

# Yummy

TRAVEL THE WORLD IN 30 COOKBOOKS \* WHIP UP THE BEST BAR CHOW

✱ EASY MEALS EVERY DAY

AUGUST 2015

## HAVE A FEAST!

The heartiest dishes for the biggest appetites

### 70 RECIPES INSIDE:

\* Crazy good  
**MEATS**  
and **RIBS**

\* Loaded  
**BURGERS**  
and  
**HOT DOGS**

\* **WARM BOWLS**  
for rainy days



+

TRIPLE-CHOCOLATE  
SKILLET COOKIE  
OXTAIL LASAGNA  
STEAK AND EGGS  
WITH MEXICAN RICE  
STICKY TOFFEE  
DATE PUDDING  
GRILLED CHEESE WITH  
RUM-RAISIN JAM  
ALIGUE-GLAZED  
CRISPY CALAMARI

Brandy and Five-spice Ribs RECIPE ON PAGE 68

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6 EASY RECIPES & 27 TIPS  
TO PREP MEAT LIKE A PRO







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# Contents

AUGUST 2015

## On the cover

- 09 Loaded burgers and hotdogs
- 39 Bar chow for a weekend party
- 44 Soup, noodle, and rice bowls
- 53 Special: A guy's guide to food
- 58 The complete guide to steak
- 82 30 cookbooks from around the world





# Contents

## ***Yummy Ideas and Shopping***

### **09 Over the top**

Load up your favorite comfort food with a bunch of toppings for an indulgent meal!

### **11 Yummy Ideas**

Spike iced coffee with orange-infused rum, make an awesome spread with a cast iron griddle, try a wholesome pasta salad, stock up on the freshest premium meat, and more!

### **17 Must-buy!**

Severin 3-in-1 Multi-sandwich Toaster

### **18 Grocery Grab**

Snack attack

### **20 Pantry Basics**

Some like it hot

## ***Everyday Recipes***

### **22 Family**

#### **Kitchen**

Joey de Larrazabal-Blanco's Oxtail Lasagna

### **23 The Sweet Stuff**

Carmela Villegas-Agosta's Chunky Triple-chocolate Skillet Cookie

### **24 Make It At Home**

Aileen Anastacio's Banh Xeo

### **26 Biz Whiz**

Sharlene Tan's Sticky Rice with Mangoes

### **28 Around the World**

Sari Jorge's Moussaka

### **30 Healthy Approach**

Marie Gonzalez's Cream of Squash Soup

### **33 Weekday Cooking**

Around-the-world eats

### **39 Weekend Entertaining**

Better together

Better together  
Pg. 39

Vodka-Soda  
Shrimp Pasta  
Pg. 70



## ***Recipe Feature***

### **44 Comfort in a bowl**

Welcome the rainy season with hearty, soul-satisfying meals.

## ***Special Section: A guy's guide to food***

### **54 Cheers!**

Take your pick from a fresh new crop of boozy concoctions.

### **56 10 Ideas**

Try new ways to whip up the popular trio of bacon, lettuce, and tomato.

### **58 The great steak guide**

Unlock the secrets to making the ultimate meaty meal!

### **66 Stick 'em up**

Elevate your kebabs with flavors from around the globe.

### **68 Give it a shot!**

Six mouthwatering recipes infused with rum, brandy, vodka,

and whiskey prove that alcohol and food make a great match.

### **72 Kings of the kitchen**

Passionate, self-taught home cooks share their favorite gastronomic experiences and easy recipes to get you inspired.

### **80 The happiest hour**

Check out our roundup of the most interesting drinking spots around the metro.

## ***Feature***

### **82 Around the world in 30 cookbooks**

Give in to your cravings and wanderlust with a collection of great food tomes.

## ***Restaurants***

### **88 Clear winner**

Head straight to Main Street for Canadian comfort food classics.

### **90 The comfort zone**

Get your fill of innovative American dishes at Tipple and Slaw.

### **91 Coming of age**

Il Ponticello leaves the '90s behind and serves a modern Italian menu.

## ***Yummy Lessons***

### **93 Green and clean**

### **94 Back to Basics**

Sticky Toffee Date Pudding

### **96 D-I-Y**

Jun Jun de Guzman's Golden Breakfast Waffles

### **98 In the Kid-chen**

Rainbow Cereal Panna Cotta

## ***Departments***

### **04 Editor's Note**

### **99 Recipe Index**

### **99 Directory**

### **100 Making It**

Bote Central





# Cook like a Chef

with  
chef Sheilla Lopez



Preparation Time: 20 minutes  
Cooking Time: 30 Minutes  
Serves: 4

## Crispy Noodle Basket with Vermicelli & Shrimps in Shrimp Annatto Sauce

### Ingredients:

- 100 g Sapporo Long Kow Vermicelli (sotanghon)
- 200 g Sapporo Pancit Canton
- Water, for boiling the noodles
- 1 Liter Vegetable Oil, for deep-frying
- 30 ml Sesame Oil, for frying the shrimps
- 500 g Medium Shrimps, deveined and skin-peeled but preserve the tail (reserving the head for the shrimp stock)
- 1 cup Water
- 5 grams Annatto seeds
- 1 cup Water
- 200 g Shiitake mushroom, sliced
- 100 g Snow peas, rinsed and trimmed
- 4 cloves Garlic, finely chopped
- 1 piece Red onion, sliced
- 1 stalk Celery, sliced
- 1 Tbsp. Cilantro, coarsely chopped
- 1 Tbsp. cornstarch
- ½ cup Water
- 50 ml Canola Oil, for sautéing the vegetables
- Salt and freshly ground black pepper, to taste

### Procedure:

1. Prepare the shrimps, by deveining and removing the skin, but reserving the tail.
2. Boil the annatto seeds and 1 cup of water for five minutes. Strain, reserving the broth.
3. Rinse the head of the shrimps. Using a medium saucepan, place the head of the shrimps, reserved broth from annatto, add another 1 cup of water and boil them together for 30 minutes.
4. For the crispy noodle basket, boil 4 cups of water and add 2 tablespoons of oil. Add the noodles while stirring occasionally and cook until they are parboiled. Drain well. Spread the noodles on a kitchen towel and dab them lightly to absorb all the moisture. Divide them into equal portions and place one portion of the noodles in a strainer in a single layer to make a basket.
5. Using a deep-shallow frying pan, heat the oil over medium-high heat. Put a small stainless heat-proof bowl on the top of noodles and place the heat-proof ladle on top of the stainless bowl with a little pressure. This will help to hold the shape of the crispy noodle. When the noodles are starting to get crispy, using a big spoon, scoop out some oil and pour all sides until the noodles are golden brown. Remove carefully from the strainer and place on absorbent kitchen paper. Repeat with remaining noodles to make more baskets. Keep aside.
6. For the vermicelli noodles, place them in a heat-proof bowl; pour over the boiling water and stir using chopsticks to separate noodles. Drain, refresh in cold water, and then drain again.
7. Going back to the shrimp broth. Strain, and pushing the shrimp heads onto the strainer to release more juice and flavor. Reserve the broth.
8. Start cooking the vegetables. Using a medium-frying pan, heat oil over medium heat. Add half of the garlic and onions and cook for one minute. Add the shiitake mushrooms, celery, snow peas and bell peppers. Cook them for 3-5 minutes, and season with salt and pepper. Set aside.
9. Cook the shrimp-annatto sauce. Heat sesame oil in the pan over medium. Add half of the garlic and cook for one minute. Pour over the shrimp broth. Dissolve the cornstarch in a 30 ml of water, and pour over the shrimp broth while stirring constantly to avoid from lumps. Generously season them with salt and pepper. Combine the shrimp-annatto sauce and vermicelli together. Once mixed, the seasoning can still be adjusted if they are bland.
10. Start cooking the shrimp by seasoning them with salt and pepper. Heat the sesame oil over medium heat. Pan-fry the shrimps until they are moist and tender. Set aside.
11. To assemble, Place the crispy noodle basket onto a serving plate. Place the vermicelli noodles on top and scatter the sautéed vegetables. Put the shrimps on top of everything. Serve immediately. Shrimp-annatto sauce can be served on the side.

### Nutrition Facts

- Calories 905
- Fat 47g
- Protein 41g
- Carbs 79g



vitamin-enriched



low in calories



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energy-boosting



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## Eat your heart out!

A couple of weeks ago, my good friend Angie invited me and my husband Paul to her brand new apartment. "Let's cook!" she said. "I'll get us some steaks. Easy lang 'yon!" she said convincingly. To tell you honestly, I was quite apprehensive at that point. Eating in with my friends almost always meant potlucks and food delivery—or one person doing the cooking in the kitchen. We never whipped up meals together. But as I look back, that uncertainty came with the thrill of the unknown. "Okay. Let's do it!" I said, giggling like a schoolgirl. I had the perfect side dishes in mind—I wanted to try making food director Rachelle Santos's red chimichurri sauce and olive-garlic rice (find them on page 65 of this issue).

After about an hour in the kitchen pan-frying the meat on a cast iron skillet (very much like this one on the page) and whipping up the accompaniments, we gathered round the table. In front of us was the most glorious spread: perfectly-crusty-on-the-outside, pink-on-the-inside rib-eye steaks, sautéed garlicky spinach and mushrooms, the two aforementioned sides, bottles of beer, and to finish things off, freshly brewed coffee and a decadent, super nutty caramel tart from Karisia Bitong, a fabulous home baker who also happens to be our high-school batchmate. The meal—which we thought was good for six—was wiped out in 30 minutes. We ate with gusto. We ate our hearts out. We had a grand time.

And that's what this issue is all about. We at *Yummy* always want you to feast like there's no tomorrow, to treat each meal with reverence as if it were your last, to make each meal count. This issue is all about comfort food favorites that will satisfy every time. We're talking about the juiciest steaks (check out page 58), fall-of-the-bone baby back ribs (they're on page 68), warm soups and rice bowls (flip to page 44), and many other treats that you find yourself craving for. This month, we invite you to indulge a little and eat like a man.

Speaking of men, we've also got an extra special section for them this month. It's 28 pages of recipes they'll want to sink their teeth into, drinks they'll want to chug, stories that'll inspire them to get cooking—it's our "Guy's Guide to Food." Check it out on page 53.

And with that, I'd like to invite you to dive right into the issue. It's a good one.

*Paulynn*

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# Quick Rice Hacks

## Discover new ways to add flavors to your simple cup of rice

Bring out the home-chef in you by whipping up new rice recipes. Whether you're a pro or a newbie, you'll find these rice fixes truly handy and really easy!

### Match the right rice with the right viand

The star of the challenge: Rice. It's a Pinoy meal staple, and we can't live without a cup or two on our plates. That plain cup, however, is only as good as the savory ulam next to it. Make sure to match your rice with the right viand. For example, plain rice brings out the flavors of savory dishes, while garlic rice is perfect for fried meat. Rice tossed with different vegetable and meat bits (Yang Chow) should be balanced with single-ingredient dishes (stir-fried vegetables, pork siomai, or pork chops), while Paella and Bagoong Rice are two-in-one meals that need no sides, unless so desired. Make mealtime more interesting with the perfect pair!

### Choose the right grain

Consider the different types of grains and textures when doing your pairings. The traditional long grain and fragrant Jasmine goes well with savory Pinoy dishes. Non-sticky Basmati rice, on the other hand, is perfect for Indian cuisines and shrimp. Brown and red rice are healthier grains that can balance your hearty viands.

### Throw the spices in!

Upgrade plain rice by simply throwing spices or herbs into the rice cooker right after your rice boils. You can try throwing in fried minced garlic, pandan, cinnamon and cardamom, or bay leaves. You can also cook the rice with chicken broth or

vegetable broth—just make sure that it's 50% water and 50% broth so that the rice won't become starchy. Another trick is to toast the grains on butter and olive oil before putting in the water and bringing it to a boil. With these tricks, you can turn your plain rice into an impressive dish.

### Make cooking simple yet delicious

Want a simple rice hack that will make your rice dish ooze with just the right blend of flavors? Try the **McCormick Rice Cookers Recipe Mixes** with Asian flavors like **Hainanese Chicken Rice**, **Biryani Rice**, and **Nasi Lemak Coconut Pandan Rice**. Those are three tough rice recipes to master, indeed! But thanks to McCormick, these authentic flavors are now made more accessible for your daily meals—no more guesswork, only amazing and perfectly blended rice treats every time.

Here's how to prepare the perfect cup of rice for a hearty meal:



1. First, rinse two cups of rice under cold water to give it a good, clean flavor.
2. Prepare three cups of water for your freshly washed grains of rice.
3. Mix in your choice of **McCormick Rice Cookers Recipe Mix**.
4. Cook using a rice cooker.
5. Serve hot, and enjoy!



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# A Lighter Ramen Treat

Experience rich chicken flavors in a light soy soup cooked with Asian spices in this tasty ramen recipe.



## GINGER SOY CHICKEN RAMEN

Recipe by Chef Jonah Trinidad  
Serves 2-3

- ✓ 3 packs Nissin Ramen Chicken
- ✓ 4 pcs large shiitake mushroom, sliced
- ✓ 1 tbsp miso
- ✓ 1 tbsp scallions
- ✓ 1 tsp sesame oil
- ✓ 2 pcs hard boiled egg
- ✓ Narutomaki, sliced
- ✓ Nori, for garnish

### GINGER SOY CHICKEN

- ✓ 3 pcs Nissin Ramen Chicken flavor packs
- ✓ 4 pcs chicken breast fillet
- ✓ Salt and pepper, for seasoning
- ✓ 1 tbsp sesame oil
- ✓ 2 tbsp ginger, grated
- ✓ 3 cloves garlic
- ✓ 2 cups dashi stock
- ✓ 2 ½ tbsp light soy sauce
- ✓ 1 pc leeks, sliced
- ✓ 1 tbsp mirin
- ✓ ½ tbsp sake
- ✓ 1 ½ tbsp Japanese vinegar

1. Cook the Nissin Ramen noodles excluding the flavor packs. Strain and set aside.
2. To make ginger soy chicken, season the chicken breast fillet with salt and pepper then place in a pot with heated sesame oil. Sear on all sides then set aside.
3. Sauté ginger and garlic in the same pot until fragrant. Add in the Nissin Ramen Chicken flavor packs, dashi stock, light soy sauce, leeks, mirin, sake and Japanese vinegar. Let it simmer for a minute then add in the seared chicken and cook for 6 minutes. Remove the chicken then add in shiitake mushrooms, miso and scallions. Bring to a boil. Drizzle with sesame oil.
4. To serve, place the cooked noodles in individual bowls then ladle in the soup stock. Top each with sliced ginger soy chicken, nori sheets, Narutomaki, hard boiled egg and scallions.

### ENJOY RAMEN IN MORE WAYS!

Chef Jonah Trinidad, who created this month's special chicken ramen recipe, advises all ramen enthusiasts out there to be more innovative with their recipes by trying new sauces and add-ons. You may try Thai curry paste or chili bean sauce, or throw in poached or fried eggs instead of the usual hard boiled ones. Try these hacks using Nissin Ramen, the first instant noodle brand in the Philippines that offers authentic Japanese goodness. It's available in Chicken, Beef, Seafood and Spicy Seafood flavors at supermarkets nationwide.





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20



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# Yummy Ideas

## BACON CHEESEBURGER

This burger will satisfy the biggest of appetites! Make the caramelized onion sauce: Melt **2 tablespoons butter** in a saucepan and sauté **1 medium white onion** (sliced into thin strips) until caramelized. Add **1 (425-gram) can tomato sauce**, **1/4 cup brown sugar**, **3 tablespoons honey**, **2 tablespoons butter**, **1 1/2 teaspoons Worcestershire sauce**, **1/2 teaspoon Dijon mustard**, **1/4 teaspoon garlic powder**, **1/4 teaspoon paprika**, **1/4 teaspoon salt**, and **1/4 teaspoon black pepper**. Bring to a boil. Remove from heat and set aside. Assemble the burger: Spread sauce on bottom half of a toasted **burger bun**. Top with **1 cooked beef patty**, **1 tomato slice**, **2 cheddar cheese slices**, **2 crispy bacon strips**, blanched and shredded **red cabbage**, shredded **lettuce**, and **carrot strips**. Cover with the top half of the bun. Repeat to make 2 more. **Makes 3.**

The big bite

## OVER THE TOP

Take comfort food to the next level! Load 'em up with sweet and salty, crisp and gooey toppings.





# Yummy Ideas

## SAUTÉED CINNAMON APPLE PANCAKES

For an extra indulgent, hot-and-cold treat, add a scoop of ice cream to the mix!

Make **4 to 5 pancakes** according to package directions; set aside and keep warm.

Melt **1/4 cup unsalted butter** in a saucepan over medium heat.

Add **3 Granny Smith apples** (peeled, cored, and sliced into thin wedges) and sauté until soft, about 10 minutes. Add

**1/2 cup brown sugar**, **1/2 teaspoon cinnamon powder**, and **1/2 teaspoon cornstarch** dissolved in **1/4 cup cold water**. Stir until

sauce thickens, about 2 to 3 minutes. Spoon sautéed apples over pancakes and sprinkle with **1 tablespoon chopped toasted pecans**. **Serves 2 to 3.**



Apple of your eye



Southwestern flare

## LOADED NACHOS

Looking for something to munch on for movie night? Try this tasty, crunchy dish! Dissolve **1/2 (40-gram) pack taco seasoning** in **1/4 cup water**; set aside. Heat **2 tablespoons vegetable oil** in a pan over medium heat. Add **250 grams ground beef** and cook until brown, about 2 to 3 minutes. Add dissolved taco seasoning and **1/2 cup red kidney beans**; simmer for 1 to 2 minutes. Set aside. Combine **4 tomatoes** (diced), **1 small red onion** (diced), and **2 tablespoons chopped cilantro** in a bowl. Season with **salt** and **pepper**; set aside. Assemble the nachos: Place **2 cups nacho chips** on a platter. Top with half of the beef mixture and **1/4 cup shredded cheddar cheese**. Microwave for 30 seconds or until cheese melts. Top with **2 cups nacho chips**, remaining beef mixture, and **1/4 cup grated cheddar cheese**; microwave again for 30 seconds. Top with tomato mixture, **1/2 avocado** (diced), and **sliced jalapeños**. Drizzle with **sour cream**. Serve immediately. **Serves 4 to 6.**

Tropical zone

## HAWAIIAN HOTDOG

Enjoy tropical flavors in every single bite. Make the grilled pineapple-mango relish: Pan-grill **1 (227-gram) can pineapple tidbits** (drained) for 4 to 5 minutes. Combine with the flesh from **1 small mango** (diced) and **1 small red onion** (chopped) in a bowl; mix well. Season with **salt**. Grill **3 Schublig sausages** until cooked. Place sausage in a toasted **hotdog bun**. Drizzle with **mustard**. Top with pineapple-mango relish and crushed **barbecue-flavored potato chips**. Repeat to make 2 more sandwiches. **Makes 3.**





Drink  
OF THE MONTH

## RUM ICED COFFEE

SPIKE A COLD GLASS OF COFFEE WITH ORANGE-INFUSED RUM. THIS ONE'S BEST PAIRED WITH A WARM FRUIT PIE OR A LIGHT, FLUFFY CAKE.

Combine 1 tablespoon dark rum, rind from a 3-inch orange wedge, and 1/4 teaspoon ground nutmeg in a bowl; steep for 10 minutes. Combine 1 tablespoon instant coffee and 1 cup warm water in a glass (alternatively, you can use 1 cup brewed coffee). Stir in infused rum, 2 teaspoons honey, and 1/4 cup milk. Add 1/2 cup ice before serving. **Serves 1.**



## → TERRIFIC TOOL

### CAST IRON GRIDDLE

Nothing cooks better than cast iron on a stovetop, in your oven, or even over an open fire. Set aside the pan for now and try this griddle!

#### ● FRESH OFF THE GRILL

Grilling small pieces of food can be tricky—vegetables, meat slices, and seafood can either fall through or get stuck on the grates. Not with this griddle! It also conducts heat effectively, so you can expect everything to be cooked evenly.

#### ● STEAK YOUR CLAIM

It's perfect for steak, too! Lay a meaty slab on the griddle, put it directly on the hot grill, then bring the griddle straight to the dinner table—the platter will be hot enough to keep your steak sizzling long after you take it off the heat.

Lodge Cast Iron  
Rectangular  
Griddle,  
P2,460,  
Gourdo's



#### ● RISE AND SHINE

Make an awesome morning spread. Whip up eggs, pancakes, and sausages in one go, on just one pan. You'll cut cooking time in half!

## The TRY-IT TASTE-IT Row



### HOT STUFF

If you're a sucker for anything spicy, you'll love Traydor Hot Sauce, a *siling labuyo*-based sauce infused with local ingredients like mangoes and coconut water. Each variant has its own flavor profile (like the Mata Hari, which is made with chilies steeped in honey), and you'll easily find one that matches any dish. To order, email [traydorhotsauce@gmail.com](mailto:traydorhotsauce@gmail.com).



### MILK TEA MADNESS

Milk tea lovers can now enjoy their favorite flavors in different forms, thanks to Serenitea's new Tea Confections line. Exciting additions like Strawberry Rose Black Tea Jam, Salted Caramel Matcha Jam, and Blueberry Tea Bags are just a few of the fun treats you can choose from. Available at selected Serenitea branches nationwide.

### DRESS IT UP

Make meals extra special with Datu Puti's Premium Selections condiments. Natural Cane Vinegar, Thai Fish Sauce, and Brewed Soy Sauce make for perfect sawsawan and healthier salad dressings. Grab a bottle and get cooking! Available at all leading supermarkets nationwide.





## Yummy Ideas



Bookmark it!

### { The Beeriness }

Beer fanatic Jackie Dodd believes that you can have your beer and eat it, too. Through *The Beeriness*, her beer-centric food blog, she demonstrates how to marry a love of food and great craft beer. You'll find creative recipes dedicated to the brew, like Grilled Stout Jamaican Jerk Chicken, Sriracha Lime Beer Corn Fritters, and even Strawberry Jalapeño Beer Popsicles. You'll also learn a little more about beer styles—like the difference between an IPA and a Belgian ale. Bottomline, there's more to beer than just chugging it—Jackie shows us that it's definitely okay to spike your meals. Visit [thebeeriness.com](http://thebeeriness.com).

## BOOKSHELF

WHAT WE'RE  
READING  
THIS MONTH

■ Meat + Smoke + Patience = Barbecue. This is barbecue-obsessed Joe Carroll's mantra, and he strongly believes in letting the meat speak for itself, relying on wood, smoke, and time as his primary ingredients. ***Feeding The Fire* by Joe Carroll and Nick Fauchald** (P1,378, Fully Booked) is the ultimate guide

for better barbecue and grilling. You'll learn everything from how to pick the best quality meat down to which type of wood gives off mild or aggressive flavors. Whether you're into dry rubs, barbecue sauces, brines, or salting meat, you're bound to pick up a few tips on how to turn out the best tasting 'cue around. You'll feel Carroll's passion through the pages, and you'll want to fire up the grill even before you've finished leafing through the cookbook.



## Yummy FOOD ADDITION

### Olive and Feta Pasta Salad

Load up on a wholesome yet filling pasta salad!

Cook 100 grams fusilli pasta according to package directions; allow to cool. Combine pasta, 1 (100-gram) pack Arla Apetina Feta with Black Olives, 2 tomatoes (sliced into chunks), and ½ cup glazed pili nuts. Season with salt and pepper. Drizzle with lemon juice, if desired. **Serves 1.**



PHOTOGRAPHY: TOTO LABRADOR (BOOKSHELF AND FOOD ADDITION).  
RECIPE & STYLING: TRINKA GONZALES. TEXT: REGINE RAFAEL (BOOKSHELF AND BOOKMARK IT!).



## Yummy LESSON

### HOW TO KNOW IF YOUR BAKING SODA IS STILL ACTIVE

**THE DILEMMA** You don't bake regularly and a box of baking soda is now sitting unused in your pantry. Can you still use it to whip up a cake? What else can you do with it?

**THE SOLUTION** To test if your baking soda is still good, combine  $\frac{1}{2}$  cup water and 1 teaspoon vinegar in a bowl. Add  $\frac{1}{2}$  teaspoon baking soda. If it fizzes and bubbles, go ahead and use your stash for baking. However, if you find yourself with an expired box, don't worry! Since baking soda, or sodium bicarbonate, is an alkali, it can dissolve acidic stains and grease in water for easy scrubbing. It's also a pH stabilizer and a natural, gentle abrasive. Check out these nifty tricks: Mix 1 to 2 tablespoons of baking soda into a bottle of dishwashing liquid and use it to remove grease from pots and pans. Sprinkle the powder on your grill and soak it in water for a few hours before scrubbing it clean. Dust it on a damp kitchen towel, use the towel to wipe your sink then rinse with water. Baking soda is not only for baking, it's for household cleaning, too!



## We asked:

WHAT DISH BRINGS YOU BACK TO YOUR CHILDHOOD AND WHAT ARE YOUR FONDEST MEMORIES OF EATING IT?

“I remember my *nanay* always cooked our favorite *kadyos* (pigeon peas) with *buto-buto* (ribs) in a very big pot. I come from a big family (nine children!), and eating it together—all 11 of us—made it so memorable for me.”  
—Celia Bruno

“*Inihaw na bangus*. A trip to the beach isn't a proper summer outing without *inihaw*. My siblings and I used to fight over the belly, too!”  
—Maria Bucac

“Shepherd's pie from the school canteen. Everyone loved it. Lining up and being lucky enough to score a portion was always exciting!”  
—Chinkay Yabut

“Nothing brings me back to my childhood summers more than crunchy, buttery breaded shrimp.” —Janine Jacela

“My mom used to make really good, intensely flavored *adobo*. Whenever she'd put it on the table, I would immediately try to scoop some onto my plate, only to be told to wait for the *ensaladang mangga* with cilantro that she served it with. Perfect combination!”  
—Chichi Rodriguez

“It's not a home-cooked meal, but choco mallows always remind me of blissful *merienda* while watching cartoons or after playing *patintero* with the other kids.” —Mariella Villaflor

**Next question:** HOW DO YOU PUT A MODERN TWIST ON YOUR FAVORITE PINOY DISHES?

POST YOUR ANSWERS ON [WWW.FACEBOOK.COM/YUMMYMAGAZINE](http://WWW.FACEBOOK.COM/YUMMYMAGAZINE), AND CHECK OUT NEXT MONTH'S ISSUE FOR YOUR YUMMY IDEAS.



## Yummy Ideas



Take home a mammoth-sized tomahawk steak (P1,850 per kilo) and fire it up on the grill for your next family barbecue.

Want your steak now? Order grass-fed striploin (P790 per kilo) and add an extra P100 to have it grilled and served with mashed potatoes and spicy pepper sauce on the side.



## INGREDIENT SPOTLIGHT

### BOTTARGA

Salted, pressed, and dried fish roe is a Mediterranean delicacy, and its flavor is usually described as “the essence of the sea.” Often associated with Italian cuisine, bottarga (P315, The Blue Kitchen; ask for fish roe in olive oil) is commonly used as a topping for bruschetta or pasta. Its rich and intense flavor is the perfect savory companion to an otherwise ordinary dish. Turn to page 46 and try the recipe for Seafood Bottarga Pasta.



STOP BY

## Meat Depot

It took four generations of butchers to make Meat Depot the premium meat shop it is today. A blink-and-you’ll-miss-it store along Aguirre Avenue in gentrified BF Homes, Parañaque, Meat Depot originally catered to the demands of restaurants and hotels, then suddenly found itself cooking for meat lovers, too. Kimberly Alcoreza, part-owner of Meat Depot, says that serving diners wasn’t even part of the plan. It was only when a customer suggested using the space as a restaurant that the Alcorezas decided to do it. Freezers packed with various cuts of beef (including meat from the US, Australia, and New Zealand), pork, lamb, and even seafood call out to customers. You can opt to have the meat cooked on the spot and get a side of mashed potatoes, rice, or fries with your choice of mushroom gravy or spicy pepper sauce. Meat Depot’s prices are a steal, and thanks to chef Mikey Presa’s meat expertise, you can sample steaks to your heart’s desire. “Butchery is an art, right down to how the cut affects what the meat will taste like,” he says. And at Meat Depot, you’ll want to experience this art form over and over again.

Meat Depot is at 283 Aguirre Avenue, BF Homes, Parañaque City (tel. no.: 501-0845).



## Kitchen glossary

### Dot

To dot means to scatter bits of an ingredient (usually butter or shortening) on another mixture to distribute the ingredient evenly over it. For example, dotting butter over a pie ensures that the butter melts evenly on top during baking. Check out page 59 for the recipe for porterhouse steak as an example.

PHOTOGRAPHY: ALDWIN ASPILLERA (STOP BY), TOTO LABRADOR (INGREDIENT SPOTLIGHT). TEXT: REGINE RAFAEL



# Creative Concoctions

COMPLETE YOUR FAMILY MEAL WITH A DIP, DRINK AND DESSERT WITH OSTER'S 4172 BLENDER!

## Espresso Mousse

- ❑ ½ C / 50 ml cold water
- ❑ 2 envelopes unflavored gelatin
- ❑ ½ C / 125 ml brewed espresso
- ❑ ½ C / 125 ml boiling water
- ❑ 1 C / 250 ml semi-sweet chocolate morsels
- ❑ 1 tbsp. / 15 ml sugar
- ❑ ½ tsp. / 2 ml vanilla extract
- ❑ 2 egg yolks
- ❑ 1½ C / 375 ml ice cubes

### Procedure:

1. Put cold water and gelatin in your Oster Blender jar and let it set for 2 minutes. Then, add hot espresso and boiling water. Cover, and process at PULSE until gelatin is dissolved.
2. With the blender running at the lowest speed, remove measuring cup and add chocolate morsels, sugar and vanilla extract. Continue processing until mixture is smooth.
3. Add cream, egg yolks and ice, replace cap and continue processing until mixture begins to thicken. Pour at once into serving dishes. Let it cool for 5 to 10 minutes before serving. Garnish with whipped cream and chocolate shavings.

## Lemon & Celery Dip

- ❑ 1 C sour cream, chilled
- ❑ ½ C plain yogurt, chilled
- ❑ 2½ tbsp lemon juice
- ❑ 1 tsp grated lemon zest
- ❑ ½ C coarsely-chopped celery stalk
- ❑ ½ tsp salt
- ❑ ¼ tsp pepper

### Procedure:

1. Using Oster blender, pulse all ingredients until blended (about 3 pulses). Chill until ready to serve.
2. Serving suggestions: best paired with crackers and chips.

**Serves:** 1

**Prep Time:** 3 minutes

## Ube Langka Milkshake

- ❑ ¼ C frozen fresh milk
- ❑ ½ C sweetened langka, coarsely chopped
- ❑ ¾ C ube ice cream
- ❑ ¼ C orange juice
- ❑ cream
- ❑ crushed wafers
- ❑ langka strips

### Procedure:

1. Put milk, langka, ice cream and orange juice in Oster blender and blend until smooth.
2. To serve, top with cream, crushed wafers and langka strips.

**Serves:** 1

**Prep Time:** 3 minutes



Every purchase of Oster 4172 blender gets you a **FREE** glass jar.

Promo runs from July 1 - September 30, 2015.

Per DTI-FTB SPD Permit No. 7076 series of 2015.

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## Family Kitchen with Sherson

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# Yummy Shopping



**Must-buy!**

## SEVERIN 3-IN-1 MULTI-SANDWICH TOASTER

### All in one

Make waffles, paninis, and pressed sandwiches with just one handy tool!

#### CREATIVE COOKING

This compact appliance comes complete with three sets of detachable nonstick plates—one for classic waffles, one for Italian paninis, and one for pressed sammies—making it easy to experiment in the kitchen. Swap out your usual brunch fare for chocolate waffles, a chicken panini, or a gooey grilled cheese sandwich. The possibilities are endless!

#### PERFECTLY PRACTICAL

Aside from giving you bang for your buck (you can make three kinds of dishes with this handy helper!), it's easy to clean, too. You can even store it vertically to save precious shelf or counter space. You don't have to worry about burned bread either; its indicator light lets you know when your creation is perfectly toasted.



The Severin 3-in-1 Multi-sandwich Toaster (P2,995) is available at SM Appliance Center, Rustan's Department Store, Anson's, and Abenson.

PHOTOGRAPHY: TOTO LABRADOR. TEXT & STYLING: TRINKA GONZALES.



# Snack attack

Watching the big game or hosting a movie marathon?  
Don't forget the munchies!



## BAR NONE

For a nutritious snack, munch on chocolaty fruit and nut bars. They're artificial flavor-free and can double as pre-workout fuel. **Eat Natural Dark Chocolate with Cranberries and Macadamias**, P192, Rustan's Supermarket





## TASTY PIZZA

Makes: 4 Servings

### INGREDIENTS:

6-8 slices	Tasty bread (sliced bread)
<b>1 can</b>	<b>Hunt's Pork &amp; Beans 175g</b>
$\frac{3}{4}$ -1 cup	Easy melt cheese, grated
4 pcs	Hotdog, cooked then sliced

### HOW TO PREPARE:

1. Spread 1-2 tablespoons of Hunt's Pork & Beans on top of the bread.
2. Top with sliced hotdogs and grated cheese.
3. Place in oven toaster. Heat for 3-5 minutes or until cheese has melted.

# Bready, Set, Go!

Try these easy and yummy treats from Hunt's Pork & Beans with your kids! Family time has never been this delicious!



## MEATY BEANBURGER

Makes: 1-2 Servings

### INGREDIENTS:

$\frac{1}{2}$ pc	onion, diced
4 cloves	garlic, minced
$\frac{1}{2}$ pc	green bell pepper, diced
1 tbsp	cooking oil
1 cup	corned beef
<b>1 pack</b>	<b>Hunt's Pork and Beans 100g</b>
$\frac{1}{2}$ tsp	salt & pepper to taste
2 pcs	burger buns
2 leaves	lettuce
$\frac{1}{2}$ cup	cheddar cheese, grated

### HOW TO PREPARE:

1. Saute onions, garlic and bell pepper in oil.
2. Add corned beef and Hunt's Pork & Beans and continue sauteing.
3. Season with salt, pepper and chili powder.
4. Heat buns in toaster.
5. Place lettuce on buns then pour the corned beef mixture. Top with grated cheese.





# Some like it hot

Choose from a roster of chili peppers to turn up the heat in your cooking.

**1** Though brought by the Portuguese and Spanish to Southeast Asia, the roots of the **bird's eye chili** can be traced to South America. Known as *siling labuyo* in Filipino, the small, thin, fiery chili comes in green, orange, and red, and can be eaten raw or used as a condiment to spice up fish sauce, vinegar, and soy sauce.

**2** **Jalapeño** peppers from Xalapa, Mexico, are mild, medium-sized chilies. They can be consumed as soon as they turn green but are usually left to mature fully into beautiful crimson red peppers. They're popularly stuffed, or dried and smoked to make chipotle peppers.

**3** **Finger chilies** are common in local markets. Native to the country and known as *siling pangsigan*, they are bright green in color and are used in a number of Filipino dishes, from *sinigang* to *gising-gising* to Bicol express.

**4** **Cayenne chilies** are long, bright red, and extremely hot. Available fresh, dried, and in powder form as cayenne pepper, they are used extensively to flavor dishes. They're also widely associated with several health benefits, including the ability to address digestive and cardiovascular ailments.

**5** Extremely hot, the **habanero** chili scores 100,000 to 350,000 on the Scoville scale (the highest heat index on this scale is 2,200,000!). Use it a little at a time when cooking. Fully ripened orange habaneros are best for making your own hot sauce.





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Instant Drink Mix





## Family Kitchen

BY JOEY DE LARRAZABAL-BLANCO

★ When I think of the dishes my mom would make for our family, her lasagna immediately comes to mind—it was one of our favorites! Melted cheese, hearty meat sauce, pasta—everything kids love was in it. There's something so reassuring about seeing a hot baking dish being carried out of the kitchen and placed gingerly on the table, with a warning to "Make room, it's hot!" To me, it represents the comforts of home and the simple joys of being with family.

I now make my own lasagna for my own family, feeling that same sense of contentment every time I place the dish on our table. I use some of my mom's techniques but have also added my own, like swapping out ground meat for oxtail. The oxtail cooks to a melt-in-your-mouth softness that gives the lasagna a richer texture and deeper flavor. I use oven-ready lasagna noodles because you don't have to worry about the added step of boiling the noodles first. Also, they come out thinner and without those curly edges—just the way I like it! Whatever your preference, this recipe will work for both kinds. Just keep in mind that the regular noodles are longer, so you probably won't need as many sheets.

### 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 on her blog, [8obreakfasts.blogspot.com](http://8obreakfasts.blogspot.com).



### TIP

FREEZE LEFTOVER LASAGNA IN PORTIONS AND MICROWAVE WHEN YOU NEED A QUICK MEAL! YOU CAN ALSO FREEZE EXTRA MEAT SAUCE TO SERVE WITH PASTA OR RICE ON ANOTHER OCCASION.

## OXTAIL LASAGNA

**Serves 6 Prep Time** 15 minutes

**Cooking Time** 3½ to 4½ hours

- ✓ 1½ kilos oxtail, sliced into 1½- to 2-inch rounds
- ✓ 2 tablespoons olive oil
- ✓ 1 large white onion, chopped
- ✓ 5 to 6 cloves garlic, chopped
- ✓ 250 grams carrots, diced
- ✓ 2 teaspoons dried oregano
- ✓ 2 to 3 bay leaves
- ✓ 1 teaspoon Pimenton de la Vera
- ✓ 3 (400-gram) cans chopped tomatoes
- ✓ 2 tablespoons tomato paste
- ✓ 9 to 12 oven-ready lasagna sheets
- ✓ 1 cup all-purpose cream
- ✓ 400 grams grated cheddar cheese
- ✓ 400 grams grated mozzarella

- 1** Season oxtail with salt and pepper.
- 2** Heat oil in a large pot over medium-high heat. Sear oxtail in batches until both sides are golden brown. Do not crowd the pot. Set meat aside.
- 3** Sauté onions in the same pot,

scraping brown bits at the bottom, until soft. Add garlic; sauté until fragrant but not toasted. Add carrots; sauté until soft. Add oregano, bay leaves, and paprika; mix well. Add chopped tomatoes. Return oxtail to pot; stir. Add 1 cup water and tomato paste. Season with salt and pepper; mix thoroughly. Turn heat down to low. Simmer for 3 to 4 hours or until oxtail is tender and sauce is slightly thick. Adjust seasoning. Remove from heat and let cool slightly. Skim off some oil on top, if necessary.

**4** Separate oxtail meat from the bones; discard bones. Shred meat and add to the sauce; stir.

**5** Spread a layer of sauce at the bottom of an 8x8-inch baking dish. Top with a layer of noodles. Layer with meat sauce, cream, and cheeses. Repeat to make 3 to 4 layers, ending with cheese on top.

**6** Bake in the oven preheated to 350°F for 30 to 40 minutes or until cheese bubbles.





## The Sweet Stuff

BY CARMELA VILLEGAS-AGOSTA

★ Are you a cookie lover like me? If you are, you'll approve of this genius idea: Bake a giant cookie in a skillet! It's so easy to make and it tastes even better when served warm, topped with ice cream. It's my go-to treat, especially during the rainy season. The base is chewy chocolate cookie dough loaded with two kinds of chocolate, gooey caramel, and a sprinkling of walnuts for extra crunch. It's perfect for chocoholics!

What's great about this recipe is that you can mix all the ingredients in just one skillet—this means less bowls to wash after baking. Take extra care so that your ingredients don't spill out of the shallow pan.

Just thinking about a warm chocolate dessert already puts a smile on my face. It's feel-good food you'll surely enjoy, too. Give it a try—you and your family deserve a treat!

### 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.carmelajournal.com](http://www.carmelajournal.com).

PHOTOGRAPHY: MIGUEL NACIANCENO. STYLING: IDGE MENDIOLA

# CHUNKY TRIPLE-CHOCOLATE SKILLET COOKIE

**Serves** 6 to 8 **Prep Time** 40 minutes

**Baking Time** 18 minutes

- ✓ 1 cup all-purpose flour
- ✓  $\frac{1}{3}$  cup cocoa powder
- ✓  $\frac{1}{2}$  teaspoon baking soda
- ✓ 1 teaspoon cornstarch
- ✓  $\frac{1}{2}$  teaspoon salt
- ✓  $\frac{1}{2}$  cup unsalted butter
- ✓  $\frac{1}{2}$  cup sugar
- ✓  $\frac{1}{4}$  cup brown sugar
- ✓ 1 large egg
- ✓ yolk from 1 large egg
- ✓ 1 teaspoon vanilla extract
- ✓  $\frac{1}{2}$  cup toasted walnuts, divided
- ✓  $\frac{1}{2}$  cup semisweet chocolate chips, divided
- ✓  $\frac{1}{2}$  cup white chocolate chips, divided
- ✓  $\frac{1}{2}$  cup soft caramel candies, divided (we used Kraft)
- ✓  $\frac{1}{2}$  teaspoon coarse sea salt
- ✓ vanilla ice cream and store-bought salted caramel sauce, to serve

**1** Preheat oven to 350°F.

**2** Combine flour, cocoa powder, baking soda, cornstarch, and salt in a medium bowl. Set aside.

**3** Heat an 8-inch cast iron skillet over medium heat. Add butter and let melt. Remove from heat and add sugars. Let cool for 5 minutes. Add egg, egg yolk, and vanilla. Whisk until well combined.

**4** Add flour mixture to skillet in 2 to 3 batches, mixing gently.

**5** Fold in half of the walnuts, chocolate chips, and caramel candies. Even out the dough in the skillet using a spatula. Spread remaining walnuts, chocolate chips, and caramel candies on top. Sprinkle with sea salt.

**6** Bake in the preheated oven for 15 to 18 minutes or until top is crisp. Top with ice cream and salted caramel sauce. Serve warm.



**TIP**

DON'T HAVE A CAST IRON SKILLET? YOU CAN ALSO USE A HEATPROOF SHALLOW BOWL OR RAMEKIN.





## Make It at Home

BY AILEEN ANASTACIO

♦ On a recent trip to Vietnam, I chanced upon a restaurant in Ho Chi Minh that serves really good *banh xeo*, which is a savory, crispy pancake. I enjoyed it so much that I ate there twice! *Banh xeo* is “sizzling cake” in Vietnamese, and it got its name from the sound the rice batter makes when it hits the hot skillet. It’s Vietnam’s version of Japan’s *okonomiyaki* and France’s crepe. I really couldn’t get it off my mind, so I thought of recreating it at home and sharing the recipe with you.

Thanks to my Vietnamese friend, I now have a step-by-step guide! It took me a couple of tries to get the skin right: I tweaked the recipe by adding more cornstarch to the batter to make it more stable and by using soda water to make the batter consistently crisp. If you don’t have soda water, don’t worry; you can use regular water instead. When whipping up this dish, make sure you use a nonstick pan (you’ll have an easier time flipping the pancakes) and don’t forget to serve the pancakes immediately. I like to take a piece of *banh xeo*, roll it in a lettuce leaf with some basil and mint leaves, and then dip it in nuoc cham, the popular Vietnamese dipping sauce. Mmm... just thinking of it makes my mouth water. I hope you enjoy it as much as I do!

### 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](http://gourmetgoodies.blogspot.com).



## BANH XEO

**Makes** 5 to 6 **Prep Time** 15 minutes

**Cooking Time** 5 to 8 minutes

✓ 6 lettuce leaves, 1 bunch mint leaves, and 1 bunch basil, to serve

### FOR THE NUOC CHAM

- ✓ 2 tablespoons sugar
- ✓ 2 tablespoons fish sauce (*patis*)
- ✓ 1 tablespoon lime juice
- ✓ 4 tablespoons water
- ✓ 1 teaspoon garlic
- ✓ 1 teaspoon sliced bird’s eye chilies (*siling labuyo*)
- ✓ 1 tablespoon grated carrots (optional)

- ✓ 1/2 cup rice flour
- ✓ 1/2 cup cornstarch
- ✓ 1/2 teaspoon ground turmeric
- ✓ 1/2 teaspoon salt
- ✓ 1 tablespoon sugar
- ✓ 1 3/4 cups soda water
- ✓ 1/3 cup coconut cream
- ✓ 3 to 4 stalks green onions, chopped finely
- ✓ 1 to 2 tablespoons vegetable oil
- ✓ 2 medium white onions, sliced, divided
- ✓ 100 grams shrimp, peeled, deveined, and sliced in half
- ✓ 100 grams bean sprouts

**1** Make the nuoc cham: Combine all ingredients in a bowl; mix well until sugar dissolves. Refrigerate until ready to use. This will keep for 3 to 4 days in the refrigerator.

**2** Whisk together flour, cornstarch, turmeric, salt, and sugar in a medium bowl. Slowly add soda water; stir well. Add coconut cream and green onions; mix well.

**3** Heat oil in a nonstick pan, just enough to coat the bottom, over medium heat. Sauté 1/5 of the sliced onions and 3 to 4 shrimps until pink. Pour 1/2 cup batter into the pan, pouring batter on one side then swirling to coat the entire pan.

**4** Place half a handful of bean sprouts on top. Cover pan with a lid and allow bean sprouts to cook and soften. Cook pancake until crisp and golden, about 2 1/2 to 3 minutes.

**5** Fold half of pancake over topping. Transfer to a plate. Repeat with remaining batter. Serve with lettuce, herbs, and nuoc cham.





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## MONTEREY ULTIMATE TENDER CHOPS

### Ingredients:

6 pc. Monterey Porkchops ( 1" thick )

### Brine:

1/3 cup iodized rock salt	4 cloves garlic ( crushed )
1/4 cup honey	1/2 tsp peppercorns
1 tbsp dried rosemary	6 cups water

### Procedure:

Place all brine ingredients in a medium sized stockpot or saucepan. Boil over medium heat for 5 minutes. Set aside. Place porkchops into the brine and marinate overnight covered inside the chiller. Preheat grill<sup>\*</sup> over medium heat. Drain porkchops from brine then rinse in cold water and pat dry. Grill for 15-20 minutes on each side or until fully cooked.

<sup>\*</sup>Option: pan-grill / Makes 6 servings.



[www.monterey.com.ph](http://www.monterey.com.ph)







## Biz Whiz

BY SHARLENE TAN

✦ It was on a trip to Thailand that I discovered my love for mango sticky rice. I've had it at a few restaurants in Manila, but none comes close to the one from a fruit stand in Bangkok, which fellow *Yummy* columnist Jun Jun de Guzman led me to. The rice was al dente and the creamy coconut sauce had the perfect balance of sweet and salty. It was so good that I ended up buying 10 orders! I decided to take a cooking class while I was there to discover the secret to making this dish, and found out that it's so easy to make!

With sweet mangoes and sticky rice (*malagkit*) readily available locally, you can put this dessert on your menu without worrying about out-of-stock ingredients. You can also pre-cook this dish, but remember to put the steamed rice into the coconut milk mixture only when an order is placed. This ensures that the rice remains creamy and perfectly al dente. You can also put some pandan leaves into the water used for steaming, and add pandan flavoring to the coconut milk mixture. This will add a different flavor and aroma to the rice, transforming it from a traditional Thai dessert to a new Pinoy-inspired treat!

### 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 bring her to a new level of inspiration. Visit her website at [www.sharlenetan.com](http://www.sharlenetan.com) or follow her on Instagram @theshartan.

## STICKY RICE WITH MANGOES

**Serves** 3 to 4 **Prep Time** 10 minutes, plus overnight soaking time **Cooking Time** 30 minutes

- ✓ 1½ cups *malagkit* rice
- ✓ banana leaf for steaming
- ✓ 1½ cups coconut milk
- ✓ ¼ teaspoon salt
- ✓ ¼ cup sugar

### FOR THE COCONUT CREAM SAUCE

- ✓ 1 cup coconut cream
- ✓ ¼ cup sugar
- ✓ pinch of salt
- ✓ flesh from 1 large ripe mango, peeled and sliced
- ✓ 1 tablespoon toasted sesame seeds

**1** Wash rice in cold water until water runs clear then soak in cold water overnight at room temperature; drain. Place banana leaf on a steamer then

add rice. Steam for 20 minutes or until al dente.

**2** Combine coconut milk, salt, and sugar in a saucepan over medium heat. Stir until sugar is dissolved. Set aside and keep warm.

**3** Make the coconut cream sauce: Combine coconut cream, sugar, and salt in another saucepan over medium heat. Let simmer until thick, about 3 minutes. Set aside and keep warm.

**4** When rice is cooked, add it to the coconut milk mixture. Simmer over low heat until rice absorbs sauce, about 2 to 3 minutes. (Rice will become creamy and sauce will thicken.) Remove from heat.

**5** Immediately after cooking, divide sticky rice among dessert plates. Arrange mango slices on top then drizzle with coconut cream sauce. Sprinkle with toasted sesame seeds and serve with more coconut cream sauce on the side, if desired.



PHOTOGRAPHY: PATRICK MARTINEZ. FOOD STYLING: SHARLENE TAN.  
PROP STYLING: ISGEE MENDIOLA. HAIR & MAKEUP: YIDA NON-JAUCIAN.






# Judy Ann's Kitchen

Judy Ann Santos-Agoncillo



"There's truly something special about preparing meals for the people who matter in your life. I see that good food can put smiles on their faces, and I consider it an accomplishment that I am able to make people happy with the food I cook."

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## Around the World

BY SARI JORGE

✦ Moussaka is one of my favorite dishes. It's also one of the most popular dishes in Greece, served in almost every tavern and prepared in homes for big family gatherings. Moussaka's roots, however, can be traced to Turkey, and it is said to date back to as far as the Ottoman Empire. Today, regional variations are enjoyed in Turkey, Greece, and the Balkan Peninsula, which stretches from Serbia to Bulgaria.

The traditional Greek version is made by layering eggplant, a meat filling, and creamy béchamel sauce then baking it to golden perfection. It's a healthier alternative to traditional Italian lasagna because it does away with calorie- and carbohydrate-rich pasta noodles. The dish is very filling and is a great way to add more vegetables to your kids' plates. It's also perfect for parties because it can be assembled several days in advance, chilled (or even frozen), then popped in the oven right before serving.

This moussaka recipe is tried and tested, and I'm proud to say that everyone who's tried it loved it! Make this for your next family gathering—it'll be a hit, I promise.

### 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.



## MOUSSAKA

**Serves** 8 to 12 **Prep Time** 30 minutes

**Cooking Time** 1 hour 15 minutes

- ✓ 1 kilo eggplant, unpeeled and sliced lengthwise into 1/2-inch pieces
- ✓ 1/2 cup extra virgin olive oil
- ✓ 1/3 cup grated Parmesan cheese

### FOR THE MEAT SAUCE

- ✓ 2 tablespoons extra virgin olive oil
- ✓ 1/2 cup chopped white onion
- ✓ 1/4 cup chopped garlic
- ✓ 500 grams ground beef
- ✓ 1/2 teaspoon dried oregano
- ✓ 1/8 teaspoon ground allspice
- ✓ pinch of ground cloves
- ✓ 1 teaspoon ground cinnamon
- ✓ 1/2 teaspoon salt, or more to taste
- ✓ 1/2 teaspoon pepper
- ✓ 1 cup tomato sauce
- ✓ 1 cup canned crushed tomatoes
- ✓ 1 bay leaf
- ✓ 1 tablespoon sugar

### FOR THE BÉCHAMEL SAUCE

- ✓ 1/4 cup unsalted butter
- ✓ 5 tablespoons all-purpose flour
- ✓ 3 cups milk
- ✓ 1/2 teaspoon salt
- ✓ pinch of ground nutmeg
- ✓ 1 cup all-purpose cream
- ✓ yolk from 1 large egg

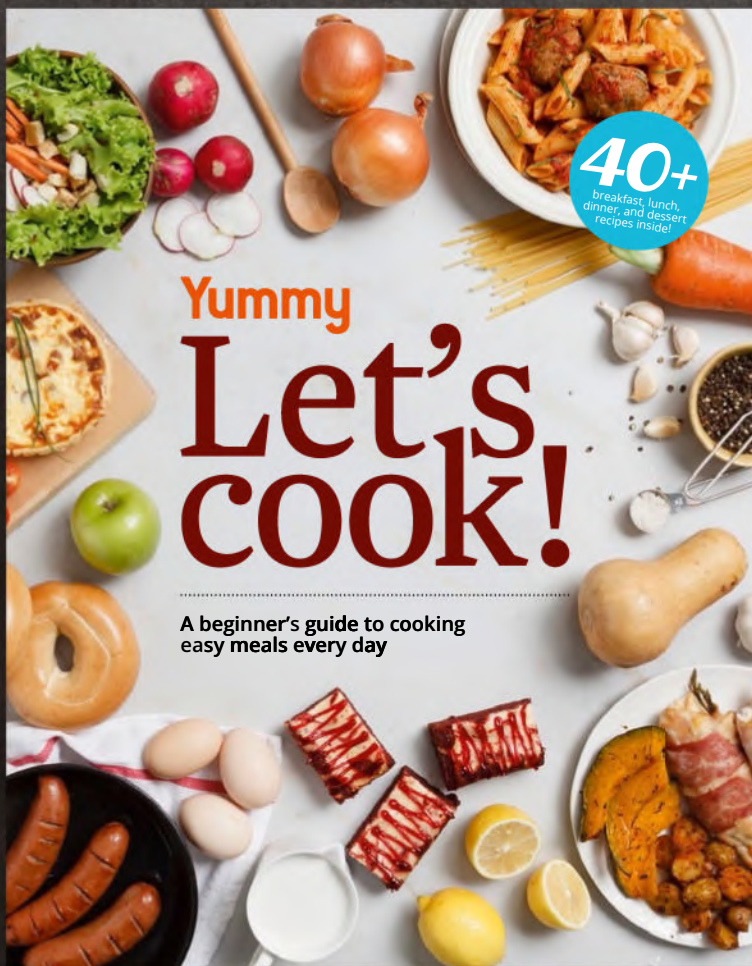
- 1** Preheat oven to 475°F. Brush eggplant with olive oil; place on a baking sheet. Season with salt and pepper. Cover with foil; bake until soft, about 20 minutes. Cover; set aside.
- 2** Make the meat sauce: Heat olive oil in a casserole over medium-high heat. Add onions; sauté until lightly browned, about 4 minutes. Add garlic; sauté until fragrant. Add beef, spices, salt, and pepper. Add tomato sauce, crushed tomatoes, bay leaf, and sugar; simmer until sauce is thick, about 20 minutes. Adjust seasoning. Set aside.
- 3** Make the béchamel sauce: Melt butter in a saucepan over medium heat. Add flour; whisk until smooth. Cook, stirring, for 1 minute. Add milk, salt, and nutmeg. Mix until sauce thickens. Add cream; mix. Remove from heat; let cool for a few minutes. Add egg yolk; mix well.
- 4** Place half of the eggplant in an 8x8-inch baking pan. Cover with half of the meat sauce. Repeat to make 2 more layers. Pour béchamel sauce over; smoothen top. Sprinkle with cheese. Bake, uncovered, in an oven preheated to 350°F until lightly browned and béchamel is set, about 25 to 30 minutes; remove from oven. Let rest for 10 minutes before serving.

PHOTOGRAPHY: MICHAEL ANGELO CHUA AND PATRICK MARTINES (PORTRAIT);  
STYLING: TRINKA GONZALES. HAIR & MAKEUP: YIDA NON-JAUCIAN.



# Preparing a yummy meal is easier than you think.

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## Healthy Approach

BY MARIE GONZALEZ

★ The rainy season doesn't have to mean sniffles season, too. Keep the common cold at bay with a comforting bowl of soup! Soups warm the body and are especially nourishing when made with loads of vegetables and simmered over low heat to release their nutrients. They are particularly good for people who are sick and have lost their appetite. Orange vegetables like squash and carrots are high in vitamin A, which improves vision, combats free radicals, and strengthens bones; cooking them in oil makes the vitamin A more absorbable. Ginger and turmeric are anti-inflammatory agents and boost the immune system; while black pepper makes turmeric's superpowers more easily absorbed and used by the body.

This soup gets its creaminess not from dairy-based cream (which clogs lungs and is high in cholesterol) but from coconut milk. *Calamansi* juice cuts the richness and rounds out the flavors in this dish. Simple, easy-to-find ingredients are the backbone of this recipe, but they come together wonderfully in a flavorful soup.

### 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](http://www.kitchenrevolution.ph).

## CREAM OF SQUASH SOUP

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

- ✓ 1 tablespoon vegetable oil
- ✓ 1 cup diced white onions
- ✓ 4 cloves garlic, minced
- ✓ 3 tablespoons minced or coarsely grated ginger
- ✓ 1/2 teaspoon ground turmeric
- ✓ 1/2 teaspoon ground cumin
- ✓ 1/4 teaspoon ground cinnamon
- ✓ salt and pepper, to taste
- ✓ 3 cups peeled and diced squash
- ✓ 2 cups peeled and diced root vegetables (carrots, sweet potatoes, or potatoes)
- ✓ 2 1/2 to 3 cups water, plus more as needed
- ✓ 1 cup coconut milk, plus more to serve
- ✓ 2 teaspoons *calamansi* juice
- ✓ chili powder for garnish and toasted baguette slices, to serve (optional)

- 1** Heat oil in a pot over medium-high heat. Sauté onions, garlic, ginger, turmeric, cumin, cinnamon, salt, and pepper for 3 to 5 minutes.
- 2** Add squash, root vegetables, water, and more salt. Increase heat to high; bring to a boil. Lower heat and simmer until vegetables are fork-tender, about 10 to 15 minutes.
- 3** Transfer mixture to a blender and purée until smooth.
- 4** Return mixture to the pot and stir in coconut milk. Bring to a simmer over medium-high heat. Add water if soup is too thick.
- 5** Remove from heat and stir in *calamansi* juice. Season with salt and pepper. Garnish with chili powder, if desired, and coconut milk. Serve with toasted bread slices, if desired.



PHOTOGRAPHY: MIGUEL MACIANCENO. STYLING: IDGE MENDIOLA. HAIR & MAKEUP: CATS DEL ROSARIO FOR SHU UEMURA.



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The DEPARTMENT OF AGRICULTURE,  
in celebration of the National Rice Awareness Month on November 2015,  
invites all mother-daughter tandems to join the

## HEALTHIER RICE COOKING CHALLENGE 2015

(A Fun Cook-Off featuring BROWN RICE)

### I. MECHANICS

1. The competition is open to all mothers (no age limit) and their daughters (aged 8 - 16 years old)
2. All interested parties must submit their own brown rice recipe worth Php 300 good for a family of four, together with the application form, a photocopy of the daughter's birth certificate and a copy of the mother's valid ID with picture. All documents can be emailed to [healthierricecookingchallenge@gmail.com](mailto:healthierricecookingchallenge@gmail.com) or you can send them via courier and/or hand carry to the Healthier Rice Cooking Challenge Secretariat, Department of Agriculture-Agriculture and Fisheries Information Division (DA-AFID), Elliptical Road, Diliman, Quezon City on or before September 21, 2015, 5:00 PM.
3. An elimination round will determine the 10 finalists based on the recipes submitted. A panel of judges composed of DA-AFID Staff will decide the 10 finalists.
4. Qualified teams shall be notified via email AND a phone call.
5. All 10 finalists will be tasked to cook their qualifying recipe on-the-spot. Both mother and daughter must participate in the preparation, cooking and presentation of the dish.
6. The finals will be held on NOVEMBER 7, 2015, 11:00 AM AT THE FISHERMALL ACTIVITY CENTER.

### II. CRITERIA FOR JUDGING

Taste	= 40%
Nutritional Content	= 20%
Creativity (with the use of ingredients)	= 20%
Replicability/Easy to cook	= 10%
Presentation	= 10%

### III. Prizes

- 1st Place = Php 25,000\* + Trophy  
2nd Place = Php 20,000\* + Trophy  
3rd Place = Php 15,000\* + Trophy  
4th Place = Php 10,000\* + Trophy  
5th Place = Php 5,000\* + Trophy  
5 consolation prizes of Php 3,000\* each  
\*All prizes are subject to withholding tax.

For more information, you may contact the  
HEALTHIER RICE COOKING CHALLENGE SECRETARIAT  
Tel. No. 02-4388131 / 0927-8381107

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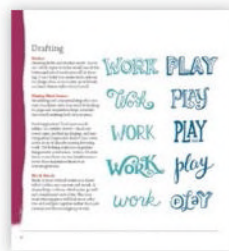




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## AROUND-THE-WORLD EATS

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PHOTOGRAPHY: MIGUEL NACIANCENO. RECIPES & FOOD PREPARATION: ZEE CASTRO-TALAMPAS. STYLING: IDGE MENDIOLA.

RECIPES THIS WAY ➔



# MONDAY

## CREAMY PASTA WITH CRISPY MUSHROOMS

**For Meatless Mondays, try this creamy dish. Instead of the usual chicken for topping, use fried-to-a-crisp mushrooms. The kids will love it!**

**Serves 4 to 6** **Prep Time**  
20 minutes **Cooking Time**  
25 minutes

- ✓ 3 tablespoons vegetable oil, plus more for sautéing
- ✓ 2 (100-gram) packs oyster mushrooms
- ✓ salt, to season
- ✓ 2 cloves garlic, minced
- ✓ 2 (250-ml) packs all-purpose cream

- ✓ 1/4 cup shredded Parmesan cheese, plus extra for sprinkling
- ✓ freshly ground black pepper, to season
- ✓ 1 (500-gram) pack penne noodles, cooked according to package directions
- ✓ 2 tablespoons chopped fresh parsley

**1** Heat oil in a frying pan. Fry mushrooms in batches, making sure not to crowd the pan. Cook on both sides until

golden brown. Drain on paper towels and sprinkle with salt. Set aside.

**2** Add more oil to the same pan, if needed. Sauté garlic until golden.

**3** Add cream and simmer for 2 minutes. Add Parmesan cheese and stir. Season with pepper. Remove from heat.

**4** Add penne noodles and toss to coat. Divide among bowls and top with mushrooms. Sprinkle with parsley and more Parmesan cheese.



*Six  
ingredients  
only*



## TUESDAY

### SAGE PORK CHOPS WITH BALSAMIC ZUCCHINI

Give the crowd favorite a gourmet twist with just a few simple ingredients. Serve with garlic noodles or garlic bread to round out the meal.

**Serves 4 Prep Time** 15 minutes, plus marinating time **Cooking Time** 20 minutes

- ✓ 3 cloves garlic, minced, divided
- ✓ 2 tablespoons soy sauce
- ✓ 1 teaspoon cayenne pepper
- ✓ juice from half a lemon
- ✓ 6 to 12 fresh sage leaves, divided
- ✓ 4 medium (½-inch-thick) pork chops (about 500 grams)
- ✓ 2 tablespoons vegetable oil, divided
- ✓ 1 large zucchini, sliced into rounds
- ✓ 2 tablespoons balsamic vinegar
- ✓ black pepper, to season

- 1** Combine ⅓ of the garlic, soy sauce, cayenne pepper, lemon juice, and 4 torn sage leaves in a bowl. Add pork chops. Marinate, covered, in the refrigerator for at least 30 minutes.
- 2** Heat 1 tablespoon oil in a frying pan over medium heat. Add remaining garlic and sauté until golden.
- 3** Drain pork chops from marinade and add pork to the pan. Cook for 3 to 6 minutes on each side. Set aside.
- 4** Heat remaining oil in the same pan. Fry remaining sage leaves until crisp. Drain on paper towels and set aside.
- 5** Add zucchini to the pan and cook for 1 to 2 minutes on each side. Add balsamic vinegar and toss to coat. Cook for 1 more minute. Season with black pepper.
- 6** Garnish pork chops with fried sage leaves and serve with balsamic zucchini on the side.



Leftover makeover

## WEDNESDAY

### GREEK MEATBALLS WITH FETA SAUCE

Hefty meatballs make for one satisfying meal. Prep the meatballs in advance, store them in the freezer, and thaw when ready to use.

**Serves 4 Prep Time** 30 minutes, plus chilling time **Cooking Time** 20 minutes

#### FOR THE MEATBALLS

- ✓ 500 grams ground beef
- ✓ 1 large white onion, minced
- ✓ 3 cloves garlic, minced
- ✓ 2 eggs
- ✓ ½ cup breadcrumbs
- ✓ 1 tablespoon Worcestershire sauce
- ✓ 1 teaspoon salt
- ✓ 1 teaspoon cayenne pepper
- ✓ 2 teaspoons fresh oregano leaves
- ✓ 2 tablespoons chopped flat-leaf parsley

#### FOR THE FETA SAUCE

- ✓ ½ cup feta cubes, plus extra for garnish
- ✓ 2 tablespoons plain yogurt
- ✓ 1 teaspoon lemon juice
- ✓ 2 tablespoons olive oil

- ✓ 1 teaspoon fresh oregano leaves
- ✓ 3 fresh mint leaves, plus extra for garnish

- ✓ vegetable oil for pan-frying

- 1** Make the meatballs: Combine all ingredients in a bowl. Mix with your hands until well combined. Take 1 to 2 tablespoons of the mixture, roll into a ball, and arrange on a tray. Repeat with remaining mixture. Cover and refrigerate until ready to use.
- 2** Make the feta sauce: Process all ingredients in a blender or food processor until well combined. Refrigerate until ready to use.
- 3** Heat oil in a frying pan over medium heat. Add meatballs and cook until evenly browned, about 10 minutes, turning gently to avoid breaking.
- 4** Drizzle meatballs with feta sauce, and garnish with extra feta cubes and mint leaves before serving.



Best for bacon



# THURSDAY

## TURMERIC FISH WITH DILL (CHA CA LA VONG)

**This Vietnamese classic is loaded with healthy ingredients—both turmeric and dill are revered for their anti-inflammatory properties. Serve the ingredients separately so everyone can have fun making their own bowls.**

**Serves** 4 to 6 **Prep Time** 30 minutes, plus marinating time **Cooking Time** 15 minutes

- ✓ 2 teaspoons fish sauce (*patis*)
- ✓ 1 teaspoon minced fresh turmeric
- ✓ 1 tablespoon ground turmeric
- ✓ 3 cloves garlic, minced
- ✓ 1 tablespoon crushed ginger
- ✓ ½ cup chopped dill leaves
- ✓ 2 cream dory fillets (about 500 grams), sliced into 2-inch pieces

### FOR THE NUOC CHAM

- ✓ ¼ cup fish sauce (*patis*)

- ✓ 3 bird's eye chilies (*siling labuyo*), minced
- ✓ 1 clove garlic, minced
- ✓ 1 teaspoon fresh lemon juice
- ✓ 1 teaspoon sugar
- ✓ 2 tablespoons vegetable oil, divided
- ✓ 1 large white onion, sliced
- ✓ ½ cup chopped green onions
- ✓ 1 (200-gram) pack vermicelli (*sotanghon*) noodles, cooked according to package directions
- ✓ ½ cup chopped toasted peanuts
- ✓ ½ cup dill leaves
- ✓ ½ cup cilantro leaves (*wansoy*)
- ✓ ½ cup basil leaves
- ✓ 2 bird's eye chilies (*siling labuyo*), sliced
- ✓ lemon rounds, to serve

**1** Using a mortar and pestle, pound together fish sauce, turmeric, ground turmeric, garlic, ginger, and dill to make a paste. Add paste to fish and mix to coat each piece completely. Cover and refrigerate for at least 30 minutes.

**2** Make the nuoc cham: Mix together all ingredients in a bowl. Set aside until ready to use.

**3** Heat 1 tablespoon oil in a frying pan over medium heat. Sauté onions until golden; set aside.

**4** Add remaining oil and sear fish until cooked, about 2 to 3 minutes. Add green onions and toss.

**5** Portion noodles among bowls. Top with fish and onions. Garnish with peanuts, dill, cilantro, basil, chilies, and more green onions. Serve with nuoc cham and lemon rounds on the side.

Healthy  
pick







**20**  
minute  
meal

## FRIDAY

### SHRIMP PIRI-PIRI

Piri-piri is a traditional Portuguese sauce made with chilies, oil, lemons, and other spices. It makes the shrimp so tasty—you'll be eating with your hands and licking your fingers for sure!

**Serves** 2 to 3 **Prep Time** 10 minutes

**Cooking Time** 5 to 10 minutes

#### FOR THE PIRI-PIRI SAUCE

- ✓ ¼ cup plus 1 tablespoon olive oil, divided
- ✓ 2 to 3 bird's eye chilies (*siling labuyo*)
- ✓ 1 clove garlic
- ✓ 1 teaspoon paprika
- ✓ 1 teaspoon whiskey (optional)
- ✓ juice from half a lemon
- ✓ pinch of salt

- ✓ 500 grams shrimp, cleaned
- ✓ whole and chopped parsley leaves, and chopped bird's eye chilies (*siling labuyo*, optional) for garnish
- ✓ steamed white rice and lemon wedges, to serve

**1** Make the piri-piri sauce: Combine ¼ cup olive oil, chilies, garlic, paprika, whiskey (if using), lemon juice, and salt in a food processor or blender. Pulse until well combined. Set aside.

**2** Heat remaining olive oil in a frying pan over medium heat. Add shrimps and cook until they start to change color, about 2 to 3 minutes.

**3** Turn shrimps and add piri-piri sauce. Cook for 2 minutes more or until shrimps are completely cooked.

**4** Garnish with parsley and chilies, if desired. Serve with steamed white rice and lemon wedges.



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## Better together

Round up the gang—it's time to celebrate! Ice-cold pints paired with tasty bar chow is the perfect formula for a fun night in.



### THE MENU

Japanese  
Grilled  
Sweet  
Corn

Bacon  
Chicharon

Parmesan-  
Pepper  
Crispy  
Chickpeas

Chicken  
Banh Mi  
Sliders

Aligue-  
glazed  
Crispy  
Calamari

RECIPES THIS WAY ➔





## BEER PAIRING

### PILSNER

dry and crisp,  
pale and golden  
in color, with  
medium to high  
bitterness

## JAPANESE GRILLED SWEET CORN

**Give grilled corn an Asian twist with Japanese mayo and a sprinkling of spicy togarashi powder. Drizzle the cobs with lime juice for extra zing.**

**Makes 8 Prep Time** 10 minutes  
**Cooking Time** 10 minutes

- ✓ 4 cobs sweet corn, husk removed and halved
- ✓ vegetable oil for brushing

- ✓ ½ cup Japanese mayonnaise
- ✓ salt, to taste
- ✓ ⅓ cup togarashi powder
- ✓ ½ cup crumbled feta cheese
- ✓ ¼ cup chopped green onions
- ✓ lime wedges, to serve

**1** Heat a charcoal grill or a grill pan. Skewer corn onto barbecue sticks.

**2** Lightly brush corn with oil. Grill until slightly charred on

all sides, about 3 to 5 minutes.

**3** Once cooked, spread 1 tablespoon Japanese mayonnaise on each cob half. Sprinkle with salt, 2 teaspoons togarashi powder, and 1 tablespoon feta cheese. Repeat with remaining cobs.

**4** Arrange corn on a serving platter and sprinkle with green onions. Serve with lime wedges.





## BACON CHICHARON

**Who doesn't love bacon and chicharon? This crunchy treat combines the two favorites! Serve it with spiced vinegar to balance the richness.**

**Serves 4 to 6 Prep Time**  
10 minutes **Cooking Time**  
15 minutes

- ✓ vegetable oil for frying
- ✓ 1 tablespoon brown sugar
- ✓ 2 teaspoons chili powder
- ✓ pinch of salt
- ✓ ½ cup cornstarch
- ✓ 4 teaspoons baking powder
- ✓ 1 teaspoon ground pepper
- ✓ 12 strips thick-cut bacon, sliced into 3-inch lengths

- 1** Heat oil in a large frying pan over medium heat.
- 2** Combine brown sugar, chili powder, and salt in a bowl. Set aside.
- 3** Combine cornstarch, baking powder, and ground pepper in a bowl. Lightly dredge bacon in mixture until completely coated.
- 4** Fry bacon until crisp and golden, about 2 to 3 minutes on each side. Make sure bacon strips are completely submerged in oil but remain flat on the pan. Drain on a paper towel-lined plate.
- 5** Sprinkle with sugar mixture. Serve immediately.

## PARMESAN-PEPPER CRISPY CHICKPEAS

**Say goodbye to run-of-the-mill potato chips. Here's a new treat you'll want to munch on the entire night.**

**Serves 4 to 6 Prep Time**  
5 minutes **Cooking Time**  
20 minutes

- ✓ vegetable oil for frying
- ✓ 2 (400-gram) cans chickpeas, rinsed, drained, and dried
- ✓ 1 teaspoon ground pepper
- ✓ ¼ teaspoon cayenne pepper
- ✓ ½ teaspoon salt
- ✓ ¼ cup grated Parmesan cheese

- ✓ lime zest for garnish (optional)

- 1** Heat oil in a large frying pan over medium heat.
- 2** Add chickpeas and fry, stirring continuously, until crisp and golden, about 16 to 18 minutes. Do this in batches, if necessary. Drain chickpeas on a paper towel-lined plate.
- 3** Combine ground pepper, cayenne pepper, salt, and Parmesan cheese in a bowl. Sprinkle mixture over chickpeas and toss to combine. Garnish with lime zest, if desired. Serve immediately.



## CHICKEN BANH MI SLIDERS

Nothing beats the classic combination of burgers and beer. Change things up with Vietnamese-inspired sliders.

**Serves 6** **Prep Time** 45 minutes, plus marinating time **Cooking Time** 10 minutes

## FOR THE CHICKEN PATTIES

- ✓ 400 grams ground chicken
- ✓ 3 cloves garlic, chopped
- ✓ 1 tablespoon pounded and chopped lemongrass
- ✓ 1 teaspoon grated ginger
- ✓ 1/4 cup chopped cilantro leaves (*wansoy*)
- ✓ 2 tablespoons lime juice
- ✓ 1 1/2 tablespoons fish sauce (*patis*)
- ✓ 2 teaspoons brown sugar

- ✓ 2 bird's eye chilies (*siling labuyo*), chopped
- ✓ 1 large egg, beaten lightly

## FOR THE PICKLED VEGETABLES

- ✓ 1/2 cup rice wine vinegar
- ✓ 1/4 cup water
- ✓ 1 1/2 teaspoons fish sauce (*patis*)
- ✓ pinch of chili flakes
- ✓ 1 tablespoon sugar
- ✓ 1 cup julienned carrots
- ✓ 5 red radishes, sliced into thin rounds

## FOR THE SRIRACHA MAYO

- ✓ 6 tablespoons mayonnaise
- ✓ 2 tablespoons Sriracha
- ✓ 3 teaspoons lime juice
- ✓ salt, to taste

- ✓ vegetable oil for frying
- ✓ 6 tablespoons chicken or pork liver pâté
- ✓ 6 small brioche or burger buns, halved and toasted
- ✓ 1/2 cup shredded cucumber
- ✓ cilantro leaves (*wansoy*), to serve

**1** Make the chicken patties: Combine all ingredients in a bowl. Mix with your hands until well combined. Marinate, covered, in the refrigerator overnight.

**2** Make the pickled vegetables: Combine all ingredients in a bowl. Cover and chill for 4 hours or overnight.

**3** Make the Sriracha mayo: Combine mayonnaise, Sriracha, and lime juice in a bowl. Season with salt. Chill until ready to serve.

**4** Heat vegetable oil in a frying pan over medium heat.

**5** Divide chicken mixture into 6 portions and form into patties. Fry until light brown and completely cooked, about 2 to 3 minutes on each side.

**6** Spread 1 tablespoon liver pâté on the insides of a burger bun. Place about 1 1/2 tablespoons cucumber on the bottom bun half. Top with chicken patty, about 1 1/2 tablespoons Sriracha mayo, pickled vegetables, and cilantro leaves. Cover with top bun half. Repeat with remaining ingredients. Serve immediately.

**BEER**  
PAIRING

## ALE

full-bodied and slightly sweet, dark gold or rich brown in color, with medium to high bitterness



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**BEER**  
PAIRING

**LAGER**

crisp and  
mellow, golden  
in color,  
bubbly, with  
low to medium  
bitterness

**ALIGUE-GLAZED CRISPY CALAMARI**

**Tender squid coated in a crunchy batter and a sweet-salty glaze? Yes, please! This one's a definite crowd pleaser.**

**Serves 6 Prep Time** 10 minutes **Cooking Time** 20 minutes

- ✓ vegetable oil for deep-frying
  - ✓ whites from 2 eggs
  - ✓ 2 tablespoons fresh milk
  - ✓ ¼ cup all-purpose flour
  - ✓ ¼ cup cornstarch
  - ✓ ½ teaspoon salt
  - ✓ ½ teaspoon pepper
  - ✓ 500 grams squid rings, cleaned and drained
- FOR THE ALIGUE GLAZE**
- ✓ ¼ cup fish sauce (*patis*)
  - ✓ ¼ cup water
  - ✓ ¾ cup brown sugar
  - ✓ 2 tablespoons crab fat (*aligue*)
  - ✓ juice from half a lime
- ✓ lime slices and flat-leaf parsley for garnish (optional)
- 1** Heat vegetable oil in a deep frying pan or deep-fryer over medium heat.
- 2** Combine egg whites and fresh milk in a bowl; whisk until slightly frothy. Combine flour, cornstarch, salt, and pepper in another bowl.

**3** Dip squid rings in egg white mixture, then lightly dredge in flour mixture. Deep-fry until crisp and light brown, about 4 to 5 minutes. Fry squid rings in batches, if necessary. Drain on a paper towel-lined plate. Set aside and keep warm.

**4** Make the *aligue* glaze: Combine fish sauce and water in a saucepan over low heat. Simmer for 5 minutes. Add brown sugar, stir, and simmer until slightly thick, about 5 to 6 minutes. Add crab fat and stir to combine. Turn off heat and drizzle with lime juice.

**5** Add sauce to calamari and toss to combine. Transfer to a serving plate. Garnish with lime slices and parsley, if desired. Serve immediately.



# Comfort in a bowl



When the rainy season sets in, nothing beats coming home to a hearty, filling, soul-satisfying meal. Go ahead; give these recipes a warm welcome.

PHOTOGRAPHY BY Patrick Martires  
RECIPES AND FOOD STYLING BY Katherine Jao  
PROP STYLING BY Trinkia Gonzales



# Miso MUSHROOM Pork Ramen

Elevate store-bought ramen with a handful of fresh ingredients. You'll get a richer, tastier bowl of noodles.

**Serves 2** **Prep Time** 10 minutes **Cooking Time** 10 minutes

- ✓ 1 teaspoon vegetable oil
- ✓ 150 grams ground pork
- ✓ 1 tablespoon Japanese white miso paste
- ✓ 1 liter water
- ✓ 2 (130-gram) packs instant ramen noodles (we used Shin Ramyun Black Ramen)
- ✓ salt, to taste
- ✓ 2 to 3 *wakame* leaves (available at Rustan's Supermarket)
- ✓  $\frac{3}{4}$  cup sautéed quartered fresh button mushrooms for topping
- ✓ sliced leeks for topping

**1** Heat oil in a pot over medium heat. Sauté ground pork until it changes color.

**2** Add miso paste and sauté for another 30 seconds. Add water and ramen seasoning; bring to a boil.

**3** Add noodles and cook according to package directions, about 2 to 3 minutes. Season with salt.

**4** Add *wakame* leaves. Remove from heat. Divide between 2 bowls and top with sautéed mushrooms and sliced leeks.

# Truffle Potato Soup

**Serves 2** **Prep Time** 5 minutes **Cooking Time** 15 minutes

- ✓ 1 tablespoon butter
- ✓ 2 teaspoons all-purpose flour
- ✓ 1 liter chicken stock
- ✓ 1 to  $1\frac{1}{4}$  cups instant mashed potato flakes
- ✓ 1 tablespoon truffle paste
- ✓ 1 to 2 teaspoons chicken powder
- ✓ salt and pepper, to taste
- ✓ heavy cream and truffle oil for garnish

**1** Melt butter in saucepan over medium heat. Add flour and mix well until mixture begins to sizzle.

**2** Add chicken stock; mix well and allow to boil. Mix in potato flakes and truffle paste.

**3** Season with chicken powder, salt, and pepper. Let soup boil for 3 to 5 minutes. Divide between 2 bowls and drizzle with heavy cream and truffle oil.

## TIP

INSTEAD OF USING POTATO FLAKES, YOU CAN PEEL, BOIL, AND MASH 1 TO 2 MEDIUM POTATOES.



# seafood BOTTARGA Pasta

Reward yourself after a long week with this luxurious dish. Bottarga (salted, cured fish roe) is used for the ultimate indulgence!

**Serves 2** **Prep Time** 10 minutes  
**Cooking Time** 15 minutes

- ✓ 2 to 3 tablespoons olive oil
- ✓ 1/4 cup sliced garlic
- ✓ 1/4 cup minced onion
- ✓ 12 prawns, peeled and deveined
- ✓ 2 tablespoons local bottarga (fish roe in olive oil, available at The Blue Kitchen)
- ✓ 3 cups cooked trifolata pasta or any long pasta noodles, cooked according to package directions
- ✓ salt and pepper, to taste

- ✓ 1 teaspoon bottarga powder (mullet fish roe, available at Bacchus Epicerie)
- ✓ thinly sliced parsley for garnish

**1** Heat oil in a saucepan over medium heat. Sauté garlic and onion until garlic turns light brown.

**2** Add prawns and cook until they change color. Add local bottarga and continue to sauté.

**3** Toss in cooked pasta; season with salt and pepper. Transfer to a plate, top with bottarga powder, and garnish with parsley.



# Beef Tendon & Meatball PHO


A steaming bowl of Vietnamese pho is perfect for staying in during gray, rainy days. The good news? This recipe takes less than 30 minutes to make!

**Serves 3** **Prep Time** 10 minutes  
**Cooking Time** 15 minutes

- ✓ 5 cups water
- ✓ 2 beef bouillon cubes
- ✓ 150 grams beef tendon, pre-cleaned (available at supermarkets and Chinese delis)
- ✓ 10 Chinese meatballs or squid balls, sliced
- ✓ salt, to taste
- ✓ 3 cups cooked rice noodles
- ✓ cilantro leaves (wansoy) and bean sprouts for topping
- ✓ lime wedges, to serve

**1** Combine water, bouillon cubes, and beef in a pot.





Bring to a boil over medium heat; lower heat and simmer until beef is tender, about 5 to 10 minutes.

**2** Add meatballs and simmer for another 3 minutes. Season with salt. Divide cooked rice noodles among 3 bowls. Add soup and beef. Top with meatballs, cilantro, and bean sprouts; serve with lime wedges.



# Cheese Steak Rice

Want to welcome the man of the house with a hearty meal? Turn to a meaty, cheesy rice bowl!

**Serves 2** **Prep Time** 10 minutes **Cooking Time** 10 minutes

- ✓ 2 tablespoons olive oil, divided
- ✓ 1½ cups sukiyaki-cut rib eye
- ✓ salt and pepper, to taste
- ✓ ⅓ cup peeled and sliced medium white onion
- ✓ ¼ cup sliced red bell peppers
- ✓ ¼ cup sliced green bell peppers
- ✓ 2 cups cooked rice
- ✓ store-bought cheese sauce for topping

**1** Heat 1 tablespoon oil in a saucepan over high heat. Sauté beef until almost cooked, about 1 to 2 minutes. Season with salt and pepper. Transfer to a plate.

**2** Heat remaining oil in the same pan. Sauté onions and bell peppers; season with salt and pepper. Add cooked beef and sauté for a few more seconds. Remove from heat.

**3** Divide rice between 2 bowls and top with beef mixture. Drizzle with cheese sauce.







# tuna Donburi

Satisfy your Japanese cravings with a hefty rice bowl. You'll be enjoying the fish raw, so use only the freshest tuna you can get your hands on.

**Serves 2 Prep Time 15 minutes**

- ✓ 250 grams fresh sashimi-grade tuna
- ✓ pinch of salt or dashi
- ✓ juice from half a lime

## FOR THE JAPANESE SAUCE

- ✓ 1/2 cup Japanese mayonnaise
- ✓ 2 tablespoons tomato ketchup
- ✓ 1/4 teaspoon paprika
- ✓ 1/4 teaspoon garlic powder
- ✓ 2 teaspoons sugar

- ✓ 2 cups cooked Japanese rice
- ✓ nori flakes (available at the Asian

aisle in supermarkets) and green onions for topping

**1** Chop tuna finely. Season with salt or dashi, and lime juice. Mix well and refrigerate until ready to serve.

**2** Make the Japanese sauce: Combine all ingredients in a bowl. Mix until well combined. Refrigerate until ready to use.

**3** Divide Japanese rice between 2 bowls. Drizzle with Japanese sauce then top with chopped tuna, nori flakes, and green onions. Serve immediately.





# Creamy Rice ala Paella

**PREPARATION TIME:** 20 minutes

**COOKING TIME:** 15 minutes

**SERVINGS:** 6-8

## INGREDIENTS

2 tbsp	cooking oil
1 tbsp	chopped ginger
1 tbsp	chopped garlic
1/4 cup	chopped onions
2 tbsp	taba ng talangka (crab fat)
100g	shrimps, shelled and deveined
1/4 cup	tinapa flakes
1/4 kg	squid, cleaned, ink sac removed, cut into rings
1 sachet	8g <b>MAGGI MAGIC SARAP®</b>
	salt to taste
1/2 cup	<b>NESTLÉ® ALL PURPOSE CREAM</b>
4 cups	cooked rice
1/4 cup	green peas
	chopped spring onion

## PROCEDURE

1. Heat oil in a pan. Sauté ginger, garlic and onions until fragrant.
2. Stir in taba ng talangka, shrimps, tinapa flakes and squid rings. Cook until seafood changes in color or for about 3 minutes.
3. Stir in **MAGGI MAGIC SARAP** and season with salt to taste.
4. Pour in **NESTLÉ ALL PURPOSE CREAM** and continue cooking for another minute.
5. Add rice and green peas. Mix well and continue to cook until rice is completely heated.
6. Sprinkle with spring onion on top. Serve immediately.



# A Creamy Combo!

Dig into a sumptuous rice bowl  
and cap it off with a crunchy dessert,  
both made more delicious  
with the help of **NESTLÉ All Purpose Cream.**



# Crunchy Pistachio Squares

**PREPARATION TIME:** 15 minutes

**COOKING TIME:** 5 minutes

**SERVINGS:** 10-12

## INGREDIENTS

24 pcs	molo wrapper
1/4 cup	sugar
	oil for frying
1 pack	<b>NESTLÉ® ALL PURPOSE CREAM</b> 250ml, chilled
1/4 cup	orange jam or marmalade (or other desired fruit jam or marmalade variants)
	juice of 1 small lemon
1/2 cup	pistachio nuts, toasted and chopped
1/2 cup	almonds, toasted and chopped (or other preferred nuts)

*For topping (optional):*

1/4 cup	orange jam or marmalade (or other desired fruit jam or marmalade variants)
	<b>NESTLÉ® ALL PURPOSE CREAM</b> , chilled

## PROCEDURE

1. Sprinkle molo wrapper with sugar.
2. Heat oil on a non-stick pan and pan-fry molo wrapper until golden brown. Set aside.
3. Combine together chilled **NESTLÉ ALL PURPOSE CREAM**, orange jam and lemon juice. Whisk to fully combine.
4. To assemble, put nuts on top of a fried molo wrapper. Spoon or pipe combined cream then cover with another piece of molo. Repeat procedure if desired to create a double-layered pistachio square.
5. Top with a teaspoonful of orange jam and more cream on top if desired.
6. Chill before serving.

### TIP!

Whip the chilled cream using a chilled wire whisk for more texture.

Whether it's an entrée or a dessert, every dish becomes more delightful with the help of **NESTLÉ All Purpose Cream**. For an extra delicious twist to your culinary creations, always choose the No. 1 cream.

No. 1 Cream brand in the Philippines. Source: Kantar Worldpanel Philippines; Coverage: National Philippines, 2014 data







**LESS TALK, MORE MUSIC**  
**NO JIBBER-JABBER AND BACK TO MUSIC FASTER**



SPECIAL  
SECTION!

# a GUY'S GUIDE to FOOD

featuring

THE  
ULTIMATE  
STEAK GUIDE

BOOZE-  
INFUSED  
DISHES

HAPPY-  
HOUR  
HANGOUTS

B-L-T IN  
10 NEW  
WAYS

CRAZY-  
GOOD  
KEBABS

THE BEST  
BREWS  
IN TOWN

GUYS  
WHO  
COOK

OPEN



# Cheers!

Hosting after-dinner drinks? Head to the supermarket and you'll find a fresh new crop of boozy concoctions on the shelves. Let's drink to that!

## MULE OVER

Now you can enjoy a Moscow Mule right at home. This one's a perfect blend of vodka, ginger beer, and a lime-flavored mixer.

**Smirnoff Vodka Mule**, P35, Metro Market! Market!

## ALE AT EASE

Fruity and slightly bitter, this brown ale is brewed by a community of monks in Belgium. That means revenue from every bottle sold is dedicated to social service.

**Chimay Pères Trappistes Brown Ale**, P172, Rustan's Marketplace

## VIVA ITALIA!

Stylishly packaged in a dark bottle, this craft lager beer is delicate in flavor and easy to drink. Pair it with a thin-crust pizza or a light salad.

**Birra Roma Bionda**, P152.96, Rustan's Marketplace

## THAI EXPRESS

Brewed in Thailand, this full-flavored lager is best enjoyed with pork skewers, spicy noodles, or even a fresh papaya salad. Sawasdee ka!

**Chang Classic Beer**, P89, Rustan's Marketplace

## PERFECT PAIR

Like your whiskey with a splash of cola? This bottle is right up your alley! Have it with ribs or steak—take your cue from this issue's cover. **Jack Daniel's Whiskey and Cola**, P143.75, The Landmark



### FRUITY FUN

Take a trip to Rome with this bottle of Italian pale lager. Citrusy with notes of mango and grapefruit, it's great with fish and seafood. **Birra Antoniana Altinate**, P114.28, Rustan's Marketplace

### SUMMER DAZE

Made in the Philippines, Brew Kettle is a light, refreshing lager inspired by classic Belgian Witbier. A sip is an ode to summer days by the beach. **Brew Kettle Original Brew Beer**, P30, Pioneer Centre

### MADE WITH MALT

Its malted properties make this premium cerveza stand out from the pack. It's sweet with hints of caramel and toasted grains. **Hijos de Rivera 1906 Reserva Especial**, P89, SM Supermarket

### SHAKE THINGS UP

Not a fan of strong, hard drinks? Have a bottle of this creamy, caramel-flavored, vodka-based cocktail so you won't have to miss out on the fun. **Vodka Mudshake Caramel**, P84, The Landmark

### AROUND THE WORLD

In celebration of its 140th anniversary, the popular lager brand released limited edition bottles that feature some of the world's most famous cities on the labels. It's a collectible you shouldn't miss! **Heineken City Edition**, P91.50, SM Supermarket







# Bacon, lettuce, and tomato

There's more to BLT than the plain ol' sandwich. Put a new twist on the tried-and-tested trio and try these 10 exciting ideas.

## 1 Terrific tacos

Wondering what you can make with flour tortillas aside from burritos and quesadillas? Use them to whip up mini soft tacos! Top the tortillas with lettuce, halved cherry tomatoes, and pan-fried thick-cut bacon. Make them more special with avocado slices, alfalfa sprouts, and parsley leaves.



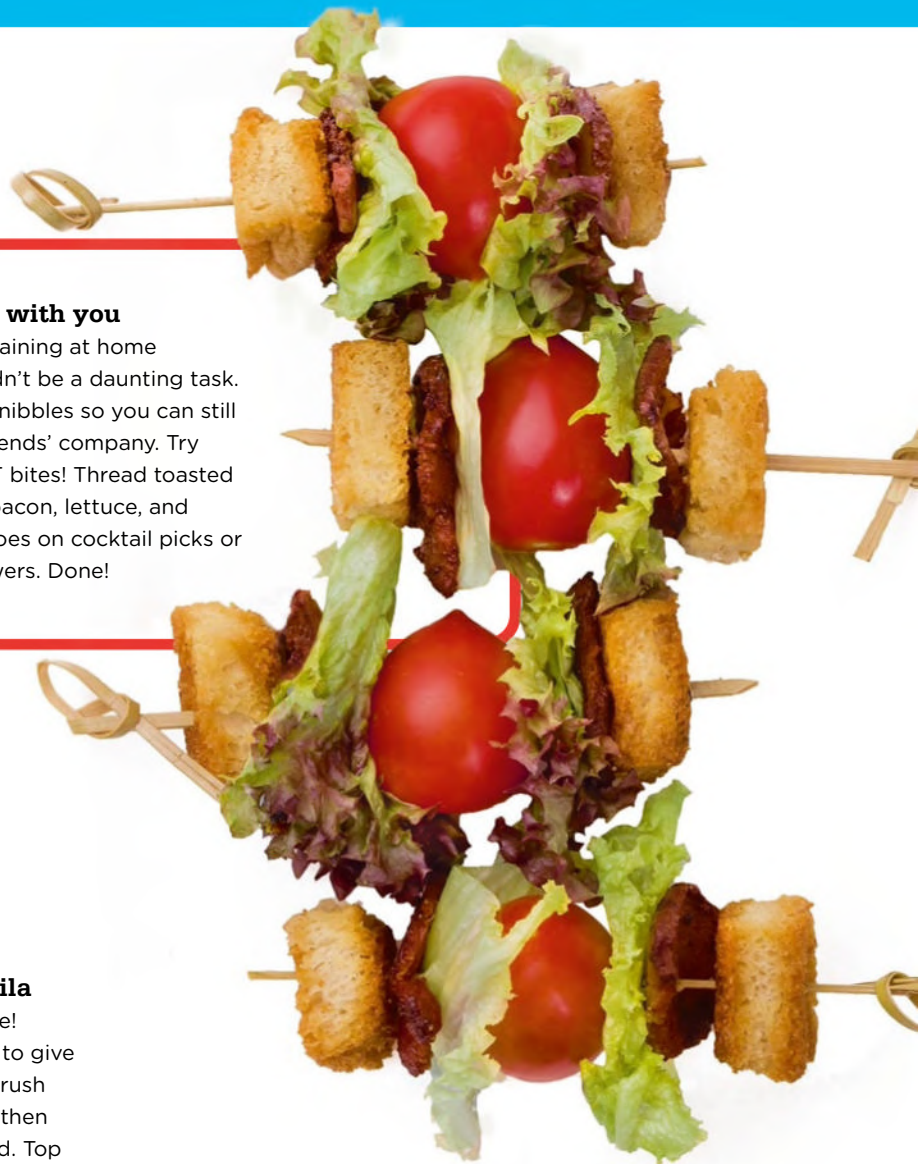
**2 Super bowl**  
This rainy season, find comfort in a warm bowl of BLT soup. Cook chopped bacon in a pot until crisp. Add chopped lettuce and all-purpose flour; stir. Add onions, garlic, and tomatoes. Stir in chicken broth and simmer. Add milk, and season with salt and pepper. Serve topped with croutons and chili flakes.

**3 So egg-citing!**  
Can't get enough of eggs Benedict? Make it BLT style! Take a warm English muffin and spread butter on one side. Layer lettuce, sliced tomatoes, bacon, and a poached egg on top. Pour hollandaise sauce over and serve immediately.

**4 It's oil-right**  
If you're craving for pasta but not in the mood for red or white sauce, go for an oil-based, BLT-inspired dish. Japanese breadcrumbs are added to this one, making it even more satisfying. Head to [Yummy.ph](http://Yummy.ph) for the Bacon-Lettuce-Tomato Pasta recipe.



**5 Stick with you**  
Entertaining at home shouldn't be a daunting task. Stick to easy nibbles so you can still enjoy your friends' company. Try skewered BLT bites! Thread toasted bread, crisp bacon, lettuce, and cherry tomatoes on cocktail picks or bamboo skewers. Done!



**6 Grilla in Manila**  
Grill some lettuce! It's an easy trick to give salads a smoky flavor. Brush lettuce wedges with oil then grill until slightly charred. Top with cherry tomatoes, grated Parmesan cheese, and almond slivers. Serve with bacon vinaigrette for the complete BLT experience.

**7 Roll model**  
Even Pinoy dishes can get a BLT upgrade. Since traditional *lumpiang ubod* is already made with lettuce, the only thing left to do is add chopped tomatoes and bacon bits to the mix. You'll love this new take, for sure!

**8 Grain check**  
Make a colorful one-bowl meal with leftover rice. Cook bacon until crisp then add sun-dried tomatoes, chopped romaine, and corn kernels. Stir in cooked rice and mix. Garnish with green onions. Make it special by using black rice and drizzling it with pesto.

**9 Fresh start**  
Take your cue from the classic caprese salad for your next meal starter. Slice the top off a medium tomato and scoop out the seeds to make a cup. Pour in some balsamic vinaigrette then fill with crisp bacon, lettuce, and *kesong puti* slices.

**10 Cheese whiz**  
Here's a fun kitchen experiment: Combine two classic sandwiches—BLT and grilled cheese—for one heart-stopping treat. Spread butter on two slices of white bread. Top bread with grated cheese. Layer bacon, lettuce, and tomato on one slice then cover with the other. Grill to gooey perfection. Tada!



# THE GREAT STEAK GUIDE

Ah, steak—it's the ultimate indulgence! Nothing satisfies quite like it, which is why we're unlocking the secrets to getting the meat perfectly seared on the outside, and tender and juicy on the inside. Use our guide to get it right each and every time.

PHOTOGRAPHY BY Patrick Martires  
RECIPES, TEXT, AND STYLING BY Rachelle Santos

## Know your cuts

Tender beef cuts make for the best steaks because they cook beautifully over dry heat. Here are your best bets.



**PRIME RIB**  
(which includes the bone) and **RIB EYE** (which is boneless

and comes from the ribs) are considered prized cuts because of their marbling and flavor.



**T-BONE**  
is named for the T-shaped bone running down the

center of the steak. The bigger section is top loin while the smaller side is tenderloin.



**PORTERHOUSE**  
looks similar to a T-bone steak but is bigger and thicker.

Also, the tenderloin portion is larger than the top loin section.



## Porterhouse Steak with Roasted Marble Potatoes

Bring the true steakhouse experience to your own dinner table. This thick, juicy steak will satisfy even the biggest meat-loving appetites!

**Serves** 2 to 4 **Prep Time** 20 minutes

**Cooking Time** 20 minutes

### FOR THE ROASTED MARBLE POTATOES

- ✓ 20 baby potatoes, sliced in half
- ✓ 2 tablespoons butter
- ✓  $\frac{1}{3}$  cup sour cream
- ✓ 3 tablespoons crispy bacon bits
- ✓ 2 tablespoons chopped green onions

- ✓ 1 (1½-inch-thick) porterhouse steak (about 750 grams)
- ✓ salt and freshly ground black pepper, to season
- ✓ canola or vegetable oil for frying
- ✓ 1 tablespoon butter

**1** Preheat oven to 300°F.

**2** Make the roasted marble potatoes: Boil potatoes in boiling salted water until tender, about 8 to 10 minutes. Drain well. Place in an ovenproof dish and dot with butter (see page 14 for a tip).

**3** Roast potatoes in the preheated oven or in a turbo broiler set at 300°F for 15 minutes or until edges are golden. Set aside and keep warm. Preheat oven to 400°F.

**4** Pat steak dry and season generously with salt and pepper on both sides. Heat a cast iron pan or heavy-bottomed pan over high heat until smoking. Add oil. Sear steak on one side for 1 minute. Turn steak over and cook the other side for 1 minute.

**5** Place steak on a chopping board and slice the meat away from the bone. Slice both sections into 1-inch pieces.

**6** Arrange bone and steak slices in an ovenproof dish. Dot steak with butter.

**7** Cook steak in the preheated oven or in a turbo broiler set at 400°F for 4 to 6 minutes for medium doneness. Remove from oven or broiler. Let rest for 5 minutes.

**8** Place potatoes in a serving bowl. Drizzle with sour cream, and top with bacon bits and green onions. Arrange steak on a plate and serve with potatoes.



**TENDERLOIN** is the most tender cut, but it's not as flavorful as the others. It can be further classified into three: filet mignon (from the large end of the tenderloin),

Châteaubriand (from the center; it's the most tender), and tournedo (from the smaller end).



**SIRLOIN** cut sits between the short loin and

the rump steak. This cut is not as tender but it's packed with flavor.





## Bacon-wrapped Filet Mignon with Béarnaise Sauce

Impress your family with this classic steak dish. Wrapping tenderloin with bacon makes the meat moist and infuses it with wonderful flavor.

**Serves** 2 to 4 **Prep Time** 20 minutes

**Cooking Time** 15 minutes

### FOR THE BÉARNAISE SAUCE

- ✓ 1½ tablespoons chopped fresh tarragon leaves
  - ✓ 1 tablespoon minced shallots
  - ✓ 2 tablespoons white wine or champagne vinegar
  - ✓ 2 tablespoons dry white wine
  - ✓ yolks from 2 small eggs
  - ✓ ½ (112.5-gram) stick butter, melted
  - ✓ salt and freshly ground black pepper, to taste
- 
- ✓ 2 (250-gram) pieces beef tenderloin
  - ✓ salt and freshly ground black pepper, to taste
  - ✓ 4 strips bacon
  - ✓ canola or vegetable oil for frying
  - ✓ 2 tablespoons butter
  - ✓ roasted carrots and zucchini, to serve (optional)

**1** Preheat oven to 450°F.

**2** Make the Béarnaise sauce: Combine tarragon, shallots, vinegar, and wine in a small saucepan. Bring to a simmer over

medium-high heat and cook until reduced by half. Remove from heat and set aside to cool.

**3** Whisk together tarragon-vinegar mixture and egg yolks in a bowl. Place bowl on top of a medium saucepan with barely simmering water. Pour in butter in a slow, steady stream, whisking continuously. Whisk vigorously until mixture emulsifies and thickens. Season with salt and pepper. Keep warm until ready to serve.

**4** Pat beef dry and season generously with salt and pepper on both sides. Wrap 2 bacon strips around each steak and secure with a toothpick.

**5** Heat a cast iron or ovenproof pan over high heat until nearly smoking. Add oil. Sear beef on both sides until golden brown, about 1 minute per side.

**6** Remove pan from heat. Place 1 tablespoon butter on top of each steak. Transfer pan to the preheated oven. Cook for 5 to 7 minutes for medium doneness.

**7** Remove pan from the oven and let meat rest for 5 minutes. Remove toothpick, transfer to a plate, and serve with Béarnaise sauce and roasted vegetables, if desired.

## Stop by these stores

When buying steak, make these specialty shops your top choices.

### KITAYAMA MEAT SHOP

This shop sells meat from local Wagyu cattle raised in their farm in Mt. Kitanglad, Bukidnon. Various cuts are available, ranging from grades 1 to 8. *2292 Chino Roces Avenue, Makati City (tel. no.: 887-5848)*

### BACCHUS ÉPICERIE

This gourmet store is a purveyor of good-quality USDA wet-aged beef from Wisconsin. They offer three grades of beef: choice, prime, and super prime. *R1-147 Power Plant Mall, Rockwell Center, Makati City (tel. no.: 896-0364)*

### SÄNTIS DELICATESSEN

A trusted name, Sântis offers US-certified Angus beef among other gourmet items. Both choice- and prime-graded beef are available. *For the complete list of branches, check [www.werdenberg.com/santis](http://www.werdenberg.com/santis).*





## Mediterranean Salad with Spice-crusted Steak

This salad will surely hit the spot! Lettuce greens are topped with juicy steak, vegetables, and cheese, making it one complete meal.

**Serves 2** **Prep Time** 30 minutes **Cooking Time** 3 minutes

### FOR THE DRESSING

- ✓ 1/4 cup olive oil
- ✓ 2 tablespoons balsamic vinegar
- ✓ 1 teaspoon Dijon mustard
- ✓ salt and freshly ground black pepper, to season

### FOR THE RUB

- ✓ 2 teaspoons paprika
  - ✓ 1 1/2 teaspoons salt
  - ✓ 1 teaspoon garlic powder
  - ✓ 1 teaspoon cayenne pepper or chili powder
  - ✓ 1 teaspoon dried oregano
  - ✓ 1 teaspoon dried thyme
  - ✓ 1/2 teaspoon ground black pepper
- 
- ✓ 1 (1/2-inch-thick) rib eye or sirloin steak
  - ✓ 3 tablespoons melted butter
  - ✓ canola or vegetable oil for frying
- 
- ✓ 6 cups curly and romaine lettuce leaves, washed and spun dry
  - ✓ 1/3 cup roasted red bell pepper strips
  - ✓ 1/4 cup thinly sliced shallots
  - ✓ 1 medium salad tomato, cubed
  - ✓ 1/2 small cucumber, sliced into half moons
  - ✓ 6 tablespoons crumbled feta cheese

**1** Make the dressing: Whisk together all ingredients. Taste and adjust seasoning if necessary. Set aside.

**2** Make the rub: Combine all ingredients. (You can make this 1 week in advance. Store in an airtight container at room temperature.)

**3** Pat steak dry. Spread rub on a plate. Dip both sides of the steak into melted butter. Coat both sides with rub.

**4** Heat oil in a cast iron or heavy-bottomed pan over medium-high heat. Cook steak for 1 minute per side for medium doneness. Remove from pan and let rest for 5 minutes. Slice steak into thin strips.

**5** Arrange lettuce, bell pepper, shallots, tomatoes, cucumber, and steak on a serving plate. Sprinkle with crumbled feta. Drizzle with dressing or serve on the side.

## Use these tools

Consider them your trusted companions on your journey to the perfectly cooked steak.

### INSTANT-READ DIGITAL MEAT THERMOMETER

This tool can read your steak's temperature in seconds, helping you consistently and accurately achieve your desired doneness. Investing in one will be worth it.



### CAST IRON PAN

Want to cook your steak on the stove instead of the grill? Get a cast iron pan. It retains heat well, cooks meat evenly, and has a natural nonstick surface.





## Reuben-style Steak Sandwich

Little else is as mouthwatering as tender steak strips, melted Swiss cheese, and tangy sauerkraut on grilled crusty bread. Make it the perfect meal by washing it down with a cold bottle of beer.

**Serves 2 Prep Time** 20 minutes **Cooking Time** 15 minutes

- ✓ 2 teaspoons soy sauce
- ✓ 1 teaspoon Worcestershire sauce
- ✓ 1 teaspoon olive oil
- ✓ 1 teaspoon sugar
- ✓ 1 teaspoon minced garlic
- ✓ pinch of salt and freshly ground black pepper
- ✓ 1 (½-inch-thick) rib eye or sirloin steak
- ✓ olive oil for frying
- ✓ 4 slices crusty bread (we used bâtarde)
- ✓ melted butter for brushing
- ✓ 8 thin slices Gruyère or raclette cheese
- ✓ 3 tablespoons sauerkraut, drained on paper towels
- ✓ potato chips, to serve (optional)

### FOR THE DRESSING

- ✓ ¼ cup mayonnaise
- ✓ 1 tablespoon tomato ketchup
- ✓ 1 teaspoon horseradish (optional)
- ✓ ½ teaspoon finely chopped white onions
- ✓ ¼ teaspoon Worcestershire sauce
- ✓ pinch of salt and paprika

- 1** Mix together soy sauce, Worcestershire sauce, olive oil, sugar, garlic, salt, and pepper in a bowl until sugar is dissolved.
- 2** Pat dry steak and add soy sauce mixture. Marinate, covered, for at least 4 hours in the refrigerator.
- 3** Make the dressing: Combine all ingredients in a bowl. Set aside.
- 4** Heat oil in a cast iron or heavy-bottomed pan. Cook steak for 1 to 3 minutes per side until medium to well done. Remove from pan and let rest for 5 minutes. Slice steak into thin pieces.

- 5** Brush both sides of each bread slice with melted butter. Spread dressing on the inside of each slice. Place 2 cheese slices on one bread slice. Top with 1½ tablespoons sauerkraut. Arrange steak slices on top and top with 2 more cheese slices. Cover with a bread slice. Repeat to make 1 more sandwich.
- 6** Heat a frying pan over medium-high heat. Place sandwich on the pan and cook on both sides until bread is golden and cheese is melted.
- 7** Transfer to a plate and serve hot. Serve with potato chips, if desired.



## Check the heat

How do you get a piece of steak to your desired doneness? Stick a thermometer into the meat and check the temperature.

**RARE**  
120 to 125°F

**MEDIUM-RARE**  
125 to 130°F

**MEDIUM**  
130 to 135°F

**MEDIUM-WELL**  
135 to 145°F

**WELL DONE**  
150 to 155°F

\*This guide takes into account carry-over cooking from a 5- to 10-minute resting time.



## Sauce it up

Sure, a perfectly cooked steak can stand on its own. But adding a sauce or condiment can make the meaty meal even more enjoyable. Here are some of our favorites.

### MUSHROOM SAUCE

Make this perennial favorite even better by using a variety of fresh mushrooms like shiitake, white button, and brown cremini.

has a tart flavor profile. It's made with ketchup, vinegar, and spices.

### PREPARED

**HORSE RADISH**  
Pungent with a bit of heat, this condiment cuts through the richness of a steak.

### STEAK SAUCE

This dark brown sauce

You can make a mild, creamy version by mixing mayonnaise or sour cream into it.

### PREPARED MUSTARD

Its tang and pungency highlight the flavors of steak well. Dijon is a good choice—it's made

with a special blend of white wine and spices.

### BÉARNAISE SAUCE

Made with butter and egg yolks, this classic French sauce is rich and decadent, and has a slight tang that pairs nicely with steak.

## Steak and Eggs with Mexican Rice

Want to start your day with a bang?  
Put hearty steak and eggs on the table!  
Cook the Mexican rice the night before  
to save time in the morning.

**Serves 2** **Prep Time** 20 minutes **Cooking Time** 20 minutes

### FOR THE MEXICAN RICE

- ✓ 1½ tablespoons olive or vegetable oil
  - ✓ ⅓ cup chopped white onions
  - ✓ 2 teaspoons minced garlic
  - ✓ 1 cup canned crushed tomatoes
  - ✓ 1 cup uncooked jasmine rice
  - ✓ 1¼ cups water
  - ✓ 2 teaspoons ground cumin
  - ✓ ½ teaspoon chili powder
  - ✓ salt and freshly ground black pepper, to taste
  - ✓ 2 tablespoons chopped cilantro (*wansoy*)
- 
- ✓ 2 (½-inch-thick) rib eye or sirloin steaks
  - ✓ salt and freshly ground black pepper, to taste
  - ✓ canola or vegetable oil for frying
  - ✓ 2 eggs, fried sunny side up
  - ✓ ⅔ cup diced avocado (optional)
  - ✓ cilantro leaves for garnish (optional)

**1** Make the Mexican rice: Heat oil in a medium saucepan. Sauté onions until translucent. Add garlic and sauté until fragrant. Add tomatoes and cook for 1 minute. Add rice grains and mix well. Add water, cumin, chili powder, and a pinch of salt and pepper. Cook, covered, over very low heat for about 15 to 20 minutes or until rice is tender. Remove from heat and mix in chopped cilantro.

**2** Pat steaks dry and season generously with salt and pepper. Heat a cast iron or heavy-bottomed pan until smoking. Add oil. Sear steak for 1 minute on each side for medium doneness. Remove from pan and let rest for 5 minutes.

**3** Slice steak into 1-inch pieces and arrange on a plate. Serve with Mexican rice, fried eggs, and diced avocado. Garnish with cilantro leaves, if desired.





# Cook it right

Want to prep restaurant-quality steak at home? Follow these tips for steak success!

**START WITH THE MEAT.** A good steak is all about the beef. Buy the best quality you can afford. Look for high-grade beef that's firm to the touch and has a fine texture. Consider good marbling—the fat all around the meat—too. Choose meat that has an even distribution of fat streaks instead of just one large chunk of fat on the side. The fat keeps the meat juicy and adds flavor, too.

**PLAN AHEAD.** Let frozen steaks thaw in the refrigerator for at least 12 hours. It's best to cook the beef when it's at room temperature, as this helps cook the meat evenly. Remove the meat from the fridge 1 hour before cooking for steaks that are 1-inch thick or more, and 30 minutes before cooking for thinner steaks. Pat the steaks dry before seasoning to achieve a nice golden crust.

**SEASON GENEROUSLY.** When you have good-quality steak, you want the beef's natural flavor to shine through. Thus, a good sea or kosher salt and freshly ground black pepper are all you need. And since you can't season the inside of the steak, the exterior of the meat should be seasoned liberally. A good sprinkling of salt and pepper also helps form a tasty crust.

**HEAT ON HIGH.** For steaks cooked on the stovetop, heat a heavy-bottomed pan until smoking to get a gorgeous crust. Use oil with a high smoke point, such as canola or vegetable oil. When grilling steaks, give the grill enough time to heat up. Test the heat by placing your hand over the grates. It's at the right temperature when you can't hold your hand over it for more than 2 seconds.

**TAKE THE TEMP.** The most accurate way to achieve your desired doneness is to use an instant-read digital meat thermometer.

**LET IT REST.** Resist the temptation to eat the steak hot off the pan or grill. Let the meat rest to allow the juices to redistribute within the meat. Let thinly sliced steaks rest for 5 to 10 minutes, and for 10 to 15 minutes for thicker cuts.

**MAKE THE CUT.** When seving steak, remember to always slice the meat against the grain with a sharp steak knife.







## Rib-eye Steak with Green and Red Chimichurri Sauces and Olive-Garlic Rice

Eat your steak like a South American! The sauces serve as tasty counterpoints to the beef's rich, bold flavor.

**Serves** 4 to 8 **Prep Time** 40 minutes

**Cooking Time** 40 minutes

### FOR THE GREEN CHIMICHURRI SAUCE

- ✓ ½ cup flat-leaf parsley leaves
- ✓ ⅓ cup cilantro leaves (wansoy)
- ✓ 2 tablespoons fresh oregano leaves or 2 teaspoons dried oregano
- ✓ 2 tablespoons minced garlic
- ✓ 6 pieces bottled jalapeño slices (optional)
- ✓ ½ cup olive oil
- ✓ ¾ teaspoon salt

- ✓ ½ teaspoon ground cumin
- ✓ ½ teaspoon paprika
- ✓ ¼ teaspoon black pepper

### FOR THE RED CHIMICHURRI SAUCE

- ✓ 1 cup finely diced red bell pepper
- ✓ ½ medium white onion, chopped finely
- ✓ 3 large cloves garlic, minced
- ✓ 1 cup water
- ✓ ¼ cup olive oil
- ✓ 2 tablespoons red or white wine vinegar, divided
- ✓ ½ teaspoon paprika

- ✓ ½ teaspoon dried oregano
- ✓ salt and freshly ground black pepper, to taste

### FOR THE OLIVE-GARLIC RICE

- ✓ 2 tablespoons vegetable oil
- ✓ ¼ cup minced garlic
- ✓ 6 cups cooked jasmine rice, cooled
- ✓ salt, to taste
- ✓ ⅓ cup chopped black olives
- ✓ 3 tablespoons chopped parsley
- ✓ 4 (¾-inch-thick) rib eye steaks
- ✓ salt and freshly ground black pepper, to season
- ✓ canola or vegetable oil for frying

**1** Make the green chimichurri sauce: Place all ingredients in the bowl of a food processor. Purée for a few seconds until saucy. Taste and adjust seasoning. Set aside.

**2** Make the red chimichurri sauce: Place all ingredients and 1 tablespoon vinegar in a medium saucepan. Cook over medium-low heat, uncovered, for 30 to 40 minutes or until bell pepper is tender and water has evaporated. Add remaining vinegar halfway through cooking. Taste and adjust seasoning. Set aside.

**3** Make the olive-garlic rice: Heat oil in a wok. Sauté garlic until lightly browned. Add rice and mix well. Season lightly with salt. Turn off heat. Add black olives and parsley; mix well. Set aside and keep warm.

**4** Pat steaks dry. Season generously with salt and pepper on both sides. Heat a cast iron or heavy-bottomed pan until smoking. Add oil. Sear steak, one at a time, for 1½ minutes on each side for medium doneness. Remove from pan and let rest for 5 minutes. (You can also cook the steaks on a grill: Grill steaks on a charcoal grill over high heat for 2 to 3 minutes on each side for medium doneness. Remove from grill and let rest for 5 minutes.)

**5** Arrange beef on a plate and serve with olive-garlic rice and chimichurri sauces on the side.



# Stick 'em up

Kick up your kebabs with flavors from around the globe—we've got everything from Greek souvlaki and Spanish pinchitos to French brochettes and Indian tikka kebabs. Fire up that grill and get cooking!

PHOTOGRAPHY BY

Toto Labrador

RECIPES BY

Robby Goco  
of Cyma and  
Green Pastures

PRODUCED BY

Regine Rafael

## ONLINE EXCLUSIVE!

Head to [Yummy.ph](http://Yummy.ph) for the recipes for Garlic Tahini Sauce, Tzatziki, Yogurt Dip, and Peanut Sauce.



### Fish Souvlaki with Tzatziki

Combine 1 cup olive oil, 1 tablespoon pepper paste (we used Yalcinkaya pepper paste, available in Santis), juice from half a lemon,  $\frac{1}{4}$  teaspoon dried oregano, 1 teaspoon salt, and  $\frac{1}{4}$  teaspoon pepper in a bowl. Mix well. Slice 360 grams swordfish fillet or white fish into 1x1-inch cubes. Slice 1 green bell pepper into 1-inch squares. Quarter 2 small red onions and halve 6 cherry tomatoes. Alternately thread all ingredients through skewers. Season with salt and pepper, and drizzle with olive oil. Grill skewers for 10 minutes or until tender, basting fish with sauce. Serve with tzatziki.

**Makes 4.**



### Pork Pinchitos

Combine  $\frac{1}{2}$  teaspoon ground coriander seeds,  $\frac{1}{2}$  teaspoon ground cumin seeds,  $\frac{1}{2}$  teaspoon ground fennel seeds, 1 teaspoon paprika, 3 cloves garlic (minced finely),  $\frac{1}{2}$  teaspoon salt, a pinch of saffron, 2 tablespoons hot water, 1 teaspoon dried oregano, 1 bay leaf (crushed), 2 teaspoons sherry vinegar, and 2 teaspoons extra virgin olive oil in a large bowl; mix well. Slice 500 grams pork tenderloin into 1-inch cubes and marinate in the mixture, covered, for 2 hours or overnight in the refrigerator. Thread pork through skewers. Grill for 10 to 12 minutes, or until tender, basting often with the marinade. **Makes 6 to 8.**



### Lamb Shish Kebab with Garlic Tahini Sauce

Combine 90 grams red onions (grated), 2 tablespoons grated garlic,  $\frac{1}{4}$  teaspoon ground cumin,  $\frac{1}{2}$  teaspoon paprika, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon black pepper, 2 tablespoons chopped flat-leaf parsley,  $\frac{1}{8}$  teaspoon ground cinnamon,  $\frac{1}{8}$  teaspoon allspice powder,  $\frac{1}{8}$  teaspoon cayenne pepper, and 500 grams ground lamb in a large bowl. Pat mixture onto skewers. Grill for 10 to 15 minutes, or until cooked. Serve with garlic tahini sauce.

**Makes 6 to 8.**





### Shrimp and Vegetable Brochette

Combine  $\frac{1}{4}$  cup white wine,  $\frac{1}{4}$  cup olive oil, 1 teaspoon Dijon mustard, 1 teaspoon chopped parsley, salt, and pepper in a bowl; mix well. Marinate 8 prawns (peeled and deveined with tails left on) in the mixture, covered, for 30 minutes in the refrigerator. Quarter 2 small red onions. Prepare 8 fresh button mushrooms (stems trimmed) and 4 cherry tomatoes. Thread 1 mushroom, 1 prawn, and 1 onion piece twice onto a skewer, then top with a cherry tomato. Repeat with the rest of the ingredients. Grill for 5 minutes or until shrimp turns pink, basting often with the marinade. Garnish with chopped parsley. **Makes 4.**



### Chicken Satay with Peanut Sauce

Combine 1 cup coconut milk,  $\frac{1}{4}$  teaspoon turmeric powder, 1 teaspoon grated ginger, 1 teaspoon minced garlic, 1 tablespoon curry powder, and 2 tablespoons dark brown sugar in a bowl; mix well. Set aside. Slice 400 grams chicken thigh fillets into 1x1-inch cubes. Marinate chicken in mixture, covered, for 3 hours or overnight in the refrigerator. Drain chicken, and mix together marinade and  $\frac{1}{8}$  cup vegetable oil. Thread chicken onto skewers and grill for 10 to 12 minutes, or until chicken is cooked through, basting with the marinade. Serve with peanut sauce and garnish with chopped peanuts, if desired. **Makes 6 to 8.**



### Chicken Tikka Kebab with Yogurt Dip

Combine 2 tablespoons garam masala (available at Assad Mini Mart),  $\frac{1}{2}$  teaspoon ground cumin,  $\frac{1}{2}$  teaspoon ground coriander,  $\frac{1}{4}$  teaspoon chili powder, 2 cups plain yogurt, and 1 tablespoon lemon juice in a bowl; mix well. Set aside. Slice 500 grams chicken breast fillets into 1-inch cubes. Marinate in mixture, covered, for at least 2 hours or overnight in the refrigerator. Remove chicken from marinade and thread onto skewers. Season with salt and pepper. Grill for 10 to 12 minutes, or until chicken is cooked through. Serve with yogurt dip. **Makes 6 to 8.**



### Beef Yakitori with Teriyaki Sauce

Combine  $\frac{1}{3}$  cup water,  $\frac{1}{2}$  cup Japanese soy sauce (we used Kikkoman),  $\frac{1}{3}$  cup sugar, 1 tablespoon grated ginger, and  $\frac{1}{2}$  tablespoons mirin in a saucepan. Bring to a boil, then lower heat and simmer until sugar is dissolved and sauce is thick. Slice 180 grams U.S. beef tenderloin into 1-inch cubes, 1 medium carrot into 1-inch-long sticks, and 2 stalks leeks into 1-inch-long pieces. Thread beef, carrots, and leeks alternately on skewers. Grill for 2 minutes on each side, regularly basting with sauce. **Makes 4.**



# GIVE IT A SHOT!

Rum, brandy, vodka, and whiskey—think they're good only in cocktails? Think again. We give you six mouthwatering recipes infused with these spirits, proving that alcohol and food do make a great match!

PHOTOGRAPHY BY Patrick Martires  
RECIPES AND FOOD PREPARATION BY  
Francis Lim of Nav and Tipple & Slaw  
STYLING BY Rachelle Santos

## Brandy and Five-spice Ribs

Give this dish enough time to cook low and slow in the oven—you'll be rewarded with juicy, fork-tender ribs.

**Serves 4 Prep Time** 15 minutes  
**Cooking Time** 3 hours

- ✓ 2 tablespoons brown sugar
- ✓ 2 tablespoons honey
- ✓ 2 tablespoons tomato ketchup
- ✓ ¼ cup soy sauce
- ✓ ½ teaspoon salt
- ✓ ½ teaspoon freshly ground black pepper

- ✓ 1 tablespoon five-spice powder
- ✓ 2 tablespoons brandy
- ✓ 1 kilo American baby back ribs

### FOR THE BARBECUE SAUCE

- ✓ ⅓ cup sugar
- ✓ ¼ cup soy sauce
- ✓ ¼ cup Worcestershire sauce
- ✓ ⅓ cup tomato ketchup
- ✓ ¼ cup honey

- ✓ 1 teaspoon mustard
- ✓ 2 tablespoons brandy (optional)
- ✓ salt and pepper, to taste

- 1** Preheat oven to 250°F.
- 2** Combine all ingredients, except pork, in a small bowl.
- 3** Pat pork ribs dry and spread mixture all over.
- 4** Wrap ribs with foil, wrap in plastic wrap, then wrap again in

another layer of foil.

**5** Cook in the preheated oven for 3 hours or until fork-tender.

**6** Make the barbecue sauce: Combine all ingredients in a saucepan. Bring to a boil then reduce heat to simmer. Cook for 15 to 20 minutes or until sauce thickens.

**7** Brush barbecue sauce on ribs before serving. Serve extra sauce on the side.





## Mussels with Beer and Bacon

Instead of the usual water or stock, we used beer to give this dish a complex flavor profile. Don't worry about the alcohol, it will evaporate as the dish cooks.

**Serves 2 Prep Time** 20 minutes **Cooking Time** 20 minutes

- ✓ 2 tablespoons butter
- ✓ 2 tablespoons olive oil
- ✓ 2 tablespoons minced garlic
- ✓ 100 grams chopped bacon
- ✓ 200 grams mussels, cleaned
- ✓ ½ cup beer (we used Brew Kettle)
- ✓ 1 tablespoon fresh rosemary leaves, plus extra for garnish
- ✓ 2 tablespoons grated Parmesan cheese, plus extra to serve
- ✓ salt and freshly ground black pepper, to taste

**1** Melt butter and heat olive oil in a wok or large frying pan over medium heat. Add garlic and sauté until fragrant.  
**2** Add bacon and mussels; sauté for 1 minute. Add beer and rosemary; simmer until mussels open, alcohol evaporates, and sauce reduces by half, about 10 to 15 minutes. Add cheese and season with salt and pepper.  
**3** Transfer to a plate and top with more cheese and rosemary.

## Bourbon Sour Chicken Bites

Here's a crispy dish inspired by the classic Bourbon Sour cocktail. Golden chicken fingers are coated in a sweet and tangy sauce that's lip-smacking good!

**Serves 2 Prep Time** 20 minutes  
**Cooking Time** 10 minutes

### FOR THE BREADING

- ✓ ¼ cup all-purpose flour
- ✓ ¼ cup cornstarch
- ✓ ¼ teaspoon salt
- ✓ ⅛ teaspoon freshly ground black pepper
- ✓ ⅛ teaspoon sugar

### FOR THE BOURBON SOUR SAUCE

- ✓ 2 tablespoons bourbon whiskey (we used Jack Daniel's)
- ✓ ¼ cup sugar

- ✓ ¼ cup lemon juice
- ✓ ½ cup water
- ✓ ⅛ teaspoon salt
- ✓ canola or vegetable oil for deep-frying
- ✓ 200 grams skinless chicken breast fillets, cubed
- ✓ whites from 2 eggs, beaten
- ✓ thinly sliced lemon peel for garnish (optional)

**1** Make the breading: Combine all ingredients on a plate.  
**2** Make the Bourbon Sour sauce: Combine all ingredients in a small bowl.

**3** Heat oil to 320°F in a deep frying pan or deep-fryer.  
**4** Coat chicken in breading, dip in egg whites, and coat again with breading.  
**5** Deep-fry chicken in batches until golden and crisp. Drain on a wire rack.  
**6** Heat the Bourbon Sour sauce in a wok or medium frying pan over medium heat until sugar dissolves. Add fried chicken pieces and toss to coat.  
**7** Transfer to a plate and garnish with lemon peel. Serve immediately.



## Grilled Cheese Sandwich with Rum-Raisin Jam

The rum-and-raisin pairing isn't only for ice cream. Here, it makes an appearance as a bottle of jam. Smear it on grilled cheese sandwiches for a winning sweet-salty combination!

**Serves 1 Prep Time** 15 minutes

**Cooking Time** 20 minutes

### FOR THE RUM-RAISIN JAM

- ✓ 1/4 cup raisins
- ✓ 1/4 cup water
- ✓ 1/4 cup sugar
- ✓ 2 tablespoons rum
- ✓ 1 tablespoon lemon juice
- ✓ pinch of salt
- ✓ 2 slices white bread

- ✓ 1 tablespoon softened butter
- ✓ 1/3 cup grated or shredded mozzarella cheese
- ✓ 1/3 cup grated cheddar cheese

**1** Make the rum-raisin jam: Combine all ingredients in a small saucepan. Cook over low heat until sugar dissolves and mixture thickens to a syrupy consistency. Set aside.

**2** Brush both sides of each slice of bread with butter. Spread rum-raisin jam on one slice. Top with cheeses and cover with the other bread slice.

**3** Heat a nonstick or grill pan over medium-high heat. Place sandwich on the pan and grill on both sides until cheese is melted and bread is golden brown, about 4 to 5 minutes per side. Serve immediately.

## Vodka-Soda Shrimp Pasta

Marinating shrimp in soda adds a delicious sweetness to it. Don't have arugula? Use fresh basil instead.

**Serves 1 to 2 Prep Time**

15 minutes, plus

marinating time **Cooking Time** 20 minutes

- ✓ 100 grams medium shrimp, peeled and deveined with tails left on
- ✓ 1/4 cup clear soda (Sprite or 7Up)
- ✓ salt and freshly ground black pepper, to taste
- ✓ 1/4 cup olive oil
- ✓ 2 tablespoons butter
- ✓ 2 tablespoons minced garlic
- ✓ 2 tablespoons vodka
- ✓ 200 grams spaghetti or linguine, cooked according to package directions
- ✓ handful of baby arugula
- ✓ chopped parsley for garnish
- ✓ lemon wedges, to serve

**1** Marinate shrimp in soda, salt, and pepper for 30 minutes to 1 hour, covered, in the refrigerator.

**2** Heat oil and melt butter in a wok or frying pan. Sauté garlic until soft and light brown.

**3** Drain shrimp from marinade. Add shrimp and vodka to the pan. Season with salt and pepper.

**4** Toss in cooked noodles. Transfer to a plate and top with arugula. Garnish with parsley and serve with lemon wedges on the side.







## Crepes with Peach-Brandy Compote

Thanks to its slightly sweet and woody flavor, brandy complements fruits well.

Aside from using the compote as crepe filling, you can spread it on scones or top it over ice cream.

### Serves 2 to 3 Prep Time

20 minutes **Cooking Time**

30 minutes

#### FOR THE CREPE BATTER

- ✓ 1½ cups all-purpose flour
- ✓ 1 cup cold water
- ✓ ¾ cup fresh milk
- ✓ ¼ cup sugar
- ✓ 4 medium eggs, beaten
- ✓ 1 tablespoon brandy
- ✓ pinch of salt

#### FOR THE PEACH-BRANDY COMPOTE

- ✓ 200 grams canned peaches,

drained and cubed

- ✓ ¼ cup fresh orange juice
- ✓ peel from 1 orange, sliced into ½-inch-thick strips
- ✓ ¼ cup brown sugar
- ✓ 1 teaspoon ground cinnamon
- ✓ 1 teaspoon vanilla extract
- ✓ 2 tablespoons brandy
- ✓ salt, to taste
- ✓ butter for coating the pan
- ✓ ground cinnamon and whipped cream, to serve

**1** Make the batter: Combine all ingredients in a bowl.

Whisk until smooth. Let rest for 30 minutes to 1 hour, covered, in the refrigerator.

**2** Make the peach-brandly compote: Combine all ingredients in a medium saucepan. Simmer over medium-low heat until sugar is dissolved and mixture is thick, about 30 minutes. Set aside.

**3** Melt 1 teaspoon butter in a large nonstick frying pan over medium heat. Pour in ¼ cup crepe batter and swirl to spread evenly. Cook for 30

seconds. Flip and cook the other side for 10 seconds. Transfer to a plate. Repeat with remaining batter.

**4** To assemble, place 2 to 3 tablespoons peach-brandly compote on one side of the crepe. Fold to form a triangle. Repeat with remaining ingredients. Arrange crepe on a plate and top with more compote. Sprinkle with cinnamon and serve with whipped cream.





# Kings OF THE KITCHEN

Six men prove that great home cooking doesn't have to be complicated.

All self-taught, they continue to draw inspiration from family traditions and the joy of shared meals. Here, they let you in on their favorite gastronomic experiences, easy recipes, and simple tips to get you cooking.

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# Marco Rodriguez

Owner, Xáncho

## SHARING HIS PASSION

“I needed to eat—plain and simple. I was living in San Francisco; hungry and with no one to cook for me, I went to the market downstairs, bought my ingredients, and set out to cook my first ever dish,” recalls Marco Rodriguez. “When I discovered that the results were good, I realized I was meant to cook.”

Since that turning point 21 years ago, Marco has gained many culinary experiences—both big and small—that continue to influence him. Two of his favorites? His week-long training and immersion in Country, the now-defunct one-Michelin-starred restaurant in New York owned by chef Geoffrey Zakarian, and a trip to his uncle’s villa in Tuscany where he had a meal he describes as “bursting in its rustic simplicity.” He fondly recounts, “We dined on tender pork cutlets grilled *alla brace* (on the embers in Italian) taken from the fireplace. It was seasoned just with salt and pepper, drizzled with extra virgin olive oil from my uncle’s personal press, and served with a squeeze of lemon.” Marco says it’s a food memory that he still draws inspiration from.

### Top cooking tip

The key to learning is to enjoy the process. Don’t be intimidated by it, embrace it, and keep on studying.

Cooking has evidently become a great passion. While he spends his days working in the construction business, his nights are reserved for cooking for his wife and son. Whipping up his family’s favorites becomes an almost Zen-like experience—forgetting the day’s stress and just enjoying the process. “I like trying out new recipes. My staples are hearty, straightforward dishes that don’t require too much embellishment,” he says.

In 2013, Marco took the plunge and opened his kitchen for orders. His first food business and passion project, Xáncho, was born. “I cook inspired dishes—those usually served at dinner parties—and make them available for takeaway. This way, people can enjoy restaurant-quality food in the comfort of their own dining room or have flavorful meals to serve their guests in an instant,” he shares. The seasonal menu reflects his love for Spanish-Basque cuisine; his cooking, an expression of his deep understanding of and relationship with food. “While I put my own signature spin on my dishes, I always honor their integrity. Cooking is something that should be undertaken with utmost care and reverence. When you love what you’re doing, it shows in what you serve.”



## Chicken Al Mattone with Spinach and Gorgonzola Sauce

**This Tuscan technique gives you juicy meat and crisp skin. Don’t have a brick? A heavy pan works, too.**

**Serves 2 Prep Time** 10 minutes

**Cooking Time** 30 minutes

- ✓ 2 (200-gram) chicken breast fillets, skin on
- ✓ salt and pepper, to season
- ✓ 8 tablespoons olive oil, divided
- ✓ 8 sprigs marjoram
- ✓ 4 cloves garlic, pounded
- ✓ 2 cups spinach leaves, washed and spun dry

### FOR THE GORGONZOLA SAUCE

- ✓ 1 tablespoon unsalted butter
- ✓ 230 grams Gorgonzola cheese
- ✓ 1 cup milk
- ✓ pinch of pepper and nutmeg

**1** Season chicken with salt and pepper. Heat 4 tablespoons olive oil in a large pan over medium-high heat. Add marjoram. When oil is hot, place chicken on pan, skin side down. Place a brick wrapped in aluminum foil on top of the chicken to weigh it down. Cook for 4 to 6 minutes per side or until cooked through. Set aside.

**2** Heat remaining olive oil in another pan over medium heat. Add garlic; sauté until golden. Add spinach; toss until wilted. Season with salt and pepper. Remove from heat. Set aside.

**3** Make the sauce: Melt butter in a pan over medium heat. Add Gorgonzola; crush with a fork. Add milk; mix. Season with pepper and nutmeg. Let sauce reduce until thick. Set aside.

**4** Place spinach on a plate. Top with chicken then spoon sauce around plate.



## Oven-cooked Gambas

Aside from big roasts and tempting desserts, you can whip up amazing appetizers in your oven. Here's a classic starter that's sure to please your family.

**Serves 2 Prep Time** 20 minutes **Cooking Time** 10 minutes

- ✓ 2 tablespoons olive oil
- ✓ 2 cloves garlic, minced
- ✓ 6 slices Spanish chorizo
- ✓ 250 grams large shrimp, peeled and deveined
- ✓ 2 teaspoons paprika
- ✓ 1/2 teaspoon salt
- ✓ 1/4 teaspoon pepper
- ✓ 2 green finger chilies (*siling pangsigang*), sliced
- ✓ toasted bread, to serve

**1** Preheat oven to 400 to 450°F.

**2** Place olive oil, garlic, and chorizo in an ovenproof dish. Roast in the preheated oven for 5 minutes.

**3** Heat a grill pan over medium heat. Grill both sides of shrimp until pink, about 2 minutes.

**4** Add shrimp to chorizo mixture. Add paprika, salt, pepper, and chilies. Toss.

**5** Serve with toasted bread.



## Top cooking tip

Preparation is key. Proper organization gives a cadence and flow to your cooking. If you have all your tools and ingredients in place before you start, all you have to do is put everything together.



## Tinee de Guzman

Owner, Mr. Cochinillo

### THE JOY OF DISCOVERY

"I got into this business because I talk too much," Tinee de Guzman recalls with a laugh. "I told my friend that I could cook for his son's birthday. I didn't expect he'd order *cochinillo*!" The desire to roast suckling pig had been on Tinee's mind for months—ever since he bought a brick oven—but it wasn't until that request came that he actually acted on it. Word spread quickly. From that initial order in October 2012, requests for Tinee's Cochinillo del Cielo came week after week. Completely unplanned, he found himself with a new business.

It doesn't come as a surprise, however, that Tinee found his way to the food scene. After all, he grew up in a big, food-loving family that celebrated everything with shared meals cooked by his grandparents. "As a child, I would sit and observe in the kitchen. I discovered that the best ingredients, which

usually came straight from the farm, make dishes taste exceptional," he says. His interest deepened through his eight-year stint as a professional food photographer. "I picked up a lot from working with some of the best chefs here and abroad," he shares.

Tinee's passion for food is only matched by his attention to detail—something that is now evident in the meticulous way he prepares his crisp-on-the-outside, soft-and-buttery-on-the-inside *cochinillo*. "I'm involved in the entire process—from picking the best free-range piglets to roasting them in the brick oven for five to six hours," he shares. "I love slow cooking because it brings the senses to life. With *cochinillo*, for example, I listen to the way the skin sizzles, look at how brown it gets, and smell all the flavors coming together." It's a lot of work, but one that Tinee considers very rewarding. "I take satisfaction when people say my food is good. It means a lot to me and makes everything worth it."



# Anthony Macaraeg

Co-owner, FitBurger, and fitness trainer

## PAYING IT FORWARD

“My doctor told me that by the time I hit 30, I’d either be dead or be in a wheel chair,” reveals Anthony Macaraeg. It was a wake up call for the then 23-year-old. Obese at 280 pounds and living on a diet of junk food, he knew he had to make drastic changes. He first turned his focus to working out, but his efforts proved futile. “I would spend three hours at the gym, but would eat fast food after, thinking I earned it. Or I would eat crackers with tuna or boiled chicken. I was miserable.”

In 2006, three years after his diagnosis, he discovered bodybuilding. The discipline the sport required changed Anthony’s life. “During my first competition, I met one of the judges. He became my trainer, teaching me how to treat my body right. Fitness is just one aspect; proper nutrition is just as important.” With his newfound confidence and knowledge, Anthony began to do his own

research. “I realized that being healthy meant having a balanced lifestyle,” he says. And this principle extended to Anthony’s eating habits. His solution? Learning to cook. “It gave me the freedom to choose my ingredients and know what goes into my food. I learned how to make my favorites healthy and still taste good.”

Fast forward to 2015. Not only has Anthony reached his ideal weight, he’s also helping more people take better care of themselves through his jobs as fitness director for Vibe Wellness and co-owner of FitBurger. “I want to educate people and beat the misconception that you have to suffer through your dieting. You can actually enjoy tasty food and still lose weight,” he shares. And because someone decided to mentor him years before, Anthony considers his work as a way to pay it forward. “Offering good food shows others you care. I want to bridge a community of people wanting to live better and serve them.”

### Top cooking tip

Look for inspiration from YouTube videos, cooking shows, and cookbooks, or find someone who can share their expertise with you. Then put everything to action! Just go for it, practice, and be patient.



### Quick and Healthy Chicken Faux-ella

Want a complete meal in an instant? Turn to this one-pan dish—it’s packed with fiber, lean protein, and good carbs.

**Serves 1 Prep Time** 5 minutes  
**Cooking Time** 15 minutes

- ✓ 1 tablespoon olive oil
- ✓ 1 (100-gram) chicken breast fillet, sliced into 1-inch cubes and lightly seasoned with salt and pepper
- ✓ 2 tablespoons store-bought tomato salsa
- ✓ 1 cup cooked brown rice
- ✓ 1 cup broccoli florets
- ✓ salt and pepper, to taste
- ✓ hot sauce, to taste (optional)
- ✓ lemon wedges, to serve

**1** Heat olive oil in a skillet over medium heat.

**2** Add chicken and cook until browned on all sides.

**3** Add salsa and rice, stirring continuously until mixture is sticky, about 5 to 10 minutes.

**4** Add broccoli and cook until tender. Season with salt, pepper, and hot sauce, if desired.

**5** Serve with lemon wedges.





# RJ Galang

Writer, *Man Eat Manila*

## Top cooking tip

Figure out what tastes good to you. Make up your own mind, know what you like, then learn how to make it. You'll enjoy cooking food that you love because you're the only one who can tweak it to your taste.

## GOING FULL CIRCLE

“Dude, saan ba masarap kumain?” my friends would always ask. And one

suggested I list everything on a blog,” says RJ Galang. “But I never intended for *Man Eat Manila* to be a restaurant review blog. It started as an outlet to release stress.” Blowing off steam from his advertising job came in the form of something personal: his love for good food and cooking.

“My childhood smelled like butter! I would always come home to boxes of *ensaymada* on the kitchen counter. During the holidays, my mom would get so many orders for her fruit and prune cakes that she'd store them in my room,” RJ says, describing both his mom's baking business and his first memories of food. More happy experiences came as he started helping his mom in the kitchen, bringing the two closer together. “At 10 years old, I would ask my mom so many questions about food and its preparation.” Years later, living in New York and earning his master's degree, RJ developed a deeper interest in the culinary scene. “New York is a food lover's playground. I discovered a range of diverse flavors that inspired me to cook. I found myself wanting to cook all the time.”

To this day, the heart of RJ's cooking remains the same: family. Now married and a father of two, his kitchen is where he makes great food for his brood. “What do I love to cook? Whatever my wife and five-year-old daughter request for. Rocio, my eldest, can now distinguish and remember flavors—that's a proud-dad moment for me. I'm passing on something to my kids that was passed on to me by my mom.” Completing his full-circle journey, RJ is now in charge of the marketing efforts of Bakerē, his mom's bakeshop—the very same business that ignited his sweet dreams of discovering the world through food.



## ONLINE EXCLUSIVE!

Log on to [Yummy.ph](http://Yummy.ph) to get the recipe for RJ Galang's Cacio e Pepe!



## Yam Talay

Fresh, tangy, and hot—this Thai salad is simple to make yet complex in flavor.

**Serves 4 Prep Time** 30 minutes  
**Cooking Time** 5 minutes

### FOR THE DRESSING

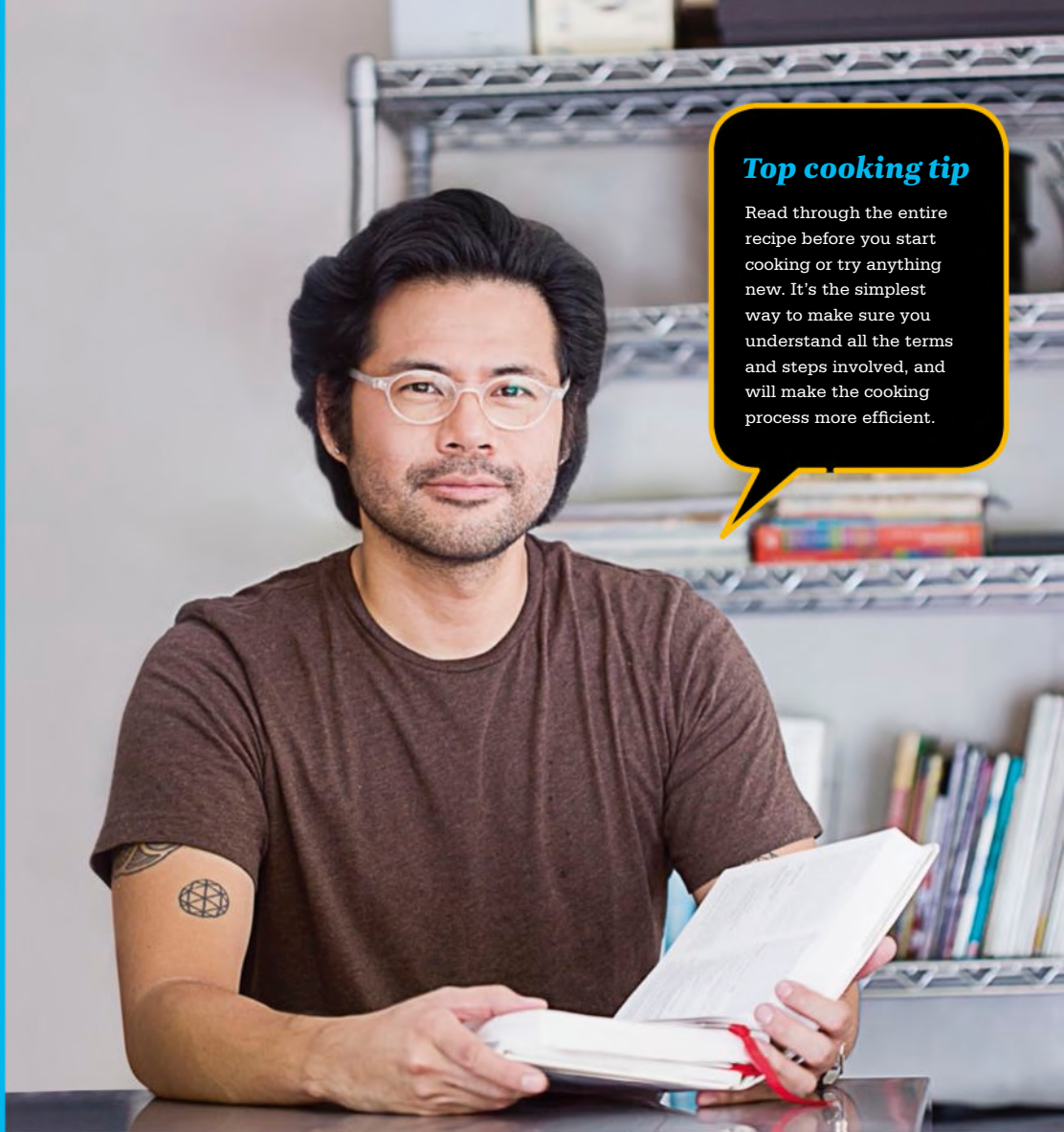
- ✓ 2 tablespoons fish sauce
  - ✓ 2 tablespoons lemon juice
  - ✓ 1 teaspoon sugar
  - ✓ 1 to 2 bird's eye chilies
- 
- ✓ 4 large shrimp, peeled and deveined
  - ✓ 3 squid (bodies only), cleaned and sliced into rings
  - ✓ 1 white fish fillet, sliced into 1-inch pieces
  - ✓ 1 cup celery leaves
  - ✓ 1 medium red onion, sliced
  - ✓ 7 cherry tomatoes, halved
  - ✓ 1 tablespoon finely chopped lemongrass
  - ✓ 1 tablespoon finely chopped kaffir lime leaf (optional)
  - ✓ 1 head romaine lettuce
  - ✓ mint and cilantro leaves

- 1 Make the dressing: Combine all ingredients. Mix well.
- 2 Boil water in a pot over medium heat. Lower heat to simmer. Lightly poach shrimp, squid, and fish separately for 2 minutes or until translucent.
- 3 Combine seafood, celery, onion, tomatoes, and dressing in a large bowl. Add lemongrass and kaffir lime leaf, if using. Toss lightly.
- 4 Place lettuce on a plate. Top with tossed salad. Garnish with mint and cilantro leaves.



### Top cooking tip

Read through the entire recipe before you start cooking or try anything new. It's the simplest way to make sure you understand all the terms and steps involved, and will make the cooking process more efficient.



## Paul Syjuco

Jewelry designer

### KEEPING IT REAL

“On a recent trip to Surigao, I saw fishermen unloading a fresh catch of sea urchin. They were hacking the shells and gathering the roe to sell. I was handed a half-shell filled with the plumpest looking uni I’ve ever seen,” Paul Syjuco starts. “It was an explosion of brininess and sweetness. A pure ocean flavor!” He shares this story to describe the way he likes his food and the way he cooks: simple and honest.

Paul’s take on good food means not having to take any shortcuts—it’s all about allowing food to develop in flavor and character. He says cooking doesn’t have to be labored or complicated, just done well. His traditional-style pork belly *adobo*, for example, proves how deeply satisfying a simple, familiar dish can be. “It’s cooked confit-like for a few hours. No cheating with soy sauce. I let it sit for a few days so the flavors meld then I fry it in its own

fat to caramelize. It’s so sinful!” Paul reveals. “I usually pair it with *buro* to cut the richness. It’s comfort food meant to be shared.”

His preference for authentic food experiences can be traced back to his childhood. “My mother used to cook a lot and, at a young age, I just did it. It was an organic process; there was no thinking about it,” Paul says. So organic that it even influenced his choice of entertainment as a kid—watching *Wok With Yan* and chef Charlie Trotter on TV. “I got obsessed. I started reading a lot, too,” he shares.

These days, cooking remains a creative outlet for Paul. He still gets engrossed in cookbooks (and now, in YouTube videos, too), looking for recipes that excite him. And every time he makes a big batch of one of his classics, say that *adobo*, he’s sure to invite friends and family over. “Food and serving family is and always will be our language of love at home.”



# Miguel Vargas

Master baker, Bucky's

## SWEET SERENDIPITY

"I just thought of my favorite manly flavors.

It started

with an infusion of bourbon, but quickly evolved into additions of a cream cheese filling and lots of bacon!" Miguel Vargas says, describing the Big Poppa variant of Bucky's—his flourless chocolate cake-fudge-brownie hybrid dessert—that he concocted for Father's Day two years ago. It was a happy accident, and has since turned into a customer favorite on the Bucky's permanent menu. "I'm a lucky duck. There's this feeling I get—a high—from a successful *tsamba*," he shares with a laugh.

He considers his baking business another product of a series of fortunate events. In 2012, Miguel was looking for a way to earn on the side. That's when he decided to dust off an old recipe for a baked chocolate-based dessert he had from his childhood. "At that time, I just discovered that chocolate and sea salt taste amazing together. It was an idea I wanted to add to the recipe, which went through trial and error before it became what it is today," he says. Both Miguel and his mom gave away Bucky's as Christmas presents, and by the end of the season, Miguel decided to give the home-based biz a go while juggling a full-time job.

Starting Bucky's became a family affair—with Miguel in charge of whipping up the baked

treats, his wife Raisa taking care of the packaging design, and daughter Adriana getting the first taste. "Since it first came out, it has been one heck of a ride. Three years ago, I didn't think I would end up doing this full time," admits Miguel. And while he calls some of his moves to grow the business impulsive, they have proven to be effective. Case in point: his recently opened café in Parañaque serving all things Bucky's. "My wife and her sisters were on a site visit for their bridal-shop business, and I asked about the vacant spot beside them. It was available and I immediately grabbed it even if I didn't have any plans or a concept for my project."

Despite having little formal training, this baker considers experience his best teacher. Miguel, after all, grew up in the family behind popular home-based bakeshop, Vargas Kitchen. "I was basically raised on butter cake and *brazo de mercedes*. The chocolate icebox cake was my favorite as a kid, and it definitely still has a special place in my heart." Together with experience, it's his family that continues to fuel his culinary journey. "I've always been around food in some form, thanks to a big clan that likes to eat," Miguel shares. "I'm still making more inspiring food memories—this time, it's by cooking at home with Raisa, my daughter, and my son. I want my children to be able to one day look back and say they ate good food growing up."





### Top cooking tip

When you're starting out, stick to familiar dishes. It's easier to learn that way. And don't cook when you're in a bad mood. Food always tastes better if you're happy when you cook it.



## Chilled Chocolate-dipped Chiffon Cake

Here's a new take on the popular icebox cake. Pair the dense, bittersweet, chocolate-covered pound cake with freshly brewed coffee for an indulgent dessert.

**Serves** 6 to 8 **Prep Time** 30 minutes, plus chilling time

**Baking Time** 40 to 60 minutes

- ✓ 7 large eggs, separated
- ✓ 1 cup plus 2 tablespoons sugar, divided
- ✓ 2 cups plus 1 tablespoon cake flour
- ✓ 1 teaspoon salt
- ✓ 1 teaspoon vanilla extract
- ✓  $\frac{2}{3}$  cup melted butter
- ✓ 2 teaspoons cream of tartar
- ✓ whipped cream for topping

### FOR THE CHOCOLATE SOAK

- ✓ 1 cup water
- ✓  $\frac{1}{2}$  cup sugar
- ✓ 1 teaspoon salt
- ✓  $\frac{1}{2}$  cup plus 2 teaspoons light corn syrup or glucose
- ✓ 1 cup packed Dutch-processed dark cocoa powder
- ✓  $\frac{1}{2}$  cup unsweetened or bittersweet chocolate, chopped

**1** Preheat oven to 350°F.

**2** Grease a 10-inch round pan with butter and line with parchment paper.

**3** Combine egg yolks, 1 cup minus 1 teaspoon sugar, flour, salt, and vanilla extract in a bowl. Mix to incorporate.

Slowly pour in butter and mix until smooth. Set aside.

**4** In the bowl of an electric mixer fitted with the whisk attachment, whisk egg whites until foamy. Slowly add cream of tartar and whisk until soft peaks form. Slowly add remaining sugar and whip until stiff peaks form.

**5** Slowly add egg white mixture to yolk mixture. Using a rubber spatula, fold mixtures together until well incorporated.

**6** Pour batter into the prepared pan. Bake in the preheated oven for 40 to 60 minutes.

**7** Make the chocolate soak: Bring water, sugar, salt, and syrup to a simmer in a heavy-bottomed pan over medium heat. Slowly add cocoa powder. Whisk until smooth. Remove from heat and, while hot, gradually add chocolate. Whisk to incorporate.

**8** Pour enough chocolate soak into a 10-inch glass container to cover the bottom. Place cake on top then pour the rest of the soak over cake. Cover. Let it soak at room temperature until cool. Refrigerate for 6 hours.

**9** Top with whipped cream before serving.





# THE HAPPIEST HOUR



Go beyond typical bars and clubs. We've rounded up some of the most interesting drinking spots around the metro.



THE

PERFECT

PINT

This joint serves only their own brew and local craft beer on tap. Beer aficionados can fill up a beer tasting form and evaluate what they tried.

**PERFECT FOR:** Catching up with a big group of friends.  
**WHAT TO ORDER:** The food and craft beer pairings, like Asian Buffalo Wings with Born to Fly India Pale Ale. Each dish has the perfect beer to complement it.

**PRICE RANGE:** P195 to P375  
**ADDRESS:** 2/F Crossroads Building, 32nd Street, Bonifacio Global City, Taguig City  
(tel. no.: 823-1320)



Cocina  
Luna

PUB AND  
KITCHEN

Come for the affordable comfort food, linger longer for the yummy frozen cocktails.

**PERFECT FOR:** Those who appreciate bang for their buck.

**WHAT TO ORDER:** Classic cocktails like frozen daiquiris and piña coladas go great with popular favorites like Pulled Pork Burgers and Fish and Chips.

**PRICE RANGE:** P90 to P105

**ADDRESS:** 144 General Luna Street, Malabon City (tel. no.: 373-1420)



# Lit

LIT offers the widest selection of Japanese whiskey—take it neat, on the rocks, or as a highball (whiskey and soda water on ice).

**PERFECT FOR:** Unwinding

with a friend after a long day at work.

**WHAT TO ORDER:** The Challengers

Whiskey Flight—a sampling of four lesser-known Japanese whiskey makers.

**PRICE RANGE:** P795 to P3,800

**ADDRESS:** G/F Serendra, Bonifacio Global City, Taguig City (mobile no.: 0917-5100014)



# ABV

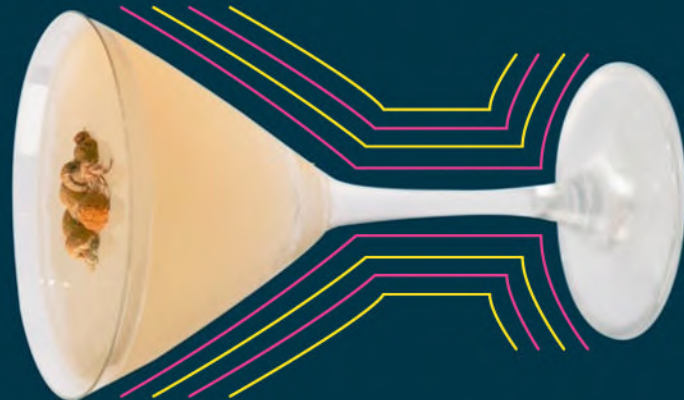
This speakeasy sits covertly behind a burger joint and requires a password to get in (look it up on [www.abv.ph](http://www.abv.ph)). Sitting at the bar is warm and inviting, instantly making you forget about the outside world.

**PERFECT FOR:** Solo drinking.

**WHAT TO ORDER:** Corpse Reviver 2.0, which is Tanqueray 10, Caol Ila Single Malt Scotch Whiskey, Poire Williams, lemon, chamomile syrup, and an absinthe rinse. It's well-balanced and refreshing, with smoky and floral notes.

**PRICE RANGE:** P300 to P700

**ADDRESS:** Basement, 22 Jupiter Street, Makati City (tel no.: 832-5330)



# EDSA BDG

Come in, have a drink, and feel free to ask questions—the folks at EDSA BDG will be more than happy to show you how they do it.

**PERFECT FOR:** The curious drinkers.

**WHAT TO ORDER:** Their line of Better Common cocktails. They've got one to match every mood.

**PRICE RANGE:** P300 to P800

**ADDRESS:** CLMC Building, 209 EDSA, Mandaluyong City (tel. no.: 631-9035)



# A'TODA MADRE

The country's first tequila bar will change your perspective on the misunderstood libation.

**PERFECT FOR:** Nights when you want to relax and let loose a little.

**WHAT TO ORDER:** Wake up your taste buds with the Hot Mama

Margarita (tequila reposado and jalapeño) or try the Paloma (tequila blanco, grapefruit soda, and lime), an ultimate refresher. Don't forget to try some of their tacos, arguably the best in town!

**PRICE RANGE:** P150 to P360

**ADDRESS:** G/F Sunette Tower, Durban Street corner Makati Avenue, Poblacion, Makati City (mobile no.: 0998-9991521)

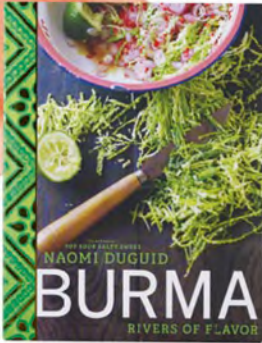






Get your wok hot and ready! You'll master Chinese cooking in a flash with this incredibly helpful and comprehensive book. **Chinese Unchopped** by Jeremy Pang, P1,400, Fully Booked

CHINA



Discover Myanmar, its rich history, and its fascinating culture in this in-depth guide to the Burmese kitchen.

**Burma: Rivers of Flavor** by Naomi Duguid, P1,279, National Book Store



This handy little tome takes you through the steps of making Vietnamese *banh mi*, plus other tasty sandwiches inspired by the classic baguette-and-filling combo. **The Banh Mi Handbook** by Andrea Nguyen, P680, Fully Booked

MYANMAR



VIETNAM

# Around the world in 30 COOKBOOKS

The best way to get to know a country is through its cuisine. From America to Australia, these titles are the ultimate guides.

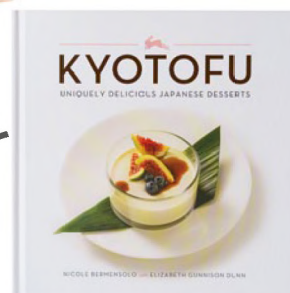
**Produced by** Liezl Yap  
**Illustrations by** Arlene Sy  
**Photography by** Patrick Martires



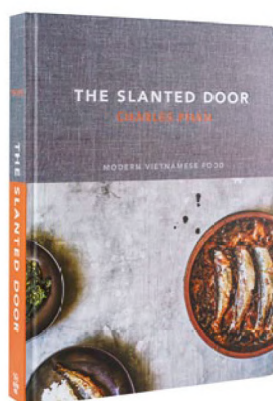
# ASIA AND AUSTRALIA

KOREA

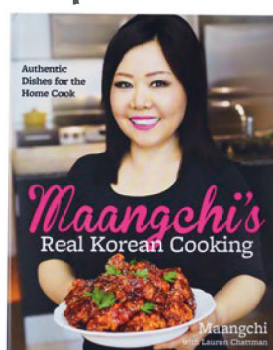
JAPAN



With each chapter highlighting a different ingredient (soy, miso, sesame, green tea, yuzu), this cookbook is all about adding a modern Japanese twist to 75 delicious desserts. **Kyotofu: Uniquely Delicious Japanese Desserts** by Nicole Bermensolo and Elizabeth Gunnison Dunn, P1,150, Fully Booked



This cookbook highlights the food of Ho Chi Minh via San Francisco—it's Vietnamese cuisine made modern. **The Slanted Door** by Charles Phan, P1,685, National Book Store



A YouTube sensation who has been dubbed the Julia Child of Korea, Maangchi is the modern-day authority on authentic Korean home cooking. **Maangchi's Real Korean Cooking** by Maangchi, P1,265, National Book Store



Get pickling with this quintessential guide to Asian preserves, from Korean kimchi to our very own *atsara*. **Asian Pickles** by Karen Solomon, P799, Fully Booked



Inspired by her travels, star food stylist-photographer Katie Quinn Davies rounds up a collection of dishes for easy entertaining, all gorgeously photographed. **What Katie Ate On The Weekend** by Katie Quinn Davies, P1,680, Fully Booked

# AUSTRALIA







Travel to the far north, where bread is baked underground and shark meat is a delicacy. It's a tribute to Dill, Reykjavik's most renowned restaurant, and the culinary traditions of Iceland. **North: The New Nordic Cuisine of Iceland** by Gunnar Karl Gislason and Jody Eddy, P1,599, Fully Booked



Yotam Ottolenghi makes magic with vegetables at his eponymous restaurants in London. His recipes take inspiration from the Mediterranean but are influenced by global flavors—you'll want to make each and every one. **Plenty More** by Yotam Ottolenghi, P1,399, Fully Booked



The young chef behind Copenhagen's wildly successful Relæ shares theories, techniques, and thoughts on cooking in his first book. **Relæ: A Book of Ideas** by Christian Puglisi, P2,099, National Book Store

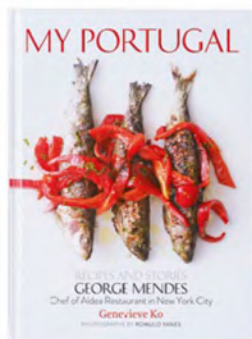
## EUROPE AND THE MEDITERRANEAN



The beloved baking guru is back to teach you how to make French sweets and treats in your own kitchen. **Baking Chez Moi** by Dorie Greenspan, P1,680, Fully Booked



Step inside Mimi Thorisson's rustic farmhouse, where she dreams up meals like slow-cooked lamb with ratatouille. **A Kitchen In France** by Mimi Thorisson, P1,685, National Book Store



New York-based Portuguese chef George Mendes shares recipes and stories from his beloved homeland. **My Portugal** by George Mendes, P1,599, Fully Booked



SWEDEN



This book celebrates the Swedish ritual of *fika*, a coffee break with a pastry in hand. Try making sweets like cardamom buns, best paired with a cup of joe. ***Fika*** by Anna Brones and Johanna Kindvall, P755, National Book Store



Leafing through this book will pull you into the world of a 20,000-acre farm in northern Sweden, where Magnus Nilsson is taking locavorism to new heights. ***Fäviken*** by Magnus Nilsson, P2,799, Fully Booked



Master the art of making orecchiette, gnocchi, cavatelli, and more—no fancy equipment or pasta machine required. ***Pasta By Hand: A Collection of Italy's Regional Hand-shaped Pasta*** by Jenn Louis, P1,205, National Book Store



The famed chef behind Osteria Francescana takes us through the thought processes behind his progressive Italian creations. ***Never Trust A Skinny Italian Chef*** by Massimo Bottura, P3,415, National Book Store



Lamb and prune meatball soup, stuffed cabbage leaves—this cookbook captures the soulful essence of Eastern European home cooking. ***Mamushka: Recipes from Ukraine and Beyond*** by Olia Hercules, P1,750, Fully Booked

UKRAINE

GREECE



Love Greek cuisine? Turn to this beautifully photographed cookbook to help you make tzatziki, moussaka, and souvlaki at home. ***The Islands of Greece*** by Rebecca Seal, P1,875, Fully Booked



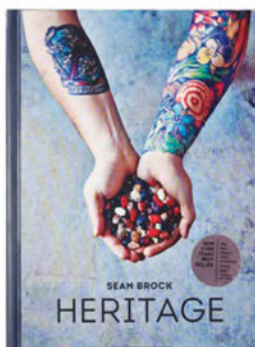
Bring home the bold flavors of the Lebanese table with this award-winning blog-turned-cookbook. ***Rose Water and Orange Blossoms*** by Maureen Aboud, P1,350, Fully Booked

LEBANON



# UNITED STATES OF AMERICA

## MEXICO



With his acclaimed restaurants in Nashville and Charleston, Sean Brock is changing the way the world looks at Southern cuisine. His philosophy of celebrating tradition and preserving history shines through in this cookbook, a true labor of love. **Heritage** by Sean Brock, P1,919, National Book Store



God bless America and its comfort food. Chicken-fried steak and gravy, pulled pork sandwiches, banana cream pie: it's all here and it's all good. **Made in America: A Modern Collection of Classic Recipes** by Colby and Megan Garrelts, P880, Fully Booked



Do the salsa with this treasured collection of recipes for tasty Mexican sauces and sides. **Salsas and Moles** by Deborah Schneider, P680, Fully Booked

## PERU



This beautiful hardbound volume contains recipes for over 500 Peruvian specialties, from ceviche and beyond. **Peru** by Gaston Acurio, P2,695, National Book Store

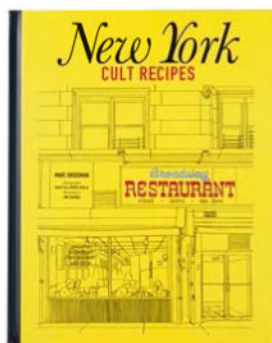
# THE AMERICAS



# GLOBAL EATS



What does superstar pastry chef Christina Tosi make at home? Mac 'n' cheese pancakes and a cereal-cracker-chip-pretzel hybrid called Crackle. **Milk Bar Life** by Christina Tosi, P1,475, National Book Store

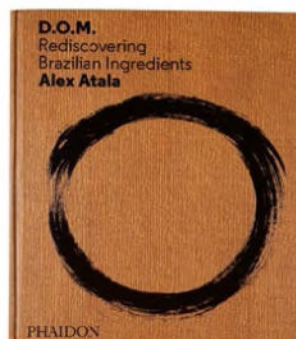


Bagels, bialys, Waldorf salad, New York cheesecake—these are just a few of the 130 recipes you'll find in this homage to the Big Apple. **New York Cult Recipes** by Marc Grossman, P1,399, Fully Booked



Chefs from all over the world let you in on their favorite restaurants, at home and away. Pick this one up for your next trip! **Where Chefs Eat** by Joe Warwick, P1,279, National Book Store

BRAZIL



Discover how Alex Atala is using long-neglected native ingredients in surprising and inventive ways at his restaurant in Sao Paulo. **D.O.M. Rediscovering Brazilian Ingredients** by Alex Atala, P2,995, National Book Store



Go behind the scenes and join staff meals at acclaimed restaurants around the world, from Noma in Copenhagen to Quay in Sydney. **Eating with the Chefs** by Per-Anders Jorgensen, P3,499, Fully Booked



# RESTAURANTS

Main Street

/ Tipple and Slaw

/ Il Ponticello



Hoisin Ribs





Traditional Poutine

## Clear winner

Head to **Main Street** for deeply satisfying comfort food classics.

REVIEW BY SASHA LIM UY

A lot of questions were asked when Main Street opened. What kind of restaurant is it? What kind of food do they serve? But clarity comes in the form of flavors: clear, crowd-pleasing, and precise.

The cozy joint apparently offers Canadian cuisine, dishing out popular favorites like a game-changing homestyle buttermilk fried chicken (lightly battered, flaky skin; buttered, herbed white meat; and heavenly garlic cream sauce), as well as an amazing Steak on Rice (Kitayama beef and grains seasoned with rosemary). Canada-educated chef Adam Tan's greatest success, however, is his poutine—a Canadian classic and Main Street's star. It's not your regular french fries; it's tender potato sticks drenched in gravy and embellished with cheese curds. Canadian food, according to Adam, is simply another way of saying comfort food.

Since 2013, Main Street has upped its food cred with a steady slew of menu additions—an egg-centric weekend brunch (Crab Cake Benedict or Egg Slut sandwich, anyone?) and an entire section dedicated to his fries-gravy-cheese curd formula (the one with the prized fried chicken is a slam dunk).

The simplicity of having a name like Main Street does have advantages. It allows more room to cross borders, so there's no confusion when the kitchen comes up with something like Hoisin Ribs, an Asian-Canadian fusion dish that finds success in the touch of honey that tempers the oriental sauce. A platter gives you five feisty slabs. The thin layers of fat—which set up enough richness—caramelizes to a sticky-sweet crust.



Buttermilk Fried Chicken



### in a nutshell

**MAIN STREET** Tuscany Estates, Upper McKinley Road, Taguig City; tel. no. 935-5539

**MUST-TRIES** Buttermilk Fried Chicken (P290), Traditional Poutine (P155), Pulled Pork Rice (P250), Hoisin Ribs (P385 to P545), Bacon Macaroni and Cheese (P260), Chicken Poutine (P220)

**THUMBS UP** Main Street's weekend brunch is the bomb! Try the chicken and waffles with Don Papa Rum-infused honey.

The Baked Macaroni and Cheese (the one with bacon, obviously) is a universal winner—elbow macaroni in a cheddar-Parmesan cheese sauce that doesn't overwhelm the palate.

The chef recently boosted his restaurant's roster of boozy concoctions, much to the delight of the after-dinner-drinks set. A cold beer (maybe a Granville Island Honey Lager, a Canadian brew that can't be found anywhere else in Manila) is all you need to complement Main Street's cuisine. And if you're a more sophisticated drinker, his cocktail lineup will take you to different heights. There's no weak link here. The chef made sure of it, creating cocktails after some serious self-study (read: month-long drinking). Each is spirited—from the Moscow Mule (homemade ginger beer, vodka, and lime juice) to the Vancity Summer (mint, cucumber, gin, and tonic) to the Old-fashioned blessed with bacon-infused bourbon.

Walking past the eateries at The Tuscany, Main Street remains as ambiguous as ever. But really, how can you put a label on great comfort food?





Lamb Meatballs Pasta and Choriburger



Meat-zza

# The comfort zone

**Tipple and Slaw** whips up the most innovative and well-executed American fare in town.

REVIEW BY CHINKEE CLEMENTE-KOPPE

It looks like a bar, it sounds like a bar, it even smells like a bar. But take a peek into Tipple and Slaw's carefully curated food menu and you'll find quite a number of gems. Heralded as one of Manila's most underrated chefs, co-owner Francis Lim allows his youthful creativity and boldness to shine with his comfort food interpretations.

The moment you tuck in, you'll discover exciting—yet familiar—flavors. Buffalo chicken wings are synonymous to bar chow, but Francis's version is a marriage between old school and avant-garde. The flavors are definitely classic—buttery, tangy, and spicy. But instead of picking meat off the bone, the experience is made simpler by deboned wings. There's also no need to dip the chicken into blue cheese dressing—just slice through the meat and out oozes the creamy sauce.

The Lamb Meatballs Pasta is a grown-up version of a childhood favorite, with mint yogurt, harissa, and tomato sauce. The meatballs are lean and seasoned nicely, letting the signature gaminess of the meat come through which, in this case, is a good thing.

Tipple and Slaw's pizzas are products of months of R&D, and it shows. The crust is thin and cracker-crisp, allowing even topping-heavy variants such as the Meat-zza to keep its crunch. The carnivores' delight comes with tasty chunks of bacon, porchetta, and pastrami under melted mozzarella and cream cheese.

Indulge more of your meaty cravings with their version of the Choriburger: 70/30 Angus beef and chorizo patty topped with Parmesan, crisp rösti potatoes, a fried egg, and aioli. The subtle peppery flavor from the Spanish sausage is perfectly accented by the nutty cheese and rich egg. It's simple yet indulgent.

Nothing ends a meal at the restaurant like the Frozen S'mores. A block of chocolate, graham crackers, and marshmallows is chilled stiff, making for a refreshing sweet treat. It's a creative twist on a classic.

Come early in the evening to enjoy a quick dinner, perhaps drop by during lunch when it's calmer, or, heck, grab a bite during their busiest hour—the dishes will be just as good.

## in a nutshell

**TIPPLE AND SLAW** 2/F  
The Forum, 7th Avenue  
corner Federacion  
Drive, Bonifacio Global  
City, Taguig City;  
tel. no. 500-0882

**MUST-TRIES** Warm  
Mushroom Salad  
(P350), Volcanic  
Wings (P380), Lamb  
Meatballs Pasta  
(P480), Meat-zza  
(P650), Choriburger  
(P295), Frozen  
S'mores (P250)

**THUMBS UP** Not  
much of a drinker?  
Tipple and Slaw's new  
mocktails (fizzy berry  
and refreshing lychee  
variants) perfectly  
complement the tasty  
comfort food.



# Coming of age

'90s nightspot **Il Ponticello** grows up and offers a modern Italian menu.

REVIEW BY ANDREA Y. SEE

**T**he party lounge known for well-heeled yuppies sipping blue cocktails has relaunched itself with a new group of owners and chefs. Ponti—as it is fondly called—returns to the scene refreshed, with a modern Italian bent: its interiors are dominated by luxe, clean lines and a more subdued color palette, and its menu showcases playful interpretations of regional Italian classics.

I started my meal with the simple yet decadent Mozzarella in Carrozza. Imagine the most wonderful grilled cheese sandwich ever: small squares of buttery bread cradling melted mozzarella within, pan-fried until crunchy and golden brown, then drizzled with a balsamic glaze. Then came the distinctive Lasagna Carbonara, an imaginative mash-up of the two popular dishes. This decadent preparation comes to the table with a ray of sunshine: homemade pasta sheets, rich mozzarella cream, morsels of *pancetta tesa*, and Grana Padano shards are all crowned by a bright yellow yolk.

Ponti takes special pride in its Roman-style pizzas, the most popular of which is chef Panky Lopez's signature Valdostana that combines North and South Italian flavors. Parma ham, Gorgonzola cream, mozzarella, and arugula sit atop a chewy crust, making for a pleasing smoky-cheesy-peppery bite.



Lasagna Carbonara



## in a nutshell

### IL PONTICELLO

Unit 203, 2/F Antel Corporate Center, 121 Valero Street, Salcedo Village, Makati City; tel. no. 553-9971

### MUST-TRIES

Mozzarella in Carrozza (P220), Lasagna Carbonara (P420), Cheesecake Caramel Panna Cotta (P290)

### THUMBS UP

Inquire with the waitstaff about off-the-menu dishes, and don't forget to check out the Rye Tasting Room, where a wide selection of spirits can be sampled.

The Spicy Pork Belly is a hearty dish of robust flavors. Slow-braised pork is bathed in an arrabbiata sauce celebrating the flavors of Central Italy. It's served with roasted potatoes and glazed shallots, then drizzled with a balsamic reduction and basil oil.

I ended my meal with a pleasant discovery: Ponti does dessert, and does it well. The iconic Italian Tiramisu here is a beautiful balance of textures and tastes: cream and coffee sweetly coming together in a delightful mouthful. The star is the Cheesecake Caramel Panna Cotta, featuring a delicately cooked vanilla cream custard wobbling ever so gently. Paired decadently with silky cheesecake cubes, crumble, and dulce de leche, I wiped it out in seconds.

I can't wait to return to try the many other compelling dishes on its menu: Porchetta alla Romana, Flat Iron Steak, as well as the rest of the desserts on the list.

This is an evolved Il Ponticello. Like its former clientele, it's now all grown-up and has come of age with finesse.



Mozzarella in Carrozza



ADVERTISING FEATURE

# What's YUMMY?

NEW PRODUCTS TO ADD TO YOUR  
PANTRY, KITCHEN, AND HOME

## The Ultimate Seal of Approval

For the fifth year in a row, **Whirlpool** has been named as one of the Most Trusted Brands for Household Products in the Washing Machine Category of Reader's Digest Asia's Trusted Brand Awards. Launched in 1999, the Reader's Digest Asia Trusted Brands has established a solid reputation as the premier consumer-based survey in Asia.

The trust extends not only to Whirlpool's washing machine products but to all of its core products as well, including refrigerators, freezers, and cooking appliances. With this prestigious recognition, Whirlpool is more committed than ever to continue its legacy of energy efficiency, durability, and innovation.

For more information about Whirlpool and its products, you may visit their website at [www.whirlpool.com.ph](http://www.whirlpool.com.ph).



## The Cream of the Crop

Whether it's an entrée or a dessert, every dish becomes more delightful with the help of **Nestlé All Purpose Cream**. Whip it, swirl it, or let it chill to add an exciting new texture to your favorite meals. For an extra delicious twist to your culinary creations, always choose the No. 1 cream. For more delightful recipes, visit [www.facebook.com/NestleCream.PH](http://www.facebook.com/NestleCream.PH).



## August's Most Delicious



## The Perfect Ingredient for Your Salu-Salo!

Whip up a scrumptious, satisfying feast with **2-in-1 Angel Kremdensada**! It combines the goodness of cream with the milky sweetness of condensed milk, making it easier and more affordable to prepare your favorite treats. Simply replace the cream and condensed milk in your recipes with Angel Kremdensada.

You've got to taste it to believe it! Try it on sweet and creamy desserts like the No-Bake Mango Otap Cake and other dishes. For more Angelicious recipes, visit [www.facebook.com/iloveAngelmilk](http://www.facebook.com/iloveAngelmilk).



## The Foodie Diaries

Organize, record, and keep track of your life's passion on a **Moleskine Passion Journal**. Each one comes with themed pages, calendars, glossaries, listings, and more pages to fill in. Choose from themes such as Art, Beer, Chocolate, Home Life, and Restaurant.

Aside from the iconic features of Moleskine notebooks, each journal is connected to the digital world with MSK, a Moleskine digital tool designed to transfer online content to paper. Users can then personalize their notebook pages by printing and pasting an MSK of a Moleskine Passion page into their notebook.

Turn memories and thoughts into your very own passion collection, only with Moleskine.



# Yummy Lessons



***This month,***  
**LEARN HOW TO...**

Master the  
classic **STICKY**  
**TOFFEE**  
**DATE PUDDING**



Whip up **GOLDEN**  
**WAFFLES** at home



Make **RAINBOW**  
**CEREAL PANNA**  
**COTTA** with the kids

## Green and clean

A member of the onion family, leeks are cultivated in sandy soil. As the plant grows, soil gets trapped between its layers. This means a good cleaning is necessary before using the vegetable in your dishes. Here's how: Trim the root end and cut off the dark leaves an inch above the white part of the stalk. Slice the stalk into four-inch-long pieces. Split the pieces in half lengthwise then chop into the required size. Place the leeks in a bowl of water and swish the leeks around to remove the dirt. Drain and dry on paper towels.

PHOTOGRAPHY: PATRICK MARTINES, TEXT & STYLING: RACHELLE SANTOS



***Yummy Lessons***  
**BACK TO BASICS**



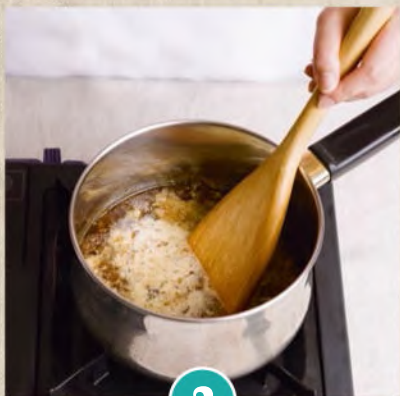
Food director **RACHELLE SANTOS** shares a classic recipe every cook should master.

This popular British treat may be called a pudding, but it's actually a soft, moist cake similar to chiffon. Doused in a warm, gooey toffee sauce and topped with chilled whipped cream or ice cream, this dessert is a sumptuous play on texture and temperature. Pair it with a cup of freshly brewed tea or coffee for the perfect meal-ender.



PHOTOGRAPHY: PATRICK MARTINES. RECIPE & FOOD STYLING: RACHELLE SANTOS

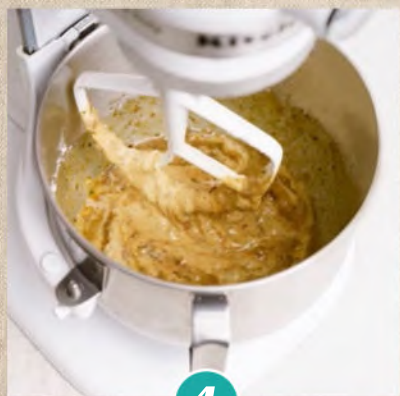




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## Sticky Toffee Date Pudding

**Serves** 6 to 8 **Prep Time** 15 minutes  
**Baking Time** 30 to 40 minutes

### WHAT YOU NEED

- ✓ 225 grams pitted dates, chopped
- ✓ 1 teaspoon baking soda
- ✓ 1 (112.5-gram) bar butter, softened
- ✓ ¼ cup plus 2 tablespoons sugar
- ✓ 2 large eggs
- ✓ ½ teaspoon vanilla extract
- ✓ 1¼ cups all-purpose flour
- ✓ ½ teaspoon salt
- ✓ 1½ tablespoons baking powder
- ✓ vanilla ice cream and chopped toasted pecans, to serve

### For the toffee sauce

- ✓ ½ cup butter
- ✓ ¾ cup brown sugar
- ✓ ½ cup heavy cream
- ✓ 1 teaspoon vanilla extract
- ✓ pinch of salt
- ✓ 1 tablespoon rum or brandy (optional)

### WHAT TO DO

- 1** Preheat oven to 350°F. Butter and flour a 9-inch round cake pan.
- 2** Place dates and 1¾ cups water in a saucepan. Bring to a boil and stir to break up the dates. Simmer for 1 minute then remove from heat. Add baking soda. (The mixture will bubble up.) Set aside.

**3** In the bowl of an electric mixer fitted with the paddle attachment, cream butter and sugar on medium speed until light and fluffy, about 5 minutes. Turn down speed to low and add eggs, one at a time, scraping down the sides of the bowl after each addition. Add vanilla extract.

**4** Add flour and salt; mix on low speed for 30 seconds. Add the date mixture in two batches, scraping down the sides of the bowl after each addition. (The dough will be loose and watery.) Add baking powder and mix for a few seconds.

**5** Pour batter into prepared pan. Bake for 30 to 40 minutes or until a toothpick inserted in the center comes out with moist crumbs. Remove pan from oven and let cool for 10 minutes on a wire rack.

**6** Make the toffee sauce: Place butter, brown sugar, heavy cream, vanilla extract, and salt in a medium saucepan. Bring to a boil. Reduce heat and simmer until sauce thickens. Add rum or brandy, if using, and simmer for 1 more minute.

**7** To serve, slice warm pudding into 8 slices. Serve each slice topped with vanilla ice cream, warm toffee sauce, and chopped pecans.





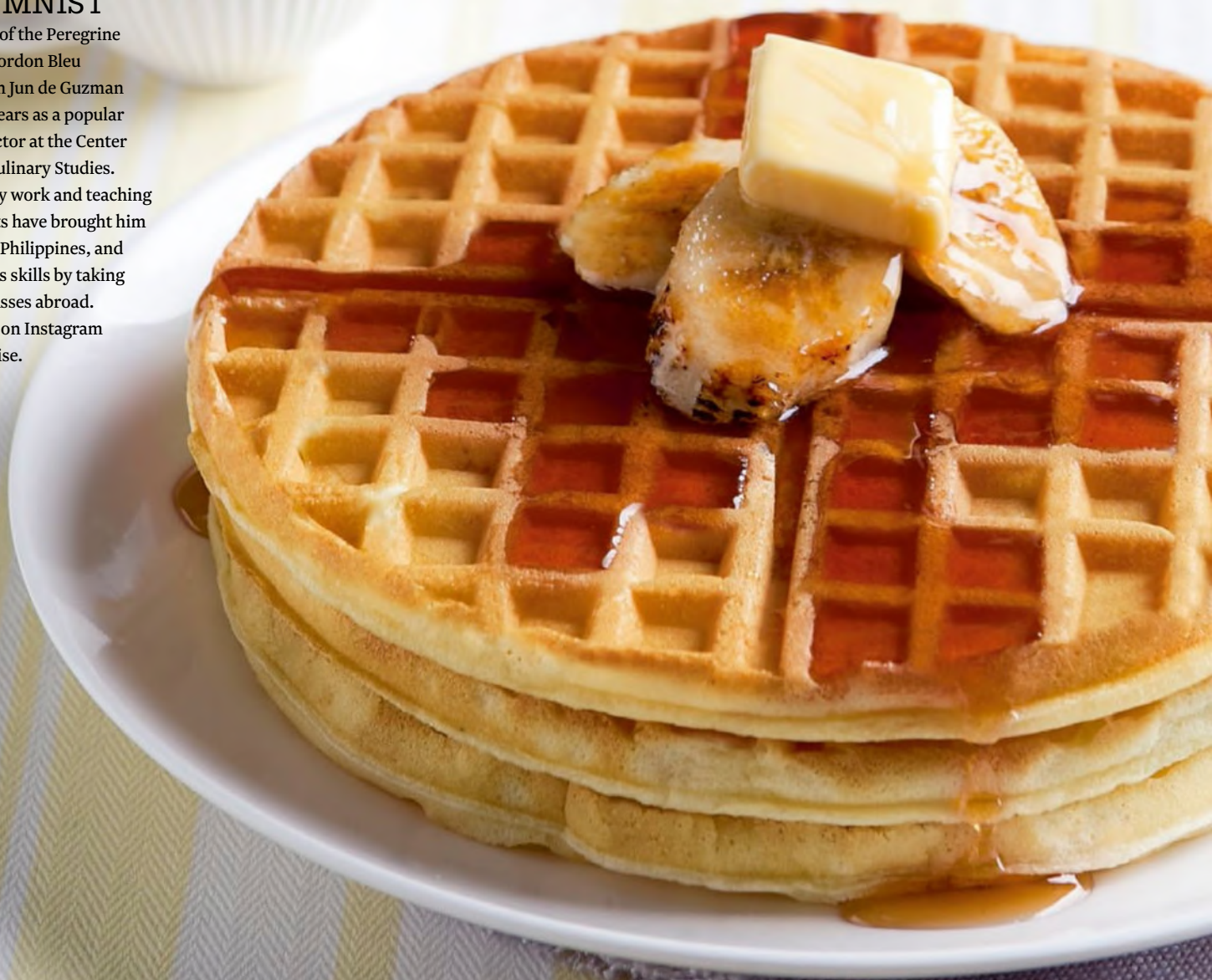
## ABOUT THE COLUMNIST

A graduate of the Peregrine School of Cordon Bleu London, Jun Jun de Guzman has spent years as a popular chef instructor at the Center for Asian Culinary Studies. Consultancy work and teaching assignments have brought him around the Philippines, and he hones his skills by taking culinary classes abroad. Follow him on Instagram at [@chefelise](#).

Just like pancakes and French toast, golden waffles are a classic breakfast staple. There's nothing quite like digging into a stack on a lazy Sunday morning!

Waffles are so easy to make—you can prepare the batter up to three days in advance and store it in the refrigerator. Add the whipped egg whites just before cooking.

Enjoy them sweet with fruit and maple syrup, or savory with cheese and bacon. Whatever you choose, make sure to eat them as soon as they're cooked, while they're still warm and crisp.





## Dress 'em up!

MAKE BANANA-CHOCOLATE CHIP WAFFLES: USE  $1\frac{1}{2}$  CUPS FRESH MILK (INSTEAD OF 2 CUPS) AND 3 TABLESPOONS CORN OIL (INSTEAD OF  $\frac{1}{4}$  CUP). IN STEP 3, AFTER MIXING THE WET INGREDIENTS INTO THE DRY INGREDIENTS, ADD  $\frac{1}{2}$  TO  $\frac{2}{3}$  CUP MASHED RIPE BANANAS (LAKATAN VARIETY) AND  $\frac{1}{2}$  TO  $\frac{3}{4}$  CUP MINI CHOCOLATE CHIPS.

# Golden Breakfast Waffles

**Serves** 8 to 9 **Prep Time** 20 minutes, plus 30 minutes resting time **Cooking Time** 20 to 25 minutes

### WHAT YOU NEED

- ✓ 2 cups all-purpose flour
- ✓ 1 tablespoon baking powder
- ✓  $\frac{1}{4}$  cup sugar
- ✓  $\frac{1}{2}$  teaspoon salt
- ✓ 2 cups fresh milk
- ✓  $\frac{1}{4}$  cup corn oil
- ✓ 2 large eggs, separated
- ✓ melted butter for brushing
- ✓ softened butter, maple or pancake syrup, and other toppings like fruits and nuts, to serve

### WHAT TO DO

**1** Sift flour, baking powder, sugar, and salt into a bowl. Set aside.

**2** Whisk together milk, oil, and egg yolks in another bowl.

**3** Pour wet ingredients into dry ingredients. Whisk to combine well. Cover and refrigerate for at least 30 minutes, preferably overnight.

**4** When ready to cook, remove batter from the refrigerator and let it come to room temperature.

**5** Whisk egg whites in a bowl until stiff but not dry. Fold whipped egg whites gently into the batter.

**6** Heat a waffle maker according to the manufacturer's instructions. Brush top and bottom of the waffle plates with melted butter. Pour batter onto waffle maker. Cook for 10 to 15 minutes or until golden brown.

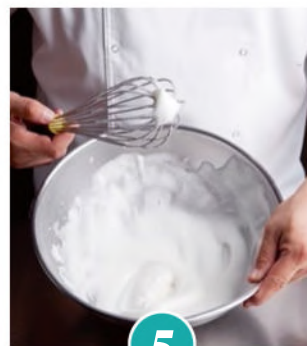
**7** Serve waffles with softened butter, syrup, and desired toppings.



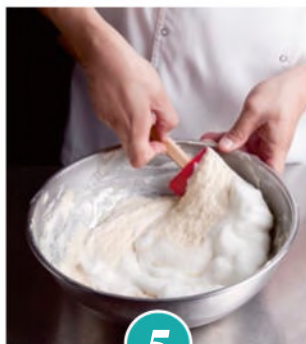
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## Rainbow Cereal Panna Cotta

This creamy treat will satisfy your kids' sweet cravings. Use different kinds of cereal to mix things up!

### WHAT YOU NEED

- ✓ ½ cup fruit-flavored cereal (like Froot Loops), crushed, plus more for garnish
- ✓ ½ tablespoon unflavored gelatin powder
- ✓ 2 tablespoons cold water
- ✓ 1 cup all-purpose cream
- ✓ ½ cup milk
- ✓ ¼ cup sugar
- ✓ 1 teaspoon vanilla extract

### WHAT TO DO

- 1** Portion crushed cereal among 4 (4-inch) ramekins. Set aside.
- 2** Sprinkle gelatin over cold water in a small bowl. Let bloom for 5 minutes.
- 3** Heat cream, milk, sugar, and vanilla in a saucepan over medium-low heat; cook until sugar has dissolved.
- 4** Add bloomed gelatin and mix until dissolved.
- 5** Divide mixture among ramekins. Top each ramekin with 8 cereal pieces. Refrigerate for at least 4 hours or until set. When ready to serve, unmold panna cotta onto dessert plates or bowls. Top with more cereal. Serve cold.

**Serves 4.**



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5



5



## INDEX

This Month's Recipes  
by Category

### APPETIZERS

- 43 Aligue-glazed Crispy Calamari
- 41 Bacon Chicharon
- 40 Japanese Grilled Sweet Corn
- 10 Loaded Nachos
- 74 Oven-cooked Gambas
- 41 Parmesan-Pepper Crispy Chickpeas

### SANDWICHES AND SOUPS

- 09 Bacon Cheeseburger
- 47 Beef Tendon and Meatball Pho
- 42 Chicken Banh Mi Sliders
- 30 Cream of Squash Soup
- 70 Grilled Cheese Sandwich with Rum-Raisin Jam
- 10 Hawaiian Hotdog

- 45 Miso Mushroom Pork Ramen
- 62 Reuben-style Steak Sandwich
- 45 Truffle Potato Soup

### SALADS

- 61 Mediterranean Salad with Spice-crusted Steak
- 12 Olive and Feta Pasta Salad
- 77 Yam Talay

### FISH AND SEAFOOD

- 43 Aligue-glazed Crispy Calamari
- 66 Fish Souvlaki with Tzatziki
- 69 Mussels with Beer and Bacon
- 74 Oven-cooked Gambas
- 46 Seafood Bottarga Pasta
- 67 Shrimp and Vegetable Brochette
- 37 Shrimp Piri-piri
- 49 Tuna Donburi
- 36 Turmeric Fish with Dill (Cha Ca La Vong)
- 70 Vodka-Soda Shrimp Pasta
- 77 Yam Talay

### MEAT AND POULTRY

- 60 Bacon-wrapped Filet Mignon with Béarnaise Sauce
- 67 Beef Yakitori with Teriyaki Sauce
- 69 Bourbon Sour Chicken Bites
- 68 Brandy and Five-spice Ribs
- 48 Cheese Steak Rice
- 73 Chicken Al Mattone with Spinach and Gorgonzola Sauce
- 67 Chicken Satay with Peanut Sauce
- 67 Chicken Tikka Kebab with Yogurt Dip
- 35 Greek Meatballs with Feta Sauce

- 66 Lamb Shish Kebab with Garlic Tahini Sauce
- 28 Moussaka
- 66 Pork Pinchitos
- 59 Porterhouse Steak with Marble Potatoes
- 65 Rib-eye Steak with Green and Red Chimichurri Sauce and Olive-Garlic Rice
- 35 Sage Pork Chops with Balsamic Zucchini
- 63 Steak and Eggs with Mexican Rice

### NOODLES AND RICE

- 46 Beef Tendon and Meatball Pho
- 48 Cheese Steak Rice
- 34 Creamy Pasta with Crispy Mushrooms
- 45 Miso Mushroom Pork Ramen
- 12 Olive and Feta Pasta Salad
- 22 Oxtail Lasagna
- 75 Quick and Healthy Chicken Faux-ella
- 46 Seafood Bottarga Pasta
- 63 Steak and Eggs with Mexican Rice
- 49 Tuna Donburi
- 70 Vodka-Soda Shrimp Pasta

### DESSERTS AND SWEET SNACKS

- 79 Chilled Chocolate-dipped Chiffon Cake
- 23 Chunky Triple-chocolate Skillet Cookie
- 71 Crepes with Peach-Brandy Compote
- 98 Rainbow Cereal Panna Cotta
- 10 Sautéed Apple Cinnamon Pancakes
- 26 Sticky Rice with Mangoes
- 95 Sticky Toffee Date Pudding

### OTHERS

- 24 Banh Xeo
- 97 Golden Breakfast Waffles
- 11 Rum Iced Coffee

## DIRECTORY

Your guide to the shopping  
and dining establishments  
featured in this issue

### SUPERMARKETS

#### The Landmark

For a list of all branches,  
see [www.landmark.com.ph](http://www.landmark.com.ph).

#### Marketplace by Rustan's and Rustan's Supermarket

At leading malls nationwide; for a list of all branches, see [www.rustansfresh.com](http://www.rustansfresh.com).

#### Metro Market! Market!

22nd Street corner McKinley Parkway, Bonifacio Global City, Taguig City (tel. nos.: 818-6645, 818-6658); [www.metro.com.ph](http://www.metro.com.ph)

#### Pioneer Centre

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

#### SM Supermarket

At all SM malls nationwide; for a list of all branches, see [www.smsupermarket.com](http://www.smsupermarket.com).

### OTHERS

#### Abenson

For a list of all branches, see [www.abenson.com.ph](http://www.abenson.com.ph).

#### Anson's

For a list of all branches, see [www.ansons.ph](http://www.ansons.ph).

#### Bacchus Epicerie

1/F Power Plant Mall, Rockwell Center, Makati City (tel. no.: 896-0364); [www.facebook.com/BacchusEpicerie](http://www.facebook.com/BacchusEpicerie)

#### The Blue Kitchen

For a list of all branches, see [www.thebluekitchen.com](http://www.thebluekitchen.com).

#### The Cookery Place

2GH Kensington Place, Bonifacio Global City (tel. no.: 775-4161); [www.thecookeryph.com](http://www.thecookeryph.com).

#### Crate and Barrel

4/L Mega Fashion Hall, SM Megamall, EDSA corner Julia Vargas Avenue, Mandaluyong City (tel. no.: 633-5042); [www.facebook.com/CrateandBarrelPhilippines](http://www.facebook.com/CrateandBarrelPhilippines)

#### Fully Booked

For a list of all branches, see [www.fullybookedonline.com](http://www.fullybookedonline.com).

#### Gourdo's

For a list of all branches, see [www.gourdos.com](http://www.gourdos.com)

#### Kal's Wooden Kitchen

Legazpi Sunday Market, V.A. Rufino Street corner Legazpi Street, Legazpi Village, Makati City (mobile no.: 0917-2504789); [www.facebook.com/kalswoodcraft](http://www.facebook.com/kalswoodcraft)

#### National Book Store

For a list of all branches, see [www.nationalbookstore.com.ph](http://www.nationalbookstore.com.ph).

#### Powerbooks

For a list of all branches, see [www.powerbooks.com.ph](http://www.powerbooks.com.ph).

#### Rustan's Department Store

For a list of all branches, see [www.rustans.com.ph](http://www.rustans.com.ph).

#### SM Appliance Center

For a list of all branches, see [www.smappliance.com](http://www.smappliance.com).

#### FROM "KINGS OF THE KITCHEN" Bakerø

For information, contact mobile no. 0917-5509982 or tel. no. 725-1218; email: [bakerebakery@gmail.com](mailto:bakerebakery@gmail.com).

#### Bucky's Counter

69 Aguirre Avenue, BF Homes, Parañaque City (mobile no.: 0917-8445104); [www.buckysnotabrownie.com](http://www.buckysnotabrownie.com)

#### FitBurger

Unit LGR2-1 LeGrand Tower 2, Eastwood City, Quezon City (tel. no.: 621-3103); [www.fitburgerinc.com](http://www.fitburgerinc.com)

#### Mr. Cochinillo

For information, call tel. no.: 633-0043 or mobile no.: 0999-8810810, or visit [www.mrcochinillo.com](http://www.mrcochinillo.com)

#### Xáncho

For information, contact mobile nos. 0917-8307020 and 0906-2550138.



## BOTE CENTRAL BY VIE REYES

The business plan for Bote Central is summed up in a hand-lettered poster on their office wall. With stick figures drawn using colored markers, the poster depicts the entire supply chain of the coffee business. They call it the "Chain of Happiness." Where does Bote Central come in? They come in everywhere, "from soil to cup," says Alvira "Vie" Reyes, head of this small, family-run enterprise.

Previously, Bote Central was known for producing frosted bottles for other companies (hence their name), and then for their much sought-after line of organic vinegars. And here the wild civet, locally known as *alamid*, came into play. The little animals were fond of the sugar palm fruits that Bote Central used to make their vinegar. Thus, civet coffee became their first coffee product. But Vie, together with her husband Basil, saw that the entire coffee industry afforded a lot of opportunity, both for business and for social change. The couple saw how coffee farmers didn't know enough about sorting and grading beans, and how they didn't have the facilities to roast. They also knew that coffee was once the Philippines's biggest export. Vie and Basil knew that getting into the industry could be a way to make coffee a viable product for

farmers again, and help address the social and economic inequalities in the countryside.

"We had to choose between making vinegar and making coffee," explains Vie. "We chose coffee."

Today, Bote Central is involved in all aspects of the business. Vie works with coffee farmers all over the country to educate and to secure the supply. Basil, a self-taught inventor, has built fully automated roasting machines, deploying over 50 of them to provincial cooperatives. Bote Central's portfolio also includes a kiosk and a coffee shop, but now they're concentrating on retailing ground coffee, having just launched Basilio, a line of blends, and 18 Days, which promises ground coffee no older than 18 days from roasting.

Bote Central aims to introduce fair trade practices throughout the supply chain. "You need to do this for love of country to push you through. If you're looking only for a business, there are lots of better things to do," laughs Basil. It's an uphill battle all the way, Vie and Basil agree, but they keep at it. Says Basil: "We're not just businessmen, we're patriots."



Basilio and 18 Days are available at select supermarkets. For information, contact Bote Central at tel. no. 805-0713 or mobile no. 0917-5073558, or visit [www.botecentral.net](http://www.botecentral.net).



# Buon Jcoccino!



Fall in love with our delicious modern creations of the *cappuccino classico* in two enticing J.CO originals. Indulge in a creamy & coffee romance with our Jcoccino donut lined with crunchy almond crumbs, and intertwine your tastebuds with the smooth cool taste of our Iced Jcoccino drink. This satisfying combo will give you a sensational coffee buzz!





# Tecnogas

## The Legendary Italian Brand

Cooking Excellence Since 1952

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For over 60 years, food, technology and style are the foundations on which Tecnogas develops its products. This is the perfect ground for the company to create strong and elegant cooking appliances, always durable and beautifully finished. Designed, tested and approved according to strict safety and performance standards, you can trust that every Tecnogas product possesses the kind of reliability that will best serve your family for decades.



Built-in Hobs



Cooking Ranges



Built-in Ovens



Range Hoods

