75 SIMPLE RECIPES including 10 POPSICLES TO BEAT THE HEAT

APRIL 2015

PAGE BOOKLE

Celebrate Mer!

≯WITH€

mouthwatering GRILLED DISHES

NO-COOK

CITRUS



GRILLED STUFFED TILAPIA KOREAN BARBECUE CHOCNUT CRÈME BRÛLÉE **BUTTER-PARMESAN CHICKEN WINGS OATMEAL COOKIE S'MORES** SIZZLING TOKWA'T BABOY

Orange and Soy Glazed Pork Chops RECIPE ON PAGE 56

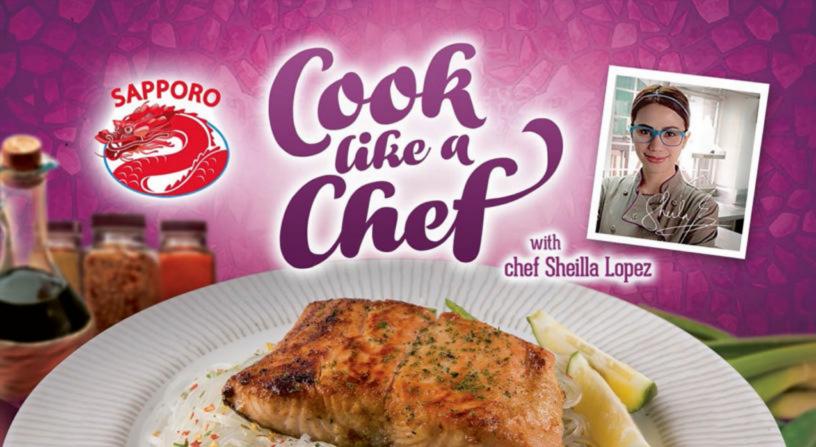
BEACH





SUPERMARKET GUIDE:

BUDGET SAVING TRICKS, FOOD SAFETY TIPS,



Miso Marinated Salmon with Vermicelli Noodle Salad

Ingredients:

- · 2 pieces of 200 grams Salmon Fillets
- · 11/2 tablespoons red miso paste (available at Asian and health-food stores)
- 1 tablespoon Sesame Oil
- · 2 tablespoons Honey

Nutrition Facts

· Calories 1250

· Protein 56g

· Carbs 73g

· Fat 82g

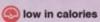
- · 2 teaspoons Rice Vinegar
- · Salt and Pepper, to taste
- · ¼ cup Canola Oil, for pan-frying the salmon fillets

Glass noodle salad:

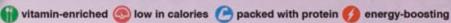
- · 120 grams (3 rolls) Sapporo Vermicelli Noodles
- 1 tablespoon Sesame Oil
- 2 tablespoons Spring Onions, thinly sliced diagonally Pinch of Salt, to taste
- · 1 tablespoon Ginger, grated
- · 1 tablespoon Fresh Coriander, coarsely chopped
- 1/2 cup Snow Peas, trimmed and sliced diagonally
- 1/4 cup Freshly Squeezed Lemon Juice
- 1 teaspoon Chili Flakes

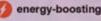
Procedure:

- 1. Rinse and trim the salmon fillets.
- 2. Stir the red miso paste, sesame oil, rice vinegar and honey in a medium bowl. Place the salmon fillets in the bowl and marinate for 30 minutes to 3 hours. Chill in the fridge.
 - 3. Place the noodles in a heatproof bowl, and cover with boiling water. Stand for 5-7 minutes or until tender. Drain and set aside.
 - 4. Heat sesame oil in the pan over medium heat. Add the ginger and chili flakes and cook for 1 minute.
 - 5. Add the snow peas and spring onions, and sauté for 3 minutes. Place the noodles and lower the heat. Put the coriander, lemon juice and chili flakes. Season the noodle salad with salt. Toss everything well to combine. Turn off the heat and set aside.
 - Heat canola oil in the frying pan over medium heat. Place the salmon, skin side down, and cook until golden brown and a crust has formed for about 3 to 4 minutes. Turn the salmon over and continue pan-frying for 3 to 4 minutes until medium done.
 - Divide the noodle salad on serving plates and place the salmon on top. Serve while warm.



6. Remove the salmon from the fridge and season with salt and pepper.





Preparation Time: 60 minutes Cooking Time: 30 minutes Serves: 2



Noodleliciously Healthy www.sapporoproducts.com.ph



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REFINE YOUR TASTE



THOMSON ELECTRIC GRIDDLE

THOMSON BREAD TOASTER



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CUISINART HOT AND COLD BLENDER



THOMSON FOOD PROCESSOR



MOULINEX INFINY PRESS REVOLUTION



Hello, summer!

I have so many happy childhood summer memories! Every Holy Week, my cousins and I would head to my lola's house in Iba, Zambales. To me, it looked like a huge bahay kubo, and it sat just a few meters away from the shore, affording us a beautiful view, from the balcony, of the sand, sea, and rows and rows of coconut trees. Aside from

fun afternoons on the beach and the candlelit Salubong procession on Easter Sunday, what I remember most was the food: sweet and juicy mangoes (which we would pick from the trees behind the house), tart dark-purple duhat (which my lola would put in a bowl, sprinkle with rock salt, cover with a plate, and shake away to loosen the skin and meat), and all the glorious fresh seafood—shrimp, fish, crabs, tahong, you name it—simply grilled or boiled and served with bowls and bowls of fluffy white rice. Yum.

Our mission this month is to help you create your own treasure chest of summer memories—over food, of course. Start with the Yummy Kids Summer Special put together by assistant managing editor Idge Mendiola; it's a 16-page mini mag filled with kidapproved recipes and activities you and your little ones can collaborate on. Next, get the family together and head to the beach for some sun, sand, and mouthwatering barbecue; we've got easy recipes for you in "Summertime and the grilling is easy" on page 42, produced by assistant style editor Trinka Gonzales. (Don't forget: While doing the groceries, keep food director Rachelle Santos's supermarket guide, "Off to market we go!" on page 64, handy; it's got tons of wise tips to make shopping a breeze.) Last but not least, why not go on a summer burger bonanza with the barkada? Editorial assistant Regine Rafael offers you three of the hottest joints in town (they're on page 71).

Aren't you excited? We definitely are. This is going to be the best summer yet!

> **Paulynn Chang Afable Editor in chief** paulynn@yummy.ph

aulynor

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@yummyph

*HOTOGRAPHY: PATRICK MARTIRES (PORTRAIT) AND MIGUEL NACIANCENO. MAKEUP: ARA FERNANDO. PORTRAIT SHOT ON LOCATION AT PIO"S KITCHEN



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Editor in Chief Paulynn Chang Afable Art Director Jon Tolentino Food Director Rachelle Santos Assistant Managing Editor Idge Mendiola Assistant Style Editor Trinka Gonzales Editorial Assistant Regine Rafael

Team Art Director Jonathan Roxas

CONTRIBUTORS

COLUMNISTS Aileen Anastacio, Jun Jun de Guzman, Joey de Larrazabal-Blanco, Kristine D. Fonacier, Marie Gonzalez, Sari Jorge, Sharlene Tan, Carmela Villegas-Agosta PHOTOGRAPHERS Aldwin Aspillera, Marti Bartolome, Dairy Darilag, Kai Huang, Toto Labrador, Patrick Martires, Jinggo Montenejo, Miguel Nacianceno, Lilen Uy WRITERS Pam Lim Cinco, Ryan Fernandez, Alicia Colby Sy, Sasha Lim Uy

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Senior Administrative Assistants Michiel B. Lumabi, Marlyn D. Miguel

YUMMY.PH/SUMMIT DIGITAL Deputy Digital Group Publisher Azaleah Amina C. Rillo

Managing Editor Trixie Zabal-Mendoza Digital Associate Publisher Kriska Cruz Staff Artist Audrey Faye Lacsamana Programmer Paul Mangaser

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Key Accounts Group Head Charlotte Barlis, Vivian Manahan

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inquiries Contact the Circulation Department at (02) 451-8888 or (02) 398-8035. Look for Malou Rubinos for Metro Manila (local 1094) and Glenda Gil or Mark Elliot Villola for Provincial (locals 1097 to 1099). For international distribution, contact Ulyssis Javier at (63 2) 689-1025. Subscribe online at www. summitmedia.com.ph/subscribe.

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BEAT THE HEAT

Is the sweltering summer heat bringing you down? Step away from the stove and try these no-cook recipes!

ETON MESS

Combine 250 grams strawberries (hulled and quartered) and ½ tablespoon sugar in a bowl. Mix well and let stand until softened, about 10 minutes. Crush 1 (70-gram) pack meringues (we used Bongbong's) in a bowl (you want some to be powdered and some larger chunks to remain). Add 1 (250-ml) pack all-purpose cream and the macerated strawberries; fold lightly (you want to still be able to distinguish the components). Divide mixture among 3 glasses and serve immediately. **Serves 3.**

English

PHOTOGRAPHY: ALDWIN ASPILLERA. RECIPES & STYLING: TRINKA GONZALES.

MORE YUMMY IDEAS }

Yummy Ideas

SALMON AND AVOCADO SALAD

Looking for protein that doesn't require cooking? Avocado and sushi-grade salmon are delicious options. Combine 1 tablespoon soy sauce, 1 teaspoon vinegar, 1 teaspoon sesame oil, 1 clove garlic (grated), and 1 teaspoon honey in a bowl; mix well. Set aside. Place 2 cups salad greens, 250 grams fresh salmon (cubed), and 1 avocado (cubed) in a bowl; drizzle with dressing. Sprinkle with sesame seeds and nori strips, if desired. Serves 2.





CHICKEN PESTO SANDWICH

Take advantage of your supermarket's ready-to-eat rotisserie chicken. It makes for a great dinner and any leftovers can be made into sandwiches for tomorrow's lunch. Remove meat from 1 quarter leftover rotisserie chicken and place in a bowl; set aside. Combine ¹/₂ cup cream cheese (softened) and 2 tablespoons storebought pesto in a bowl; mix well. Slice 1 (3x2-inch) piece focaccia bread in half. Spread half of the mixture on 1 slice of bread, top with half of the chicken meat, a handful of mixed greens (arugula works well), and cover with another slice of bread. Repeat to make another sandwich. Toast until warm. Makes 2.

WATERMELON AND MANGO SALSA

Embrace summer with a refreshing dip! The chili gives it a kick—the longer it sits, the more intense the heat. Combine 2 cups diced watermelon, 1 cup diced mangoes, 1 cup diced cucumber, 1 small red onion (chopped), ½ tablespoon chopped cilantro, 1 bird's eye chili (siling labuyo, sliced), and the juice from 1 calamansi in a large bowl; toss to combine. Refrigerate for at least 15 minutes to allow the flavors to meld. Serve with corn chips. Makes 3 cups.



LYCHEE **TEA-MONADE**

WHEN YOU'RE TIRED OF ICED TEA AND LEMONADE DOESN'T QUITE FIT THE BILL, COMBINE THE TWO FOR A REFRESHING CONCOCTION PERFECT ON A SUMMER DAY.

Bring 2 cups water to a boil. Remove from heat and add 1 tea bag. Cover and steep for 5 minutes. Discard tea bag; set aside mixture. Combine ¹/₂ cup lemon juice and pulp (from 3 to 4 lemons) and 11/2 cups water. Fill a pitcher with ice; add tea and lemonade. Sweeten with 1/4 cup (or more, depending on your preference) syrup from 1 (567-gram) can lychees; mix. Pour into serving glasses and garnish each with 3 whole lychees and mint leaves (optional). Serves 3 to 4.



← TERRIFIC TOOL

HAND MIXER

This sturdy, lightweight tool is perfect for speedy mixing and whisking. It's also cheaper and easier to store compared to a bulky stand mixer. Check it out!

SPEED AND POWER

KitchenAid's hand mixer offers seven different speeds. making tedious tasks—whipping egg whites, mashing potatoes, beating cookie dough-much easier versus mixing everything by hand.

POP OF COLOR

The mixer definitely makes whipping and creaming look good—choose from striking candy apple red, sleek and modern black. or clean and classic white.

KitchenAid 7-speed Hand Mixer, P5,600, at Coleman stores

EASY DOES IT

Its controls are easy to maneuver and an electronic sensor automatically adjusts the mixing power, resulting in steady, consistent speeds. With its Soft Start feature. you'll eliminate unnecessary spattering, too.



AWESOME ALFAJORES

Two buttery, crumbly shortbread biscuits sandwich smooth buttercream or decadent ganachetreat? Bisquitilla, a home baking business focusing on alfajores alone, introduces us to innovative flavors like Rosemary Lemon, Orange Chocolate, Red Velvet, and Salted Hazelnut. Mobile no. 0917-8906909: info.



AFTERNOON DELIGHT

Take your coffee experience to a whole new level with Belgium's favorite cookie, Lotus Biscoff. Delightfully crunchy with a subtle caramel flavor, these biscuits are the perfect treat to while your coffee break away. Available at all leading

NEW RANKS IN THE ARMY

Best known for juicy burgers and satisfying burritos, Army Navy adds tasty new dishes to their menu! Start your day with the Bacon Breakfast (bacon, longganisa, garlic rice, fried egg) or take an break with hearty Mexican and salsa. At Army Navy branches nationwide.



{ Sweetapolita}

A sweet life is a good life, and no one believes this more than Rosie Alyea. This cake addict fell in love with charming confections after taking a job at a bakery at the tender age of 16. After completing cake design and baking courses at the Bonnie Gordon School in Toronto, she started whipping up works of art, from a dreamy pastel-colored meringue cake to a superfestive double chocolate party cake—and she shares them all on her blog. Whether you're an avid baker or just a lover of pretty things, Sweetapolita will satisfy all your sweet cravings. Visit www.sweetapolita.com.

BOOKSHELF

■ Google basic cooking how-tos and you'll (more often than not) find yourself stumbling upon the extremely informative blog, The Kitchn. Inspiring cooks and nourishing homes is their mantra, and they've helped both newbies and seasoned homemakers elevate



their domestic skills. The Kitchn's founding editor Sara Kate Gillingham and executive editor Faith Durand have taken it up a notch and compiled their most precious nuggets of wisdom in a super-helpful book, The Kitchn Cookbook (P799, National Book Store). Inside you'll find tips for setting up as well as caring for your kitchen, lessons on indispensable cooking techniques, a wide array of easy recipes, and entertaining tips for making each meal a memorable one. With The Kitchn Cookbook, you know you're in good hands.



Yummy FOOD ADDITION

Pork and Beans Sloppy Joes

Here's the recipe for the easiest burger ever!

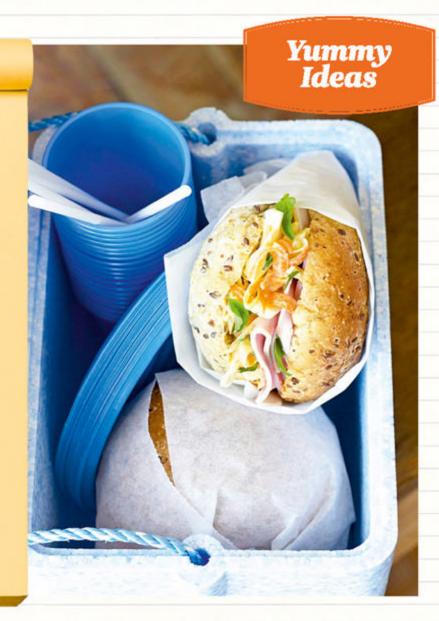
Heat oil in a saucepan over medium-high heat. Sauté 1 small white onion (chopped) until translucent. Cook 450 grams ground beef until brown. Add 1 (390-gram) can Hunt's Pork and Beans and simmer for 5 minutes. Spoon 1/4 cup of the mixture between hamburger buns and serve with coleslaw, if desired. Makes 8.





THE DILEMMA The sun's out and it's time to hit the beach! Picnics and barbecues are part of the fun but you want to know: How do you safely transport your food to the picnic site?

WHAT TO DO Food poisoning is a serious issue and it can definitely ruin your road trip if you're not careful. First, make sure to keep food in airtight containers and bottles or wrap them in parchment paper or plastic wrap. Next, as a general food safety rule, you want to keep cold food cold and hot food hot. Cold food should be stored at 4°C or lower to prevent bacterial growth. Right before you head out, transfer cold food directly from the refrigerator or freezer to a cooler packed with ice or frozen gel packs. Use separate coolers for meats and drinks; this way you won't need to keep opening the cooler with the meat. Don't place the coolers in the trunk; take them with you inside your air-conditioned car. Hot food, on the other hand, should be kept at 60°C or above. Keep hot food in an insulated bag up until serving time. If you need to reheat your food, make sure it's steaming all the way through. Don't allow your food, cold or hot, to sit at temperatures between 4°C and 60°C for more than two hours.





WHICH SUPERMARKET INGREDIENTS HELP YOU CUT DOWN ON KITCHEN PREP TIME?

- "Baby potatoes! They cook more easily and are cheaper than the big ones, too. Whenever I crave for potato salad I just rinse, cut, and mix them with a dollop of mayonnaise, grated cheddar cheese, and some minced spring onions. Voila!"-Tenesee Asencio Ilagan
- Bottled pesto sauce. Just mix it with hot pasta and you're good to go."-Ann Roque
 - "The deli's roasted chicken is great for quick wraps with veggies!"-Veronika Zima Scheepmaker
 - "Dried minced garlic and onions save me a lot of time. I just sprinkle them on my dishes. I love them with my oven toaster-baked cream dory. All you have to do is place the fish on a piece of foil together with herbs and

vegetables like ginger, tomatoes, and cilantro; bake for 10 to 20 minutes, depending on the size of the fillet; then top with the dried garlic and onions. Yum!"

-Elden Cruz De Castro

- "Bouillon cubes and prepared mixes. I use them in almost all the dishes I prepare, including sinigang and menudo."-Clarisse Anne Mangibin
- "Frozen broccoli. It's precooked so all you have to do is thaw it in the microwave. I use it for my chicken broccoli stir-fry in oyster sauce."-Elizabeth Concepcion
- "Pre-packed salads are a real time saver. The same goes for jars of minced garlic and mashed potato mixes."- Linda Cole

Next question:

WHAT FOOD BUSINESS ARE YOU PLANNING TO START THIS SUMMER?

POST YOUR ANSWERS ON WWW.FACEBOOK.COM/YUMMYMAGAZINE, AND CHECK OUT NEXT MONTH'S ISSUE FOR YOUR YUMMY IDEAS.



Healthy Options

This specialty store is a godsend for anyone looking for, well, healthier options. With a number of branches popping up all over the metro. Filipinos are spoiled for choice when it comes to smarter eats. Glorietta 2 is home to the health mecca's biggest store to date: a whopping 500 square meters lined with aisle after aisle of

wholesome products. You can count on this store to be fully stocked with everything you've seen at other Healthy Options branches—and more! From fresh vegetables and meats from local farms in Laguna, Baguio, and Bukidnon to different kinds of salt (think pink Himalayan, red Hawaiian, and blue Persian), and even a tasty selection of wellness teas, it'll be difficult not to fill up your shopping cart with every single item on the shelves.

Healthy Options is at G/F Glorietta 2, Palm Drive, Avala Center, Makati City (tel. no.: 869-2099)

They say that a small piece of dark chocolate every day is good for you.Try Alter Eco's organic 70 percent chocolate in Dark Salted Brown Butter (P259).





Thanks to the large tea bags of The Republic of Tea's Lemon Lime Black Tea (P575), you can easily brew a refreshing glass of iced tea anytime.

Mornings are done right with good-foryou Maple Pecan Granola (P389) from Sweet Home Farm





Guiltlessly munch on a bag of Barefruit Crunchy Cinnamon Apple Chips (P225).

INGREDIENT SPOTLICHT

GRAPEFRUIT

This citrus fruit is a cross between a pomelo and an orange—it's wonderfully tart and tangy, with a subtle sweetness. Grapefruits (P49 per piece, Rustan's Supermarket) are an excellent source of vitamin C, essential for a strong immune system, and are packed with powerful antioxidants like lycopene and beta-carotene. This fruit aids in lowering cholesterol, too, thanks to a soluble fiber called pectin. With all of its amazing health benefits, you should definitely incorporate it in your daily diet. Have fresh grapefruit juice in the morning, add tanginess to a salad with grapefruit slices (check out our recipe on page 53), or toss it up with cilantro and chili peppers for a refreshing starter.



Kitchen glossary

Deglaze

It might sound intimidating, but it's just a simple cooking technique used to add flavor to gravies and sauces. By adding liquid like stock or wine to a pan used to sear or roast meat, you loosen up and dissolve the food particles stuck to the bottom, allowing all the wonderful flavors to infuse into your mixture.

Yumny Shopping



Mustbuy!

MY DOMESTICITY
HARVEST TIME
COASTERS AND
YORKSHIRE
TUMBLERS

Raise your glass!

With the summer sun working overtime, icy coolers are your best friend. Keep the drinks coming with old-school glasses and countryside-inspired coasters.

NATURE'S BOUNTY

These coasters feature hand-drawn vegetables in fall's colors—a charming addition to any dining table. The designs are digitally printed onto ceramic tiles while fabric is attached underneath to prevent slipping.

CHEERS TO THAT!

Elegant enough to use indoors and sturdy enough for outdoor parties, these drinking glasses are both pretty and practical. Love the look of vintage dinnerware? These stout tumblers fit the bill perfectly.



Express lane

Tagliolina anomas is

Local supermarkets have come a long way, and walking through their aisles is nothing short of inspiring. Check out our roundup—these finds translate culinary inspiration into yummy kitchen creations!



Salmon-flavored pasta—let that sink in for a minute. Pair it with an oil-based sauce or go Asian with soy-sesame. Lavorazione Artigianale Tagliolina al Salmone, P206, Rustan's Supermarket

MAGIC DUST

Make paella at home and wow guests with the classic Valenciana—it's a cinch to make thanks to this convenient saffron seasoning! Paellero Valenciana Carmencita, P137, Rustan's Supermarket

SPICE IT UP

It's not easy to spot fresh jalapeño peppers locally, so grab bottled ones instead. Add a few slices to a salsa recipe or a Mexican casserole, or try mixing them into pesto for a zesty kick. Trappey's Sliced Jalapeño Peppers, P117.50, Pioneer Centre

PASSION PROJECT

Passion fruit adds a layer of fruity flavor to this spicy salsa. Use it to top nachos and take your basic snack to a whole new level. Cucina & Amore Piquillo Pepper and Passion Fruit Salsa, P299, Rustan's Supermarket PHOTOGRAPHY: MIGUEL NACIANCENO. TEXT & STYLING: TRINKA GONZALES.





SWEET STUFF

Apricot nectar is a thick, sugary syrup made by squeezing apricots until all the liquid contents are collected. It comes in a soda can but try cooking with it-mix with olive oil, mustard, vinegar, salt, and pepper to make a fruity salad vinaigrette, or use as a sweetener in baked goods.

Kern's Apricot Nectar, P37, **Robinsons Selections**

GO GREEN

Green tea-flavored noodles? Yes, please! Toss them in a soy mushroom sauce or let them swim in a hot broth with some ebi tempura. Yum!

Hakubaku Cha Soba, P172, Metro Market! Market!

A LITTLE GOES A LONG WAY

Balsamic cream is made by reducing balsamic vinegar until most of its water content evaporates. It has an intense flavor, so use it sparingly: Flavor fish, vegetables, or even ice cream with just a few drops of this potent condiment.

Capri Balsamic Cream, P259.50, The Landmark

RICE TO THE OCCASION

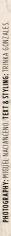
Love green tea? Also known as genmaicha tea, this blend gives green tea's grassy flavor a nutty twist with roasted brown rice. Infuse it into dairy: Scald heavy cream, let a couple of tea bags steep in it for a few minutes, chill, then whip. Voila: popcorn tea whipped cream! Teapigs Popcorn Tea, P395, Robinsons Selections

SHORT HAUL

Shortbread is made even more chocolatey with a generous sprinkling of chocolate chunks. Have some summer fun and make old-fashioned ice cream sandwiches: Scoop your choice of ice cream in between two cookies, smoothen the sides, wrap in plastic wrap, and freeze. Le Petit Normand Pépites de Chocolat, P149.50, **Robinsons Selections**









Spice blends

Itching to discover the world?
You can start in your very
own kitchen! International
flavors are at your fingertips
with the world's spice blends
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Jamaican jerk seasoning is a zesty blend composed primarily of allspice and red peppers with cinnamon, nutmeg, garlic, cloves, and salt. It is applied as a dry rub or mixed with limes and rum to make a marinade, traditionally for chicken to make the popular Jamaican dish, jerk chicken.

Widely used in South Asian cuisine, **curry powder** is mainly composed of coriander, turmeric, fenugreek, cumin, and pepper. It is a very fragrant spice blend that can be used for almost all types of meat; it also goes well with rice. In fact, its name is derived from the Tamil word *kari* which means "relish for rice."

Italian seasoning or Italian herb mix is a blend of dried marjoram, basil, rosemary, thyme, oregano, and sage. It is used to flavor many Italian dishes and is especially good in tomato-based recipes. Store in an airtight container to keep its flavor potent.

Sichuan pepper, star anise, cloves, fennel seeds, and Chinese cinnamon make up Chinese five spice or five-spice powder. It is popular in Chinese and Arabic cooking as a dry rub or marinade for meats. Innovative uses include sprinkling this spice blend on rice puddings and baked goods.

Latin American cooking uses a lot of spices—cumin, paprika, ancho chile powder, and Mexican oregano, to name a few. Combined, these spices make **chili powder**. Mexican staples such as enchiladas, tacos, and guacamole benefit from this spice blend, but try it on good ol' scrambled eggs or breakfast hash for a south-of-the-border twist.

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Beer-Battered Fish Fillet

Total yield/servings: 10 Serving size: 100 g

Ingredients:

- 1 kg Cream Dory Fish Fillet
- 15 g Knorr Aromat
- 3 g Knorr Lime Powder
- 90 g All-Purpose Flour
- 5 g Paprika
- 100 g All-Purpose Flour
- 5 g Baking Powder
- 250 ml Pale Pilsen Beer, or other full-flavored beers
- 500 ml Vegetable Oil, for deep-frying
- 200 ml Lady's Choice Real Mayonnaise

Procedure:

- Season fish fillet with Knorr Aromat and Knorr Lime Powder.
- Mix together flour and paprika in a bowl. Dredge fish with the mixture. Pat off excess coating.
- 3. In a bowl, combine 100 g flour and baking powder. Pour in beer until mixture resembles that of a thick pancake batter. Coat dredged fish with the mixture.
- 4. Deep-fry in 350°F pre-heated oil until the coating has turned crisp and golden brown. Check doneness of the fish.
- 5. Serve with Lady's Choice Real Mayonnaise.



Wasabi Dill Dressing



Ingredients:

- 100 g Lady's Choice Real Mayonnaise
- 5 g Knorr Lime Powder
- 50 g Wasabi Paste
- 50 g Dill

Procedure:

Mix all ingredients together in a stainless steel bowl. Ready to serve.

Russian Dressing



Ingredients:

- 200 g Lady's Choice Real Mayonnaise
- 60 ml Tomato Ketchup
- · 15 g Pickle Relish, drained
- 10 ml Lemon Juice
- 5 ml Worcestershire Sauce
- 10 g Horseradish, bottled
- 2 g Ground Black Pepper

Procedure:

Mix all ingredients together in a stainless steel bowl. Ready to serve.

Sriracha Mayo



Ingredients:

- 200 ml Lady's Choice Real Mayonnaise
- 50 ml Sriracha

Procedure:

Mix all ingredients together in a stainless steel bowl. Ready to serve.



9 out of 10 diners prefer their dishes with Lady's Choice Real Mayonnaise. Give the customers the best and serve these mayo creations with your signature selections.

Get more recipes for your restaurant at www.ufs.com







On most days, I advocate making things from scratch and embrace the rewards of homemade over store-bought. However, I am also a big believer that cooking and eating should be about pleasure, and not a source of stress-this is why I am all for clever shortcuts and easyto-make meals. Quick dishes afford us more time to bond with family, not to mention leave us more relaxed!

This dish is made with only four main ingredients-and you can find them easily in the grocery: macaroni, skinless chorizo, cream cheese, and all-purpose cream. What's more, this recipe uses one pack of both cream and cream cheese, so there's no need for measuring cups. Once your pasta is cooked, it is simply a matter of cooking everything together in a pot-and you can get started on the sauce while the pasta bubbles away. If you aren't feeding little ones, you can add some chili oil or chili flakes to spice things up. It's a very simple dish that appeals to kids and grownups alike.

If I had to choose between a convenient dinner that gives me more time to laugh with my family around the table and a 100 percent made-from-scratch meal that leaves me frazzled and grumpy, I would choose convenience each and every time. Make the bigger picture count!

About the columnist

Joey de Larrazabal-Blanco started cooking in earnest out of absolute necessity—a continent away from home with no one to feed her. She then promptly and totally flung herself into a one-woman love affair with food—procuring it, preparing it, and ultimately, consuming it. She carries no credentials except for her passion and is firm in her belief that anyone can learn to cook. She recounts her own gastronomic exploits in her blog, 80breakfasts.blogspot.com.



STOVETOP CHORIZO MAC AND CHEESE

Serves 4 Prep Time 5 minutes Cooking Time 15 to 20 minutes

- ✓ 350 grams macaroni noodles
- ✓ olive oil for sautéing
- ✓ 1 small white onion, chopped
- ✓ 4 cloves garlic, chopped finely
- ✓ 300 grams chorizo, casings removed, or skinless Spanishstyle chorizo
- √ 1 (225-gram) pack cream cheese, cut into chunks
- ✓ 1 (250-ml) pack all-purpose cream
- chopped parsley for garnish (optional)
- 1 Cook macaroni according to package directions. Reserve some of the pasta water.

- 2 Heat a couple of swirls of olive oil in a large skillet or wok over mediumhigh heat. Add onions; sauté until they start to soften. Add garlic; cook until onions are soft and garlic is fragrant.
- 3 Add chorizo and cook, breaking it apart until it resembles ground meat. Continue sautéing until chorizo is cooked. Set aside most of the red oil that was rendered for later use.
- 4 Add cream cheese and cream. Stir until cheese is melted and everything is fully incorporated.
- 5 Add cooked macaroni, little by little. Stir gently until evenly mixed. Add reserved pasta water a little at a time if sauce is too thick. Garnish with parsley, if desired. Serve immediately.



School's out! Why not plan a baking day with your kids and make these cookies? They're really easy and all the ingredients are readily available in the supermarket. The kids will enjoy making (and eating!) them, and will cherish the time spent with you.

Baking cookies is a fun activity for the kids because, aside from the fact that it's simple, it can serve as a creative outlet, too-you can let them mix anything into the dough. Famous chefs have made cookies with ingredients like bacon and potato chips. Who knows? Your child might just be the next Mrs. Fields!

My mom taught me how to bake when I was six or seven. We made my favorite peanut butter cookies. The crisscross effect on the top of the cookies always intrigued me and, on that day, I learned how simple it was to make. I've also always enjoyed making s'mores with my family. Eating them takes me back to the days when we'd roast marshmallows around a bonfire during cold nights in Baguio. This recipe is a mix of those two childhood favorites. Try it this summer and make new memories with your kids.

About the columnist

Carmela grew up in a family that loves food, and started her baking journey when she stumbled upon her mom's Mrs. Field's Cookie Recipe Book. Years later, after working in a pastry shop in France, she and her husband started their own business, Casa San Luis Pastries. Carmela also keeps busy with her roles as executive pastry chef and managing partner of Crisp on 28th, and likes to tell everyone that there's always room for dessert. Follow her adventures on www.carmelasjournal.com.



COOKIE S'MORES

Makes 36 Prep Time 30 minutes, plus chilling Baking Time 12 minutes

- ✓ 2¹/2 cups all-purpose flour
- ✓ 3 cups quick-cooking oats
- ✓ 1 teaspoon baking powder
- ✓ ½ teaspoon sea salt
- ✓ 1 teaspoon cinnamon (optional)
- √ ³/4 cup unsalted butter, softened
- √ ¹/2 cup creamy peanut butter
- √ ³/4 cup brown sugar, packed
- ✓ ½ cup sugar
- ✓ 2 large eggs
- ✓ 1 teaspoon vanilla
- √ ¹/2 cup semisweet chocolate chips
- ✓ 1 cup mini marshmallows
- ✓ 36 graham cracker squares
- ✓ 3 (40-gram) Hershey's chocolate bars, broken into pieces

1 Whisk together flour, oats, baking powder, sea salt, and cinnamon (if using) in a medium bowl. 2 In the bowl of an electric mixer fitted with the paddle attachment,

cream butter and peanut butter with sugars until light and fluffy. Add eggs and vanilla; mix until combined.

- 3 Add dry ingredients to the butter mixture; mix on low speed. Fold in chocolate chips and marshmallows. Refrigerate dough for 1 hour.
- 4 Preheat oven to 375°F. Line baking sheets with parchment paper.
- 5 Arrange graham cracker squares side by side on the baking sheets. Place a tablespoon of dough on top of a graham cracker square. Press dough down slightly with your finger. Repeat with remaining dough and crackers. If you want your cookies thicker, use more dough and less
- 6 Bake in the preheated oven for 5 minutes; remove from oven. Press a chocolate bar piece on top of each cookie. Bake for 5 to 7 more minutes (longer if cookies are thicker) or until edges are golden brown. Transfer to a wire rack to cool.

graham crackers.



There's a lot of buzz about Japanese Cheesecakes these days, and this is why I'd like to share my version with you this month. What makes this cheesecake special is its light and airy texture—this sets it apart from other cheesecakes. I also love that it's not too sweet.

The secrets to making the perfect Japanese cheesecake? Use only good-quality cream cheese. It's also very important to whip your egg whites and fold them very gently into the cream cheese mixture. Lastly. baking the cake over a bain-marie prevents the cake from deflating. I have to admit, I didn't get the recipe right on my initial attempt. My first cake was crumbly and the color was uneven, so I did some recipe tweaking. On my third try, the cake came out exactly the way I wanted it! See? Practice really does make perfect.

Once you've mastered this recipe, you can get creative by trying your hand at making different flavors like chocolate, green tea, or mango. But personally, I like to keep it plain and top it with strawberry compote. It's perfect with a cup of English Breakfast milk tea.

Now, when you're craving for this fluffy dessert, you can make it at home. Don't forget to share it proudly with your family and friends!

About the columnist

Aileen Anastacio is best known as the chef and owner of bakeshop-café Goodies N' Sweets. She also teaches cooking and baking lessons at her restaurant, Marmalade Kitchen. Aileen is the author of Home Café, a book on desserts and coffee, and Home-made for the Holidays. To read about her culinary adventures, visit gourmetgoodies.blogspot.com.



JAPANESE CHEESECAKE

Makes 1 (8- or 9-inch) cake Prep Time 15 minutes, plus chilling time Baking Time 1 hour 15 minutes

- ✓ 1 (8-ounce) pack cream cheese, cubed, at room temperature
- √ ½ cup fresh milk
- 1/4 cup butter, cubed, at room temperature
- ½ ¹/2 cup sugar, divided
- √ ¹/₄ cup all-purpose flour
- ✓ 1 teaspoon baking powder
- ✓ 5 large eggs, separated
- ✓ 1 tablespoon lemon juice
- ✓ 1 teaspoon vanilla extract
- √ ¹/4 teaspoon cream of tartar

1 Preheat oven to 325°F. Line the bottom and sides of an 8- or 9-inch round pan with parchment paper.

- 2 In a double boiler, melt cream cheese, milk, and butter until smooth.
- 3 Add ¹/₄ cup sugar, flour, baking powder, egg yolks, lemon juice,

- and vanilla extract; mix until well combined. Set aside and let cool.
- 4 In the bowl of an electric mixer fitted with the whisk attachment, whip egg whites with cream of tartar. Add remaining sugar gradually. Whip until soft peaks form.
- 5 Fold in ¹/₃ of the whipped egg whites into the cream cheese mixture, then fold in the remaining egg whites. Do this gently and gradually to prevent the whipped egg whites from deflating.
- 6 Pour mixture into the prepared pan. Place pan in a large rectangular baking pan with 2- to 3-inch-high sides. Pour hot water into the outer pan until halfway full. Bake in the preheated oven for 1 hour and 15 minutes or until top is browned and cake looks set. Turn off heat.
- 7 Let cool inside oven until almost at room temperature. Chill overnight or at least 4 hours before serving.

More Chefs are creating masterpieces with Magnolia All Purpose Flour



GALANG GALANG

by Emelita Galang

Emelita Galang Culinary Arts Studio, Inc.

Ingredients:

2 cups MAGNOLIA ALL

PURPOSE FLOUR (250g)

% cup water 1 tbsp. sugar

2-½ tsp. yeast 3 tbsp. vegetable oil

1 tsp. salt

Glaze:

1 cup confectioner's sugar 3 tbsp. Magnolia Fresh Milk



Procedure:

Mix together the dry ingredients. Make a well at the center and add the water then the oil. Mix with a wooden spoon, gradually incorporating the flour into the liquid ingredients. When mixture becomes too heavy, transfer to your worktable and knead till dough is smooth and elastic. Form into a ball and place in a bowl. Cover and let rise for 1 hour or until double in bulk.

Punch down dough and let rest for about 10 minutes. Roll into a ¼ inch thick sheet. Cut dough into circles using a 4" round cutter. Cut holes at the center of each dough circle using a 2-inch cutter forming large "donuts". Immediately after cutting, dip donuts in boiling water for thirty seconds. Place on parchment paper lined cookie sheets and bake for 30 minutes at 325° F until lightly browned and crisp. To make the glaze, mix together confectioner's sugar & milk. Dip each galang galang in the glaze till thoroughly coated and place on wire racks to dry. Store in airtight containers.





Summer is officially here! While most people would associate summer with going to the beach or traveling abroad, one of my fondest childhood summer memories is of my yaya and I making and selling batches of mango-flavored ice candy! It was probably my first foray into the food business, and although I didn't earn much from it, the idea of developing and producing a product that people wanted to buy really encouraged me to do it every summer. It was a good concept because my ice candy was very easy to make and was something people turned to to beat the heat.

If you want to go into the ice candy business today, you'll need new ideas because there's so much competition in the market. Check out my recipes: These pops are not just pretty, they're also deliciously refreshing! Look for molds that come in unique shapes and play with a lot of color to attract customers. Good luck!

About the columnist

A food stylist by profession and one of the brains behind The Clubhouse in Robinsons Magnolia, Sharlene Tan loves everything about food. She spends most of her time testing and tasting recipes, dining out, teaching friends how to cook, and styling food for the camera. When her schedule permits, she takes time to travel, often to Hong Kong, which she considers her second home. A few days off to visit her favorite shops and food stops always brings her to a new level of inspiration. Visit her website at www.sharlenetan.com or follow her on Instagram @theshartan to see her latest styling projects and food discoveries.

HALO-HALO **ICE POPS**

Makes 12 pops Prep Time 15 minutes, plus freezing time Cooking Time 10 minutes

- ✓ ½ cup bottled ube halaya
- ✓ ½ cup all-purpose cream
- ✓ 1¹/2 cups canned coconut milk, divided
- ✓ ³/₄ cup sugar, divided
- √ ³/4 cup diced langka and nata de coco
- 1 Mix together ube halaya, cream, ½ cup coconut milk, and ½ cup sugar in a saucepan over medium heat until sugar is dissolved. Transfer to a blender and purée until smooth.
- 2 Pour mixture into a measuring glass. Pour into popsicle molds, filling molds halfway through. Freeze until completely solid, about 2 hours
- 3 Combine remaining coconut milk and sugar. Stir until dissolved. Add langka and nata de coco. Pour mixture into molds, over the frozen ube layer. Insert sticks and freeze until solid.

PEARL MILK TEA ICE POPS

Makes 15 to 18 pops Prep Time 10 minutes, plus freezing time Cooking Time 30 minutes

- ✓ 1 cup black tapioca pearls (sago)
- √ 6¹/₄ cups water, divided
- ✓ ½ cup brown sugar
- ✓ 6 bags black tea (we used Lipton)
- ✓ 1 cup condensed milk
- 1 Cook black tapioca pearls in 3¹/2 cups water according to package directions; drain. Meanwhile, boil 1 cup water with brown sugar until syrupy. Pour sugar syrup over cooked tapioca pearls. 2 Bring 1³/4 cups water to a boil in a saucepan. Add tea bags and simmer for 5 minutes. Remove saucepan from heat; let steep for 10 minutes. 3 Remove tea bags, pressing the extra liquid from the bags back into the pan before discarding. Add
- 4 Place pearls and syrup in popsicle molds. Pour in tea mixture. Freeze until solid.

condensed milk and stir until well

combined.



PHOTOGRAPHY: PATRICK MARTIRES. FOOD STYLING: SHARLENE TAN. PROP STYLING: TRINKA GONZALES. HAIR AND MAKEUP: VIDA NON-JAUCIAN.

Summer sarap with Ange

Every summer, your family looks forward to lots of refreshing coolers and fruity desserts. But did you know that you can make them enjoy their summer favorites more just by changing one ingredient? Replace your old milk with **Angel!** Angel is made with real milk kaya gatas na gatas ang sarap. Try **Angel Evap** on Mais con Yelo and **Angel Condensada** on Suman at Mangga – and discover a new and delighful creaminess you've never tasted before!

Angel Condensada

Suman at Mangga con Condensada

Makes 3 – 5 servings

INGREDIENTS:

1 – 380 g Angel Condensada 2 Tbsp butter or margarine 10 to 12 suman – peeled

ripe mangoes – peeled and sliced
 2 Tbsp toasted desiccated coconut

PROCEDURE:

Heat butter or margarine. Fry suman until lightly browned on all sides.
Serve with sliced mangoes and Angel Condensada. Top with

desiccated coconut as desired.

Sagel Evaporada

Mais con Yelo

Makes 8 servings

INGREDIENTS:

1 - 410 ml
1 - 14 oz
1 - 14 oz
1 - 14 oz
1 - 10 oz
1 cup
1 c

PROCEDURE:

Spoon corn kernels, cream-style com, sugar and crushed ice into eight tall glasses. Pour Angel Evaporada over ice.
Serve immediately.







please visit: www.facebook.com/iloveAngelmilk



My kids and their friends all love my restaurant-style Mexican steak soft tacos. They'd come over after a long day at school and request for this dish—good thing I can whip up a batch in less than an hour! All I have to do is season the steaks, cook them on a grill pan, then top with fresh ingredients like lettuce, avocados, tomatoes, and green onions. You can also add grated cheddar cheese for a burst of flavor.

I love steak soft tacos as much as my kids do-they're not only easy to prepare, they're also really healthy. Even if I eat two or more, I know that I'm not indulging too much—those two pieces won't affect my diet drastically. This is also the reason why I always include this dish in buffet spreads during family reunions, outings with friends, and other special occasions.

Try making some for a Mexicaninspired picnic this summer. I promise they're really easy to make! You won't even need to spend much time cooking on the stove, which is something everyone welcomes during hot sunny days.

About the columnist

For Sari Jorge, food has always been instrumental in bringing her family together. Thanks to a doting grandmother who made sure her grandchildren knew their way around the kitchen, she has been cooking since she was 10 years old. These days, she channels this same love for cooking into a thriving business, 25 Mushrooms Kitchen, where she teaches cooking classes for household helpers. Aside from food, Sari is passionate about playing squash, collecting paintings and antiques, and traveling.



STEAK SOFT TACOS

Serves 6 to 8 Prep Time 15 minutes, plus marinating time Cooking Time 15 minutes

✓ 1 kilo beef tenderloin, sliced into 1-inch strips

FOR THE MARINADE

- √ ¹/₄ cup dark beer (we used) San Miguel)
- ✓ 1 tablespoon lime juice
- ✓ 2 tablespoons crushed garlic
- ✓ 2 tablespoons chopped cilantro (wansoy)
- ✓ 2 tablespoons olive oil
- ✓ 1 teaspoon dried oregano
- ✓ 1 teaspoon ground cumin
- ✓ 1 teaspoon salt
- ✓ 1 tablespoon brown sugar
- ✓ 1 teaspoon ground black pepper
- ✓ 1 piece each red, green, and yellow bell peppers, sliced into strips

- ✓ 1 white onion, sliced thinly
- ✓ 1 tablespoon crushed garlic
- ✓ warmed flour or wheat tortillas, lettuce leaves, chopped tomatoes, grated cheddar cheese (optional), sour cream, store-bought salsa, and lime wedges, to serve
- 1 Combine beef and all ingredients for the marinade in a large zip-top bag. Marinate for at least 1 hour or overnight in the refrigerator.
- 2 Heat a large frying pan over high heat. Cook steak with the marinade, in two batches if necessary. Stir until meat is cooked through.
- 3 Add bell peppers, onions, and garlic. Cook until most of the liquid has been absorbed and sauce turns thick and golden brown.
- 4 To serve, place beef on heated tortillas; top with lettuce, tomatoes, and cheese (if using). Serve with sour cream, salsa, and lime wedges.

Welcome SUMMER with a FOOD FEAST

No plans yet for summer?

Why not hit the beach in Batangas or chill in the cool weather in Tagaytay, and have a picnic feast with your friends and family? Of course, a picnic's not complete without delicious food! Here are some food ideas you may want to include on your next adventure:





Start your picnic early with these breakfast staples: sunny side up eggs, fried rice, and Vigan longganisa. Complement the garlicky, spicy and tangy flavor of this popular sausage with Datu Puti's Sukang lloko for that rich, sour flavor with a hint of sweetness.







Adobo is always a must-have in any picnic since it's easy to bring along, doesn't spoil easily, and well-loved by everyone. Get that perfect balance of savory and sour by using Datu Puti's Sukang Tuba, an all-around, versatile, and tasty vinegar that goes well with just about everything, especially your adobo.



You can never go wrong with hot-of-the grill BBQ in your next picnic feast. It will definitely be a hit for the young ones and the young at heart. For a twist, marinade or dip the smoky, sweet pork chunks in Datu Puti Pinoy Spice to add a spicy kick of flavor to this all-time favorite.



This summer, pair your favorite picnic food with any of the flavors of Datu Puti Pinoy Originals for that sumptuous summer feast with your friends and family! Happy eating!



Pinoy Originals



I love desserts that appear to be fancy but are, in reality, so easy to make. Crepes are classic French pancakes, typically served with either sweet or savory fillings. There are restaurants solely dedicated to crepes and they're quite popular for good reason-crepes are fun to play around with; you can pair them with so many fillings and sauces!

Some people are daunted by the idea of making crepes at home because they seem to be so delicate or require a special crepe pan. But they're really not-anyone can make crepes from scratch, as long as you have a good nonstick pan, a heatproof spatula, and a sense of adventure!

Here's a simple crepe recipe that's made healthier by using wholewheat pastry flour (that can be substituted with regular all-purpose flour), a bit of cornstarch to replace the egg, and muscovado sugar as a wholesome alternative to white sugar. Bananas and chocolate is an unbeatable combination that goes well with crepes, and the earthiness of muscovado matches the deep tones of cocoa powder. Make this for a dinner party and wow your guests!

About the columnist

Marie Gonzalez is the mastermind behind Kitchen Revolution, an Alabang-based gourmet food company that specializes in holistic, plant-based cooking classes, workshops, and lectures. She is a graduate of the Natural Gourmet Institute in New York City and has completed Cornell University's Plant-based Nutrition program. Marie is passionate about good food that tastes amazing, nourishes the body, and is gentle on the earth. To learn more about Marie, head on to www. kitchenrevolution.ph.



Serves 4 to 5 Prep Time 10 minutes, plus resting time Cooking Time 20 minutes

- √ ³/4 cup whole-wheat pastry flour or all-purpose flour
- ✓ 1 tablespoon cornstarch
- ✓ 1 tablespoon muscovado sugar
- ✓ pinch of salt
- ✓ 1 cup water
- ✓ 1 tablespoon vegetable oil

FOR THE CHOCOLATE SAUCE

- √ ³/4 cup muscovado sugar
- √ ¹/4 cup regular unsweetened cocoa powder
- ✓ 1 tablespoon cornstarch
- ✓ ¹/4 teaspoon salt
- √ ³/4 cup soy milk or water
- ✓ 4 bananas, sliced into rounds
- ✓ 2 to 3 tablespoons chopped toasted peanuts

1 Whisk flour, cornstarch, sugar, and salt in a bowl; make a well in the middle. Pour in water and oil; whisk

- until smooth. If batter is lumpy, strain mixture. Cover; let rest for 1 hour or refrigerate overnight.
- 2 Check the batter's consistency: It should be like runny pancake batter. Add water by the tablespoon if too thick. Warm a crepe pan or small nonstick skillet over medium heat. Brush with oil; pour in ½ cup batter. Tilt pan in a circular motion to spread batter to a thin layer. Cook until top is dry, center is bubbling, and edges are light brown and crinkly, about 1 minute. Use a heatproof rubber spatula to loosen crepe and carefully flip; cook other side for 30 seconds. Slide onto a plate. Repeat with remaining batter.
- 3 Make the chocolate sauce: Whisk all ingredients in a small saucepan until smooth. Bring to a boil; lower heat and simmer until thick, about 1 to 2 minutes. Set aside.
- 4 Top crepes with sliced bananas, fold, and drizzle with chocolate sauce. Top with peanuts.

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Get creative with your favorite instant noodles! Try this incredible recipe and get inspired to make your own ramen creation.



KING SEAFOOD CURRY RAMEN Enhanced by Chef Nino Logarta

- ✓ 6 packs Nissin Ramen Seafood
- ✓ 6 cups water✓ 12 pcs squid balls
- ✓ 12 pcs shrimps, peeled and deveined
- ✓ 6 pcs crab sticks
- √ 180g squid rings
- √ 150g firm tofu
- ✓ oil for frying
- ✓ 2 tbsp yellow curry powder
- ✓ 2 cups coconut milk
- √ 3 stalks lemongrass
- √ 3 tbsp ginger juice

- ✓ 1½ tsp cayenne powder
- ✓ ½ cup spinach leaves
- ✓ ½ cup bean sprouts
- ✓ 2 stalks leeks sliced
- ✓ 1½ pcs hard-boiled egg, sliced into quarters
- 2 tbsp sesame oil, for garnish
- ✓ cilantro, for garnish
- ✓ leeks, for garnish sliced lemon, for garnish
- ✓ toasted garlic, for garnish

Batter:

- ✓ 1 cup all-purpose flour ✓
 - ır 🗸 2 tsp salt
- ✓ 1 cup corn starch✓ 1 tsp baking powder
- √ 3 tbsp black sesame seeds
- **1.** In a stockpot, boil the Nissin Ramen noodles for 3 minutes but do not add the flavor packs yet. Strain then set aside the noodle stock and the noodles.
- 2. Prepare the batter by mixing throughly the allpurpose flour, corn starch, baking powder, salt and sesame seeds in a bowl. Season the squid balls, shrimps, crab sticks and tofu with light salt & pepper, dust with flour and dip them in the dry batter mix. Deep-fry the ingredients until golden brown then set aside.
- **3.** Reheat the noodle stock and add all the Nissin Ramen Seafood flavor packs, yellow curry powder, coconut milk, ginger juice and lemongrass. Bring the stock to a boil.
- **4.** Lower the heat to a simmer and remove the lemongrass. Add half of the fried ingredients and cayenne powder. Add more cayenne powder if you want the broth more spicy. Keep the stock on a simmer until the flavors come together.
- **5.** Place the cooked noodles in six individual bowls then ladle in the soup stock. Top each with a serving of spinach, bean sprouts, and the rest of the fried seafood and tofu.
- **6.** Garnish with a quarter of hard-boiled egg, a splash of sesame oil, fresh cilantro, leeks, sliced lemon and a sprinkle of toasted garlic. Serve immediately.



INDULGE IN YOUR FAVORITE NISSIN RAMEN

Nissin Ramen is the first instant noodle brand in the Philippines that offers authentic Japanese noodle goodness. It's available in Seafood, Beef, Chicken and Spicy Seafood flavors. The winning recipe above is a product of the **Nissin Ramen Rumble Cook-off**, a contest that challenged HRM students to come up with exciting ramen recipes using the different Nissin Ramen flavors.



Chef Nino Logarta takes the recipe up a notch by adding a few of his **own touches by cook**ing the eafood tempura-style for texture and using flavor enhancing herbs to the winning dish. Nissin Ramen is available in supermarkets nationwide.

COFFEE FUDGE SHAKE



MANGO PEACH SMOOTHIE FRUIT OF THE SEASON



Chill out with a sweet and very nutritious mango peach smoothie! These fruits are packed with essential vitamins and minerals for more fun under the summer sun.

Season's Best at



Get set for an amazing summer with these cool recipes; grab the ingredients at SM.

AMERICAN BABY BACK RIBS BBQ

Summer time is BBQ time! Get your grill and hot coals ready and try this juicy and flavorful rack of ribs!







BUDWEISER BACON CHEESEBURGER

Alas! The star of any backyard BBQ, impress your guests with this incredibly tasty burger recipe that's simply heavenly.





GRILLED BANANA SPLIT WITH HOT FUDGE

Beat the heat and indulge in a not-so-ordinary banana split guaranteed to put an exclamation point to summer.













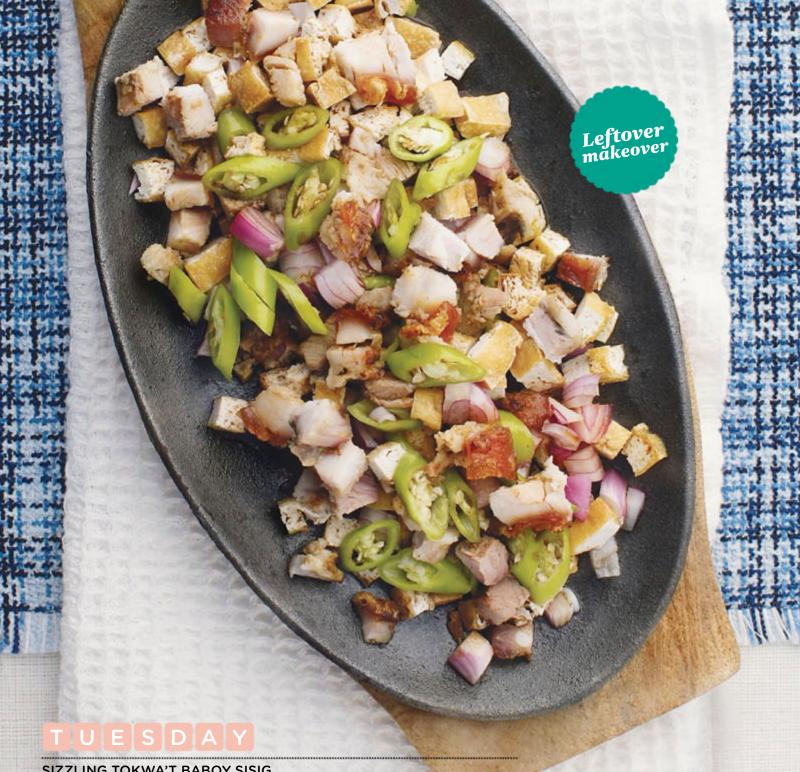


IN WITH THE NEW

Breathe new life into your favorite supermarket ingredients with quick and easy kitchen tricks!







SIZZLING TOKWA'T BABOY SISIG

It's all about the sizzle! Look for a good sizzling plate so you can easily turn a rather humble dish into something more special.

Serves 4 Prep Time 20 minutes Cooking Time 30 minutes

- ✓ 2 cups cooking oil
- ✓ ½ kilo firm tofu, sliced into blocks
- √ 1¹/₂ cups white vinegar

- ✓ ¹/4 cup soy sauce
- ✓ 4 tablespoons sugar
- ✓ 2 tablespoons salt
- ✓ 1 teaspoon ground black pepper
- ✓ 1 cup water
- ✓ 1 small red onion, diced
- ✓ 2 cloves garlic, sliced
- ✓ 2 to 3 green finger chilies (siling) pangsigang), sliced
- √ ½ kilo leftover or store-bought roasted pork belly (liempo), cubed

- 1 Heat cooking oil in a deep frying pan and deep-fry tofu until golden brown. Slice tofu into small cubes; set aside.
- 2 Combine vinegar, soy sauce, sugar, salt, black pepper, and water in a saucepan. Bring to a boil. Cook for 10 minutes.
- 3 Add onion, garlic, and chilies to the vinegar mixture; mix until well combined.
- 4 Combine tofu and liempo in a bowl. Heat a sizzling plate until smoking. Turn off heat and place tofu and liempo on plate. Pour vinegar mixture over and serve immediately.

WEDNESDAY

KOREAN BEEF LETTUCE WRAPS

Get creative with presentation: Prep a do-it-yourself station during your next gathering and see who can make the best-looking wraps!

Serves 4 to 6 Prep Time 20 minutes Cooking Time 60 minutes

- ✓ 1 tablespoon vegetable oil
- ✓ 1 whole garlic, minced
- ✓ 1 red onion, minced
- ✓ 1 kilo boneless beef ribs or beef brisket
- ✓ ½ cup soy sauce
- ✓ 4 cups beef stock
- ✓ 1 star anise
- ✓ ¹/3 cup brown sugar
- ✓ 4 tablespoons sesame oil
- ✓ 5 tablespoons toasted sesame seeds, divided
- ✓ 1 stalk baby leeks, sliced
- ✓ 1 teaspoon cayenne pepper
- ✓ 1 teaspoon fish sauce or to taste
- ✓ 1 teaspoon freshly ground black pepper
- ✓ 1 head lettuce leaves,

- separated, cleaned, and dried
- ✓ 1 medium red bell pepper, sliced into strips
- ✓ 1 stem green onions, chopped

1 Heat vegetable oil in a casserole over medium-high heat. Sauté garlic; add onions and cook until translucent.

- 2 Add beef; cook until browned. Add soy sauce and stock to cover beef. Add water if beef stock is not enough.
- 3 Add star anise and brown sugar; bring to a boil. Lower heat; simmer for 45 minutes or until beef is tender.
- 4 Add sesame oil, 4 tablespoons sesame, leeks, and cayenne pepper; simmer for 5 minutes more. Season with fish sauce and pepper. Slice beef into strips.
- 5 To serve, place beef in lettuce cups. Spoon sauce over and garnish with bell peppers, green onions, and remaining sesame seeds.





T[H[U[R[S]D[A[Y

HONEY MUSTARD-GLAZED SALMON

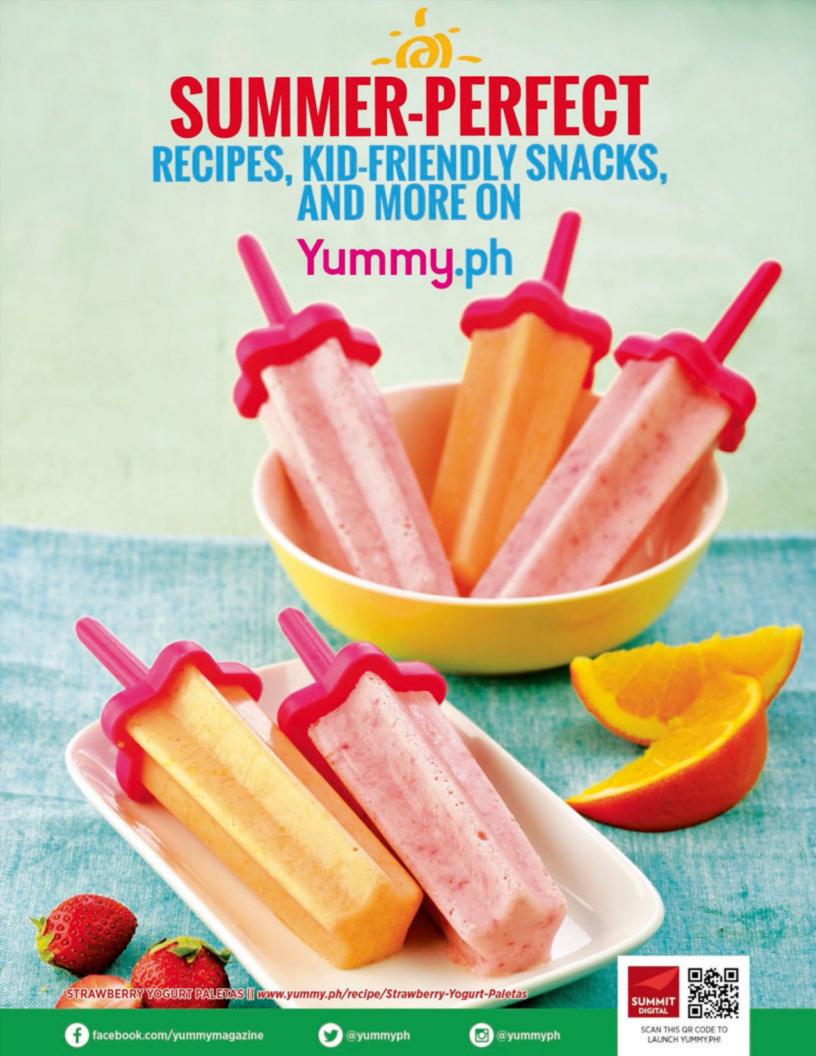
No time to marinate your salmon fillets? Turn to this versatile glaze-it can elevate your fish in mere minutes.

Serves 8 Prep Time 3 minutes Cooking Time 17 minutes

- ✓ 3 tablespoons light brown sugar
- ✓ 1 tablespoon honey
- 2 tablespoons butter
- 1/4 cup Dijon mustard
- ✓ 2 tablespoons soy sauce
- ✓ 2 tablespoons olive oil
- ✓ 1 tablespoon finely grated ginger
- ✓ vegetable oil
- ✓ 8 (150-gram) salmon fillets
- ✓ salt and freshly ground black pepper
- sliced leeks for garnish, cucumber strips and steamed rice (optional)

- 1 Preheat oven to 375°F.
- 2 Combine brown sugar, honey, and butter in a small pan over medium-high heat. Stir until sugar is dissolved. Remove pan from heat.
- 3 Whisk in mustard, soy sauce, olive oil, and grated ginger. Let cool.
- 4 Brush a baking dish with vegetable oil. Season salmon with salt and pepper, and place on baking dish. Brush each fillet with the honey-mustard glaze. Bake in the preheated oven until salmon is cooked through, about 15 minutes. Garnish with sliced leeks, if desired, and serve with cucumber strips and steamed rice. Serve with remaining honey-mustard glaze on the side.





WEEKEND Entertaining





PICNIC CHEESE FONDUE

Going out of town for your pool party?

Don't fret! This cheese sauce will last up
to six hours in an insulated water bottle.

Serves 6 to 8 Prep Time 10 minutes
Cooking Time 10 minutes

FOR THE CHEESE SAUCE

- ✓ 1 cup water
- ✓ 3 tablespoons calamansi juice, divided
- ✓ 2 cloves garlic, smashed

- ✓ 2 to 3 Granny Smith or Fuji apples, sliced into wedges
- ✓ 200 grams ham, sliced into cubes
- ✓ 1 baguette, sliced
- 1 Make the cheese sauce: Place water, 2 tablespoons *calamansi* juice, and garlic in a saucepan over low heat; simmer (do not let it boil)
- **2** Remove garlic. Add cream cheese in batches and heat until melted.
- **3** Add flour and cheeses; heat until melted and smooth. Stir only as needed; over-mixing may result in a stringy sauce. Remove from heat. Add remaining *calamansi* juice. If sauce is too thick, add a little water.
- **4** Transfer to an insulated bottle or serve immediately in a fondue pot.
- **5** Serve with apples, ham, and baguette slices for dipping.



ONLINE **EXCLUSIVE!** The perfect side to this and tomato salad with chili-lime dressing. Get the recipe on Yummy.ph CHILI SHRIMP WRAPS WITH MANGO MAYO Here's a grab-and-go meal that takes only minutes to prep. Place the ingredients in individual bowls and let guests make their own wraps. Serves 6 Prep Time 20 minutes Cooking Time 8 to 10 minutes ✓ 1.2 kilos shrimps, peeled ✓ 2 teaspoons paprika FOR THE MANGO MAYO √ ½ teaspoon cayenne pepper, or as ✓ flesh from ½ ripe mango caramelized. Combine shrimp and onions; preferred √ ¹/4 cup mayonnaise set aside. √ ½ teaspoon cumin 4 Make the mango mayo: Combine mango

- ✓ salt and pepper, to season
- ✓ ½ cup butter, divided
- ✓ juice from 1 lemon or 2 tablespoons calamansi juice
- ✓ 1 large onion, chopped finely
- √ 6 (12-inch) tortillas
- ✓ romaine lettuce leaves, washed
- ✓ arugula leaves, washed and dried

- 1 Season shrimps with paprika, cayenne pepper, cumin, salt, and pepper.
- 2 Melt half of the butter in a large wok or pan over medium heat. Sauté shrimps in 3 batches and cook until slightly charred and cooked through. Drizzle cooked shrimp with lemon or calamansi juice and set aside.
- 3 In the same wok or pan, melt remaining butter over low heat. Sauté onions until
- and mayonnaise in a blender; process until smooth. Season with salt and pepper.
- 5 Spread a thin layer of mango mayo on a tortilla. Place 2 romaine lettuce leaves and 2 arugula leaves on the middle. Top with shrimp-onion mixture. Drizzle with more mango mayo, if desired. Secure wrap with a toothpick or wrap in foil. Repeat to make 6 wraps.

CUCUMBER, MINT, AND ORANGE COOLER

Pair this summer meal with a refreshing thirst-quencher!

Make sure to have loads of ice at the ready.

Makes 1.5 liters **Prep Time** 10 to 15 minutes

- ✓ 4 large cucumbers, sliced, plus extra for garnish
- ✓ 6 oranges, sliced, plus extra for garnish
- ✓ 2 cups cold water
- ✓ sugar, to taste

- ✓ 1 bunch mint leaves, washed and tough stems removed
- ✓ ice, to serve

1 Place cucumbers in a blender; purée until smooth. Set aside.
2 Squeeze oranges by hand and add to puréed cucumbers. Strain mixture into a pitcher.
3 Add cold water and mix. Add sugar to taste. Add mint leaves, extra cucumber, and extra orange slices. Add ice before serving.

FRESH FRUIT SALAD WITH BASIL SYRUP

It's all about cool ingredients and fresh flavors this summer. So what's for dessert? A colorful medley of fruits in season, tossed in a light basil sauce.

Serves 8 to 10 Prep Time 20 minutes Cooking Time 5 minutes

FOR THE BASIL SYRUP

- ✓ ¹/2 cup calamansi juice
- ✓ 6 tablespoons honey
- √ ¹/2 cup loosely packed basil leaves, julienned, plus extra for garnish

- ✓ 1 melon, cut into chunks
- ✓ 1 small pineapple, cut into chunks
- √ ¹/₂ small seedless

 watermelon, cut into chunks
- ✓ 200 grams seedless grapes, halved
- ✓ 2 kiwis, sliced into chunks

1 Make the basil syrup: Warm calamansi juice and honey in a saucepan. Remove from heat then add basil leaves; let cool. Strain basil leaves and chill syrup in the refrigerator until ready to use.

2 Toss fruits together. Pour in syrup. Chill until ready to serve. Garnish with basil, if desired



Panasonic

Refrigerator NR-F510GT





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Enjoy the latest in refrigerator design. Multi-door elegance and gorgeous full-flat glass compliment your high-end lifestyle. Inside, you'll find high-capacity storage convenience and Panasonic's latest innovations. Advanced ECONAVI and inverter technology save energy and money, too. All in a compact body that fits your kitchen perfectly.

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The new premium design features the beautiful transparency rich look of metal



Strong, easy-to-clear tempered glass

Strong and tempered glass stays beautiful. So easy to



Stylish design

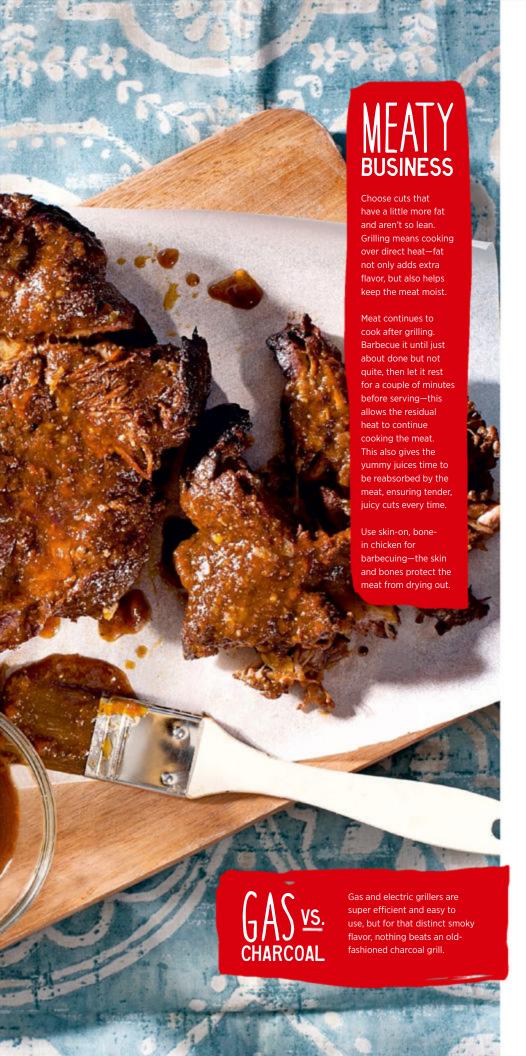
Combining functionality and beauty the stylish design adds a touch of

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www.panasonic.com/ph





BARBECUED BEEF SHORT RIBS WITH GRILLED CAESAR SALAD

New to grilling? Short ribs is a good start. Because it's marbled and bone-in, you can cook it for hours without it drving out.

Serves 4 to 6 Prep Time 12 minutes Cooking Time 6 hours

- ✓ 1 kilo beef short ribs (choose bigger slabs with a reasonable amount of fat; trim fat if necessary)
- ✓ 2 cups store-bought American-style barbecue sauce (we used Sweet Baby Ray's)

FOR THE GRILLED CAESAR SALAD

- ✓ 2 cloves garlic
- ✓ 3 tablespoons fresh lemon juice
- ✓ 1 tablespoon Dijon mustard
- ✓ ³/4 cup plus 3 tablespoons olive oil, divided
- ✓ ½ cup freshly grated Parmesan cheese
- ✓ 3 heads romaine hearts, sliced in half lengthwise
- ✓ salt and freshly ground black pepper
- ✓ 2 tablespoons chopped cooked bacon
- ✓ ½ cup croutons

1 Place short ribs and barbecue sauce in a slow cooker; massage ribs with barbecue sauce for 5 minutes. Cook meat over high heat until tender, about 5 hours, turning every 2 hours to prevent meat from drying out. (You can also use a pressure cooker. Add 2 cups water and cook for 45 minutes, after whistling starts, until beef is fork-tender. Otherwise, use a regular pot and cook for about 3 hours, adding more water during cooking to make sure it doesn't dry up.) 2 Once tender, transfer meat to a preheated

- grill (reserve barbecue sauce) and cook for 2 minutes or until lightly charred, basting the meat with reserved barbecue sauce. Save some of the sauce for serving.
- 3 Make the salad: Whiz together garlic, lemon juice, and mustard in a blender. Gradually drizzle in ³/4 cup olive oil to emulsify. Add cheese and pulse until smooth; set aside. Gently brush romaine hearts with remaining olive oil and season with salt and pepper. Grill for 2 minutes or until grill marks appear and the leaves wilt. Transfer to a plate, top with bacon and croutons, and drizzle with dressing. Serve with short ribs.



KOREAN BARBECUE WITH KIMCHI POTATO

Not a fan of strip loin? Use beef short ribs, bacon-cut pork, or chicken thigh fillets instead.

Serves 4 Prep Time 11 minutes, plus marinating time Cooking Time 30 to 35 minutes

FOR THE MARINADE

- √ ½ cup fresh Korean pear or apple juice
- ✓ ½ cup light soy sauce
- ✓ ½ cup sesame oil
- ✓ 6 cloves garlic, crushed
- ✓ 1 tablespoon chopped scallions or green onions
- ✓ 1 tablespoon grated fresh ginger
- ✓ 2 tablespoons brown sugar
- ✓ 2 teaspoons toasted sesame seeds, plus more for garnish
- ✓ pinch of freshly ground black pepper
- √ ³/₄ kilo sliced strip loin (breakfast steak)
- ✓ lettuce leaves, rice, and Korean chili paste (gochujang), to serve (optional)

FOR THE KIMCHI POTATO SALAD

- √ ½ cup Japanese mayonnaise
- ✓ ¹/₃ cup chopped store-bought kimchi, plus 2 tablespoons for garnish
- ✓ salt and pepper, to taste
- ✓ 2 cups marble potatoes, boiled until tender and cut into bite-size chunks
- ✓ 2 tablespoons chopped scallions or leeks (green part only)
- 1 Make the marinade: Combine all ingredients in a small bowl. Place beef in a shallow dish or a zip-top bag and coat evenly with marinade. Marinate for at least 2 hours or up to 1 day in the refrigerator. 2 Make the kimchi potato salad: Whiz
- mayonnaise and kimchi in a blender until smooth; season with salt and pepper. Combine kimchi mixture and potatoes in a large bowl; mix until potatoes are well coated. Top with scallions or leeks and 2 tablespoons kimchi. Chill.
- 3 Preheat a charcoal grill. Place beef on grill and cook for about 1½ to 2 minutes per side. Garnish with toasted sesame seeds. Serve immediately with salad, lettuce, rice, and Korean chili paste.

GRILLED STUFFED TILAPIA WITH SINGKAMAS AND MANGO SALSA

Nothing says summer like stuffed fish paired with salsa and salted eggs. It's perfect for a beach picnic!

Serves 4 Prep Time 20 minutes Cooking Time 20 minutes

FOR THE STUFFING

- √ ¹/4 cup chopped tomatoes
- ✓ 1 tablespoon chopped red onions
- ✓ 1 tablespoon chopped kamias
- ✓ 1 tablespoon chopped ginger
- √ ½ teaspoon chopped lemongrass
- ✓ salt and pepper, to taste
- ✓ 2 whole tilapia or 1 milkfish (about 1 kilo), cleaned and gutted

FOR THE SINGKAMAS AND MANGO SALSA

- ✓ 1 cup chopped jicama (singkamas)
- 2 tablespoons chopped kamias
- 1/3 cup chopped ripe mangoes

- ✓ 2 tablespoons chopped red onions
- 2 tablespoons chopped red bell pepper
- ✓ 1 tablespoon calamansi juice
- ✓ 2 tablespoons olive oil
- ✓ 2 tablespoons chopped cilantro
- ✓ salt and pepper, to taste

1 Make the stuffing: Combine all ingredients in a bowl; season well with salt and pepper. Stuff into the cavity of the whole fish. Season fish well with salt and pepper.

2 Preheat a charcoal grill. Grill fish until cooked through, about 3 to 5 minutes on each side. Transfer to a platter.

3 Make the salsa: Combine all ingredients in a bowl. You can prepare the salsa ahead of time but make sure to season only before serving, otherwise it will become mushy. Serve grilled fish with salsa.



The trick to grilling whole fish is to make sure the grilling surface is hot and well-oiled before placing the fish on it. Do not move it around: the skin's natural oils will eventually make it easy to flip the fish when it's done.

Still nervous? Wrap the fish in aluminum foil before grilling.

You'll know your fish is done when the flesh is opaque and the meat flakes easily when prodded with a fork.



GRILLED VIETNAMESE PORK STEAKS WITH CUCUMBER SALAD

Serve juicy slabs of meat over rice noodles accompanied by a fresh salad for a Vietnamese feast.

Serves 4 Prep Time 15 minutes, plus marinating time Cooking Time 10 minutes

FOR THE MARINADE

- ✓ 1 tablespoon minced lemongrass (white part only)
- ✓ 3 tablespoons minced shallots
- √ 1¹/₂ tablespoons minced garlic
- ✓ ¹/₄ cup sugar
- ✓ 1 tablespoon fish sauce (patis)
- ✓ ½ tablespoon dark soy sauce
- √ ½ tablespoon pepper
- ✓ 3 tablespoons cooking oil
- ✓ 8 pork steaks, cut into ½-inchthick slices

FOR THE CUCUMBER SALAD

- ✓ 2 medium cucumbers, peeled, halved lengthwise, seeded, and cut into ¹/₄-inch slices
- ✓ 1 tablespoon salt
- ✓ ½ cup sugar
- √ ¹/4 cup sweet chili sauce
- √ ½ cup rice wine vinegar
- ✓ 2 green finger chilies (siling) pangsigang), seeded and chopped
- ✓ 2 tablespoons finely sliced shallots
- ✓ 1 small red bell pepper, seeded and julienned
- ✓ 1 small carrot, shredded or julienned
- √ ¹/4 cup chopped cilantro
- 1 Make the marinade: Combine all ingredients in a bowl. Add pork and marinate for at least 3 hours or up to overnight in the refrigerator.
- 2 Preheat a charcoal grill. Place steaks on grill and cook until cooked through, about 4 minutes. (Cook each side for 2 minutes, at most.)
- **3** Make the cucumber salad: Toss cucumber with salt in a colander, and leave in the sink to drain for 30 minutes. Rinse with cold water, drain, and pat dry with paper towels. Whisk together sugar, sweet chili sauce, and vinegar in a mixing bowl until sugar is dissolved. Add cucumbers, chilies, shallots, red bell pepper, carrots, and cilantro; toss to combine. Serve with grilled steaks.



Avoid a messy start with this nifty device! Light a piece of paper, put it on the grill, place the starter on top of it, and pour in some charcoal. Once coal is red-hot, take the starter and dump the coal into the grill. Easy! BBQ Charcoal Starter, P1,450, Rustan's **Department Store**



Place this mat beneath your grill to hold it in place and protect your patio from spills and splatters. Mr. **Barb-B-Q Premium** Deluxe Grill Mat, P710, Gourdo's





Crate and Barrel





COOL TOOLS

Here's what you need to make

barbecuing a breeze.

This grate is made of seasoned cast iron, so you'll get superb heat retention and even heating-not to mention handsome grill marks! Lodge Seasoned Cast Iron Barbecue Grill Grate, P3,235, Gourdo's





Grilling small pieces just got easier with this mesh basket. Just place it on the grill and add your vegetables and shellfish-you won't have to worry about them falling through the grates anymore. Mesh basket with removable handle, P1,649, Crate and Barrel

Forget about corn rolling off the grillall you have to do is secure the cobs into the slots and place them on the grill. Just roll the cobs in place when you're ready to cook the other side. Perfectly grilled Mexican corn, anyone? **Corn Griller**

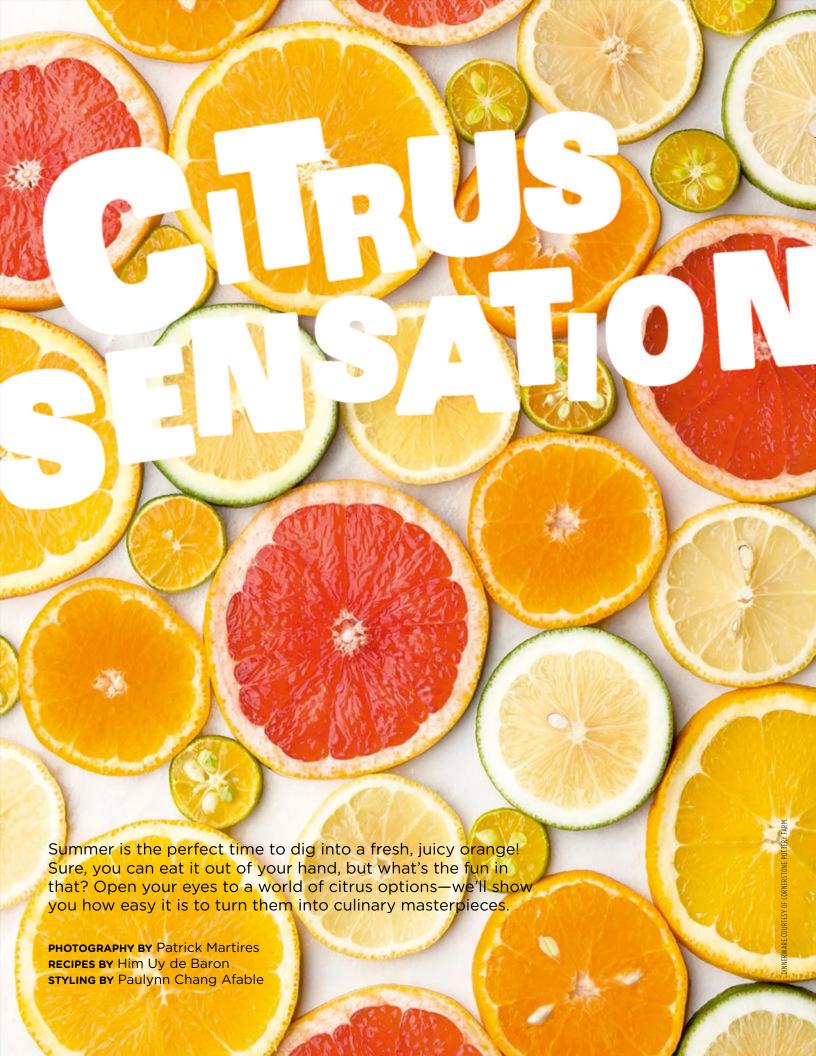
Basket, P619, **Crate and Barrel**



Spatula, rotisserie sticks, grilling fork, basting brush, tongs, knifehave these essentials on hand before heading off on a grilling adventure. This sleek kit has all of them conveniently tucked in its pockets! Grilling Tools Kit, P3,250, Rustan's Department Store











Grapefruit, Roasted Beet, and Brie Salad with Honey Vinaigrette

Tart, juicy grapefruit sections go perfectly with creamy cheese and earthy beets. If you're not serving it as a side, add roasted chicken breast strips for a light lunch plate.

Serves 4 Prep Time 30 minutes Cooking Time 45 minutes

- ✓ 3 beets, peeled
- ✓ 2 tablespoons olive oil

FOR THE HONEY VINAIGRETTE

- ✓ 3 tablespoons honey
- ✓ 1 tablespoon mustard
- ✓ 2 tablespoons red wine vinegar
- ✓ 2 tablespoons grapefruit juice
- ✓ ½ cup olive oil
- ✓ 1 shallot, minced
- √ ¹/4 teaspoon salt

- √ ¹/₄ teaspoon black pepper
- ✓ 1 medium grapefruit, peeled and sectioned
- ✓ 2 tablespoons chopped toasted almonds
- ✓ ½ cup brie (about 100 to 120 grams), chopped roughly
- 1 Preheat oven to 300°F. Place beets on a piece of aluminum foil on top of a baking sheet. Drizzle beets with olive oil. Fold foil to enclose beets. Roast for 20 minutes. Unfold foil and roast beets for another 15 minutes. (You can also use a turbo broiler. Roast the beets at 150°C.) Let cool then slice into quarters
- 2 Meanwhile, make the vinaigrette: Whisk together honey, mustard, vinegar, and juice in a mixing bowl. Whisk in olive oil in a slow, steady stream. Add shallots and season with salt. Set aside.
- **3** Toss greens with salt and pepper. Add ½ cup honey vinaigrette; toss. Transfer to a serving plate and top with beets, grapefruit, almonds, and brie. Drizzle remaining vinaigrette on top or serve on the side.







oven. This one is infused with the tangy flavor of lemons and the fresh aroma of basil. Make it for your next family dinner!

Serves 4 to 6 Prep Time 45 minutes Cooking Time 1 hour 20 minutes

FOR THE LEMON-BASIL BUTTER

- ✓ ½ cup unsalted butter
- ✓ 3 tablespoons lemon juice
- ✓ 1 tablespoon grated lemon zest
- ✓ ½ cup basil leaves
- ✓ 1 teaspoon smoked paprika
- ✓ 2 cloves garlic
- √ ½ teaspoon freshly cracked pepper
- ✓ 1 teaspoon salt
- ✓ 1 (1.2- to 1.5-kilo) whole chicken
- ✓ salt and black pepper, to season

- ✓ 1 lemon, slice 4 rounds then halve remaining piece
- ✓ 4 cloves garlic
- ✓ 1 onion
- ✓ sautéed green beans and roasted lemon halves, to serve (optional)
- 1 Preheat oven to 300°F.
- 2 Make the lemon-basil butter: Whiz all ingredients together in a food processor until smooth. Set aside.
- 3 Season chicken all over with salt and pepper, including the cavity. Stuff cavity with 2 tablespoons lemon-basil butter, lemon quarters, garlic, and onion.
- 4 Separate skin carefully from the breast; insert lemon rounds and a generous

- amount of lemon-basil butter. Make a slit on the thigh part. Separate skin from meat and stuff with more lemon-basil butter, leaving ¹/₄ cup for basting.
- **5** Truss the chicken by tucking the wings in and tying the legs together with kitchen twine. Place chicken on a wire rack and place rack on a roasting pan.
- 6 Roast chicken in the preheated oven for about 1 hour and 15 minutes, basting chicken every 20 minutes with remaining lemon-basil butter. The chicken is done once juices run clear when the thickest part of the thigh is pierced with the tip of a knife. Serve with sautéed green beans and roasted lemon halves, if desired.



Love salt-and-pepper spare ribs? Try this one—it's better, thanks to a lip-smacking-good sweet-salty glaze. Pair it with a steaming cup of Japanese rice for one delectable dinner.

Serves 4 Prep Time 20 minutes Cooking Time 25 minutes

FOR THE ORANGE GLAZE

- ✓ 3 tablespoons soy sauce
- √ ¹/4 cup fresh juice from Valencia orange
- √ ¹/4 cup dashi stock or water (you can use) instant dashi)
- ✓ 2 tablespoons mirin
- ✓ 1 teaspoon sesame oil
- √ ¹/4 cup honey
- ✓ 1 (1-inch) piece ginger, grated
- √ ½ teaspoon orange zest
- ✓ oil for deep-frying
- ✓ 1.5 kilos baby back ribs, sliced to separate ribs
- ✓ 1 teaspoon salt
- ✓ 1 teaspoon black pepper

- ✓ ¹/₄ cup all-purpose flour
- √ ½ cup orange-soy glaze
- ✓ orange rind strips, toasted sesame seeds, chopped green onions, and togarashi for garnish (optional)
- 1 Make the orange glaze: Place all ingredients in a saucepan over low heat. Simmer for 15 minutes or until reduced. (It should have a syrupy consistency.)
- 2 Heat oil in a deep frying pan. Season ribs with salt and pepper. Dredge ribs in flour, then deep-fry for about 6 to 8 minutes each. Do not overcrowd the pan to keep the oil hot. Drain on paper towels.
- 3 Transfer ribs to a plate and drizzle with orange glaze. Garnish with orange rind strips, sesame seeds, green onions, and togarashi, if desired.



INSTEAD OF THE RIBS, USE 4 (1-INCH-THICK) BONE-IN PORK CHOPS

(ABOUT 250 GRAMS PER PIECE) AND SHALLOW-FRY **CHOPS IN BATCHES FOR ABOUT 6 TO 8 MINUTES PER** SIDE. TRANSFER TO A PLATE AND PROCEED WITH STEP 3. SERVE WITH BUTTERED FRENCH BEANS, IF DESIRED.

A Citrus, Study

They're the best oranges to eat as is!
They're seedless, and easily peeled and segmented, but less juicy than other types. They're easy to spot because of the small button formation at the base.
Valencia oranges, which are ideal for juicing, look like navel oranges but don't have the button formation.

HOW TO USE IT: Eat them as is, or use them in anything from salads and mains to glazes and desserts. You can also make candied rind from the peel and dip it in dark chocolate.

GRAPEFRUIT

Be careful—a grapefruit looks like an orange! It has sweet-tart meat (sweeter than a lemon, but tarter than an orange and a pomelo) with a slightly bitter finish. Its pulp is pinkish-red, thanks to lycopene, an antioxidant also found in tomatoes.

HOW TO USE IT: Toss the segments in salads; make vinaigrette, drinks, and icy sorbets; or eat them as is.

POMELO

Native to Southeast Asia, the pomelo is the largest citrus fruit. The skin is pale green to light yellow in color and has a thick, white pith underneath. The salmon-pink flesh is more sour than an orange, with a slightly bitter aftertaste (although less bitter than a grapefruit). **HOW TO USE IT:** Add the segments to salads, or make shakes and drinks with the juice. They're also great as is with salt and vinegar for dipping. You can also make candied rind with the peel.

LEMON

Bright yellow and oval in shape, lemons are used to add a tangy flavor in cooking and baking. Choose those which are heavy for their size and with thin skin; it should give slightly when pressed. Stay away from wrinkled and dull-colored ones. HOW TO USE IT: Make lemonade! Whip up desserts like lemon meringue pie and sorbet. Use the pulp and zest to make marmalade and curd. Use lemon slices as a garnish; you can squeeze them over seafood and rich dishes for an added layer of bright flavor.

LIME

A bit smaller than lemons, but 50 percent more acidic, green limes thrive in the tropics. They have a distinct bracing flavor that is acidic, clean, and crisp. **HOW TO USE IT:** Use them to make marinades and dressings, drinks, and pies. You can also use the zest to add a tangy touch to different dishes.

DAYAP

The local version of the lime, it's also green, but smaller than a regular lime, with pulp that is much greener (the meat of the lime is yellower). Compared to calamansi, dayap has a stronger flavor. **HOW TO USE IT:** Substitute it for lemons on occasion. You can also use it as a souring agent for sinigang. Use the juice to make refreshing coolers, and the zest for pies and flans.

CALAMANSI

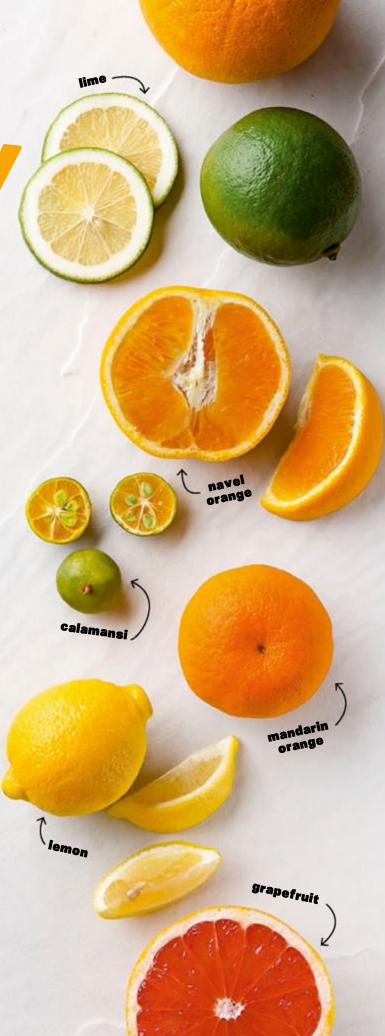
Native to our country, calamansi is essential in Filipino cooking. Although sweeter than limes and dayap, it's still used as a souring agent in cooking. It's the smallest one of the lot, and is dark green when unripe and yellow-orange when ripe. It has a thin skin, with pulp that is yellow-orange and very juicy.

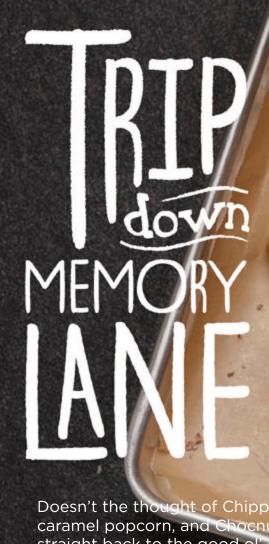
HOW TO USE IT: Squeeze it over seafood and pancit; make juice, cupcakes, marmalade, and curd; add it to marinades; and use it to tenderize meat.

MANDARIN ORANGE

Also known as ponkan or tangerine, this fruit is bright orange in color and smaller than a navel orange. Its skin is thinner and looser, making the fruit really easy to peel. The segments are also loose and easy to tear apart. It's juicier and sweeter than regular oranges.

HOW TO USE IT: Eat them as is. Mix the segments into salads and stir-fries, and use them in desserts. Canned mandarin orange segments are also very convenient and widely used.





Doesn't the thought of Chippy, Goldilocks caramel popcorn, and Chocnut bring you straight back to the good ol' days? We asked three of Manila's popular chefs to use their childhood favorites and whip up easy meals everyone in the family, young and old, will enjoy.

PHOTOGRAPHY BY Lilen Uy
FOOD PREPARATION BY Mira Angeles
STYLING BY Rachelle Santos



roast chicken a la minute with instant cacio y pepe

To elevate this dish, stuff the chicken with lemons, garlic or herbs, and add bacon or sausage slices to the noodles.

Serves 4 Prep Time 25 minutes Cooking Time 1 hour

- ✓ 4 tablespoons butter, softened
- ✓ 2 sachets flavoring powder from instant chicken noodle soup, divided
- ✓ 1 (1.2-kilo) whole chicken, cleaned and patted dry

FOR THE INSTANT CACIO Y PEPE

- ✓ 2¹/2 cups water
- ✓ 4 packs instant chicken noodle soup, flavoring sachets reserved for roast chicken
- ✓ 2 tablespoons butter
- √ ½ teaspoon coarsely ground black pepper
- ✓ 6 tablespoons grated Pecorino Romano cheese
- ✓ 6 tablespoons grated Parmesan cheese
- 1 Combine butter and the contents of 1 sachet flavoring powder in a small bowl. Set aside.
- 2 Rub the contents of remaining sachet of flavoring powder inside the cavity of the chicken.
- 3 Spread half of the butter mixture underneath the chicken's skin. Spread remaining butter mixture on the surface of the chicken.
- 4 Roast chicken in a turbo broiler set at 175°C or in an oven preheated to 350°F for 1 hour or until juices run clear when the thickest part of the thigh is gently pierced with a knife.
- 5 Meanwhile, make the instant cacio y pepe: Bring water in a large sauté pan to a boil. Add noodles and cook for 3 minutes or until water almost fully evaporates. Add butter and pepper; toss to mix. Add grated cheeses. Toss until sauce is thick. Remove from heat and transfer to a serving platter. Serve hot with Roast Chicken a la Minute

INSTANT NOODLE SOUP

"Instant noodles were my go-to snack as a kid. I figured the flavoring sachet would make a great seasoning for easy roast chicken. To go with it, I used the noodles to make a straightforward yet delicious pasta dish.



CARAMEL POPCORN

"Goldilocks caramel popcorn treat when I was growing up. I thought it would be great to cream to make a parfait—the golden kernels add a delicious to rich and creamy ice cream.

caramel popcorn parfait

Want to make your own chocolate sauce? All you have to do is melt your favorite chocolate with a bit of milk.

Serves 4 Prep Time 15 minutes

- ✓ 4 tablespoons store-bought chocolate syrup, divided
- ✓ 1 cup store-bought caramel popcorn, divided
- ✓ ½ cup roasted peanuts or any preferred nuts, chopped coarsely, divided
- ✓ 8 scoops ice cream (try salted caramel, vanilla, or Double Dutch)

- ✓ 2 bananas (lakatan variety), sliced into rounds
- 1 Pour ½ tablespoon chocolate syrup into a tall glass or bowl.
- 2 Add 4 to 5 popcorn pieces and ½ tablespoon nuts.
- 3 Top with 2 scoops ice cream and 4 banana rounds. Add more popcorn and nuts.
- 4 Drizzle with 1/2 tablespoon chocolate syrup.
- 5 Repeat to make 4 parfaits.



CHORIZO DE BILBAO

childhood favorite! Back then, my family would get a large straight up with the rendered oil and mix it into fried rice. Just the thought of it makes me smile. This dish is an old family recipe and I'd like to share it with you so that you can enjoy it at home, too.

- 1 kilo oxtail, washed and sliced into 1-inch-thick pieces
- ✓ 2 tablespoons butter
- ✓ ½ cup olive oil
- ✓ 1 head garlic, chopped
- 1 medium white onion, chopped
- ✓ 3 medium red bell peppers, roasted, seeded, and sliced into strips
- ✓ ½ tablespoon Spanish paprika
- √ ½ cup cubed ham (any variety)
- ✓ ½ cup sliced chorizo de Bilbao
- √ ½ cup tomato sauce
- 1 tablespoon tomato paste
- 1/2 cup chickpeas (garbanzos)
- 3 tablespoons brandy
- ✓ salt and pepper, to taste

- can cook oxtail in a pressure cooker for 25 to 30 minutes or until tender. Set oxtail and cooking water aside.
- 2 Heat butter and olive oil in a heavybottomed casserole. Sauté garlic and onions until tender and fragrant. Add red bell peppers and Spanish paprika. Sauté for 2 to 3 minutes.
- 3 Add oxtail, ham, chorizo, tomato sauce, and tomato paste; cook for 1 to 2 minutes. Add cooking liquid and simmer over low heat for about 20 minutes.
- 4 Add chickpeas and brandy. Season to taste with salt and pepper; mix well.
- 5 Transfer to a platter and serve hot.

CHOCNUT "Chocnut was a huge part of my growing-up years. I remember seeing them at sari-sari stores stored by the garapon. It was small enough to sneak into the classroom so that I could have a guick sugar fix anytime. I have a Chocnut Cheesecake on the menu at Buenisimo, and it's guite popular. Try this Chocnut-

chocnut crème brûlée

For a stronger Chocnut flavor, mix in chopped Chocnut into the custard before baking, or add it on top right before serving.

Serves 8 Prep Time 15 minutes, plus chilling time Cooking Time 35 minutes

FOR THE CHOCNUT PURÉE

- ✓ 1 cup heavy cream
- ✓ 12 bars Chocnut
- ✓ pinch of salt

FOR THE CUSTARD

- ✓ 3 cups heavy cream, divided
- ✓ yolks from 5 large eggs
- ✓ 6 tablespoons sugar
- ✓ 2 teaspoons vanilla extract
- ✓ sugar for topping
- 1 Preheat oven to 350°F.
- 2 Make the Chocnut purée: Heat cream in a saucepan over medium-low heat; transfer to a blender. Add Chocnut and salt.

Purée until smooth; strain. 3 Make the custard: Heat 2 cups cream in a medium saucepan over medium heat. Add Chocnut purée. Set aside. 4 Whisk remaining cream, egg yolks, sugar, and vanilla in a bowl until smooth. Add mixture to the heated cream-Chocnut mixture and mix well. Portion among 8 (4-ounce) ramekins. 5 Bake for 20 to 25 minutes in the preheated oven. Remove from oven once centers are set; let cool. Cover with plastic wrap and chill for 1 hour. 6 Before serving, sprinkle tops evenly with sugar. Use a blowtorch or place in the oven or turbo broiler set at 200°C to caramelize the sugar. Serve immediately.

chippy fish gratin

Kids will love the crisp, cheesy topping! For the more adventurous eaters, add some herbs like thyme or basil.

Serves 4 to 6 **Prep Time** 20 minutes **Cooking Time** 1 hour 30 minutes

- ✓ 2 tablespoons butter
- ✓ 1 small onion, chopped
- √ 1 (305-gram) can cheddar, potato, or cream of mushroom soup (we used Campbell's)
- ✓ 1 cup milk
- √ ½ cup water
- ✓ 1¹/₂ cups grated quick-melting cheese, divided
- √ 4 (200-gram) white fish fillets (such as cream dory)
- ✓ freshly ground black pepper, to season
- 6 medium potatoes, peeled and sliced very thinly (use a mandoline if available)
- ✓ 1¹/₂ cups crushed Chippy
- 1 Preheat oven to 350°F.
- **2** Melt butter in a medium saucepan. Sauté onions until translucent. Stir in soup, milk, and water. Mix in 1 cup cheese and stir until melted. Set aside.
- **3** Cover bottom of a 9x13-inch ovenproof casserole with a few spoonfuls of sauce. Arrange fish fillets on top. Season with pepper. Lightly cover with sauce. Arrange sliced potatoes on top and spread with remaining sauce.
- **4** Bake for 1 hour in the preheated oven. Mix Chippy with remaining cheese and sprinkle on top. Return gratin to the oven and bake for 15 minutes more or until top is golden. Serve hot.

CHIPPY

"Chippy was a favorite snack of mine! And when I was approached for this story, I knew immediately that its crunchy texture and delicious flavor would make a great topping for a creamy casserole."



strawberry nutella mousse pie Dress up the pretty pies further with caramelized

Dress up the pretty pies further with caramelized nuts, sprinkles, or chocolate sauce.

Serves 4 to 6 **Prep Time** 45 minutes **Baking Time** 10 minutes

FOR THE CHOCOLATE COOKIE CRUST

- 2 cups chocolate sandwich cookie crumbs (we used Oreo cookies), cream filling removed before crushing
- ✓ 2 tablespoons sugar
- ✓ 3 tablespoons melted butter

FOR THE NUTELLA MOUSSE

- ✓ 1 cup Nutella
- √ 1¹/₂ cups whipping cream
- ✓ 10 to 12 strawberries, hulled and sliced thinly
- ✓ 1¹/₂ cups whipping cream, whipped to stiff peaks
- ✓ grated dark or bittersweet chocolate for garnish

1 Make the chocolate cookie crust: Preheat oven to 350°F. Combine all ingredients in a bowl. Press onto the bottom and up the sides of a 9-inch pie plate or 4 (6-ounce) ramekins. Bake in the preheated oven for 10 minutes. Cool completely.

2 Make the Nutella mousse: Whip together Nutella and cream until well-combined and soft peaks form. Spread onto the cooled crust. Chill for at least 2 hours.

3 Arrange sliced strawberries on top of mousse; reserve some for garnish. Cover with whipped cream and sprinkle grated chocolate. Top each pie with 1 to 2 strawberry slices. Chill for 1 hour before serving.

NUTELLA

"Who doesn't love Nutella? I was instantly hooked when I had my first spoonful! For Yummy, I turned my favorite into a pie—the preparation changes it up a bit, but it still has the same great flavor we all know and love."





OFF TO MARKET WEGO!

Wonder where chefs do their supermarket shopping? We followed four of our favorites and got the lowdown on unique food finds and shopping tips.

PHOTOGRAPHY BY

Aldwin Aspillera and Kai Huang (Marketplace by Rustan's) **PRODUCED BY Rachelle Santos**



Why is Unimart your favorite supermarket?

First, the items are reasonably priced. They also line them up according to size, making it easier for me to compare prices. Second, they have a wide selection of dry goods and produce—that goes for both local and imported items—so I usually find what I need. If I only have time to go to one supermarket, I go to Unimart because the chances of my finding everything I need in one stop are higher.

What good-quality products have you found there?

When I don't have time to go to the wet market, I come here to buy fresh herbs and produce. The apples are categorized according to sweetness and I go for the ones labeled "very sweet." There is also a good selection of mushrooms, and the fresh shiitakes are dry and springy, not wet and soggy.

What are some of your unique finds?

Unimart is my go-to place for imported items like chocolate mixes and household cleaners. They also carry regional food products like barquillos, my favorite brand of dried mangoes, and squid flakes. I also like their selection of picnic supplies—disposable food containers and plates in various designs and sizes, and wooden cutlery. On occasion, I discover hard-to-find drinking glasses at the glassware section.

Do they offer any special services?

Their customer service desk is very helpful. When I need to purchase goods to donate to disaster relief efforts, they allow me to place a reservation via phone. All I have to do is go to the desk and claim the items—I don't need to fight my way through crowded aisles.

HOW DOES KAREN ORGANIZE HER SHOPPING CADTS

DELICATE ITEMS DON'T GET CRUSHED UNDERNEATH HEAVY ONES. HER SYSTEM AVOIDS CROSS CONTAMINATION, TOO.



Karen's budget saving tip

"My new philosophy is: Don't hoard. There will be more to buy tomorrow. It might not be the same brand, but there will always be something comparable. Only buy items that you're sure you'll use, especially when it comes to perishables. Don't buy institutional-sized packages when it comes to edible items just because they're cheaper. The perceived savings from purchasing a big pack does not always translate to actual savings in the long run if you always end up throwing away the unused portion that has expired."

CONVENIENT ONE-STOP SHOP

"Unimart has a great dry goods section. They have kitchenware, hardware, office supplies, basic medicines, and helpers' uniforms. Most, if not all, of these can be punched in together with the grocery items so the day's purchases can be consolidated in one bill and one queuing effort."



Karen is a baker at heart and likes Unimart's wide variety of cupcake liners!



Why is South Supermarket your go-to place for grocery shopping?

I first visited South Supermarket because it's the nearest one to my kitchen studio with ample parking; it's only about five minutes away. I became a loyal customer because no other shop beats their service. From the cashiers to the security guards, everyone always offers to help, especially when I'm shopping with my toddler. Their displaysfrom vegetables to dry goods—are always organized and well maintained. (You'll hardly find products with ice crystallization in the freezers, which is a sign of poor temperature control.) I appreciate that they maintain their grocery carts very well, too!

Do they carry any unique products?

They have a wide variety of meat and poultry-native chicken, black Chinese chicken, quail, goat meat, veal shortbread, even ostrich and rabbit!

Do you have a favorite aisle or section?

I love the organic vegetable and herb sections! I always check what products are in season. Sometimes they have fennel or kohlrabi, and I think about what dishes I can make with them. I like to get creative with what I find!

Do they offer any special services?

They shred coconuts at no extra cost, so you know what you get is always fresh. They can also double grind your meat if you purchase at least five kilos; I use this for making sausages.

How do you navigate the supermarket efficiently?

Go to a supermarket you're already familiar with. Organize your grocery list according to the supermarket's sections. Don't even pass through unnecessary aisles. And don't use a rickety cart—you'll waste time and energy trying to control it!

Len's budget saving tips

Plan your menu so it's easier to make a grocery list. Make a list and stick to it. Leave room for a few adjustments for discounted meat or seafood, or for fruits and vegetables in season that normally sell at a lower price. Of course, always ask yourself if the item on sale is really something that you need.

Don't pass every aisle if you don't have to, especially the junk food section. You'll be tempted to buy something bad for your body (and your wallet).

What they say is true: Don't shop on an empty stomach. You'll have a tendency to buy

more than what is necessary and gravitate towards food you're craving for (which, more often than not, isn't healthy).

Take the time to read labels and compare prices. This can be a tedious process, but do it once just to get familiar with the products. Here's an example: Upon checking the ingredients of two bottles of fish sauce, you find that the cheaper one has more chemicals and food coloring—this means more sodium but less flavor. If you buy the cheaper bottle, the tendency is for you to use more of the product when cooking. Hence, the cheaper bottle becomes more expensive in the long run. It's bad for your health, too!

FN'S COOL TRANSPORT TIE

Bring two coolers (or insulated bags) loaded with ice packs—one is for raw meat and the other is for vegetables and dairy. Remember to use separate plastic bags for different kinds of raw meat to prevent the juices from contaminating the other items. The coolers will keep the items cold while you're in transit.





CHEF-OWNER, PINO, PIPINO. PI: BREAKFAST AND PIES, BACKYARD **KITCHEN + BREW, BRGY. BAGNET, AND BULALO BOY**



SUPERMARKET SM AURA

Why is SM Supermarket your grocery of choice?

They have a really good selection of lesserknown cuts of protein such as fish head and pork cheeks; they also carry some entrails. I get creative by cooking with unpopular cuts and innards, and turn them into something really yummy.

Which sections set them apart from other supermarkets?

They have a wider selection of imported items—they're so varied that you'll find something new every week. They carry unique flavors of chocolates and chips, uncommon condiments and spices, and good-quality canned products. They also have a pasalubong aisle and a food service section, and they take pride in their produce department which carries organic greens and vegetables, including great finds like local kale.



ED'S FOOD SAFETY TIP

Pay attention to expiration dates. Don't purchase a product if the "sell by" date has already passed. The "use by" date is the date before which you should use up the item, so make sure you'll be able to consume everything within that time frame.

FD'SSUPERSIMPLE 3-INGREDIENT COURMETRECIPE

sautéed chopped chorizo de Bilbao

bottled sun-dried pesto

cooked whole-wheat fussili

CHORIZO PESTO PASTA

Safety first

Food safety starts with the proper handling of products. Here are some steps to help you evaluate if a supermarket meets food safety standards. Your own observations will help you decide.

Check the temperature.

Are the chillers and freezers in good working condition? To inhibit the growth of bacteria, chilled food must be stored below 40°F while frozen items must be stored at 0°F.

Look for pests. Make sure that there are no bugs, rodents, or droppings in the premises. Also, look at each of your food items very carefully and check for any kind of damage such as tears, chewed-up corners, or blemishes. Don't buy anything the least bit damaged.

Check for sanitation.

Are the service areas and public restrooms clean? If these areas aren't maintained well, it's highly likely that the areas where employees handle food might not be clean, too. Check surfaces for a thick layer of dust or dirt—a sign that the shelves aren't cleaned regularly.

Inspect each product you put in your cart. Cans with deep dents and bulges, bloated packaging, and ice crystals on frozen food are red flags! They're signs that the items aren't handled properly.



Why do you frequent Marketplace by Rustan's?

The comfortable size is a big factor for me. While it's smaller than other price clubs, it carries a wide selection of products and ingredients I need, both at home and at the restaurants. I also like that they carry a wide selection of ready-to-use sauces, herbs, and noodles in the international section. This makes cooking chicken satay, beef bulgogi, curried biryani, ramen, and pasta Amatriciana more convenient. It also inspires me to get creative and go beyond the usual ulam without the tediousness of making everything from scratch. The supermarket is also situated right above the parking area and the staff are always willing to help me bring the items to my car. Convenience is a big plus.

What good-quality products have you found there?

Their seafood, while a bit pricier than in other supermarkets, is really fresh. One can get sashimi-grade tuna or salmon anytime. They also put Wagyu and Angus beef on sale from time to time.

What brands do they carry that you can't find in other supermarkets?

Waitrose and Casino are exclusive to Rustan's. Both have an extensive line of frozen items, pasta noodles, bottled sauces, salad dressings, and even juices and fruity wines.

Which sections stand out?

The ready-to-go deli counters are quite unique! Other supermarkets might have one

or two counters but Marketplace has a vast selection for both take away and in-store consumption. They have assorted breads, hard and soft cheeses, fresh sushi and sashimi platters, deli meats and sausages, pastas and main courses, and even drinks. Their nut and fresh herb sections are also quite impressive.

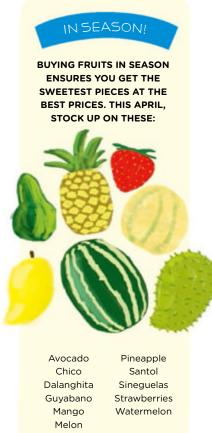
What special services do they offer?

The butchery section offers special cuts for ribs, chops, and steaks. They can also debone whole chicken or fish at no extra cost.

From which aisle do you find the most culinary inspiration?

I love Marketplace's large collection of Asian condiments, noodles, sauces, and spices. It encourages me to prepare restaurant-quality beef sukiyaki, chicken teriyaki, and shrimp tempura at home. I don't need to go to several shops to get all the ingredients I need.

Start with the non-perishable items on your list then work your way to the dry goods section. Next, head to the fresh produce. Your last stop should be the chilled and frozen aisles such as the dairy, fresh meat, poultry, and seafood sections.



Aby's budget saving tips

Buy cheaper cuts of meat. Beef

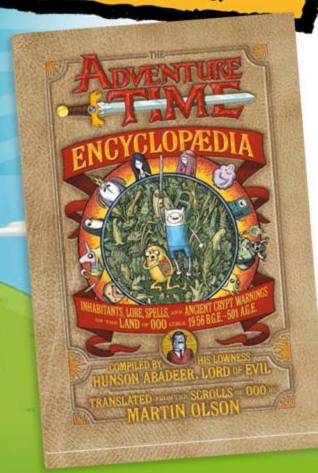
doesn't need to be expensive all the time. The more expensive cuts are usually used for grilling and roasting. They are generally tender, thus can be cooked easily. For stews, casseroles, and slowcooker recipes, go for cheaper cuts like brisket, oyster blade, or chuck rib. Stews and casseroles are great for feeding a huge family; you can throw in nutritious extenders like vegetables, potatoes, or noodles.

Go for the supermarket's house brands. Big chains carry in-house brands that are similar to name brands in taste and quality, but are comparatively cheaper.

Stock your pantry. Going back and forth to the supermarket can be tiring and costly. Make sure to stock-up on frequently used items like condiments and seasonings, garlic and onions, dried pasta and rice, cooking oil, and canned goods.

WHAT TIME IS IT? ADVENTURE TIME T

ARE YOU THE ULTIMATE ADVENTURE
TIME FAN? THEN GO CRAZY WITH THESE
RHOMBUS READS FILLED WITH EXCITING
STORIES AND FUN ACTIVITIES FROM
THE LAND OF OOO.





ERMAGLERB! FINN THE HUMAN AND
JAKE THE DOG ARE AT IT AGAIN,
EATING BACON PANCAKES, FIGHTING
THE ICE KING AND SAVING THE CANDY
KINGDOM ALL BEFORE BEDTIME!

The Adventure Time Encyclopedia (P295) and Adventure Time Magazine (P195) are now available in bookstores, convenience stores and on newsstands nationwide.







MECHANICS:

- 1. Buy your tickets at the venue on the day of the event or reserve at www.yummy. ph/big-baon-blowout. Ticket price: P50 for one (1) adult and P100 for groups (4
- 2. Passport and wristband will be given upon registration. These will entitle you to product samples from the different concessionaires.
- a. Children 3 feet and below can enter for free.
- **b.** No passport and wristband, no entry.

- 3. One sample per concessionaire only. Event staff will stamp on your passport once the sample is claimed.
- 4. Ticket stubs also serve as raffle entries for a chance to win special prizes.
- 5. Raffle winners must claim the prize once called on stage. If the winner is not present, the prize will be forfeited.

CO-PRESENTEDBY:









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www.yummy.ph/biq-baon-blowout

A RAINBOW OF RECIPES!

Kitchen fun!

Crafts and experiments for the kiddos

Green is 900d!

10 NEW WAYS

to get your child to eat his greens

> ONLINE EXCLUSIVE! STRAWBERRY LEMONADE CUPCAKES Head to Yummy.ph for the recipe!

Time for cooking class What your little

What your little ones will learn (it's more than just the recipes!)

SET UP A
MILKSHAKE
BAR AT
HOME

Beat the heat with fun popsicles



Batik Napkins

You'll need:

- ✔ Flour
- ✓ Water
- ✓ Squeeze bottle
- ✔ Piece of plain cotton fabric
- ✓ 1 tablespoon textile paint mixed in 1 cup water (you can use different colors)
- ✔ Paintbrush
- 1 Mix equal parts flour and water to make a paste. (It should be a bit thicker than pancake batter.) Add water or flour to adjust the

consistency. Pour paste into squeeze bottle.

- 2 Draw your design on the fabric with the squeeze bottle. Let dry completely.
- 3 Scrunch up the fabric to make the paste crack. (The more cracks the better!)
- 4 Paint over the fabric (including the cracks) and let dry completely.
- 5 Scrape off the flour paste. (You can use a butter knife.)
- 6 Rinse fabric. Hang to dry.

SCIENCE THE KITCHEN

TURN YOUR KITCHEN INTO A SCIENCE LAB! YOU CAN DO THESE EXPERIMENTS WITH A COUPLE OF PANTRY STAPLES. **WARNING: THINGS CAN GET MESSY!**



Discover how ingredients react when mixed together.

Place 2 tablespoons baking soda on a paper towel. Fold to seal. Pour ½ cup white vinegar into a zip-top bag. Zip it halfway. Drop the napkin inside then quickly seal. Give it a little shake. Step back-the bag will expand and explode!

WHAT HAPPENED? The bag filled up with carbon dioxide. a gas produced when an acid (vinegar) mixes with a base (baking soda).



A bit of shaking gives you homemade ice cream in 15 minutes!

Fill a 2-quart zip-top freezer bag with ½ cup milk, 1 tablespoon sugar, and 1 teaspoon vanilla; seal. Fill a 1-gallon zip-top freezer bag with ice and 1 cup rock salt. Place small bag inside; seal. Cover bag with a towel; shake for 15 minutes. When the ice cream is hard enough, remove from bag and enjoy!

WHAT HAPPENED? Rock salt lowers the ice's freezing point, making it melt faster. The icv water around the milk enables it to freeze. The shaking motion allows the icy water to swirl around the small bag, helping speed up the freezing process.

WORKS OF ART

A summer crafternoon is in order! Grab a few items from the kitchen and get creative with the kids.



Flower Lollies

You'll need:

- ✓ Colorful (1-oz) cupcake liners
- ✔ Puncher
- ✓ Lollipops
- ✓ Striped straws
- ✓ Tape
- 1 Lay out 2 cupcake liners; fold in half. Punch a hole 1/4 inch away from the straight edge.
- 2 Take 4 liners and punch a hole at the center of the base.
- 3 Insert Iollipop stick through the 2 folded liners. Insert stick through 3 liners, one by one, colored side up. Insert stick through last liner, colored side down.
- 4 Insert a straw through the lollipop stick; tape into place.
- 5 Fan out cupcake liners to make the flower bloom.

Fun Fortunes

You'll need:

edge to seal.

- ✓ Cupcake liners
- ✓ Glue or double-sided tape
- ✔ Fortunes written on strips of paper

1 Using your thumb and index finger, pinch the inside bottom of a cupcake liner. making a crease in the center. 2 Glue or tape the pinched part on the outside base to hold the fortune cookie shape. 3 Place your fortune inside, then glue or tape the top







measuring, mixing, and patience. Turn to page 6 for easy beat-the-heat ideas. Popsicle molds, P88. Saizen



Dealing with picky eaters just got easier with Yummy, Mommy!, a book geared towards teaching parents the ABCs of feeding kids properly. Authored by full-time mom Tricel Nava-De Guzman, the glossy tome is divided into two parts: The first provides expert advice, practical tips, survival guides, and helpful tools; the second offers kid-approved recipes—think Nice and Gooey Chicken Wings, Kiddie Carbonara, and Jam and Cheese Grilled Sandwiches. The book is filled with colorful photographs, too, so why not flip through the pages with the kiddo for some precious bonding time? Don't forget to bookmark the recipes you want to try the next time you both don aprons.



GOING TO MARKET

Grocery shopping for your little one can be a tough balancing act: You should give them something both tasty and nutritious. Check out our latest supermarket finds that fit the bill.



Believe it: Our favorite childhood chocolate bar's got milk! Start the day with a cold glass or say good night with a warm mug. Hershey's Whole Milk, P82.25, **Pioneer Centre**

CHEESE PLATE

Make the kiddie staple healthier with organic pasta and cheese. Horizon Classic Mac, P139, Marketplace by Rustan's

This one's made of 100 percent fruit iuice and has no added sugar and preservatives. Ceres Apple Juice, P26.50, **SM Supermarket**

Let the kids have fun in the kitchen with this makeyour-own gelatin pack. Aeroplane Create-a-Jelly, P76, Marketplace by Rustan's

BERRY GOOD

Yogurt and berries come together in one healthy, yummy drink. **3 Cows Mixed Berries** Yoghurt Drink, P30, **SM Supermarket**

MORNING HABIT

Keep your child's digestive and immune system in tip-top shape with this treat. Elle & Vire Yag Go! Banana Yogurt, P32, **SM Supermarket**

P101, Rustan's Supermarket

Centre

SHAPE UP

Rustan's

snack on fruit! Dole

Diced Peaches

in Light Syrup,

VEGGIE GOOD!

Encourage the kids to eat their greens. Help is on the way with our 10 fun ideas!

kitchen: Make body parts out of vegetables! make silly eyes, cut a and steam. Pair two florets of the same size and top Souped up of cheese. Place a small Make every day piece of bacon on top to Valentine's Day: Whip up

Better when baked Pair sandwiches with good-for-you carrot fries. Peel and slice carrots into sticks; toss in olive oil, salt, and pepper; and bake until slightly

crisp. Easy.

Green light Help your kids stop snacking on junk food and start enjoying wholesome treats instead. They'll look I forward to vegetable-based bites when they're served in playful ways. Make edible traffic lights: Slice celery into 2-inch sticks and spread cream cheese on the hollow side. Slice small circles out of red, vellow, and green bell peppers; stick them onto the cream cheese.

Turning Japanese Color plays an important role in keeping your kid's appetite going. No one enjoys munching on something dark, bland, and boring. The solution? Extra colorful bites like vegetable sushi! Use cucumbers, bell peppers, carrots, sweet potatoes, and asparagus for a pop of color.

Squash-bonara Does your child love carbonara? Then he won't be able to resist this creamy, colorful version. Boil squash until tender; purée in a blender. Sauté squash with garlic and onion. Add broth; simmer until thick. Toss in cooked pasta. Top with bacon, Parmesan, and green onions.

shrooms The trick to feeding picky eaters? Serve them something familiar, colorful, and loaded with their favorite ingredients. Think mushroom pizzas. Use portobello mushroom caps for the base. Get the kiddos involved by letting them garnish the "crust" with cheese, vegetables, and ham. Pop in the oven for a few minutes and it's done!

a heart-y soup. Slice carrots,

into hearts. Add to sopas

and top with heart-

Super

shaped croutons.

A little extra

effort goes a

long way.

potatoes, and sweet potatoes

Not-your-usual nachos Make their munchies much healthier: Instead of corn chips, use root vegetable chips, then swap out store-bought bottled toppings for fresh ingredients like grated carrots, corn kernels, and beans.

Flower power Set aside the packaged munchies and turn to healthy "popcorn" instead. What's it made of? Cauliflower florets! It's fun, tasty, and very easy to prepare. Head to Yummy.ph to find out how.

Sweet surprise It's possible to end a meal with greens! The next time you make chocolate cupcakes, add grated zucchini to the mix. Not only will it give your sweet treat a healthy surprise, it will also keep your cupcakes soft and moist. The kids won't even notice it's there.



PHOTOGRAPHY: MIGUEL NACIANCENO. RECIPES & STYLING: IDGE

FRUITY POPS Divide and arrange 1 kiwi (sliced into thin rounds), 2 strawberries **SWEET CORN** (sliced thinly), the flesh from 1 mango cheek (cubed), and 20 small grapes (peeled) among 4 popsicle molds; fill each with $\frac{1}{4}$ cup apple juice.

Combine 1/4 cup creamstyle corn, ½ cup corn kernels, and ½ cup coconut milk. Divide among 4 popsicle molds. Freeze until solid (insert a popsicle stick in the center of each halfway through freezing time).



Combine 1 (22-gram) pack Milo powder, ¹/₂ cup water, and ¹/₂ cup fresh milk; stir until Milo is dissolved. Divide among 4 popsicle molds and freeze until firm, at least 1 hour, Add 1 tablespoon condensed milk on top of each popsicle. Freeze until solid (insert a popsicle stick in the center of each halfway through freezing time). Sprinkle with Milo powder before serving.

STRAWBERRY CHEESECAKE Whiz 11/2 cups chopped

strawberries, ¹/₄ cup plain yogurt, and 11/2 tablespoons honey in a blender until combined. With a handheld mixer, blend ²/₃ (8-ounce) bar cream cheese (softened), ²/₃ cup milk, and 1 tablespoon honey in a bowl until smooth. Pour berry mixture into 4 molds until 1/4 full; freeze until firm. Pour in cream cheese mixture until ½ full; freeze until firm. Repeat to make 2 more layers. Insert a popsicle stick and top each with 1 teaspoon crushed graham crackers before freezing the last layer.

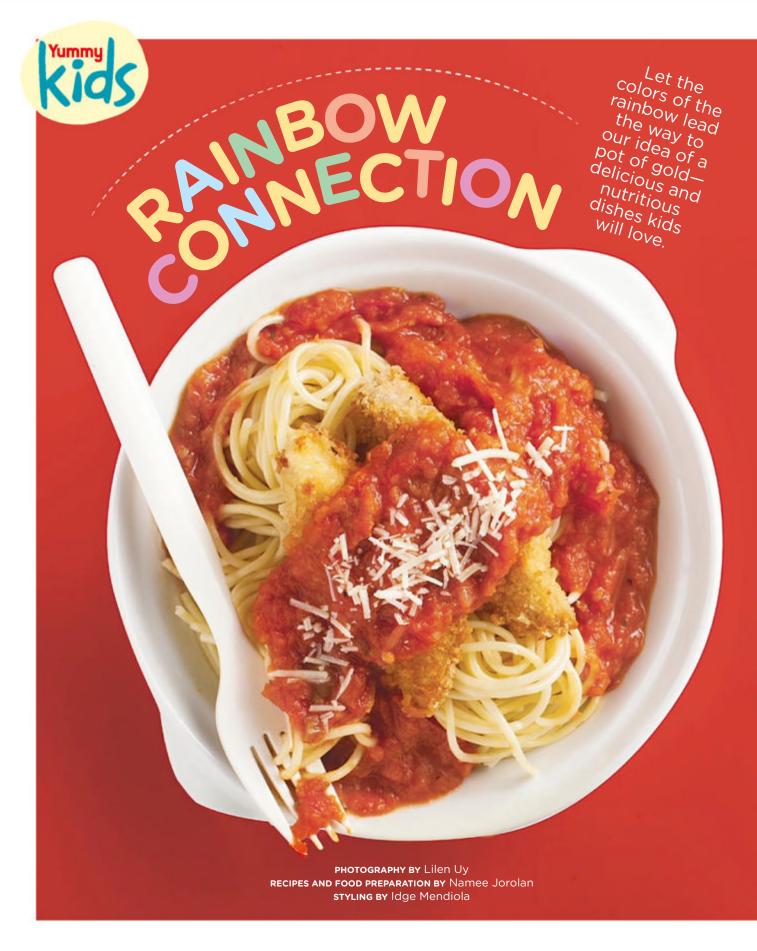
Freeze until solid (insert

a popsicle stick in the

center of each halfway

through freezing time).





Fish Parmigiana with **Carrot-Tomato Sauce**

Everything your child needs-protein, carbs, veggies—comes together on one yummy plate.

Serves 4 to 6 Prep Time 15 minutes Cooking Time 30 to 45 minutes

FOR THE CARROT-TOMATO SAUCE

- ✓ ½ cup extra virgin olive oil
- ✓ 1 medium shallot, minced
- ✓ 2 cloves garlic, minced
- ✓ 1 teaspoon dried thyme
- ✓ 1 teaspoon dried oregano
- ✓ 1 medium carrot, grated finely
- 2 cups diced fresh tomatoes
- ✓ pinch of sea salt
- ✓ 300 grams white fish fillets (like) cream dory or sole), sliced into small rectangles
- ✓ sea salt and pepper, to season
- ✓ ½ cup all-purpose flour
- ✓ 2 eggs, beaten
- √ ½ cup breadcrumbs
- √ ½ cup grated Parmesan cheese, plus extra for sprinkling
- 1/4 cup olive oil for frying
- ✓ 300 grams spaghetti, cooked according to package directions
- 1 Make the sauce: Heat oil in a saucepan. Add shallots and cook until transparent. Add garlic and cook just until soft and about to turn golden brown. Add thyme and oregano. Add carrots and cook until soft, about 8 minutes. Add tomatoes and bring to a boil. Reduce heat and simmer until sauce is thick. Stir often to break down the tomatoes and keep the sauce from sticking to the bottom of the pan. Season with sea salt.
- 2 While sauce is simmering, season fish with salt and pepper. Place flour, eggs, and breadcrumbs combined with Parmesan cheese in 3 separate containers. Dredge fish in flour, dip in egg, and coat in breadcrumb mixture. 3 Heat olive oil in a pan over medium heat. Fry fish until golden brown. Drain on paper towels. Serve fish over spaghetti; top with carrot-tomato sauce and Parmesan cheese.

Sweet Potato and Carrot Muffins

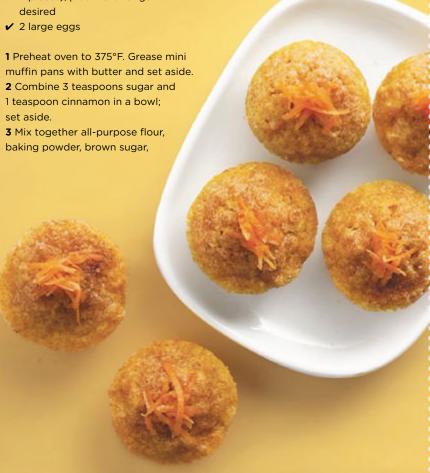
These mini treats are perfect as an after-school snack or as an accompaniment to the little ones' main meals.

Makes 24 to 30 mini muffins Prep Time 15 minutes Baking Time 12 to 15 minutes

- ✓ 2 tablespoons butter for greasing
- ✓ 1 cup plus 3 teaspoons sugar, divided
- √ 1¹/₂ teaspoons ground cinnamon, divided
- ✓ 2 cups all-purpose flour
- ✓ 1 teaspoon baking powder
- ✓ 1 cup light brown sugar
- √ ½ teaspoon ground nutmeg
- ✓ pinch of salt
- ✓ 1 cup boiled and mashed orange sweet potatoes
- √ ¹/2 cup finely grated carrot (about) 2 pieces), plus more for garnish if desired

nutmeg, remaining sugar and cinnamon, and a pinch of salt in a bowl.

- 4 Mix together sweet potatoes. carrots, and eggs in another bowl.
- **5** Mix together wet and dry ingredients just until combined. (Do not overmix; the mixture should be lumpy.) Pour batter into muffin cups until 3/4 full. Sprinkle tops with cinnamon-sugar
- 6 Bake in the preheated oven until set, about 12 to 15 minutes or until a toothpick inserted in the center comes out clean. Garnish tops with grated carrots, if desired. Serve warm.





Chicken and Pineapple Skewers with Yellow Rice

Curried chicken pairs perfectly with sweet grilled pineapples and turmeric-scented rice.

Serves 4 Prep Time 15 minutes Cooking Time 15 minutes

FOR THE YELLOW RICE

- ✓ 2 cups white rice grains, washed
- ✓ 2 cups water
- ✓ 1 teaspoon fresh turmeric, pounded
- ✓ 250 grams chicken breast fillet, cubed
- ✓ salt and pepper
- ✓ 1 teaspoon mild yellow curry powder

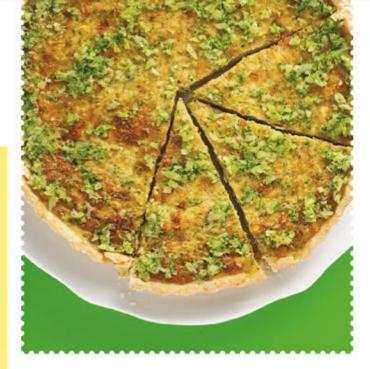
turmeric in a rice cooker or steamer. Set aside. 2 Season chicken with salt and pepper; sprinkle with curry powder and mix well. Let stand for 20 minutes. 3 Skewer chicken pieces

1 Make the yellow rice:

Cook rice with water and

onto barbecue sticks, alternating with pineapple chunks. Grill skewers on a grill pan or a griller. Serve with yellow rice.





Broccoli and Cheese Quiche

This one's good any time of the day-breakfast, lunch, or dinner! It's a great way to get your kids to eat their vegetables, too.

Serves 8 to 10 Prep Time 20 minutes, plus resting time Baking Time 40 minutes

FOR THE CRUST

- √ 1¹/₄ cups all-purpose flour, plus extra for dusting
- √ ½ teaspoon salt
- √ ½ teaspoon sugar
- ✓ ½ cup cold unsalted butter, cubed
- ✓ 2 to 4 tablespoons ice-cold water

FOR THE FILLING

- √ ½ cup bacon, chopped
- ✓ 1¹/2 cups broccoli florets, blanched and chopped finely, plus extra for garnish
- ✓ 1 teaspoon salt
- ✓ 1 teaspoon ground pepper
- ✓ 4 large eggs
- √ ³/4 cup heavy cream or whipping cream
- ✓ 1 teaspoon ground nutmeg
- ✓ 1 cup grated cheese (cheddar, mozzarella, Parmesan, or a mix)

1 Preheat oven to 350°F. 2 Make the crust: Combine flour, salt, and sugar on a

clean work surface. Using a pastry blender or 2 knives, cut in butter; knead until texture resembles coarse sand. Add cold water. 1 tablespoon at a time, until the dough holds shape when squeezed: do not overmix.

- 3 Form dough into a 2-inchthick disk. Wrap in plastic wrap and chill for 20 minutes.
- 4 Meanwhile, make the filling: Cook bacon in a pan over medium heat. Add broccoli and season with salt and pepper. Cook for 2 to 3 minutes. Remove from heat and let cool for 5 minutes.
- 5 Whisk together eggs, cream, and nutmeg in a medium bowl. Add bacon and broccoli. Add cheese and mix well.
- 6 Roll dough into a circle, about 11 inches in diameter. Transfer carefully to a 9-inch quiche or pie pan. At this point, you can blind bake the crust if desired. Otherwise, pour filling into crust; bake until center is set and sides are golden brown, about 40 to 45 minutes. Top with extra broccoli, if desired.

Blueberry Panna Cotta

Looking for a light dessert to cap off a meal? Here's a creamy pudding loaded with berry goodness.

Serves 12 Prep Time 10 minutes, plus setting time Cooking Time 5 minutes

- ✓ 1 tablespoon unflavored aelatin
- ✓ ¹/3 cup milk
- ✓ 2 cups whipping cream
- ✓ ¹/₄ cup sugar
- ✓ 1 teaspoon vanilla paste or extract
- ✓ 2 cups frozen blueberries or canned blueberry filling, plus extra for topping

1 Sprinkle gelatin over milk in a bowl. Allow to bloom for 3 minutes.

- 2 Combine cream and sugar in a saucepan over medium heat. Add vanilla. Stir until small bubbles begin to appear on the edge of the pan. Remove from heat and let mixture cool for 2 minutes.
- 3 Combine cream mixture and bloomed gelatin. Stir until gelatin is completely dissolved. Add blueberries.
- 4 Pour mixture into 12 (2-ounce) molds or 6 medium ramekins. Chill for 4 hours or overnight in the refrigerator. Unmold and serve topped with extra blueberries.





Ube and cheese is an unbeatable pair. This time, they come together in petite purple cakes.

Makes 12 (2¹/2-inch) cheesecakes Prep Time time **Baking Time** 20 to 30

FOR THE CRUST

FOR THE FILLING

- /3 cup brown sugar
- ✓ ¹/3 cup sugar
- ✓ 300 grams fresh purple

- each on the bottom of 12
- **5** Pour filling into prepared
- 6 Let cool completely then



SCHOOL'S COOL

Looking for worthwhile activities for your kids this summer? We highly recommend cooking and baking classes. Read on and see what else they'll develop aside from some really cool culinary skills.

STORY BY Tata Mapa

PHOTOGRAPHY BY Jinggo Montenejo



The art of timing

In a cooking or baking class, your kids will learn that some things (like pulling a perfectly cooked egg off the stove) need to be done right away and quickly. They will see that some other things (like mixing ingredients for a cookie) are best if done in a certain order. They will also learn that some things (like waiting for dough to rise) take time. In a world where instant gratification has become the norm, cooking and baking can help teach your kids that there's a right time and right pace for everything. And that patience does come with its rewards.

Organization and foresight

"In cooking and baking, kids learn to check the recipe to make sure all the ingredients, materials, and utensils are ready," says Krisha Vizmonte, who teaches children at the LEAP School. Her student Lucia, 6, who took her class last summer, shares that reading and drawing notes on her copy of the recipe was actually one of her favorite things to do in each class. "Moreover," adds Krisha, "cooking and baking teaches children to sort and measure ingredients, manage time, and follow directions."

Confidence

Marina Reyes, who teaches cooking and baking in Alabang, has noticed that individually, children develop confidence in the kitchen. "In the beginning, the child's fears manifest in both the little and big things—from cracking eggs to removing the cake from the oven," she shares. "With encouragement from both teachers and peers, the shy child learns to step up. And each task accomplished becomes an achievement worthy of praise."

Creativity

"When decorating desserts, kids can choose the color of the icing and what toppings they want to use," says Krisha. "Adding spices and other ingredients not included in a recipe widens their imagination, too, Furthermore, cooking allows kids to express themselves through platingwhich also improves their fine motor skills." Olivia, 8, who first took lessons when she was 5, loves how cooking and baking felt like fun experiments. She loved touching and mixing the ingredients, and ultimately creating a dish each time. After one class, she was so inspired that she ended up making palitaw (a recipe she learned) for merienda at home every time she got the chance.



Teamwork and camaraderie

We all want our kids to get out there and get along with other children. The setup in a class is ideal for this as the main focus is the actual cooking or baking. When they're busy with the task at hand, there's less pressure on shy kids to talk and be the center of attention. For those with stronger personalities, learning to wait their turn (which is also an organic part of the process) allows them to learn the importance of everyone fulfilling a role. Too many cooks jumping in at one time can spoil the broth. But little cooks taking turns and working together makes for the perfect cake!

> We held a cooking class at The Cookery Place for kids aged 5 to 8. Head to Yummy. ph to know about the kids' experiences, including recipes for Pizza and Chocolate-Potato Chip Cookies.



Going beyond themselves

Marina recounts how she once had one little boy in a class full of girls. "He was quite reserved. In the first few classes, he just observed the class and didn't make a sound. One day, I called him over to help in the preparation, explaining that all students need to take turns in doing tasks. He learned to become proud of what he made. Before the end of the course, his mom told me that her son insisted on cooking dinner for the family one evening." If that wasn't inspiring enough, Marina bumped into her student's mom again many years later; she told her that it was during that summer cooking class that her son blossomed. She recounts, "It was when he broke out of his shell and learned to venture out into the world, all on his own."

A final word

Last but not the least, keep in mind that you don't need to confine these lessons to kids in cooking class. Why not set up a fun activity for the whole family? Devote Sunday afternoons to cooking and baking. Have a Pizza Afternoon: As a family, make a list of ingredients, take the kids to the supermarket and let them pick out the items, then have fun whipping up your merienda. Collaborate on your favorite toppings, and feast on the fruits of your labor. Because in the end. as your kids are sure to learn, the best thing about cooking is the eating!

Marina Reyes teaches in Alabang. For updates and details. like her on Facebook at Gotta Eat? Just Reheat.

Krisha Vizmonte teaches at the LEAP School for Young Children (30 Greenmeadows Avenue, Quezon City; tel. no.: 633-0270).

Ge+ STARTED!

LOOKING FOR A KIDDIE COOKING SCHOOL? HERE'S A LISTING OF WHERE YOU CAN ENROLL YOUR FUTURE CHEF.

CENTER FOR ASIAN CULINARY STUDIES

455 P. Guevarra Street, San Juan City (tel. nos.: 726-9326, 725-5089); www.cacschef.com

THE COOKERY PLACE

Unit 2GH Kensington Place, 1st Avenue corner 29th Street. Bonifacio Global City, Taguig City (tel. no.: 822-7068); www. cookeryplace.com

MARMALADE **KITCHEN**

Unit 2-5 Forum South Global Building 7th Avenue corner Federacion Avenue. Bonifacio Global City, Taguig City (tel. no.: 622-9196; mobile no.: 0917-8370959); www. marmaladekitchen inc.com

THE MAYA KITCHEN

8/F Liberty Building, 835 A. Arnaiz Avenue, Legazpi Village, Makati City (tel. no.: 892-5011 loc. 108; mobile no.: 0947-8352290); www. themayakitchen.com

SYLVIA REYNOSO **GALA CULINARY** SCHOOL

181 Shaw Boulevard Pasig City (tel. nos.: 671-4472, 671-4489, 671-4498); www. sylviareynosogala.com

TINY KITCHEN

31 Scout Tobias, Quezon City (tel. no.: 410-2279); www. tinykitchen.com.ph



Milkshakes

Beat the heat—set up a milkshake bar for kids and kids at toppings, and let everyone create their own concoctions. heart. Lay out assorted ice cream flavors, add-ons, and

START SHAKIN'

beverage of choice cream scoops per 1 cup of liquid. For a each serving: 3 ice consistency, follow cup of liquid. And the 3-to-1 ratio for thicker milkshake, use just 1/2 to 3/4scoops and your and whiz away! For the perfect in the blender remember,



Place ice cream

blend, the thinner the longer you the shake.



AMP UP THE FLAVOR

Choose ingredients with different ask your guests to get creative. A special with a variety of add-ons. textures, colors, and flavors then ordinary milkshake. You can add tablespoon or two of add-ons is more than enough to elevate an them before or after blending. Make your milkshake extra



PREPARE YOUR **TOOLS AND** GADGETS

and cold once served. Bring out your stand or handheld blender, your milkshake nice glasses-this'll keep hand-choose ones cream scoopers on that kids can easily Have different ice to keep the cords your pitchers and but don't forget kids' reach. Chill grip and handle. away from the



too. To make it easier for kids, Vanilla is always a good base advance, arrange the scoops on a parchment paper-lined to start with, but shine the scoop out the ice cream in spotlight on other flavors, tray, and freeze until the



party starts.

Vanilla

Cheese



and soda, too!

Cappuccino

Avocado

Fresh milk

Orange juice



RESTAURANTS

Sweet Ecstasy / Teddy's Bigger Burgers / Burgers and Brewskies / Q&A



Welcome to the good burger

Sweet Ecstasy brings back simple, honest food with unembellished burgers.

REVIEW BY SASHA LIM UY

ot hungry? We don't serve your kind here," says one of the posters on Sweet Ecstasy's walls. Don't be afraid of being kicked out though, because it's impossible to be anything but hungry at this joint. The sight of a burger fresh out of the kitchen is enough to make anyone's mouth water.

Owned by Fran Tobias, David Vo, Diego Castillo, and Al Galang, Sweet Ecstasy used to sell milk and cookies in Cubao X until Al decided he wanted to make burgers. The establishment is actually just a counter, a tiny kitchen, and a few tables. On a boardwalk overlooking the beach, it would have been perfect, but on Jupiter Street at lunchtime, when there's a bigger chance of securing a seat, it can get pretty warm. But all this is nitpicking. The burgers at Sweet X will make you brave the Makati traffic, if only for a bite.

The star is obviously the flavorful 100 percent beef patty freshly grilled to perfection, with a charred crust that breaks open to reveal succulent meat with just the right amount of saltiness. The patty is crumbly and messy, but that just allows you to mop up all the delicious grease. The patty is so tasty in itself that anything more would be too much. The rest of the sandwich is composed of the standard freshly toasted buttery brioche, greens, tomatoes, cheese, and the usual condiments. Conservative, yes, but the formula highlights all the right things. Even the size, up to The Double, is a manageable fits-in-your-mouth treat.

Sweet X is where comfort food—from burgers to fries—is the best it can possibly be. Take the wings, for instance. Each piece is as meaty as the next. The Sriracha Lime flavor flaunts red-hot heat pepped up by tongue-tingling zest, while the Soy Honey is mildly sweet, mildly salty. Take a bite and you'll find that the crunch is loud and resilient. Don't forget to order some sides (the Fried Pickles and Onion Rings are equally impressive) and pair your meal with cold, creamy milkshakes made with Big Scoop ice cream in flavors like strawberry and salted caramel.





You're in for a big treat if Al is around, peddling the most intriguing off-the-menu eats: boneless chicken wings stuffed with cheese-filled jalapeños, and the super juicy Steam Burger featuring brioche and caramelized onions.

With all that, how could you not be hungry?

in a nutshell

SWEET ECSTASY

10 Jupiter Street corner Asteroid Street. Makati City

MUST-TRIES

Cheeseburger (P170), Steam Burger (P190), The Double (P230). Wings (P220), Onion Rings (P100), Pickle Fries (P120), Sexy Berry Milkshake (P160), Salted Caramel Milkshake (P160)

THUMBS UP Don't miss the off-the-menu items: they're all worth asking about.

HOTOGRAPHY: GABBY CANTERO. PICTORIAL DIRECTION: REGINE RAFAEL





Burgers are done right at **Teddy's Bigger Burgers**, whether you like it simple or love crazy-good fix-ins.

REVIEW BY PAMELA LIM CINCO

In the same way that we never run out of tapsilog places, burger joints are ubiquitous in Manila. And they're getting more interesting. From Hawaii comes the often-packed Teddy's Bigger Burgers. The space exudes a laid-back vibe with no-fuss seating, wooden planks, and nodto-the-beat music. They claim to have their own signature ingredients—their own special sauce, their own kind of bread, and their own burger patty—but Teddy's is more than that.

This is a place that cares about how their food tastes, and it shows. The burger patties are juicy and beefy, made of 100 percent chuck steerit's one of the tastiest beef cuts, but it's not as commonly used because it can get tough. So many burger establishments nowadays have so much going on that they forget that the meat's flavor should be the star.

But if you're into exploring flavors and textures, Teddy's has quite a selection (you can even create your own!). The best-selling Kailua Burger is topped with teri (teriyaki) sauce, Swiss cheese, grilled onions, and mushrooms. The sauce adds a sweet dimension, but it's the mushrooms that let



pineapple ring stands out; it's chunky and sweet,

and brings out the natural sweetness of the beef

and bacon, instead of overpowering them. Be

prepared to savor this to the very last bite.

Try some of their sides, too. The onion rings isn't just a side order, it's a must-order. The crunch is both in the delicious batter and the fresh sweet onions, without a greasy mouthfeel or an unpleasant aftertaste. The milkshakes are great partners to the juicy burgers, too. You won't find melted ice cream pretending to be shakes here. You'll get the thick stuff—spoon it from the cup and allow it to melt in your mouth.

If burger joints churn out food as good as Teddy's, I sure wouldn't mind finding them beside every tapsilog eatery in town.



in a nutshell

TEDDY'S BIGGER BURGERS 6/F

Shangri-La Plaza. EDSA corner Shaw Boulevard, Mandaluyong City

MUST-TRIES Onion Rings (P149), Kailua Burger (P347 for 5 ounces), Paniolo Burger (P377 for 5 ounces), Teri Burger (P269 for 5 ounces), Thick Shakes (P99 for 12 ounces)

THUMBS UP Check out their special burger for April: The Lanikai. It's topped with cajun, pico de gallo, grilled pineapples, and jalapeños.

Hamburger playground

Burgers and Brewskies

plays around with your food, and you'll be grateful for it.

REVIEW BY RYAN FERNANDEZ

ack in 2008 when Charlie's at Kapitolyo was spoken of in hushed tones, few could figure how much of an impact gourmet burgers would make on the restaurant scene. Expanding beyond cheddar and pickles, chefs and entrepreneurs pushed shiitake mushrooms, blue cheese, kimchi, and Sriracha onto center stage. At weekend street markets and out-of-theway burger shacks, a trend began to take root. While the spotlight has moved on to ramen, curry, and locavore approaches, gourmet burgers have stayed a crowd favorite. Burgers and Brewskies plays to these strengths, offering a hefty number of variations veering from daring to kooky in a relaxed, pub-style atmosphere.

This is no burger diner hidden in a carwash or joint cramped between other holes-in-the-wall. It's one of the first to call dibs on the newly opened Estancia mall, still smelling of barely dry cement. The feel however-warm and laid-back-is like it's been running shop for months. Neither does the kitchen hold back. Everything, from candied bacon to green mango to mac and cheese, finds its way in between a one-third pound of US beef and two halves of brioche. There's the aptly named Kandi, which packs together garlic aioli, onion confit, and spicy-sweet bacon strips. Sometimes the bacon is laced with Sriracha and honey such as in the Call The Nurse. A dab of mustard, some





cheddar, and a small brick of mac and cheese make this a carb-heavy hitter.

Some, however, sound better than they taste. The Pendong combines blue cheese with shredded green mango and caramelized onions. Where you'd expect to pucker from the mangoes or reel from the blue cheese funk, there instead is something of a neutral mélange. Their patties are medium-cooked and scatter in clumps, so if you prefer gingerly eating your meal with a fork and knife, this is the place.

Other dishes can be split evenly much easier. Pinoutine is the Filipinized version of poutine, this time swimming in a gratifying pool of bulaloflavored gravy and topped with kesong puti bits. There are seven kinds of chicken wings as well. The Angry Korean is marinated in a potent blend of gochujang chili paste, soy sauce, and honey, while the Salt & Pepper is sprinkled with Chinese five-spice powder and served with vinegar. Sweets come in the form of a satisfying cup of chocolate pudding topped with oatmeal and hints of cinnamon; it's gooey, thick, and a great foil to everything else. Surprisingly it's not served with a slab of candied bacon

in a nutshell

BURGERS AND BREWSKIES Street Level, Estancia, Capitol Commons, Pasig City; tel. no.: 531-5632.

MUST-TRIES Pinoutine (P180), Cuban Missile (P120), Angry Korean Wings (P205), Kandi (P265), Call The Nurse (P280), Flipped (P215), B&B Chocolate Pudding (P105)

THUMBS UP After your burger feast, don't miss B&B's off-menu Creamy Soy Panna Cotta-it's the perfect meal ender.



Elena Arzak and Margarita Forés

One is counted among the world's most celebrated and influential chefs, at the helm of a three-star Michelin restaurant in San Sebastian, Spain; the other is the woman behind Cibo, Lusso, and Grace Park, and one of the country's most sought-after caterers. Both are participating in this month's Madrid Fusión Manila, but in the meantime, they share with us what it's like growing up with food, and let us in on their personal arsenal of kitchen secrets.

Tell us about your first memories of food.

ELENA ARZAK: I am a child of gastronomy and have two distinct memories—both are olfactory. On weekends, my grandmother used to make rice milk with cinnamon, which is something very Basque, and I remember walking into the kitchen in the morning and sniffing the smell of the sugar and spice; it was incredible! On Saturdays, my sister and I would visit our father (Author's note: Elena's father is revered Spanish chef Juan Mari Arzak.) at his restaurant. I remember the intense smell of crabs cooking, which I liked very much. They were

always fresh from San Sebastian. We would then go to the market togethermy father with one of his girls in each hand; he'd teach us what to buy. MARGARITA FORÉS: I have so many! I vividly remember my summer trips to Bacolod as a child. We would stay in a house at a sugar mill, and I grew up with the smell of bagas, which is not a very pleasant smell. Bagas is what is left once you squeeze the juice from sugar cane. I also remember our nanny teaching us how to cook rice with a gulon-gulon or palayok. Growing up in Manila, I remember going to Unimart and walking through the pasta aisle;

I was fascinated with all the different

parents entertained a lot at home, and they always served food from Negros that my grandparents would send to Manila by boat, overnight. We would have fresh lumpia and a special ukoy made from shrimp broth and rice flour. The dough would be dropped in hot oil and all the crumbs would be collected to form a patty that would be topped with hibe and wrapped in wax paper. I will never forget the ensaimada made for dessert by our cook, Isidro. He was a big guy, and he made the best ensaimada ever. He never wanted to teach anyone how to make it so he would start baking late at night and finish at five a.m.

shapes-alphabet, penne, spaghetti. My

Can you share with us your five must-have pantry staples?

EA: I must always have a good virgin olive oil and chopped garlic preserved in olive oil. Fresh parsley is another one; it is very Basque, and we use it constantly. Next is fresh leeks; you can really do a lot with them. Finally, I think one must always have good salt. **MF:** Definitely good olive oil, a wedge of very good Parmigiano, crusty bread, a peppermill (with peppercorns), and of course plenty of good pasta. But I need to add one more: lots of *batwan*, a souring agent from Bacolod. I always have it in my kitchen.

What are some of your favorite dishes?

EA: I love fish! Squid with poached onions is one of my all-time favorites, as well as *hake*, a local fish from San Sebastian. It's fantastic and is best grilled whole. I like desserts, too, with fruit, but not too much sugar. I love custard made with sheep's milk.

What is your favorite ingredient?

MF: Taba ng talangka, without a doubt, is still my absolute favorite. If I am preparing it for myself, I like it simply on top of buttered rice. At the restaurant, I love this dish that we make, inspired by a trip to Venice. It's a seafood ravioli topped with calamansi cream and drizzled with taba ng talangka.

When you cook at home for your family, what do you make?

EA: Cooking at home relaxes me. I have two children, eight and nine years old, and I feel that teaching them how to cook is very important, not because I want them to become chefs (I was also never forced), but because cooking brings people together. Of course I don't have a battalion of chefs at home unlike at the restaurant, so my food is much simpler. I like to make whole



Welcome to Manila, Madrid Fusión!

WHEN: April 24 to 26, 2015, 10 a.m. to 7:30 p.m. WHERE: SMX Convention Center, Pasay

WHAT IS IT? Held annually in Madrid since 2003, it's the most important Spanish culinary congress that brings together the most prestigious and most innovative chefs from all over the world. This year, the congress is coming to Asia for the very first time. It's a unique opportunity for chefs, restaurateurs, trade professionals, culinary students, and food enthusiasts to come together and learn from the best in the business.

WHO WILL BE THERE? Expect a series of one-hour modules on topics ranging from local seasonal ingredients to culinary creativity and trends in gastronomy from prestigious Michelin-starred Spanish chefs (Andoni Luis Aduriz, Elena Arzak, Quique Dacosta, Ramón Freixa, Francis Paniego, Paco Roncero, Mario Sandoval, and Paco Torreblanca), Asian chefs (André Chiang and Alvin Leung), and chefs from the Phillippines (Fernando Aracama, Margarita Forés, J. Gamboa, Chele Gonzalez, Pepe Lopez, Rob Pengson, Bruce Ricketts, Myrna Segismundo, Claude Tayag, and Juan Carlos de Terry).

WHAT'S GOING TO HAPPEN? The threeday event is composed of three parts: the International Gastronomy Congress, which is a gathering of culinary rock stars who will share their expertise via lectures and leading food and beverage companies will feature Spanish culinary treasures including premium wine, cheese and deli meats, and sweets, as well as our very own ingredients like heirloom rice varieties, fruits, cacao and coffee beans, and other artisanal products; and the Flavors of the Philippines Festival, spanning the entire month of April, which will include a variety of gastronomic events across the country like food crawls and tours, a tapas festival, and roving food trucks.

HOW DO I JOIN? Log on to www. madridfusionmanila.com/registration. The ticket includes access to the three-day conference, the trade exhibition, and lunches featuring the regional cuisines of Luzon, Visayas, and Mindanao whipped up by the country's best chefs. You may also opt to register only for the Trade Exhibit.



fish with potatoes, onions, and parsley. I also always prepare soup—potato and leek soup, for example. Omelets made with farmer's eggs, fresh garlic, mushrooms, or any ingredients in season are also a favorite. We love to roast chicken at home; it's delicious and very versatile.

MF: For quick meals, it's always a toss up between Italian and Filipino. My son and I love a good pasta—spaghetti simply tossed with 'nduja, a raw Italian sausage from the south of Italy that is similar to Spanish sopressata. It's made from pig's cheeks seasoned with an array of spices. If we want something Filipino, I make a really good paksiw na bangus belly with batwan and ginger, and eat it with hot rice. I can eat that every day.

Any tips you can share with home cooks?

EA: You need to be organized. Remember that you can do some of the steps a day or even two days before; use your time carefully. As much as possible, I always cook with fresh vegetables bought on the same day, but when I find that I have too much, I freeze them. Always freeze vegetables when they're fresh, not a few days later; this is the best way to preserve their flavor. And, when it's finally time to cook, always use a mixture of fresh and frozen vegetables.

Any simple recipes you can share with us?

EA: Baked fruits are probably the simplest and best desserts. I love roasting fresh pineapple; it's delicious! Bread-based desserts are also easy and so good. I like to soak bread in milk then fry it. You can add taste and aroma to the milk with different flavorings and seasonings. And fry it very quickly so the bread doesn't soak up too much oil.

If the world was ending tomorrow, what would your last meal be?

MF: Steak with béarnaise sauce, *taba ng talangka* with buttered rice, a really good piece of crusty bread with Bordier butter, and tartufo with eggs (some really nice white truffles simply shaven over a fried egg). On the side, I'd have a bottle of Sassicaia and a can of really cold Sarsi!

What are you looking forward to discovering when you come to the Philippines this month for Madrid Fusión Manila?

EA: In terms of ingredients, I definitely want to try all the local fish and fruits! Philippine beans are also of interest to me. As for prepared food, I can't wait to try the dishes that evolved from Spanish recipes and see how they have taken on a new personality with Philippine influence.

Yumny Lessons

A citrus solution

Grilling is a great way to cook fish, whether whole or filleted; it imparts the seafood with a distinct smoky flavor. However, fish tends to stick to the grill because it's so delicate. Here's a creative solution: Arrange lemon rounds on the iron bars and place the fish on top—the fruit will keep the fish from sticking to the grill and impart it with a layer of zesty citrus flavor!



This month,
LEARN HOW TO...

Master the classic BABY BACK RIBS

Make **RAVIOLI** from scratch





the sand and sea. It's also an ideal dish for road trips because you can cook the ribs ahead of time. When it's time to eat, all you need to do is grill for a few minutes.

the easiest—you won't need special tools or equipment. It does require time, but that only means the tender ribs will be loaded with so much flavor. Try it! I hope it becomes one of your favorite dishes, too.









Baby Back Ribs with Mango Barbecue Sauce

Serves 2 to 3 Prep Time 15 minutes Cooking Time 2 to 3 hours

WHAT YOU NEED

- ✓ 1 cup chopped white onions
- √ 1 (250-ml) can mango juice
- ✓ 1 cup water
- √ ½ cup tomato ketchup
- ✓ ¹/4 cup sugar
- √ ¹/4 cup packed dark brown sugar
- ✓ 2 tablespoons mustard
- ✓ 2 tablespoons vinegar
- ✓ 2 tablespoons soy sauce
- ✓ 1 tablespoon chopped garlic
- ✓ 2 teaspoons allspice
- ✓ ½ teaspoon salt
- √ ½ teaspoon ground black pepper
- ✓ 1 kilo American baby back pork ribs
- ✓ canola oil for brushing
- ✓ potato wedges, to serve (optional)

WHAT TO DO

- 1 Place all ingredients, except for ribs, in a large, heavy-bottomed stockpot. Mix until sugar has dissolved.
- 2 Cut ribs in half to fit into the pot. Arrange ribs in the pot and bring to a boil. Reduce heat to simmer. Cover pot partially and let ribs simmer for 2 to 3 hours or until fork-tender.
- 3 Remove ribs from sauce and set aside. Strain sauce into a saucepan. Bring to a boil and let sauce reduce until thick, about 10 to 15 minutes. Divide sauce between 2 bowls.
- 4 Prepare a charcoal grill. Brush ribs with oil. Grill ribs over mediumlow heat just until browned and lightly charred, about 5 to 8 minutes per side. Baste ribs, using half of the sauce, 3 to 4 times while grilling.
- 5 Serve ribs hot with extra barbecue sauce on the side and potato wedges, if desired.

= TiP =

INSTEAD OF BOILING THE RIBS, YOU CAN ALSO COOK THEM IN A SLOW COOKER (FOR 6 TO 8 HOURS), A PRESSURE COOKER (FOR 11/2 HOURS), OR IN AN OVEN PREHEATED TO 350°F (FOR 2 TO 3 HOURS).





Cream Cheese Ravioli

Serves 8 to 10 Prep Time 1 hour **Cooking Time** 30 minutes

WHAT YOU NEED

For the basic pasta dough

- ✓ 2 cups all-purpose flour, plus extra for dusting
- ✓ 1 teaspoon salt
- ✓ yolks from 4 large eggs
- ✓ 1 large egg
- ✓ 1 tablespoon extra virgin olive oil
- ✓ 4 tablespoons water

For the cream cheese filling

- ✓ ½ cup cream cheese, softened
- ✓ 1 to 2 teaspoons minced garlic
- ✓ yolk from 1 large egg
- ✓ 1 tablespoon finely chopped
- green onions
- ✓ salt and pepper, to taste

For the tomato sauce

- ✓ 2 tablespoons extra virgin olive oil
- ✓ ½ cup sliced white onions
- ✓ 2 teaspoons minced garlic
- \checkmark 1½ cups canned tomatoes, chopped, iuices included
- ✓ 1 teaspoon dried basil
- ✓ 1 teaspoon dried marjoram
- ✓ 1 teaspoon dried oregano
- ✓ 2 tablespoons Marsala or red wine (optional)
- ✓ extra virgin olive oil for drizzling
- ✓ grated Parmesan cheese, to serve
- ✓ chopped parsley or fresh basil for garnish

WHAT TO DO

1 Make the basic pasta dough: Combine flour and salt on a clean work surface; form into a mound. Make a well in the center and add egg yolks, egg, oil, and water. Slowly incorporate the dry ingredients into the wet ingredients; mix well. Knead for 2 minutes. Let rest for 10 to 15 minutes.

- 2 Meanwhile, make the cream cheese filling: Mix all ingredients in a bowl. Refrigerate until ready to use.
- **3** Divide pasta dough into 3 portions; cover 2 portions with plastic wrap and set aside. Roll remaining portion with a rolling pin until very thin, about 2mm thick. Let dough rest for 5 minutes if it shrinks while you roll it out. Repeat with remaining portions.
- 4 Drop cream cheese filling by the teaspoonful onto 1 side of 1 pasta sheet, leaving a 3-inch space on each side of the filling. Brush sheet with water around each teaspoon of filling. Fold pasta sheet over filling and press sheet together, enclosing each teaspoon of filling. Cut sheet to make ravioli pieces using a cookie or ravioli cutter. Repeat with remaining pasta sheets and filling. At this point, you can cook the ravioli immediately or store in an airtight container in the freezer for 1 to 2 weeks.
- **5** Bring a medium saucepan of water to a boil. Drop ravioli by the piece into the boiling water and cook for 5 minutes or until ravioli floats to the surface. Cook 5 pieces per batch. Remove ravioli from the saucepan using a slotted spoon and transfer to a plate.
- 6 Meanwhile, make the tomato sauce: Heat olive oil in a medium saucepan. Sauté onions until translucent. Add garlic and sauté until fragrant. Add tomatoes and bring to a boil. Add dried herbs and wine, if using. Simmer, uncovered, for 30 minutes. Season to taste with salt and pepper. Drizzle olive oil just before serving.
- 7 When ready to serve, heat ravioli in tomato sauce in a saucepan over medium heat for 5 to 10 minutes or until heated through. Transfer to a serving platter. Drizzle with olive oil and sprinkle with Parmesan cheese. Garnish with chopped parsley or basil.



APPETIZERS

- 35 Butter-Parmesan Chicken Wings
- 47 Chicken and Seafood Yakitori
- 34 Korean Beef Lettuce Wraps
- 38 Picnic Cheese Fondue
- 54 Shrimp, Avocado, and Nori Taco with Ponzu
- 08 Watermelon and Mango Salsa

SANDWICHES AND WRAPS

- 08 Chicken Pesto Sandwich
- 39 Chili Shrimp Wraps with Mango Mayo
- 10 Pork and Beans Sloppy Joes
- 26 Steak Soft Tacos

SALADS AND VEGETABLES

- 47 Apple, Grape, and Arugula Salad
- Broccoli and Cheese Quiche
- Cucumber Salad
- 53 Grapefruit, Roasted Beet, and Brie Salad with Honey Vinaigrette
- 43 Grilled Caesar Salad
- 45 Kimchi Potato Salad
- Salmon and Avocado Salad
- 45 Singkamas and Mango Salsa
- Sweet Potato and Carrot Muffins

FISH AND SEAFOOD

- 39 Chili Shrimp Wraps with Mango Mayo
- 62 Chippy Fish Gratin
- Fish Parcels with Lemon-Butter Potatoes
- Fish Parmigiana with Carrot-Tomato Sauce
- 45 Grilled Stuffed Tilapia
- Honey Mustard-glazed Salmon
- 08 Salmon and Avocado Salad
- 52 Salmon with Nuoc Cham and Coconut
- 54 Shrimp, Avocado, and Nori Taco with Ponzu

MEAT AND POULTRY

- 78 Baby Back Ribs with Mango Barbecue Sauce
- 43 Barbecued Beef Short Ribs
- Butter-Parmesan Chicken Wings
- Chicken and Pineapple Skewers with Yellow Rice
- 08 Chicken Pesto Sandwich
- 47 Grilled Vietnamese Pork Steaks
- 45 Korean Barbecue
- 34 Korean Beef Lettuce Wraps
- 60 Menudo Sulipena
- 56 Orange and Soy Glazed Ribs
- Pork and Beans Sloppy Joes
- Roast Chicken a la Minute
- 55 Roasted Lemon-Basil Chicken
- 33 Sizzling Tokwa't Baboy Sisig
- Steak Soft Tacos
- 20 Stovetop Chorizo Mac and Cheese

NOODLES AND RICE

- Chicken and Pineapple Skewers with Yellow Rice
- Cream Cheese Ravioli
- Fish Parmigiana with Carrot-Tomato Sauce
- 59 Instant Cacio y Pepe
- 20 Stovetop Chorizo Mac and Cheese

DESSERTS AND SWEET SNACKS

28 Banana Crepes with Chocolate Sauce

- © Blueberry Panna Cotta
- 59 Caramel Popcorn Parfait
- Chocnut Crème Brûlée 61
- 51 Dayap Curd with Fresh Fruits and Brioche
- Eton Mess 07
- 40 Fresh Fruit Salad with Basil Syrup
- 22 Japanese Cheesecake
- Peanut Butter Oatmeal Cookie S'mores
- 63 Strawberry Nutella Mousse Pie
- Sweet Potato and Carrot Muffins
- Ube Cheesecake

POPSICLES

- © Cereal Thriller Popsicle
- Choco Banana Popsicle
- Cookies and Cream Popsicle
- 0 Fruity Pops Popsicle
- 24 Halo-halo Ice Pops
- Milo Dinosaur Popsicle
- 24 Pearl Milk Tea Ice Pops
- Strawberry Cheesecake Popsicle
- Sweet Corn Popsicle
- Tropical Ombré Popsicle

BEVERAGES

- Choco-Peanut Butter Milkshake
- 40 Cucumber, Mint, and Orange Cooler
- 09 Lychee Tea-monade
- Very Berry-Brownie Milkshake



SUPERMARKETS

The Landmark

Ayala Center, Makati City (tel. no.: 810-0990); www.landmark.com.ph

Metro Supermarket Market! Market!

L1, 169, Market! Market! Mall, 26th Street corner C5, Taguig City (tel. nos.: 415-7888, 818-6658)

Pioneer Centre Supermarket

8006 Pioneer Street, Barangay Kapitolyo, Pasig City (tel. no.: 637-7033)

Robinsons Selections

Eight Forbes Town Road, Burgos Circle, Bonifacio Global City, Taguig City (tel. no.: 330-6932)

Rustan's Supermarket

At leading malls nationwide: for a list of all branches, see www.rustansfresh.com.

SM Supermarket

At all SM malls nationwide; for a list of all branches, see www.smsupermarket.com.

OTHERS

Amuse Bouche

To order, visit www.facebook.com/pages/Amuse-Bouche-3/112151269981 or email amubouche@ amail.com.

The Cookery Place

2GH Kensington Place, Bonifacio Global City, Taguig City (tel. no.: 775-4161)

Cornerstone Pottery Farm

B1084 Balubad 1st (near Aguinaldo Highway), Silang, Cavite (mobile nos.: 0919-9952022, 0919-2384435); www.facebook.com/ cornerstonepotteryfarm

Crate and Barrel

4/F Mega Fashion Hall, SM Megamall, EDSA corner Julia Vargas Avenue, Mandaluyong City (tel. no.: 942-0761)

Fabric Bar by Weaves of Asia

3/F Greenbelt 5, Legazpi Street, Ayala Center, Makati City (tel. no.: 501-3164)

Feed 5000 (Chef Len Santos-Ding)

186 Luzon Drive, Ayala Alabang Village, Muntinlupa City (mobile no.: 0917-8428296); www.facebook.com/Feed5000KitchenStudio

Gourdo's

For a list of all branches, see www.gourdos.com.

Japan Home Centre

For a list of all branches, see www.japanhome. com.ph.

L'Indochine

3/F SM Aura Premier, McKinley Parkway, Bonifacio Global City, Taguig City (tel. no.: 808-5420); 4/F SM Mega Fashion Hall, SM Megamall, EDSA corner Julia Vargas Avenue, Mandaluyong City

Lucina Home

Tagaytay-Sta. Rosa Road, Tagaytay (mobile no.: 0947-9925988); www.lucina.ph and www.facebook.com/LucinaPH

Miradips at Sandwicheese

225 Katipunan Avenue, Quezon City (tel. no.: 440-3677)

National Book Store

For a list of all branches, see www. nationalbookstore.com.ph.

Pottery Barn

Central Square, Bonifacio Global City, Taguig City (tel. no.: 950-8187); www.facebook.com/ PotteryBarnPH

Rustan's Department Store

For a list of all branches, see www.rustans.com.ph.

Saizen

3/F Robinsons Galleria, EDSA corner Ortigas Avenue, Quezon City (tel. nos.: 395-2053, 395-2831)

SM Department Store

At all SM malls nationwide, for a list of all branches, see www.thesmstore.com.

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SM Supermarket at SM Aura

G/F SM Aura Premier, McKinley Parkway, Bonifacio Global City, Taguig City (tel. no.: 808-5547)

South Supermarket

E. Asia Drive, Muntinlupa City (tel. no.: 771-2214)

Unimart Supermarket

Greenhills Shopping Center, Ortigas Avenue, San Juan City (tel. no.: 721-0578)



April's Most Delicious



Whirlpool Introduces The Energy Efficient Refrigerator

Whirlpool's latest product to grace the market is the Neo iChill Inverter Equivalent

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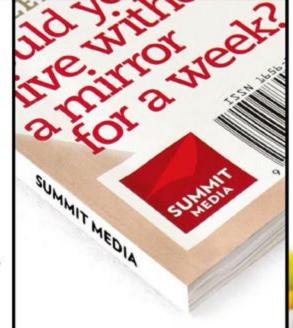


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LEIF LIDEN, THE SWEDISH CHEF

Leif Lidén calls himself The Swedish Chef, partly as a nod to The Muppet Show's incomprehensible character, and partly because it's the simplest way to get the attention of the small but loyal Scandinavian community in Manila.

Working out of the tiny kitchen in a studio apartment, Leif churns out Swedish staples such as gravlax, giant Swedish meatballs with lingonberry sauce, cabbage leaves rolled into Kaldomar, salmon baked into a Laxpudding, and pickled herring. He's even getting orders for snaps, that strong, somewhat bitter liqueur that Swedes use to toast with on holidays. "If I can find the ingredients for it, I'll make it," he says.

Leif opened shop about two years ago by putting up a modest notice on Facebook, but his reputation has spread quickly among expats and a small (but growing) local clientele, purely through word of mouth. Since then, he's cooked for parties as a personal chef, and has

fulfilled orders, big and small-the biggest was for a Scandinavian shipping company's Christmas party for hundreds of employees. "I had cooling racks everywhere! I had to get up in the middle of the night to check on the food," he laughs.

Leif and his wife Libby make the trip back to Sweden at least once a year to visit his family, but also to source supplies that he can't otherwise find in the Philippines. Once here, however, he finds a way to marry authentic Swedish recipes with Filipino ingredients. For example, Leif's recipe for snaps has calamansi complementing the elderberries in his original mix. It's become so popular that he had to whip up a huge batch of it. for a customer who featured it in a custom drink served at a wedding.

There will always be a following for his food, no matter how far he is from home: The stomach is the quickest way to a man's heart, and it's also the quickest way to his homeland.



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