole-in-the-wall stands, or restaurant chains (Andok’s, Baliwag, Toto’s), it is typically served with “sarsa” (sauce) made from mashed pork liver, starch sugar and spices.

Celebratory Food

Package of biko and pirurutong In Filipino celebrations, often lech?n serves as the centerpiece of the dinner table. It is usually a whole roasted suckling pig, but piglets (lechonillo, or lechon de leche) or cattle calves

(lechong baka) can also be prepared in place to the popular adult pig. It is typically served with a “sarsa” (sauce) made from mashed pork liver, starch, sugar and spices or a variation that does not include pork liver.

More common in celebrations than in everyday home, lumpiang sariwa, sometimes referred to as ‘fresh lumpia’, are fresh spring rolls that consists of a soft crepe wrapped around a filling that can include strips of kamote (sweet potato), jicama, bean sprouts, green beans, cabbage, carrots and meat (often pork). It can be served warm or cold and typically with a sweet peanut and garlic sauce. Ukoy is shredded papaya combined with small shrimp (and occasionally bean sprouts) and fried to make shrimp patties. It is often eaten with vinegar seasoned with garlic, salt and pepper. Both lumpiang sariwa and ukoy are often accompanied together in Filipino parties. Lumpiang sariwa has Chinese origins, having derived from popiah.

Available mostly during the Christmas season and sold in front of churches along with bibingka, puto bumbong is a style of purple-yam flavored puto.

Side Dishes and Complements

Not eaten as the main course but rather a side dish, the process of creating itlog na pula involves duck eggs that have been cured in brine or a mixture of clay-and-salt for a few weeks, providing for its saltiness, and then later hard boiled with their shells to be later dyed with red food coloring, hence its name, to distinguish them from chicken eggs before they are sold over the shelves. There is also another food called atchara which is pickled papaya strips.

Other foods are used as food complements. One could use nata de coco which is a chewy, translucent, jelly-like food product produced by the bacterial fermentation of coconut water to serve with pandesal. One could also use kesong puti a soft white cheese made from carabao’s milk but cow’s milk is also used in most commercial variants for serving in a sandwich. Yet another would be grated mature coconut (niyog), which normally is served with sweet rice-based desserts.

Exotic Dishes

Some exotic dishes in the Filipino diet are camaro which are field crickets cooked in soy sauce, salt, and vinegar as it is popular in Pampanga; papaitan which is goat or beef innards stew flavored with bile that gives it a bitter (pait) taste; Soup No. 5 (Also spelled as “Soup #5”) which is a soup made out of testicles which can be found in restaurants in Ongpin St., Binondo, Manila; asocena or dog meat popular in the Cordillera Administrative Region; and pinikpikan chicken where the chicken has been beaten to death to tenderize the meat and to infuse it with blood. It is then burned in fire to remove its feathers then boiled with salt and pork. [8] [9] The act of beating the chicken in preparation of the dish apparently violates the Philippine Animal Welfare Act 1998.[10]

Filipino Drinks and Cocktails

The climate of the Philippines is characterized by having relatively high temperature, high humidity and abundant rainfall that make it a reason why chilled drinks are popular.

Alcoholic

There are a wide variety of

alcoholic drinks in the diet. This includes brandy, and its variations such as Brandy-Iced Tea Powder (a popular cocktail consisting of one or more liqueurs and iced tea powder); and Brandy-Grape Juice Powder (same as above but with grape juice powder). Other different alcoholic beverages include rum as Tanduay is the local favorite. Another choice could be serbesa which is a translation for beer. The most popular choices in restaurants and bars are San Miguel Beer, Red Horse Beer and San Miguel Light.

Several gins, both local varieties like Ginebra San Miguel (as well as GSM Blue and GSM Premium Gin) and the “London Dry” imported types like Gilbey’s, are consumed. Other variations include Gin-Bulag (which literally translates to “gin-blind,” it is said that consuming amounts of it will make one blind). Other people classifies “gin” with the shape of the bottle. They call it “bilog” (for a circular bottle) and “kwatro kantos” (literally means four corners, referring to a bottle that is rectangular or square in shape). Variations of “gin” can be in a mixture of “gin” and juice examples are: Gin-Pineapple Juice Powder (any kind of gin mixed with pineapple juice), Gin-Pomelo Juice Powder (just like the former but mixed with pomelo juice instead of pineapple), and Gin-Guy Juice Powder (any kind of gin mixed with guyabano (also known as soursop) juice). Lambanog is a type of hard liquor made from distilled coconut extract.

Tuba (or toddy) is a type of hard liquor made from fresh drippings extracted from a cut young stem of palm. The cutting of the palm stem usually done early in

the morning by a mananguete, a person whose profession involves climbing palm trees and extracting the tuba to supply to customers later in the day. The morning accumulated palm juice or drippings from a cut stem is then harvested by noon then brought to buyers then prepared for consumption. Sometimes this is being done twice a day so that there are two harvests of tuba in a day occurring first at noon-time and later in the late-afternoon. Normally, tuba has to be consumed right after the mananguete brings it over or it becomes too sour to be consumed as a drink so that any remaining unconsumed tuba in the day is being stored in jars for several days to become palm vinegar. Additionally, tuba can be distilled to produce lambanog, a neutral liquor often noted for its relatively high alcohol content.

Shakes

Some shakes that are included in a Filipino diet are fresh mango shake consisting of ripe mangoes blended with milk, ice, and sugar; fruit shakes similar to milkshakes but only contain fruit or flavoring (usually containing Evaporated or Condensed Milk)crushed ice, Evaporated or Condensed Milk, and fruits like Strawberry (which is native in Baguio for its cold climate), Melon, Papaya, Avocado, Watermelon, and the popular Mango to name a few but has rare fruits like Durian

Chilled Drinks and Cocktails

Other chilled drinks include gulaman at sago a flavored iced-drink with agar gelatin and sago pearls with banana extract is added to the accompanying syrup; fresh buko juice drink from a young coconut where the coconut is penetrated to allow straw into

the membrane allowing a person to drink its juice later opened afterwards to scrape and eat its tender flesh, which a variation of this is made out of coconut juice, scraped coconut flesh, sugar, and water; kalamansi juice juiced Philippine limes sweetened with honey, syrup or sugar; and other tropical fruit drinks that includes dalandan (green mandarin), suha (pomelo), pi?a (pineapple), banana, and guy-abano (soursop). Oranges, apples, grapes, and mangoes are also preferred.

A different class off diet involving the use of shaved ice includes halo-halo which is a desert featuring a wide variety of sweet ingredients with shredded ice, topped with sugar and milk; saba con yelo which is shaved ice served with milk and minatamis na saging ripe plantains chopped, and caramelized with brown sugar; and mais con yelo which is shaved ice served with steamed corn kernels, sugar, and milk.

Others

Teas include pandan iced tea made with pandan leaves and lemon grass, and salabat, sometimes called ginger tea, brewed from ginger root. A particular coffee sold as a premium brewed coffee from the cool mountains of Batangas is known as Kape Barako. Another drink consumed is a warm chocolate drink called tsokolate that is traditionally made from dry powdery chocolate tablets called Tablea.

Philippine Cuisine

By **Doreen Fernandez**

(Excerpted from The Food of the Philippines: Authentic Recipes from the Pearl of the Orient. Text and recipes by Reynaldo G. Alejandro. Introductory articles by Doreen G. Fernandez, Corazon S. Alvina, and Millie Reyes.)

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Commence Preparation Day Before

Filipino Lechon

1. Clean and prepare the pig by removing innards, washing and scraping innards, washing and scraping the body of bristles. Rinse and allow to drain a bit before stuffing. The blood has to be drawn out (*you can save it for dinuguan*)
2. Rub with salt and pepper inside and out.
3. Rub soy sauce on the skin of the pig. This will make it nicely red when roasted.
4. Then a bamboo is pierced in the pig's mouth passing to the anus to act as holder for roasting, then we stuffed the cavity with garlic, onions, ginger, potato and other spices (*that's the common stuffing in the Northern part of Philippines in Visayas, it is noticed that lemon grass and banana fruit - saba variety is the common stuffing.*) Abdomen is sewn with barbed wire and pig is ready for roasting.
5. The pig must be a little more than a foot above the charcoal for the whole pig to be cooked slowly. The bamboo must be rotated continuously to achieve an even brown color. If you want a lechon with crispy skin, roast it over charcoal instead of Hawaiian pit pig style because you won't get a crispy, flaky cooked skin with that method. But it seems that the cooked meat is more tender and easier to pull with the latter method. in some parts of Cebu, under live fire. Roast until crisp. (*Approximately 4 hours or a bit more, but the preparation can take the whole night.*)
6. Lechon is not served with a sauce. But if a dipping sauce is requested, vinegar with scallions and pepper may be served along with it.



Fresh Lumpia Wrapper Skins

Ingredients

- 1 cup flour
- 1 egg
- 1 cup water
- 1 Mix all ingredients until very smooth.
- 2 Lightly grease a non-stick pan and heat. Brush mixture onto pan. When dough starts to come away from the pan, lift wrapper out carefully. It will not lift out if mixture is not done.



Lumpia

The first thing you'll need is: A lot of patience! Especially if you have never worked with Lumpia wrappers before.

Ingredients:

- 1 pound ground beef
- 3/4 cup shredded carrots
- 1/2 cup chopped onions
- 1 teaspoon or 2 cloves minced garlic
- 3/4 teaspoon pepper
- 2 teaspoons season salt
- 1 package of Lumpia Wrappers - if you have not made your own.
- 1-1 1/2 cup(s) vegetable or olive oil

Small bowl of water

First, you'll want to brown your ground beef with your chopped onions, shredded carrots, garlic, pepper, and season salt, over medium high heat in a skillet or frying pan. (*Recommend using a frying pan that is at-least 1 1/2" to 2" deep. Use the same pan to fry the lumpia in once it is rolled and finished.*) When the meat is nice and brown drain the excess grease and set aside.

Now, here comes the fun part. You'll also want to have a plate to set them on as well as a damp kitchen towel to cover them, we don't want our wrappers to dry out!

Assemble Lumpia Rolls

1. Take 1 of the Lumpia wrappers and spoon 1-2 table-spoons of your ground beef mixture into a line near the edge on the Lumpia wrapper.
2. Fold Lumpia wrapper over the line of meat you just spooned.
3. Now, you will begin to roll the meat into a tube. Stop rolling when you are to the middle of the wrapper.
4. Fold the right and left sides of the lumpia wrapper to the center.
5. Continue to roll to the end of the wrapper.
6. Dip your fingers in the small bowl of water and lightly moisten the exposed edge of the lumpia wrapper.
7. Fold wrapper edge onto itself pressing it down gently. So it seems to glue itself down.



Place to the side for now and repeat, repeat, repeat! Until there isn't anymore wrappers or meat left.

All that's left to do now is heat your oil in your frying pan on medium high heat. You only need about 1/2" of oil across the bottom of the pan. Once the oil is hot place about 4-5 Lumpia across the pan and lightly brown each side of the lumpia. About 3-5 minutes each side. It will also vary with your stove. So if it seems like they are burning quickly turn your burner down. They should be a nice golden brown color. Now you want to let them cool and drain some of the excess grease off of them. Feel free just to set them on paper towels or napkins. Repeat until you've made desired amount or they are all done. You can store extras (before they are fried in oil!) in the freezer to fry later on. That's another great benefit to this recipe, you can make 50 at a time and only fry 10 one day and saved the others for when you feel like it.

Voila! You've just made Lumpia! It's okay if they're not all perfect or the same size. Over time you will learn how to make them all uniform. Trust me it took me years to master the art of Lumpia rolling.

You can use any type of dipping sauce you prefer.

Once you master this base recipe you can always make your own variations to it and make it your own. You could add your favorite vegetables like shredded cabbage, bean sprouts, sliced celery, ect. You can even change the type of ground meat; my mother sometimes used ground beef and pork together. You could probably also use ground turkey. Whatever your preference, whatever your favorites are the possibilities of different combinations are endless with this base idea.

This recipe is great because of its versatility and its appeal.

Classic Escabeche

Escabeche (es-kah-BECH-ay) is a classic Spanish preparation in which you sear meat or fish, then marinate it in a vinegary sauce loaded with herbs and spices, then serve it cold or at room temperature on a hot day. It works perfectly with fish, especially oily fish such as mackerel, jacksmelt, herring or bonito. But any thinly sliced fish would work; Some suggestions - use porgies, walleye, trout, Pacific rockfish, or snapper.

Prep Time: 24 hours, 45 minutes

Cook Time: 25 minutes

Total Time: 25 hours, 10 minutes

Ingredients:

- 1/4 cup kosher salt
- 2 bay leaves
- 2 mashed garlic cloves
- 1 hot chile, cut in half
- 1/4 cup olive oil
- 1 large onion, sliced into half-moons
- 1 t. black peppercorns
- 1/2 t. cumin seeds
- 1 t. dried thyme leaves
- 1 t. coriander seed
- 1 T. dried oregano leaves
- 1 cup fish or chicken broth
- 1 cup white wine
- 1 cup white wine vinegar
- 2 more bay leaves
- 1 lb fish fillets, cut into 2-3 inch pieces

Preparation

1. Combine the 1/4 cup salt with 4 cups of water, stir to combine and brine the fish in this mixture for 30-45 minutes.
2. Meanwhile, heat the olive oil in a large pan and add the mashed garlic cloves, chile and 2 bay leaves. Cook these aromatics in the oil over medium heat until the garlic browns, about 4-6 minutes. Do not let the garlic burn. Remove the aromatics and discard.
3. Turn the heat up to medium-high and cook the fish. You want a good sear, so if the fish are not cooking hot enough, turn the heat all the way up to high. Sear each side of the fish for 1-3 minutes, depending on the thickness. You don't need to cook the fish all the way through.
4. Remove the fish to cool, then add the slivered onion, lower the heat to medium and cook until translucent. Remove to cool.
5. Now add all the remaining ingredients, turn the heat up to high and bring to a rolling boil. Reduce by half, turn off the heat and let cool.

When everything is at room temperature, pour the sauce into a container and add the fish and onions. Store in the refrigerator overnight to let the flavors marry.

This fish will stay in good shape for a week or more, so long as it is covered by the vinegar sauce. Serve cool or at room temperature.



Breakfast

Pandesal

Pandesal or The Bread of Salt (*which is also the title of a popular short story written by NVM Gonzales*) is probably the most popular bread in the Philippines. This bread is the favorite “agahan” (*breakfast food*) of most Pinoys (*slang for Filipino*) and can be eaten plain or with “palaman” (filling). In the Philippines, all bake shops and bakeries sell Pandesal. Sometimes, this is sold in rolling stores (usually a honking bicycle with a big box on the back). When purchasing from a neighborhood bakery, be sure to be there before 8 am because the supply runs out after that time.

Ingredients

- |2 cups all purpose flour
- 2 cups bread flour
- |1/2 cup white sugar
- |5 tbsp butter, melted
- |1 tsp baking powder
- |1 1/4 cup fresh milk, warm
- |1 pouch rapid rise yeast
- |1 tsp salt
- |1 cup bread crumbs
- |1 piece raw egg
- |1 tbsp cooking oil



Cooking Procedure

1. Combine the yeast, sugar, and warm milk and stir until the yeast and sugar are fully dissolved
 2. In the mixing bowl, combine the dry ingredients starting with the flour then the sugar, salt, and baking powder. Mix well by stirring
 3. Add the egg, butter, cooking oil, and yeast-sugar-milk mixture in the mixing bowl with the dry ingredients then mix again until a dough is formed. Use your clean hands to effectively mix the ingredients.
 4. In a flat surface, knead the dough until the texture becomes fine.
 5. Mold the dough until shape becomes round then put back in the mixing bowl. Cover the mixing bowl with damp cloth and let the dough rise for at least 1 hour
 6. Put the dough back to the flat surface and divide into 4 equal parts using a dough slicer
 7. Roll each part until it forms a cylindrical shape
 8. Slice the cylindrical dough diagonally (*These slices will be the individual pieces of the pandesal*)
 9. Roll the sliced dough over the breadcrumbs and place in a baking tray with wax paper (*makes sure to provide gaps between doughs as this will rise later on*)
 10. Leave the sliced dough with breadcrumbs in the tray for another 10 to 15 minutes to rise
 11. Pre heat the oven at 375 degrees Fahrenheit for 10 minutes
 12. Put the tray with dough in the oven and bake for 15 minutes
 13. Turn off the oven and remove the freshly baked pandesal.
 14. Serve hot. Share and enjoy!
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Champorado

Filipinos have been enjoying chocolate cereal long before the likes of Cocoa Puffs, Cocoa Pebbles, Cocoa Crisp, Count Chocula, or Chocolate Frosted Frosty Krusty Flakes (*Only sugar has more sugar!*) ever entered the sweet-toothed maws of hungry children. Although these factory-produced, mass-marketed, sugar-filled cereals are fine and dandy for breakfast, they lack the rustic homemade charm, and overall stick-to-ya-ribs-ness, of Filipino Champorado.

Champorado may perhaps be the original chocolate cereal as it is quite literally a “chocolate cereal” it’s made from chocolate tablea and cereal grains in the form of sweet sticky rice. Put more simply though, Champorado can best be described as a sort of chocolate rice porridge. Or perhaps it can be likened to a warm bowl of oatmeal crossed with a chocolate bar - only better. Way better.

To the uninitiated, chocolate and rice may seem to be strange breakfastmates. And there was a time when I too thought the choco/rice combo to be strange.

Although there now exist “instant” brands of boxed Champorado (just add hot water and voila!), it’s always best to make a batch from scratch. Thankfully, after recently discovering the joys of Filipino chocolate Tablea.

What’s in a proper bowl of warm Champorado you ask? Well for starters, chocolate in the form of tablea. Tablea are nothing more than chocolate tablets made from pure cacao nibs that are roasted, ground, and then mixed with a bit of sugar.

Aside from the chocolate tablea, the rice used in Champorado must be sweet sticky rice - AKA glutinous rice. Sweet sticky rice is a type of short grain rice that is, yes, sweet and sticky when cooked - it’s also the stuff used for Suman sa Gata. Sweet sticky rice can be found at Asian markets, often labeled as “Malagkit” (*the rice, not the market*). “Malagkit” is just the Filipino term for, yes, sweet sticky rice.

Although chocolate and rice are key ingredients in Champorado, just as important is the type of milk in which to cook the sticky rice. Fresh milk can definitely be used. But since fresh milk was not always readily available in the Philippines, canned evaporated milk, and even sweetened condensed milk, are the norm for Champorado. A little drizzle of the milk of your choice atop the finished Champorado makes things a bit more Yummy as well.

Finally, you can sweeten your Champorado with sugar if you wish, though depending on how much sugar is in your particular tablea, and if you happen to use sweetened condensed milk, the Champorado may be sweet enough.

While a steaming bowl of chocolate and rice may seem filling enough to start anyone’s day, Filipinos like to pair Champorado with dried salted fish (*tuyo*) on the side for a salty counterpoint to the sweet chocolate. You can add all sorts of tuyo, but a good salty beef tapa is a good way to go with Champorado as well. Mmmm. Chocolate rice porridge and dried salty fish/meat, now that’s a breakfast!

Ingredients for Homemade Champorado

- 1/2 cup Malagkit (*sweet sticky rice*), rinsed and drained
- 1 cup evaporated milk, plus more if needed
- 1 cup coconut milk, plus more if needed
- 4 chocolate tablea, crushed
- Sugar, to taste

Cooking Procedure

Combine all the ingredients in a small saucepan and bring to a simmer, stirring every now and then to incorporate chocolate and to prevent rice from sticking to pot. Once simmering, reduce heat to low and continue stirring until rice is soft. If all the liquid has been absorbed, and the rice is still too hard, add more evaporated milk or



coconut milk as needed until rice is cooked through and until the desired consistency is reached

Taste the Champorado for sweetness, and add sugar if needed. Serve in small bowls, and drizzle more coconut milk over the Champorado. Serve with dried salted fish, or with beef tapa if you wish.

Itlog na Maalat (*Salted Eggs*)

The Filipino salad of diced itlog na maalat, or salted eggs, and diced tomatoes is the traditional partner of tinapa or smoked fish. A nutshell, fresh herbs do wonders even for an already excellent dish.

It's so simple, really. Dice the tomatoes and place in a bowl. Add some chopped fresh basil leaves, a dash of kalamansi (native citrus) or lemon juice, a little ground pepper and a little rock salt. Stir and let sit in the fridge for at least 15 minutes. Add the diced itlog na maalat, stir and serve with your tinapa, fried or grilled fish.

In a typical Filipino breakfast, you can also find a meat dish (*tocino, chorizo, tapa, or hotdog*) as well as fish or dried fish to go with the rice. Accompaniments include papaya relish (*atchara*) and/or sliced tomato. The other typical component of a Filipino breakfast is eggs which can be scrambled, fried, or boiled. Aside from these three, salted eggs or itlog na maalat is also very popular.

Salted eggs are actually easy to make. You just need eggs, water, and salt. Soak the eggs in the brine solution for a few weeks and then hard-boiled. Viola! salted eggs. Duck eggs are typically used for this recipe but you can use chicken eggs instead. These salted eggs are actually readily available at the Asian markets



Ingredients

- 1 dozen extra large chicken eggs
- 1 1/2 cups sea salt
- 4 cups water

Cooking Procedure

1. Inspect eggs to make sure that none of them have any cracks.
2. In a non-reactive container, mix sea salt and water. Stir to dissolve.
3. Place eggs carefully making sure that they do not crack. Also ensure that they are submerged in the brine mixture.
4. Cover the container and store in a cool, dark spot for 4 weeks.
5. When ready, hard boil them. Cool and store in the refrigerator.

Combine all ingredients in a bowl and serve with rice and meat or fish

Salted Eggs with Tomatoes and Shallots

- 2-3 hard-boiled salted eggs, chopped or sliced coarsely
 - 2 medium sized Roma tomato, diced
 - 2 small shallots, sliced into rings
 - 1 Tbsp vinegar
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Pulutan / Appetizers

Pulutan (*from the Filipino word pulutin which literally means "something that is picked up"*) is a term roughly analogous to the English term "finger food". Originally, it was a snack accompanied with liquor or beer but has found its way into Philippine cuisine as appetizers or, in some cases, main dishes, as in the case of sisig.

Deep fried pulutan include chicharrón (*also spelled chicharon or tsitsaron*), pork rinds that have been salted, dried, then fried; chicharong bituka, pig intestines that have been deep fried to a crisp; chicharong bulaklak, similar to chicharong bituka it is made from mesenteries of pig intestines and has a bulaklak or flower appearance; and chicharong manok, chicken skin that has been deep fried until crisp.

Some grilled food include barbecue isaw, chicken or pig intestines marinated and skewered; barbecue tenga, pig ears that have been marinated and skewered; pork barbecue which is skewered pork marinated in a usually sweet blend; betamax, salted solidified pork or chicken blood which is skewered; adidas which is grilled or sautéed chicken feet. And there is sisig a popular pulutan made from the pig's cheek skin, ears and liver that is initially boiled, then grilled over charcoal and afterwards minced and cooked with chopped onions, chillies, and spices.

Smaller snacks such as mani (*peanuts*) are often sold boiled in the shell, salted, spiced or flavored with garlic by street vendors in the Philippines. Another snack is kropeck, which is fish crackers. Fried tokwa't baboy is tofu fried with boiled pork then dipped in a garlic-flavored soy sauce or vinegar dip that is also served as a side dish to pancit luglog or pancit palabok.

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Kalderetang Aso

Ingredients

- 3 kg dog meat
- 1 1/2 cups vinegar
- 60 peppercorns -- crushed
- 6 tablespoons salt
- 12 cloves garlic -- crushed
- 1/2 cup cooking oil
- 6 cups onion -- sliced
- 3 cups tomato sauce
- 10 cups boiling water
- 6 cups red pepper -- cut into strips
- 6 pieces bay leaf
- 1 teaspoon tabasco sauce
- 1 1/2 cups liver spread
- 1 whole fresh pineapple -- cut 1/2 inch thick

Cooking Procedure

1. First, kill a medium sized dog, then burn off the fur over a hot fire.
2. Carefully remove the skin while still warm and set aside for later (*may be used in other recipies*)
3. Cut meat into 1" cubes. Marinade meat in mixture of vinegar, peppercorn, salt and garlic for 2 hours.
4. Fry meat in oil using a large wok over an open fire, then add onions and chopped pineapple and suate until tender.
5. Pour in tomato sauce and boiling water, add green pepper, bay leaf and tobasco.
6. Cover and simmer over warm coals until meat is tender. Blend in liver spread and cook for additional 5-7 minutes.

Preparation Time:3:00

Suggested Drink: San Miguel Beer



Dinuguan

Dinuguan is a dish that is mainly comprised of pork meat (*and most often pork innards such as small and large intestines*) and pork blood. This is also known as “Blood Stew” or Pork Blood Stew. Even though some Southeast Asian and European countries have their own pork blood dishes, Dinuguan is considered unique due to the use vinegar and long green pepper.

In this version, you will notice that brown sugar is one of the key ingredients. This is not mainly used as a substitute for MSG but rather something that needs emphasis.

There are some that is too sour because of the excessive use of vinegar and sometime there is a little vinegar at all. These are some of the reasons why people would not dare to eat another Dinuguan dish again (we all know the main reason is **NOT** knowing how it was prepared). This recipe delivers the exact taste and texture intended for the dish.

Ingredients

- |1 lb pork loin, cut into cubes
- |1 cup vinegar
- |2 pcs long green pepper
- |1 1/2 tbsp brown sugar
- |1 medium sized onion, chopped finely
- |1 tbsp garlic, minced
- |1 tbsp cooking oil
- |1 cup water
- |10 oz pork blood

Cooking Procedure

1. Sauté the garlic and onion in a pan
2. Add the pork and sauté for about 5 mins
3. If you like it to be more tasty, you may add 1 pork or beef cube followed by a cup or two of water.
4. Simmer until the water is almost gone to tenderize the meat
5. Add the pork blood and mix well. Let this simmer for 10 minutes
6. Add the vinegar. Simmer for 15 minutes.
7. Put the brown sugar in followed by the long green pepper and simmer for 2 minutes
8. Serve hot
9. Enjoy your meal!

Preparation time: 10 minute(s)

Cooking time: 50 minute(s)



Main Meal and Side Dishes - (Preparation)

Manggang Hilaw at Kamatis (*Green Mango and Tomato Relish*)

Ingredients:

- 1 large green mango, diced
- 1/2 red onion, diced
- 1 large tomato, diced
- 1 - 2 Tbsp Bagoong (*shrimp paste*)

Instructions:

Mix all ingredients. Add bagoong accordingly to your preferred taste.



Bicol Express

Bicol Express, as the name implies is a specialty dish from the Bicol region. It is a dish suited for those who love their food hot. Some Bicolanos sauté hot chili peppers and nothing else and enjoy this dish with their drinks or with rice.

This dish is comprised of pork cooked with a generous amount of Coconut milk and chilies. No wonder the name of this dish was derived from a Philippine region (*Bicol*) wherein Coconuts are abundant and the use of chilies is emphasized in most local meals.

After doing some research, and learning that this dish did not originate from the Bicol region at all. Contrary to its name, Bicol express was actually conceptualized and first cooked by Ms. Cely Kalaw in her Manila restaurant sometime during the late 60's to the early 70's. Based on an article written by Angela De Leon entitled Soul Train: The Unlikely Beginnings Of A Beloved Filipino Dish (*published in Chile Pepper Magazine October 2006*), Ms. Kalaw toned down the heat on her Taro dish (*this could be "Laing"*) after receiving complains from some customers. However, she knew that other customers wanted the Taro dish to be hot and spicy so she invented another amazingly spicy hot dish that would best compliment the Taro. Thus, Bicol Express was born.

But how was she able to come up with the name? As per Angela's article, the taro incident and new spicy dish invention happened in just one day. Apparently, Ms. Kalaw finished cooking the new dish but still cannot think of any name for it. As lunch time drew nearer, she was getting anxious because the customers will soon flock-in and she has yet to name her newest masterpiece. At that moment, she heard the daily train to Bicol ramble by the window. It was the light bulb moment that she was waiting for.

Ingredients:

- 6 cups coconut milk
- 2 lbs pork, cut into strips
- 3/4 cup Shrimp Paste
- 1 tbsp Garlic, minced
- 6 pieces Thai chili pepper
- 1/2 cup Ginger, grated
- 1 large onion, cubed
- 2 long chili pepper
- 2 tsp cooking oil
- Salt and Pepper

Cooking Procedure

1. Sauté the garlic, onion, and ginger
 2. Add the pork and continue cooking for 5 to 7 minutes
 3. Place the shrimp paste in and cook for 5 minutes
 4. Add the Thai and long hot pepper followed by the coconut milk
 5. Mix all the ingredients well and simmer for 30 to 40 minutes
 6. Add salt and pepper to taste
 7. Serve Hot. Enjoy!
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Nilagang Baka

Nilagang baka or beef soup is one of the oldest Filipino comfort foods. Nilaga is a Filipino term which means “boiled” and baka means “cow” or “beef”. This dish is often compared with bulalo, because they are similar in taste and preparation. The difference is the cut of meat used. Bulalo often uses beef bone marrow, and nilaga is primarily pure beef shank. This dish is a combination of beef shanks and vegetables found locally such as cabbage and potatoes. The vegetables are optional so, you can essentially use anything you prefer. Some locals don’t use ginger.

Nilagang baka is unquestionably appetizing. It is a perfect hot soup for sipping on rainy days and cold nights. Don’t wait for the weather change and start to rain, make it now and enjoy your hot soup.

Ingredients

- 1/2 cabbage sliced or 1 bundle of bokchoy leaves
- 1 kilo beef shank cut into cubes
- 1 medium onion quartered
- 2 medium corn cut into 4 pieces(*optional*)
- 2 thumb sized ginger chopped
- 4 pieces plantain bananas (*optional*)
- 1 tbsp whole pepper corn
- 1 small carrots, cut in bite size
- 1 large potato, cut in bite size
- 1 stalk onion leeks diced
- 1 beef bouillon (*optional*)
- salt or fish sauce to taste
- 1 liter of water (*amount optional*)



Cooking Procedure

1. Pour water in a big pot and bring to boil. Place in beef, whole onion, whole pepper corn, ginger, beef bouillon, and salt.
2. Simmer over low heat for at least 1 hour or until the meat is tender. (*Pressure cooker only takes 30 minutes only*).
3. When meat is tender, turn off the heat for 3 minutes. Remove some fats or scum to prevent excessive cholesterol.
4. Place in corn, cover and simmer over medium low heat for about 10 minutes until corn is tender.
5. When corn is tender, add the banana, cabbage or bokchoy leaves. Simmer until veggies are cooked. Turn off heat.
6. Sprinkle with onions leeks before serving.

Sinigang na Baboy

Sinigang na Baboy is a sour soup native to the Philippines. This particular soup dish uses pork as the main ingredient though beef, shrimp, fish, and even chicken (*this is known as sinampalukang manok*) can be used. Bony parts of the pig known as “buto-buto” are usually preferred for this dish. These parts can be either of the following: pork neck bone, chopped spare ribs, chopped baby back ribs, and pork belly. Sometimes pork kasim and pigue (*pork ham*) are also used.

There are several ingredients that can be used as souring agent. The most common and widely used is the tamarind fruit (*known as sampaloc*). Other fruits such as guava, tomato, bilimbi (*known as kamias*), green mango, pineapple, and wild mangosteen (*santol*) can also be used to make the sinigang taste sour.

Ingredients

- 2 lbs pork belly (*or buto-buto*)
- 1 bunch spinach (*or kang-kong*)

- 3 tbsp fish sauce
- 1 bunch string beans (*sitaw*), cut in 2 inch length
- 2 pieces medium sized tomato, quartered
- 3 pieces chili (*or banana pepper*)
- 1 tbsp cooking oil
- 2 liters water
- 1 large onion, sliced
- 2 pieces taro (*gabi*), quartered
- 1 pack sinigang mix (*good for 2 liters water*)

!* *you may also add okra and eggplant if desired*

Cooking Procedure

1. Heat the pot and put-in the cooking oil
2. Sauté the onion until layers separate
3. Add the pork belly and cook until outer part turns light brown
4. Put-in the fish sauce and mix with the ingredients
5. Pour the water and bring to a boil
6. Add the taro and tomatoes then simmer for 40 minutes or until pork is tender
7. Put-in the sinigang mix and chili
8. Add the string beans (*and other vegetables if there are any*) and simmer for 5 to 8 minutes
9. Put-in the spinach, turn off the heat, and cover the pot. Let the spinach cook using the remaining heat in the pot.
10. Serve hot. Share and enjoy!



Kare-Kare

Kare-Kare is a traditional Filipino stew complimented with a thick savory peanut sauce. The commonly used meats for this dish are ox tail, tripe, and pork leg; on some occasions goat and chicken meat are also used. Besides the peanuts, this dish depends on the shrimp paste (*on the side*) in order to be fully enjoyed. Traditionally, “palayok” (clay cooking pot) is used to cook this dish and it is also used as the serving pot.

Ingredients

- 3 lbs oxtail (*cut in 2 inch slices*) you can also use tripe or beef slices
- 1 small banana flower bud (*sliced*)
- 1 bundle of pechay or bok choy
- 1 bundle of string beans (*cut into 2 inch slices*)
- 4 pcs eggplants (*sliced*)
- 1 cup ground peanuts
- 1/2 cup peanut butter
- 1/2 cup shrimp paste
- 34 Ounces water (*about 1 Liter*)
- 1/2 cup annatto seeds (*soaked in a cup of water*)
- 1/2 cup toasted ground rice
- 1 tbsp garlic, minced
- 1 large onion, chopped
- salt and pepper

Cooking Procedure

1. In a large pot, bring the water to a boil
2. Put in the oxtail followed by the onions and simmer for 2.5 to 3 hrs or until tender (*35 minutes if using a pressure cooker*)



3. Once the meat is tender, add the ground peanuts, peanut butter, and coloring (water from the annatto seed mixture) and simmer for 7 minutes
4. Add the toasted ground rice and simmer for 5 minutes
5. On a separate pan, saute the garlic then add the banana flower, eggplant, and string beans and cook for 5 minutes
6. Transfer the cooked vegetables to the large pot (*where the rest of the ingredients are*)
7. Add salt and pepper to taste
8. Serve hot with shrimp paste. Enjoy!

Pinakbet {Filipino Vegetable Stew}

Pinakbet (*also called pakbet, originating from the word pinakkebet which means “shriveled” in the Ilocano dialect*) is one of the rare dishes which highlights veggies. A melange of bright vegetables cooked with shrimp and eaten with rice and pungent bagoong (*fermented shrimp fry*). A fact in learning that the “authentic” Ilocano preparation keeps the veggies crisp. In reading about the dish’s origins it was found that a more traditional preparation in the Filipino cookbook, *Memories of Philippine Kitchens* by Amy Besa and Romy Dorotan (*chefs/owners of the former SoHo restaurant, Cendrillon, and the forthcoming Purple Yam in Brooklyn*). If you are interested at all in Filipino cooking, It is highly recommend this for pure educational value. Besa and Dorotan travelled to all the major provinces of the archipelago, highlighting local dishes, ingredients, and techniques.



Ingredients

- 3 Japanese eggplant, sliced about 1.5 inch thick on a diagonal
- 1/2 lb. okra, ends trimmed
- 1 bunch chinese long beans, cut in 2 inch pieces
- 3 tomatoes, roughly chopped (*one time I made this, I actually tossed in the tomato skins and seeds leftover from my tomato sauce milling*)
- 1 onion, sliced
- 2-3 garlic cloves, chopped
- 1 small squash (*try to find calabaza - I used acorn, which was fine but not nearly as tasty*), peeled and cut up in 1.5 inch pieces
- 1 lb. whole shrimp
- bagoong (*in the Cendrillon recipe, the whole jar is cooked w/ the veggies. In my house, it was used as a condiment*)

Cooking Procedure

Peel the shrimp, and save the peel and heads (*so much flavor in the heads! my favorite!*). Boil the peel and heads in some water to make a broth that you can use to flavor the pinakbet. In a large pot or wok, saute the garlic, then onions, and then shrimp. To avoid overcooking, you can remove the shrimp and add them in later (alternatively, cook the shrimp after the veggies). Saute tomatoes until they are broken down. Season with salt. Layer the rest of the veggies in the pot, starting with the squash, then okra, eggplant, beans. Pour some of the shrimp broth into the pot. Cover tightly with lid and let steam for at 15-20 minutes, until vegetables are desired tenderness. Add back cook shrimp.

Pinangat (Camalig Albay Philippines)

Pinangat is made from local “natong” leaves (*taro leaves*) and “gata” (*coconut milk*) and most houses in Bicol Region will have these planted nearby. Another version of this is the “tinilmok”, whose filling is sliced lukadon (*young coconut meat*) and small shrimps.

Ingredients

- 1 kg. gabi or taro leaves
- 50 grams ginger, chopped
- 5 cans sardines
- 2 cups vinegar
- 10 grams garlic, minced
- 6 cups coconut milk
- 50 grams onion, chopped
- salt and pepper to taste

Cooking Procedure

1. Stuff gabi leaves with sardines and tie with their own vein.
2. Heat a little oil in a pan, and saute garlic,
3. onion and ginger until golden brown.
4. Pour in vinegar, then add the stuffed gabi leaves.
5. Add coconut milk. Simmer until mixture is reduced significantly.
6. Adjust taste by seasoning with salt and pepper.

Best serve with hot rice.



Sinigang na Hipon

Sinigang is a Philippine dish famous for the variety of ingredients. Sinigang often incorporates fish, pork, chicken, shrimp, or beef. This time we’ll use Shrimp for our recipe. Sinigang’s characteristic taste is attributed to the ingredient that gives its sour taste and most commonly use ingredient is Tamarind or Sampalok for its sour taste.

Estimated preparation and cooking time: 50 minutes

Ingredients

- 1 Kilo Shrimp
- 12 pcs Tamarind (*Sampaloc*) or 1 pack Sinigang Mix
- 1 big Onion (*diced*)
- 3 big tomatoes (*quartered*)
- 2 pieces Radish (*sliced*)
- 1 bundle Sitaw (*Stringbeans*)
- 1 bundle Kangkong (*cut into 2? long*)
- 3 pieces long green pepper
- 5 cups ricewash or water
- Salt or Patis (*fish sauce*)

Cooking Procedure

1. Boil Tamarind in rice wash or water to soften.
2. Pound and extract all juices and set aside.
3. In a casserole, boil rice wash or water, Tamarind juice, onions, tomatoes and Radish.
4. Lower fire, add in Shrimps, Kangkong, Sitaw and green long pepper.
5. simmer for 5 minutes.
6. Season with salt or patis.
7. Serve hot.



Paksiw na Isda

Paksiw is a term used to refer to dishes cooked in vinegar and garlic. This could pertain to meats like pork (*Paksiw na Pata* and *Lechon Paksiw* are some of the examples) and seafood.

Paksiw na Isda or Fish cooked in vinegar is a quick and easy seafood dish that is said to be one of the common everyday dishes prepared by Filipino families. Since the Philippines is composed of over 7,100 islands, fish is a staple particularly on the coastal areas.

Bangus or Milkfish has been the regular fish variety for this dish (*Paksiw na Bangus*). However, due to availability, budget reasons, and personal preference, other fish varieties can be used.



Ingredients

- 2 pieces fish (*about half a pound each*), cleaned and scales removed
- 1 knob ginger, sliced and pounded
- 6 cloves garlic, skin removed
- 1/2 cup vinegar
- 1 cup water
- 1 medium onion, sliced
- 1 small bitter melon, chopped (*optional*)
- 3 pieces finger chili
- 2 teaspoon salt
- 1 teaspoon whole peppercorn

Cooking Procedure

1. Heat a pan and cooking pot then pour-in vinegar and water.
2. Add salt and whole peppercorn then stir. Bring to a boil.
3. Arrange the fish in the pan along with the ginger, garlic, onion, bitter melon, and finger chili. Cover and simmer in low to medium heat for 12 to 15 minutes.
4. Turn off the heat and transfer to a serving plate.
5. Serve hot with steamed rice. Share and enjoy!

Note: You may substitute salt with 3/4 to 1 tablespoon fish sauce.

Rellenong Bangus

Ingredients

- 1 large size bangus
- 1 onion, chopped finely
- 4 cloves garlic, minced
- 1 small size carrot, small cubes
- 1 box raisins (*optional*)
- 2 tomatoes, chopped
- 1 raw egg, large
- 1 tsp vetsin
- 1 tsp salt
- 1/2 tsp Worcestershire sauce
- 1 green bell pepper, chopped finely
- 2 tbsp flour
- cooking oil for frying

Preparation



1. Scrape fish scales. Clean. Gently pound fish to loosen meat from the skin. Use flat side of a knife in pounding. Break the big bone at the nape and on the tail. Insert the end of the handle of an aluminum kitchen turner (sandok) through the fish neck. Gently scrape down the handle between the meat and the skin. Scrape down to the tail, going around and on the other side of the fish. If you feel the meat is entirely separated from the skin, remove the handle, squeeze and push out meat (*with the big bone*), starting from the tail going out through the head. This way, you will be able to push out the whole meat without cutting an opening on the skin.

2. Marinate skin and head of the fish with soy sauce and calamansi juice. Set aside. Boil fish meat in a little water. Drain. Pick out bones. Flake meat.

3. Sauté garlic until brown. Add onion and tomatoes. Stir in fish meat, carrot, and pepper. Season with salt, vetsin, ground pepper, and Worcestershire sauce. Add raisins.

Transfer cooked mixture to a plate. Cook, then, add raw egg and flour. Fill in mixture in bangus skin. Wrap bangus in wilted banana leaves or aluminum foil. Fry. Cool before slicing.

Inihaw Na Bangu (*Grilled Milkfish*)

Inihaw na bangus or grilled milkfish recipe is one of the most popular dish for every occasions or Pulutan for those who loves to drink beer with friends. One of the best way of cooking fresh Bangus is grilling with onion, tomato, ginger and bagoong alamang stuffing wrapped in aluminum foil. The Aluminum foil traps all the juices from the fish and the stuffings which then steam infused all the flavors to the fish. The fish is moderately charred outside but really moist inside.

Preparation Time: 30 mins

Cooking Time: 40 mins

Ingredients

- 1 pc. about Kilo, large sized Bangus or Milkfish
- 2 pcs. medium tomato, chopped
- 1 pc. medium onion, chopped
- 1 thumb size ginger, minced
- 1/4 head garlic, chopped
- 1/4 cup bagoong alamang
- 2 pc. green sili
- salt and pepper

Cooking Procedure

1. Clean the Bangus or Milkfish, must keep the scales intact.
2. Slice the back of the milkfish and remove innards leaving the stomach fats.
3. Season the skin and cavities with salt and pepper then set aside.
4. To prepare stuffing, in a bowl toss onion, ginger, tomato and bagoong alamang.
5. •Stuff milkfish cavity with the mixture and stuff the green sili at the middle of cavity.
5. Wrap milkfish with aluminium foil.
6. Grill over charcoal for 15 to 20 minutes on each side.
7. Serve Hot with Soy Dip.



For Soy Dip

- 3-4 tablespoons Soy sauce
- 4 pieces Calamansi (*lime*)
- 1 to 2 pcs Siling Labuyo (*Chili*) (*optional*)

Lapu-Lapu (Grouper) Escabeche (Sweet and Sour Sauce)

The lapu-lapu is always a special dish. Escabeche has a slight ginger taste to it unlike the Chinese version of sweet and sour sauce.

Preparation

1. Clean the Lapu-lapu (around 1 kilo), slice diagonally along the fish, then rub salt on it and inside the fish cavity
2. Deep fat fry. (*An alternative cooking method is to rub olive oil around the fish, then wrap with foil to grill it*)
. Drain in paper towels. Set aside.
3. Prepare the sweet and sour sauce.

- 1 cup water
- 3 tablespoons vinegar
- 6 tablespoons sugar
- 3 tablespoons tomato ketchup
- 1/2 teaspoon salt
- a slice of ginger, julienne
- 1/2 head garlic, minced
- 2 medium-sized onions, cut into 8 pieces
- 1/2 cup pineapple tidbits
- 1 carrot, julienne
- 1 red pepper, julienne
- 4 green onions, sliced (*leave some for garnishing*)
- 2 tomatoes, cut in wedges
- 2 tablespoons cornstarch, diluted with 2-3 tablespoons water



Cooking Procedure

1. Combine the first 6 ingredients.
 2. Thicken with cornstarch mixture (*2 tablespoons cornstarch, diluted with 2-3 tablespoons water*)
 3. Add tomatoes, onions, carrot, tomatoes, garlic, red pepper and the other ingredients. Place pineapple tidbits last
 4. Boil once. Make sure the sauce is slightly thickened and not runny.
 5. Pour the sauce on fried lapu-lapu (prepared in number 1) and serve immediately. Don't pour the sauce on the fish if you are not ready to eat it. The crispiness of the fish will be gone. You can always set aside the sauce and serve it once everyone is ready to eat.
 6. Garnish with green onions.
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Kalderetang Kambing

Kalderetang Kambing is goat meat stewed in tomato sauce. The adult goat meat, Chevon, is commonly used for this dish. The meat is sautéed with garlic, onions, and tomatoes then stewed in tomato sauce until it becomes tender.

Preparing goat meat requires some extra procedures compared to beef or pork. Since goat meat is gamey, a common practice to eliminate the odor and gamey flavor is to marinate it in vinegar, salt, and ground black pepper mixture for an hour or two before cooking.

Compared to the other Kaldereta dishes (*sometimes spelled as Caldereta*), Kalderetang Kambing is considered more special. It is commonly served in special occasions such as town fiestas and birthday parties (usually for grown-ups). It also goes well as an appetizer (pulutan) and is best when beer is around.

Ingredients

- 1 lb goat meat (*chevon*), cubed
- 1 tablespoon garlic, minced
- 1 piece medium-sized onion, minced
- 3 pieces medium sized tomatoes, diced
- 1/2 teaspoon crushed chili or fresh Thai chili (*optional*)
- 1 cup tomato sauce
- 3/4 cup bell pepper, sliced
- 6 tablespoon liver spread
- 3/4 cup Spanish green olives (*optional*)
- 1/2 cup vinegar
- 1 piece large carrot, cubed
- 1 piece medium-sized potato, cubed
- 3 tablespoons cooking oil
- 2 cups water
- salt and pepper to taste

Preparation

1. Combine the vinegar, salt, and ground black pepper in a large bowl then marinate the goat meat for at least an hour (*This should eliminate the gamey smell and taste of the meat*) then separate the meat from the marinade.
 2. Pour the cooking oil in a cooking pot or casserole and apply heat.
 3. Sauté the garlic, onion, and tomatoes
 4. Add the marinated goat meat then cook until the color of the outer part turns light brown
 5. Put-in the tomato sauce and crushed chili then allow to cook for 2 minutes
 6. Add the water and allow to boil. Simmer for at least 45 minutes or until the meat is tender.
 7. Add the liver spread and cook for 5 minutes (*You may add water if the sauce seems to dry up*)
 8. Put-in the potatoes and carrots then simmer for 8 minutes.
 9. Add the olives and bell pepper then simmer for another 5 minutes.
 10. Add salt and pepper to taste.
 11. Serve hot. Share and enjoy!
-



Kalderetang Baka (*Beef Caldereta or Filipino Beef Stew*)

Kaldereta is a popular dish in the Philippines, especially on Luzon island. The common ingredients is goat shoulders with tomato paste and liver spread.

Kaldereta is originally a goat stew made with tomato sauce, potatoes, spices, liver spread, olives, bell peppers and hot peppers. Originally adapted from the Spanish during their 200 year occupation of the Philippines.

Kaldereta is a favorite Filipino meal served during parties, festivities and other special occasions in the Philippines. It is a Spanish-influenced dish that became to be Filipinos' favorite and made their own versions. Originally, the main ingredients of this dish includes goat meat, tomato sauce, liver, pepper and cheese.

Ingredients

1 1/2 kilo beef, cut in chunks
1 potato; quartered (*fry in 3 minutes*)
1 carrot; cut in 1 inch chunks (*fry in 3 minutes*)
4 cloves garlic; pounded
1 onion; chopped
1 can liver spread or ground liver
1 tomato; quartered
1 can tomato sauce
15 green olives (stoned or pitted)
1 tablespoon pickles
2 tablespoons peanut butter
1 grated cheese
1 bell pepper; chopped
1 tablespoon ground black pepper
2 stems kinchay (*celery*); chopped
1/2 cup soy sauce
Cooking oil (*Olive oil preferred if available*)
MSG (*optional*)



Preparation

1. In a bowl, marinate beef in soy sauce and ground black pepper for 1 hour.
 2. In a saucepan, sauté garlic and onion. Add the marinated beef, tomato, and kitchay. Continue sauteing until all liquid has evaporated and meat starts to render fat. Add water enough to cover the beef. Boil until beef becomes tender.
 3. Add tomato sauce and pickles. Simmer for 10 minutes. Add cheese, peanut butter, liver spread, potato, green olives, and carrots. 4. Simmer for 5 minutes. Drop the bell pepper. Simmer for 1 minute before serving. Serve hot with rice.
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Mechado

Ah mechado. That beef casserole with succulent gravy beef, sweet root vegetables, savoury bay leaves, saltiness of the soy sauce, and the deep, rich tomato sauce. The whole dish alone screams Saturday night family dinner, and is a perfect meal on a cold, winter night. There's a fair bit of preparation for this dish though in terms of cooking the meat – 2 to 2 ½ hours is required to tenderise the meat and make it that soft, shredded meat that almost dissolves in the sauce.

Ingredients

1 kg gravy beef, cut into large chunks
Olive oil
3 cloves of garlic, chopped
1 medium onion, chopped
1 tomato, chopped
2 tbsp soy sauce
2 tsp fish sauce
3 medium sized potatoes, peeled & chopped into large chunks
1 large carrots or 2 medium sized carrots, peeled & chopped into large chunks
2/3 cup tomato sauce
1/3 cup tasty cheese
1 tbsp raw sugar
1 medium sized green capsicum
Salt and pepper to taste



Preparation

1. In a large pan, heat oil and sauté garlic until brown but not burnt. Add onions and tomatoes, and sauté until everything has softened,
2. Add in fish sauce and the beef. Saute everything together and put on lid for a few minutes.
3. Add soy sauce, salt and pepper. Stir to combine, and put on lid. Cook meat for approximately 2 to 2 ½ hours, depending on pan size, heat, and heat distribution. You may prefer the meat really tender, almost shredded when cooked through. Ensure the pan doesn't burn - add about ½ cup water every time the meat gets a bit dry. Don't worry if you add too much water - it will evaporate really quickly during the 2 hour cooking time.
4. Once meat is almost tender, add the potatoes and carrots. Put on lid and cook for another 10 minutes until the vegetables have softened.
5. Add tomato sauce, tasty cheese, and raw sugar. Adjust the taste by adding salt and/or pepper.
6. You may prefer crunchy capsicums, if so put these last. Add capsicums once the root vegetables have softened and the taste adjusted, turn off heat, and put on lid. The steam will cook the capsicums but won't make them soggy or soft.

Serve with rice and enjoy!

Sweet and Sour Pork

Sweet and Sour Pork is a dish that consists of pork sliced into serving pieces, marinated, dredged in flour and/or cornstarch, and deep-fried. The sweet and sour sauce made from brown sugar, rice vinegar, and ketchup gives life to the dish. Vegetables such as bell pepper, carrots, and red onions are also used to add flavor and make this dish more exquisite.

This recipe does not cover the details in making your own sweet and sour sauce. However, we have added an article on Sweet and Sour sauce. You can use that as a reference in making the sauce that this recipe is requiring.

Ingredients

- 1 lb pork loin, cubed
- 1/2 cup cornstarch
- 1/2 cup flour
- 2 tbsp soy sauce
- 1/2 cup water
- 1 piece raw egg, beaten
- 2 cups cooking oil
- 1 small red bell pepper, cubed
- 1 small green bell pepper, cubed
- 1 medium sized red onion, chopped
- 1 small carrot, sliced diagonally



Cooking Procedure

1. Place the pork loin in a bowl then combine the soy sauce (you may also add salt if desired). Marinate for 30 minutes.
2. Pour the cooking oil in a pan then apply heat.
3. Combine the flour and cornstarch in a bowl then mix until both ingredients are evenly distributed.
4. Dip the marinated pork in beaten egg then on the flour and cornstarch mixture.
5. Deep fry the pork (coated with cornstarch and flour) for 10 minutes or until the color turns medium brown. Set aside.
6. Heat a separate pan then pour-in the sweet and sour sauce and water then let boil.
7. Add the carrots and simmer for 3 minutes.
8. Put-in the onions and bell pepper (*green and red*) and simmer for 4 minutes (add extra water as needed).
9. Add the deep-fried pork loin and stir. Cook for 2 minutes.
10. Transfer to a serving dish and serve hot. Share and enjoy

Sweet and Sour Sauce

Sweet and Sour Sauce is a sauce made by combining a sweet component and a sour component with cornstarch as the thickening agent. Some of the common sweet components are brown sugar, granulated white sugar, and honey. Rice vinegar, white vinegar, apple-cider vinegar, and pineapple juice are some of the common ingredients used as sour component. This sweet and sour recipe will give you a good sauce with the right balance of flavors.

Ingredients

- 4 tablespoons brown sugar
- 2 1/2 tablespoons tomato ketchup
- 1/3 cup rice vinegar or white vinegar
- 1/2 teaspoon soy sauce
- 2 teaspoon cornstarch, dissolved in 5 teaspoons of water



Cooking Procedure

1. Combine the sugar, ketchup, vinegar, and soy sauce in a bowl.
2. Mix the combined ingredients using a balloon whisk or fork.
3. Heat a saucepan then pour-in the sugar-ketchup-vinegar-soy sauce mixture. Stir once in a while and bring to a boil.
4. Pour-in the cornstarch diluted in water then continue stirring until the texture becomes thick.
5. Turn of the heat and transfer the sweet and sour sauce to a sauce bowl then serve.

Sweet and Sour Chicken

A simple recipe that is friendly to most people regardless of your national origin and religion. The key to a great sweet and sour chicken is that you don't want your chicken to soak and swim in the sweet and sour sauce. The sauce should lightly coat the fried chicken cubes so they don't turn soggy. Another secret is the use of baking soda in the frying batter, which does a great job in giving the battered fried chicken an extra crunch.

Ingredients

- 8 oz. boneless and skinless chicken breast (*cut into bite-size cubes*)
- 1 tablespoon shaoxing wine (*optional*)
- 1 green bell pepper (*seeds removed and cut into squares*)
- 1 stalk scallion (*cut into 2-inch lengths*)
- 2 cloves garlic (*finely chopped*)
- Oil for frying

Batter

- 4 tablespoons all-purpose flour
- 4 tablespoons corn starch
- 1/2 cup water
- 1/2 teaspoon baking soda

Sweet and Sour Sauce

- 3 tablespoons ketchup
- 3 tablespoons chili sauce (*Lingam hot sauce*)
- 1 teaspoon plum sauce
- 1/2 teaspoon Lea and Perrins Worcestershire sauce
- 1/4 teaspoon Chinese rice vinegar
- 1/2 teaspoon oyster sauce
- 3 tablespoons water
- 1/2 teaspoon corn starch
- 3 dashes white pepper powder
- 2 tablespoons oil

Cooking Procedure

1. Cut the chicken breast meat into bite-size cubes and marinate with 1 tablespoon of wine for 10 minutes. Mix the batter in a bowl and add the chicken cubes into the batter. Mix the sweet and sour sauce in a small bowl and set aside.
2. Heat up cooking oil in a wok and deep fry the chicken cubes. (Shake off the extra batter before frying). Transfer the chicken out on a plate lined with paper towels to soak up the excess oil. Transfer the cooking oil out and leave only 2 tablespoons oil in the wok.
3. Add garlic and saute the garlic until light brown and then follow by the green bell peppers. Stir-fry until you smell the aroma. Add the sweet and sour sauce into the wok and bring it to boil. Toss in the chicken, add the chopped scallions, do a few quick stirs, dish out and serve immediately with steamed white rice.



Pork and Chicken Adobo

Chicken Adobo is an example of a famous adobo version that is gaining popularity around the world. This simple dish that once captured the palate of Filipinos is now making its debut to the world's kitchens.

Another good adobo recipe is the Pork Adobo. This recipe has many versions; almost all families have their unique way of cooking this dish. From the four basic ingredients of vinegar, soy sauce, peppercorns, and dried bay leaves, other components were added to produce unique pork adobo dishes.

Imagine how good both dishes are. What if they are combined into one? Absolutely awesome!

Ingredients

- 1 1/2 lbs pork belly, chopped
- 1 1/2 lbs chicken, cut into serving pieces
- 3 to 4 pieces dried bay leaves
- 2 teaspoons whole peppercorn
- 1 head garlic, slightly crushed
- 6 tablespoons vinegar (*white or sugar cane*)
- 3/4 to 1 cup soy sauce
- 1 tablespoon oyster sauce
- 3 tablespoons brown sugar
- 1 cup water
- Salt to taste
- 3 tablespoons cooking oil



Preparation

1. Heat oil in a pan.
2. Once the oil becomes hot, add the garlic. Cook until the color turns golden brown.
3. Remove the garlic and set aside. Add pork and chicken. Cook for 5 minutes or until the color turns light-brown.
4. Add whole peppercorn, bay leaves, oyster sauce, soy sauce, and water. Let boil and simmer until the meats
5. are tender.
6. Add the sugar and stir.
7. Pour in vinegar and let boil. Simmer until most of the liquid evaporates.
8. Add salt to taste. Put in the fried garlic, stir, and cook for 2 minutes.

Sinigang na Baka (Beef Shank Sinigang)

Sinigang na Baka (Beef shank in tamarind), Sinigang is traditionally tamarind based. Other versions of the dish derive their sourness from ingredients such as guava, calamansi, balimbing, kamias, santol, batwan or batuan and raw mango among others. It is one of the most popular and well-liked by Filipinos, cooked with meat, fish and prawns or shrimp.

Ingredients

- 10 pieces sampaloc
- 1 kilogram or 2 pounds beef ribs, cut into pieces
- 5 cups water
- 4 pieces tomato, sliced
- 1 onion, sliced
- 3 pieces gabi, peeled and halved
- 1 bundle sitaw, cut into 2 inch length
- 1 bundle kangkong, cut into 2 inch length
- salt or patis to taste

Preparation

Cook the sampaloc in water until tender, mash the sampaloc and strain to get the juice. In a pot boil beef in wa-



ter, add tomatoes, onions and sampalok juice. Add gabi until tender and then add sitaw and kangkong. Boil and season to taste and add kangkong leaves. Serve hot!

Embutido

Embutido is a type of meatloaf prepared Filipino style. Though a well known dish for the holidays, Embutido can be enjoyed everyday without any hassle. Several meat processing companies now produce this meatloaf for commercial purposes; all you have to do is grab one from your favorite grocery store. For those of you who want to enjoy the naturally prepared Embutido, this is the recipe to go for. This version focuses more on giving this dish the wonderful taste and aroma that can't be found in commercialized Embutido. You can serve this as a cold cut or you can even fry it after steaming. Do whatever you want but don't forget to put the Banana Catsup on the side.

Ingredients

- 2 lbs ground pork
- 12 pcs vienna sausage or 6 pcs hotdogs, cut in half lengthwise
- 3 pcs hard boiled eggs, sliced
- 1/2 cup sweet pickle relish
- 1/2 cup tomato sauce
- 2 pcs raw eggs
- 2 cups cheddar cheese, grated
- 1 cup red bell pepper, minced
- 1 cup green bell pepper, minced
- 1 1/2 cup raisins
- 1 cup carrots, minced
- 1 cup onion, minced
- salt and pepper
- 2 cups bread crumbs (*made by placing 4 slices of tasty bread in a food processor. If not using any food processor, just tear the bread.*)



Preparation

1. Place the ground pork in a large container
2. Add the bread crumbs then break the raw eggs and add it in. Mix well
3. Put in the carrots, bell pepper (*red and green*), onion, pickle relish, and cheddar cheese. Mix thoroughly
4. Add the raisins, tomato sauce, salt, and pepper then mix well.
5. Place the meat mixture in an aluminum foil and flatten it. (*see video for guidance*)
6. Put in the sliced vienna sausage and sliced boiled eggs alternately on the middle of the flat meat mixture.
7. Roll the foil to form a cylinder locking the sausage and egg in the middle of the meat mixture. Once done, lock the edges of the foil.
8. Place in a steamer and let cook for 1 hour.
9. Place inside the refrigerator until temperature turns cold
10. Slice and serve. Share and Enjoy!

Morcon

Morcon is a Filipino meat roll stuffed with sausage or hotdogs, carrots, pickles, cheese, and egg. This is considered as a holiday dish and is usually served during Christmas (*Noche Buena*) and New Year's eve (*Media Noche*).

Ingredients

- 2 lbs beef eye of round or flank steak, 3/4 inch thick in one piece
- 2 pieces beef cubes dissolved in 3 cups boiling water (*beef sotck/broth*)
- 1/4 tsp salt
- 1 piece lemon
- 1/2 cup soy sauce
- 1 piece medium sized carrot, cut into long strips
- 1/2 cup flour
- 1/2 cup cooking oil
- 4 pieces hotdogs, cut in half lengthwise
- 2 pieces pickled dill or sweet pickled cucumber, cut lengthwise divided into 4 equal pieces
- 3 pieces hard boiled eggs, sliced
- 3 ounces cheddar cheese, cut in strips (*about 1/2 inch thick*)

Preparation

1. Marinate the beef in soy sauce and lemon juice for at least 1 hour
2. Place the beef in a flat surface and arrange the hotdogs, pickle, carrot, cheese, and egg on one side
3. Roll the beef enclosing the fillings and tie with a cooking string to ensure that the meat will not open-up
4. Place cooking oil in a pan and apply heat
5. Dredge the rolled beef in flour and fry until the color of the outer part turns medium brown
6. Transfer the fried rolled beef in a casserole and pour-in the beef broth then bring to a boil
7. Pour-in half of the soy sauce-lemon juice marinade, salt and simmer until the beef is tender (*about 2 hours using ordinary casserole or 30 minutes if a pressure cooker is used*)
8. **Optional:** Fry the simmered meat for at least 2 minutes
9. Remove the strings and slice into serving pieces
10. Place in a serving dish and add the sauce.
11. Serve hot. Share and enjoy!



Pinoy Pork Barbecue

Pinoy version of pork BBQ. This appetizer food or Pulutan is very popular in the Philippines. You will find this at just about every entrance in the middle class subdivisions and especially on the market sidewalks. A favorite among most Filipino

Filipino's eat this BBQ as an appetizer, meal, a snack, or what most of the guy's favorite, Pulutan. This particular recipe has been a tradition for Filipino's when it comes to street barbecuing. This is fairly simple to make, but it does take a little bit of time to marinate. Just remember, the longer you let it marinate the better the taste. So be patient when it comes to preparing these mouth-watering street delights. Now, on to what you're waiting for, the recipe.



Ingredients

- 2 Lbs. of Pork butt or belly (*if using pork belly remove the skin*)
- 1 Cup of soy sauce
- 1 Whole garlic peeled and smashed
- 1 Small onion minced
- 2 Lemons
- 1/2 Cup of 7UP
- 1 Tsp. Ground black pepper
- 5 Tbs. Dark brown sugar
- 1 Cup of Banana sauce (*ketchup*)
- 1 Tsp. MSG (*optional*)

Preparation

1. Soak bamboo skewers in water overnight to avoid splitting and burning before using. Cut pork into 1/2 thick x 1 inch wide x 1 1/2 inch long pieces. Slide pork onto skewers and set aside.
2. In a large bowl combine soy sauce, garlic, onion, juice of 2 lemons, 7-UP, ground black pepper, dark brown sugar, banana ketchup, and msg. Using a whisk mix and dissolve ingredients really well and pour marinade mixture onto the pork. Cover and set in the fridge at least overnight or up to 2 days. Barbecue over hot coals or gas grill until pork is done. Serve with your favorite dipping sauce and enjoy your BBQ. Ayan may Pulutan na kayo! Nasaan ang tagay ko?

Tip: *Baste the pork with the remaining marinade to further enhance the flavor while barbecuing. Basting the meat will also help to keep it moist through the entire cooking process. Make sure you allow the marinade to cook when using it for basting, remember this is a left over marinade.*

Pancit Bihon

Pancit literally means noodles in Filipino, so just like other Asian cuisines there are several variations of it around the Philippines. Growing up in Manila, we always celebrated birthdays at home with some kind of pancit. "Pamahaba ng buhay (for long life)". This classic Filipino noodle dish is relatively easy to make and can be put together using simple ingredients...

Consider this a basic recipe to build on. Some variations include the addition of Chinese sausage, chorizo, or simply vegetarian. When short on time, store-bought chicken stock will work fine. This pancit recipe assumes homemade stock with no salt added. Adjust flavorings if using store-bought chicken stock.

Ingredients

- 8 ounces "Excellent" brand rice sticks
- 2-3 pieces chicken thighs or drumsticks
- 1 small green cabbage (*shredded in 1/2 inch pieces*)
- 2-3 medium carrots (*either shredded or chopped thinly crosswise*)
- 1 small onion (*finely chopped*)
- 2 cloves garlic (*minced*)
- 1/2 pound shrimp (*shelled and deveined*)
- 1 tablespoon canola oil
- 2 tablespoons dark soy sauce
- 1 tablespoon fish sauce (*optional, add 1 tablespoon soy sauce if not adding fish sauce*)
- Freshly ground black pepper



Optional Garnishes

Lemon wedge
Chopped scallions
Chili garlic oil

Method

1. Boil chicken in 4 cups of water to make the stock. Once cooked, shred the chicken meat into thin strips. Discard the bones and set the stock aside.
2. Heat a large wok to medium-high heat. Add canola oil. Stir fry the garlic and onions until the onions turn clear. Be careful not to burn the garlic. Add the shredded chicken pieces and shrimp (*if using*). Once the shrimp turns pink, add cabbage and carrots. Lightly stir fry 2-3 minutes. Pour the mixture onto a bowl and set aside
3. Pour the chicken stock into the heated wok. Once it starts boiling, turn the heat down to medium. Add rice sticks, soy sauce, and fish sauce. Boil for another 5 minutes or so until there is approximately 1/4 cup stock left. Add the meat mixture back into the wok. Lightly stir fry until all the liquid has evaporated. Add freshly ground pepper to taste.
4. Garnish with a lemon wedge, chopped scallions, and chili garlic oil.

Notes

1. For an authentic taste, it is recommend using Filipino brands such as Excellent rice sticks (*rice noodles with a little cornstarch mixed in*) and Lauriat dark soy sauce. Both are available in most Asian grocery stores.
2. Use a well-seasoned wok but most saute pans should work. Just be careful when the stock is drying up as the noodles would stick to the pan. Keep tossing the noodles to keep them from sticking. Although I have not tried it myself, a non-stick pan would probably work well since this recipe does not use a lot of oil.
3. Even though most Asian recipes would tell you to soak the noodles in warm water, boiling the noodles in the stock infuses a more intense flavor and keeps the noodles moist.
4. As with any recipe, adjust according to your taste. For softer vegetables, cook a little bit longer once everything is mixed in the wok.

Pancit Bihon goes well with lumpiang shanghai and steamed rice. Enjoy!

Pancit Canton

Pancit canton is a Filipino asian traditional food. We love to prepare this dish for special occasions like birthdays, christmas, new year or whatever red letter day there is marked on the calendar. The old folks believed eating pancit canton would give us long life, as what the chinese have taught them. You may call it funny but this has been a tradition and belief for more than a hundred years. When the chinese traded their jade, jars and silk with the spices and vegetables, they have also taught the filipinos how to eat pancit. A noodle or as we call “pancit” is made from an unleavened dough that is cooked in boiling liquid. Pancit canton is the dried type that is already flavored with crab or shrimp.

Ingredients

2 tablespoons vegetable oil
2 tablespoons soy sauce
2 tablespoons fish soy sauce
3 cloves garlic crushed
1 red onion sliced
1 red bellpepper sliced



1 lb pancit canton
1 cup pork cut into strips
1 cup boneless breast cut into strips
1 cup shrimp peeled
1/2 cup black mushroom (*optional*) soak this i warm water for 30 minutes then slice
1 cup cabbage shredded
1 cup green beans sliced
1 carrot sliced into strips
1/2 teaspoon ground peppercorn
2 cups chicken broth
3 stems green onions
1-2 calamansi or lemon cut into wedges

Preparation

1. Heat the skillet then pour the vegetable oil.
2. When oil is heated saute garlic and onion until light brown then add the red bell pepper.
3. Add sliced pork and chicken cook until brown.
4. Then add the shrimp.
5. Add the chicken broth and bring to boil.
6. Add the carrots, green beans, cabbage and black mushrooms then bring to boil for five minutes or until vegetables are tender but crisp.
7. Pour the soy sauce and remove the vegetable from the skillet leaving the broth.
8. Place the noodles into the skillet and bring to boil.
9. Add back the vegetable and mix.
10. Add the fish soy sauce then sprinkle the peppercorn and a dash of salt.
11. Remove from heat then place it in a bowl or plate and sprinkle with green onions and calamansi /lemon wedges. It's ready to serve. Enjoy!!!

Note: Squeeze the lemon wedges before eating.

Traditional Filipino pancit canton is a delicious and tempting food for long life that is served in any special occasion!

Steamed Rice

Well if you have a rice cooker then you got your rice. However if you do not then here is how you cook steamed rice.

Steamed rice is a versatile staple of many different regional cuisines. It is the back bone of a meal and fairly easy to make, if you follow some basic steps.

1. Remember that the measurement to making steamed rice is “one part rice, two parts liquid”. So, if you use a cup of dried white rice you should use two cups of liquid. One cup of dried rice is plenty to serve two people. If you’re serving more people than that you should increase the amount of rice and water accordingly.
 2. Put a tablespoon of oil, more if you are making a large amount, into a saucepan. Make sure the pan is big enough to accommodate the amount of rice and liquid you are using.
 3. Turn the burner on medium and heat the oil slightly, then add your rice to the pan. Stir it around to make sure all the rice is well coated with oil. At this point, the rice will have a translucent look to it.
 4. Keep stirring the rice while it heats. After a minute or so it will turn from translucent to a hard white color.
 5. Add your water and give it a slight stir to make sure all the rice is in the water.
 6. Turn the heat down extra low when the rice comes to a boil. The dial should go as low as you can go on a gas burner and then put a lid on the rice.
 7. Let it simmer, without removing the lid, for 15-20 minutes. Any longer than this and you’re risking burning the bottom of the rice. Make sure you don’t remove the lid! This point is very important because this is the “steaming” step.
 8. Turn the burner off completely after 15 to 20 minutes. Leave the pan on the side with the lid on. It can sit like this until you are ready to use it, but let it steam for at least 30 minutes.
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Desserts

Cassava Cake

A classic Filipino dessert made from grated cassava or manioc, a woody shrub where the starch that is used to make tapioca are derived. Being a popular dessert, different recipe versions are available for Cassava Cake.

You don’t need to be a chef or have any Culinary Arts related experience to be able to successfully make this delicious dessert. As for the cost, this should come in real cheap - especially if you grow cassava in your garden. If you are like our other business minded readers, this can even be an income opportunity.

Ingredients

Batter

- 2 packs grated cassava (*about 2 lbs total weight*)
- 1 can coconut milk
- ½ can evaporated milk
- 2 pieces raw egg
- ¼ cup butter, melted
- 6 tbsp cheese, grated
- ½ cup condensed milk
- 14 tbsp sugar

Topping

- 1 can coconut milk
- 2 tbsp sugar
- ½ cup condensed milk
- 2 tbsp flour
- 2 tbsp cheese, grated
- 1 piece raw egg

Preparation

1. Combine the grated cassava, butter, condensed milk, evaporated milk, cheese, sugar, and eggs in a mixing bowl and mix thoroughly
 2. Add the coconut milk in the mixing bowl where the mixed ingredients are. Mix again.
 3. Grease the baking tray then pour-in the batter (*ingredients that has just been mixed*)
 4. Pre-heat oven for 350 degrees Fahrenheit for 10 minutes then put-in the baking tray with batter and bake for 1 hour. Remove from the oven and set aside.
 5. Meanwhile prepare the topping by combining the sugar and flour and put-in the heated saucepan.
 6. Pour-in the condensed milk then mix thoroughly.
 7. Add the cheese while stirring constantly.
 8. Pour the coconut milk and stir constantly for 10 minutes
 9. Pour the topping over the Cassava Cake (*baked batter*) and spread evenly.
 10. Separate the yolk from the egg white of the remaining egg (*we’ll be needing the egg white*)
 11. Glaze the topping with the egg white (*you may use a basting brush for this step*)
 12. Broil the Cassava cake until color turns light brown.
 13. Garnish with grated cheese and serve. Share and enjoy!
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Maja Blanca

A Filipino dessert made from coconut milk, cornstarch, and sugar. Often called Coconut Pudding, this luscious dessert is easy to make and the ingredients are very common. Unknown to many, the original Maja Blanca Recipe does not include corn and milk. In this recipe, add whole sweet kernel corn and condensed milk for added taste and a more creamy texture.

Ingredients

- 4 cups coconut milk
- 3/4 cup cornstarch
- 14 ounces condensed milk
- 3/4 cup fresh milk
- 3/4 cup granulated sugar
- 15 ounces whole sweet kernel corn
- 5 tbsp toasted grated coconut

Preparation

1. Pour the coconut milk in a cooking pot and bring to a boil.
2. Add the sugar, condensed milk, and whole sweet kernel corn then stir until all the ingredients are evenly distributed.
3. Simmer for 8 minutes
4. Combine the fresh milk and cornstarch then whisk until the cornstarch is diluted
5. Pour the fresh milk and cornstarch mixture in the cooking pot and stir thoroughly.
6. Allow to cook while stirring until the mixture reaches your desired thickness
7. Pour the mixture in a serving tray then arrange and flatten the top using a flat tool such as a wooden spatula
8. Allow to cool down then refrigerate for at least 1 hour
9. Garnish with toasted grated coconut (*or latik if available*)
10. Serve cold. Share and enjoy!



Filipino Biko

Filipino Biko Recipe, consists of malagkit (glutinous) rice, coconut milk, sugar, and topped with “latik”. Biko is a rice cake with caramel topping or latik and here is the recipe for Biko. Biko is usually served during birthday parties, fiestas, Christmas, New Year and other celebrated events in Philippines.

Ingredients

- 2 cups malagkit (*sticky rice*)
- 3/4 c. sugar
- 3 1/2 c. diluted coconut milk
- 1/8 lb. butter
- 1 egg, beaten

Topping

- 1 can (*15 oz.*) condensed milk
- 3/4 cups rich coconut milk
- 2 to 3 tbsp. flour for quick thickening

Preparation

1. Grate and squeeze out milk from 2 coconuts. Save 3/4 cup of the first milk squeezed out (*rich milk*) for top-



ping. Dilute the rest of the coconut milk to make 3 1/2 cups. Or use 1 can (*12 ounces*) frozen coconut milk, saving 3/4 cup of the thick milk for topping and diluting the rest to make 3 1/2 cups.

2. Boil rice and coconut milk in a heavy pot stirring constantly to keep from burning (*about 15 to 20 minutes*). When the rice is done and almost dry, lower the heat and add the sugar and butter. Mix well and set aside. When cool, add the egg.
3. Spread the rice mixture in a well buttered Pyrex dish (*11 3/4 x 7 1/2 x 1 3/4 inch*) and bake in a preheated 300 degree oven for 20 minutes.

To make latik or topping: Combine all topping ingredients in a heavy saucepan and cook over low heat stirring constantly until thick (*about 15 minutes*). Pour topping over rice mixture in dish. Increase oven heat to 350 degrees. Bake until top is brown (*about 15 minutes*).

Buko Salad

Buko Salad or sweet young coconut salad is a dessert dish that makes use of shredded young coconut as the main ingredient. This delicious dessert recipe is a mainstay in every special occasion in the Philippines; it is often served as dessert in town fiestas and birthday parties.

This recipe that we have here is very simple and quick to prepare. The combination of different ingredients make this dish more pleasurable. Some might associate fruit salad with this dessert recipe. Both recipes have an array of fruit ingredients and the procedure is almost the same. The main difference of Buko Salad is probably the use of young coconut meat.

Aside from the ingredients that we used here, you can try adding more ingredients depending on your taste. Some people are who add apples and cheese in their buko salad.

Ingredients

- 4 cups young coconut (*buko*), shredded
- 6 ounces sugar palm fruit (*kaong*), drained
- 12 ounces coconut gel (*nata de coco*), drained
- 2 cans (*15 ounces each*) fruit cocktail, drained
- 8 ounces pineapple chunks, drained
- 1 (*14 ounce*) can sweetened condensed milk
- 7 ounces table cream

Preparation

1. In a mixing bowl, combine young coconut, kaong, nata de coco, pineapple chunks, and fruit cocktail. Gently stir to distribute the ingredients.
2. Add sweetened condensed milk and table cream. Mix until all the ingredients are properly distributed.
3. Refrigerate for at least 4 hours or place in the freezer for 1 hour.
4. Transfer to a serving bowl.
5. Serve for dessert.
6. Share and enjoy!



Leche Flan

Leche Flan (also known as crême caramel and caramel custard) is a dessert made-up of eggs and milk with a soft caramel on top. This dessert is known throughout the world (especially in Europe) and has been in the dessert menu of most restaurants because of its convenience in preparation and long shelf life. In the Philippines, Leche Flan is the top dessert of all time. During celebrations such as parties and town fiestas, the dining table won't be complete without it.

Ingredients



- 10 pieces raw eggs
- 1 small can condensed milk
- 1 cup fresh milk (*or evaporated milk*)
- 1 cup granulated sugar
- 1 tsp vanilla extract

Preparation

1. Using all the eggs, separate the yolk from the egg white (*only egg yolks will be used*).
2. Place the egg yolks in a big bowl then beat them using a fork or an egg beater
3. Add the condensed milk and mix thoroughly
4. Pour-in the fresh milk and mix well
5. Put the mold (*llanera*) on top of the stove and heat using low fire
6. Put-in the granulated sugar on the mold and mix thoroughly until the solid sugar turns into liquid (*caramel*) having a light brown color
7. Spread the caramel (*liquid sugar*) evenly on the flat side of the mold
8. Wait for 5 minutes then pour the egg yolk and milk mixture on the mold
9. Cover the top of the mold using an Aluminum foil
10. Steam the mold with egg and milk mixture for 30 to 35 minutes.
11. After steaming, let the temperature cool down then refrigerate
12. Serve for dessert. Share and Enjoy!

Snacks

Turon

Turon or deep-fried banana rolls is a typical Filipino meryenda and dessert. This can usually be seen on the streets being peddled along with banana-que. In Makati, several jolly jeeps (*stalls along the road; formerly jeepneys that serve lunch*) sell Turon along with other meryenda during the afternoon.

This delicious and healthy dessert is an all time Filipino favorite.

Ingredients

- 6 pcs saba bananas (*or plantains*), cut in half (*lengthwise*)
- 1 cup ripe Jackfruit
- 1 1/2 cup brown sugar
- 12 pcs spring roll wrapper
- 2 cups cooking oil

Preparation

1. Roll the banana on the brown sugar plate and ensure that the banana is coated with enough sugar
2. Place the banana with sugar coating in the spring roll wrapper and add some ripe jackfruit
3. Fold and lock the spring roll wrapper, use water to seal the edge
4. In a pan, heat the oil and put-in some brown sugar. Wait until the brown sugar floats
5. Put-in the wrapped banana and fry until the wrapper turns golden brown and the extra sugar sticks on wrapper
6. Serve hot during dessert or meryenda. Share and Enjoy!



Maruya (Banana Fritters)

They sometimes place it in a bamboo stick and sometimes they shape it like a hand fans.

Ingredients

- 1/2 cup flour
- 3/4 tsp. baking powder
- 1/4 tsp. salt
- 1 egg
- 1 cup milk
- 3 ripe saba (*banana plantain*), peeled and sliced lengthwise
- 2 cups vegetable oil
- flour, for dredging · sugar

Preparation

1. In a bowl, sift together flour, baking powder and salt. Add milk and egg, beat until smooth.
2. Heat oil in a frying pan (*or a large saucepan*) over medium heat.
3. In batches, roll banana slices in flour and then dip in batter. Fry in hot oil until golden brown.
4. Drain on paper towels. Roll in sugar. Place in a serving dish and serve.



Kamote Que

Kamote Que is deep fried sweet potatoes with a coating of caramelized brown sugar. This is a common meryenda (*mid-afternoon snack*) in the Philippines and can mostly be seen peddled around the busy streets.

Kamote Que is one of the top selling meryenda because of its affordability and filling effect (*it can make you feel full for several hours*). This can also recharge your energy temporarily (*carb and sugar combined makes you hyperactive*).

Ingredients

- 1 lb sweet potato, sliced crosswise about 1.5 cm thick (*Asian sweet potato is preferred*)
- 1 cup brown sugar
- 1 cup cooking oil

Preparation

1. Heat the pan and pour the cooking oil.
2. Let the cooking oil heat-up then put-in the brown sugar.
3. When the brown sugar floats, put-in the sweet potato and fry for 7 to 10 minutes. Flip the sweet potato once in a while to allow the sugar to stick.
4. Remove the sweet potato from the pan one after the other. You could directly skewer the fried sweet potatoes once removed from the pan.
5. Let it cool down for a few minutes then serve. Share and Enjoy



School Submission

The schools listed teach Filipino martial arts, either as the main curriculum or an added curriculum.

If you have a school that teaches Filipino martial arts, or you are an instructor that teaches, but does not have a school, list the school or style so individuals who wish to experience, learn and gain knowledge have the opportunity.

Be Professional; keep your contact information current. - **Click Here**



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We reserve the right to use any photo(s) as cover material or additional compensation. We also reserve the right to edit material and to crop photographs.

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Physical manuscripts should be typed in black, double spaced, and set to 1-1/2 margins (right and left).

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