

# Yummy

1 WEEK TO WELLNESS: 14 HEALTHY CALORIE-COUNTED MEALS

✱ EASY MEALS EVERY DAY

JANUARY-FEBRUARY 2015

start the year  
**LIGHT!**

Grilled Chicken and  
Asparagus Fettuccine  
with Poached Egg

FOOD  
TRIP:  
**CEBU!**  
PAGE 68

**100**  
HEALTHY  
RECIPES  
FOR A  
BRAND  
NEW YOU!

including:

ORIENTAL BEEF  
WITH OYSTER SAUCE  
MUSHROOM BURGERS  
BAKED SALMON IN  
PESTO-CREAM SAUCE  
HAINANESE CHICKEN RICE  
WHOLE-WHEAT PANCAKES  
WITH BERRY SYRUP  
BANANA OAT BARS  
"LONGGANISA" AND EGG  
BREAKFAST SANDWICH

**COOK IT  
RIGHT**  
Steam, roast,  
grill, and more

+

**FLAVOR  
without  
THE FAT**  
Wholesome takes on  
6 pasta favorites

ISSN 1908-5869



**DIY nutty dark chocolate bark (** FLIP TO  
PAGE 84 **)**





## CAPTIVATING PASTA CREATION of the Month

**PERGY ACUÑA**  
*Soft Sculpture*

Pasta shaped like shells reminds me of the beach, building sand castles and collecting treasure in the sand. Your imagination can be as wide as the sea. You can be a pirate or a mermaid. You can be anyone you want to be.

**Bring your own pasta creation to life with this recipe:**

### GARLIC AND SPINACH CHICKEN WITH SHELL PASTA

#### Ingredients

500g **La Filipina Shell Pasta**, cooked  
250g chicken breast, cubed  
250g spinach  
60g garlic  
100ml cream  
300ml milk  
60g butter  
30g onion, chopped  
salt and pepper to taste

#### Procedure

1. Season chicken with salt and pepper, fry then set aside.
2. Using the same pan, add garlic and spinach.
3. Pour the milk and cream until heated.
4. Transfer mixture into a food processor and pulse until spinach is finely chopped. Add the butter in between pulses.
5. Toss in the sauce to the La Filipina Shell Pasta and chicken.
6. Season with salt & pepper.



*Love the  
Pastabilities!*



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JANUARY-FEBRUARY 2015

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## Cover recipe

### CHICKEN AND ASPARAGUS FETTUCCINE WITH POACHED EGG

Here's a nutritious, flavorful meal that has everything you need: protein, carbohydrates, and vegetables.

**Serves** 3 to 4 **Prep Time** 10 minutes **Cooking Time** 20 minutes

- ✓ 200 grams fettuccine noodles
- ✓ 16 asparagus spears, cut into (1-inch) pieces and tough ends discarded
- ✓ 2 skinless chicken breast fillets
- ✓ 2 tablespoons lemon juice, divided
- ✓ salt and pepper, to taste
- ✓ 1 tablespoon olive oil
- ✓ 8 strips bacon, sliced into 1/2-inch pieces, fat trimmed
- ✓ 2 teaspoons minced garlic
- ✓ 1 (226-gram) tub reduced-fat cream cheese, at room temperature
- ✓ 1/2 cup nonfat milk
- ✓ 1 teaspoon grated lemon zest
- ✓ 4 medium eggs, poached
- ✓ freshly grated Parmesan cheese

**1** Cook fettuccine noodles according to package directions. Reserve some cooking water.

**2** Blanch asparagus in boiling salted water for

about 30 seconds or just until tender but still crisp. Set aside.

**3** Season chicken with 1 tablespoon lemon juice, salt, and pepper. Heat olive oil in a sauté pan. Fry chicken for 3 to 4 minutes per side or until cooked through. Slice into cubes or strips. (You can also grill the chicken for a subtle smoky flavor.) Set aside.

**4** Using the same pan, fry bacon until golden brown. Set aside.

**5** Discard some of the fat from the pan, leaving about 1 tablespoon fat. Sauté garlic over medium heat until fragrant.

**6** Add cream cheese and milk; stir until mixture is smooth. Add a few tablespoons pasta cooking water if sauce is too thick. Add remaining lemon juice and lemon zest. Season to taste with salt and pepper.

**7** Add asparagus spears, chicken, and bacon. Toss in freshly cooked fettuccine noodles. Portion among four serving plates. Top each plate with a poached egg and sprinkle with Parmesan cheese. Serve immediately.



# Get inspired by an **Angel** this New Year!

Welcome 2015 by adding a new twist to your family's favorite desserts using **Angel Kremdensada** – your 2-in-1 dessert partner!

**What is Angel Kremdensada?** It is a 2-in-1 product that combines the creaminess of all-purpose cream and the yummy sweetness of condensed milk.

**Why is it better?** Angel Kremdensada has the right sweetness and is tastier than ordinary cream. It helps you create delicious desserts easier and faster. It's more affordable too!

**How does it work?** Chef Boy Logro suggests that you simply replace your usual cream and condensed milk recipe with Angel Kremdensada.

Make your New Year sweets surprisingly easy and delicious! With **Angel Kremdensada**... life is a celebration of sarap!



## No-Bake Mango Otap Cake

### INGREDIENTS:

- |                |                                    |
|----------------|------------------------------------|
| 1 – 410 ml     | <b>Angel Kremdensada</b> , chilled |
| 1 pack         | otap                               |
| 1 medium-sized | mango, chopped                     |
| 1 medium-sized | mango, sliced for topping          |

### PROCEDURE:

Whip together **Angel Kremdensada** with chopped mangoes. Set aside. In a large plastic container, place a layer of otap on the bottom and cover with cream, repeat until you make 3 layers. Top with sliced mangoes. Place in the refrigerator for at least 3 hours or overnight. Serve chilled.

Makes 5 servings



## Yema Kasuy

### INGREDIENTS:

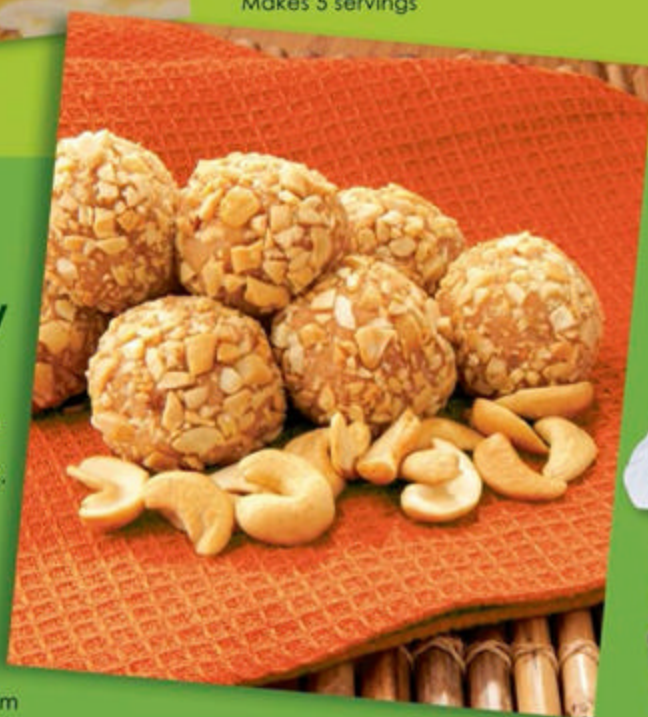
- |           |                              |
|-----------|------------------------------|
| 8 pcs     | egg yolks                    |
| 1 – 410ml | <b>Angel Kremdensada</b>     |
| 1 Tbsp    | butter or margarine          |
| ¼ cup     | toasted cashew nuts, chopped |

Chopped toasted cashew nuts for topping

### PROCEDURE:

In a thick-bottomed pan, combine the egg yolks, **Angel Kremdensada**, butter and ¼ cup chopped toasted cashew nuts. Cook over low to medium heat with constant stirring for about 30 minutes or until very thick. Remove from heat. Allow cooling for about 30 minutes. Scoop half a tablespoon of the yema mixture. Form into a ball and roll in chopped toasted cashew nuts. Store at room temperature.

Makes 24 balls



Tama ang tamis.  
Mas malasa  
kaysa cream!

**Kremdelicious!**



For more



please visit: [www.facebook.com/iloveAngelmilk](http://www.facebook.com/iloveAngelmilk)



## Have a healthy new year!

Ever since I can remember, I was always the chubby little one with the big cheeks, 20 pounds overweight. It didn't help that I loved food even in kindergarten—chocolate birthday cake was my favorite! I'd lose the 20 pounds every so often: in high school when I was into volleyball, in my 20s when my friends and I would play badminton often, and while preparing for my wedding when I'd work out thrice a week and try to eat home-cooked meals as much as possible. But the pounds would always come back when I wasn't careful. I didn't really mind it so much, not until my annual physical exam results showed that I had high cholesterol. I also developed a really bad skin allergy. Things got real: It wasn't just about the weight anymore.

In 2012, a couple of my officemates and I decided to try a calorie-counted meal delivery service. The food was delightful—I actually looked forward to my meals! They had stuff like fettuccine with grilled salmon, sweet tea ribs with lemony mashed potatoes, Chinese fried rice with a poached egg, banana cream pie—all indulgent comfort food, but made super healthy. I was on a 1,200-calorie diet plan, but I was never hungry and never felt deprived of carbs and sweets (unfortunately my two favorite food groups). After about two weeks, the pounds and inches slowly started to melt away. And after two more months, I lost the 20 pounds, and lost them in the healthiest way. I felt great—about the weight, yes, but also because my cholesterol was back to normal and my skin allergies had visibly diminished.



Although the meals were on the pricey side, I didn't mind the price tag at all because the whole experience taught me how to eat healthy. I learned that portion control is the key; you can have a little of everything—yes, even carbs and sweets. If I indulge today, I cut back tomorrow. I learned about what my plate should look like: Vegetables should occupy most of it, and I need to eat at least one piece of fruit every day. I learned that I shouldn't skip breakfast and that eating small, frequent meals is essential in keeping me from bingeing and overdosing on the bad stuff. I learned that healthy food doesn't need to be bland and boring. Some of the best meals I've had were while I was on that diet plan.

And so this new year, I'd like to share everything I've learned with you. *Yummy* staffers Idge Mendiola and Trinkia Gonzales have put together a fantastic guide on page 41 with everything you need to know about cooking and eating healthy. Use it and we promise that you'll look—and feel—better in two weeks. This issue is dedicated to bringing out a healthy new you, and we're here for you every step of the way. Good luck!

**Paulynn Chang Afable**  
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# Yummy Ideas

## BANANA NATION

Take advantage of the country's rich bounty and make some good-for-you chips!

**TO MAKE:** Preheat oven to 175°F and line a baking sheet with parchment paper. Slice 4 medium ripe bananas (*lakatan* variety) lengthwise into 1/4-inch-thick pieces. Lay bananas in a single layer on the prepared baking sheet, leaving a space between each slice. Brush bananas with 2 tablespoons lemon juice. Bake in the preheated oven for 2 to 3 hours or until bananas have dried up. Carefully flip bananas halfway through the cooking time to make sure the slices cook evenly. Make sure to watch over the bananas as they cook—cooking time may vary depending on the thickness of your bananas and the temperature of your oven. Once done, let cool for 30 minutes to 1 hour or until crisp. Melt 1/2 cup chocolate chips in the microwave in 15-second bursts. Add 1/2 teaspoon oil and stir until smooth. Dip banana chips in chocolate and let dry.

**Serves 2 to 3.**

Chocolate-dipped  
banana chips



MORE YUMMY IDEAS }>



## Yummy Ideas

### SALT AND VINEGAR SPINACH CHIPS

All you need is a toaster oven to make these nutritious munchies. Preheat a toaster oven and grease the toaster tray with a thin layer of oil. Combine 1 cup spinach leaves, ½ tablespoon olive oil, ½ tablespoon vinegar, and ½ teaspoon sea salt in a bowl; mix well. Lay spinach in a single layer on the prepared tray, leaving a space between each leaf. Bake for 8 to 12 minutes. Let cool for 5 minutes, or until crisp, before serving. **Serves 1 to 2.**

Popeye's fave



Magic 'shrooms

### PARMESAN-OYSTER MUSHROOM CHIPS

Surprise the kids with cheesy, oh-so-good chips. Preheat oven to 300°F and line a baking sheet with parchment paper. Combine 1 cup sliced oyster mushrooms, 1 tablespoon breadcrumbs, 1 tablespoon grated Parmesan cheese, 2 cloves garlic (minced), and ½ tablespoon olive oil in a bowl; mix until well combined. Lay mushrooms in a single layer on the baking sheet, leaving a space between each slice. Bake in the preheated oven for 45 minutes to 1 hour or until golden brown. Carefully flip mushrooms halfway through the cooking time to make sure they cook evenly. Let cool for 10 to 15 minutes before serving. **Serves 1 to 2.**

Orange you excited?



## CHIP THRILLS

CRAVING FOR THE CRUNCHY STUFF? PREP YOUR OWN BATCH OF FRUIT AND VEGETABLE CRISPS AT HOME.

### CHILI-CHOCOLATE APPLE CHIPS

Apple chips every day keep the doctor away. Ours have a spicy cocoa twist! Preheat oven to 225°F and line a baking sheet with parchment paper. Slice 2 medium Red Delicious apples in half lengthwise. Slice apples crosswise into ⅛-inch-thick half-moons. Lay apples in a single layer on the baking sheet, leaving a space between each slice. Brush apples with 2 tablespoons lemon juice. Bake in the preheated oven for 1 to 1½ hours. Carefully flip apples halfway through the cooking time. Dust with 2 teaspoons cocoa powder, 1 teaspoon sugar, and ½ teaspoon chili powder; continue baking for another 1 to 1½ hours or until crisp. Let cool for 5 to 10 minutes before serving. **Serves 1 to 2.**



An apple a day

### CURRIED CARROT CHIPS

Here's one for the adults! Serve with garlic-yogurt dip for the perfect pairing. Preheat oven to 350°F and line a baking sheet with parchment paper. Peel 2 medium carrots. Hold one end of a carrot and peel thin strips using a vegetable peeler. Combine carrots, ½ teaspoon curry powder, 1 teaspoon olive oil, ½ teaspoon lemon zest, and ¼ teaspoon salt in a bowl; mix until well combined. Lay carrots in a single layer on the prepared baking sheet, leaving a space between each slice. Bake in the preheated oven for 15 to 20 minutes. Carefully flip carrots halfway through the cooking time to make sure they cook evenly. Let cool for 10 to 15 minutes, or until crisp, before serving. **Serves 1 to 2.**

PHOTOGRAPHY: MIGUEL MACLANCENO. RECIPES, FOOD PREPARATION, AND STYLING: IDGE MENDIOLA.



## The TRY-IT TASTE-IT Row



### BRITISH IMPORT

For the folks at Yummy Organics Food Products, it's what's on the inside that counts! They're responsible for bringing premium healthy snacks and drinks from Britain to our shores, like the light and refreshing Clipper Teas, available in different blends you can enjoy morning, noon, and night. Available at Robinsons Supermarket, The Landmark, SM Supermarket, and Puregold.

### CRAZY FOR COCO

There's nothing like refreshing, revitalizing coconut water, and thanks to VitaCoco, even those with the most hectic schedules can drink up any time of the day. It's low in calories but rich in health benefits, and because of electrolyte-rich coconuts, you'll be energized all day long. Available at all leading supermarkets.



### DRINK TO FRESHNESS

Wake up to Tipco 100% Juices by Del Monte and their wide range of refreshing juices. Easily get your fruit and veggie dose with these all-natural, sugar-free, and preservative-free concoctions in flavors like Broccoli, Aloe Vera, Mixed Veggie, Cranberry, Pomegranate, Cherry Berry, Red Grape, and Orange Medley. Mornings have never been more exciting! Available at all leading supermarkets.

Drink  
OF THE MONTH

## CARROT AND APPLE JUICE

HYDRATE WITH THIS NUTRIENT-RICH DRINK. IF YOU PREFER A SMOOTHER BEVERAGE, LINE YOUR STRAINER WITH 2 TO 3 LAYERS OF CHEESECLOTH.

Combine 2 small carrots (diced), 1/2 Gala apple (diced and cored), 1/2 Granny Smith apple (diced and cored), and 1/4 cup water in a blender. Purée until no large chunks remain. Strain into a bowl, then strain again into a glass. **Serves 1.**



## → GREAT GADGET

### JUICER

With the new year comes the desire to detox, and a juicer does the trick. The new Hurom Juicer preserves taste and nutrition thanks to its slow-squeezing technology.

#### ● MEAN GREEN MACHINE

Turn to juicing to get your daily dose of vegetables—it's easier than ever!

Whether you're juicing leafy greens like kale, or veggies like cucumber, you're sure to get a smooth consistency each time.

#### ● FRUITY FREEZE

Juice a bunch of different fruits in one go, then freeze

the mixture in popsicle molds for a simple, tasty dessert option.

#### ● GO NUTTY

Make your own nut milk! Soak nuts in water for four to 12 hours; rinse. Pour nuts and water into the juicer, and whiz away. It's so easy. Pro tip: Try combining different kinds of nuts—pistachio and almond milk is so yummy!



Hurom Juicer  
P19,995, available  
at Rustan's,  
True Value, The  
Landmark, SM  
Homeworld, and  
Gourdo's.



## Yummy Ideas



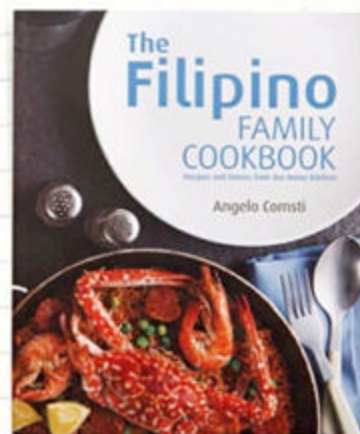
Bookmark it!

## { HappyYolks }

Kelsey Boyte believes that food is a medium for fellowship—"an opportunity to express gratitude to the earth...and one another"—and she showcases this through HappyYolks, a food blog that celebrates the experience of creating wholesome meals and the happiness one feels from creating and ultimately consuming them. Start off the new year by mastering a tasty Vegetarian Pho, trying your hand at a refreshing Grape and Mint Sorbet, or whipping up a hearty Spicy Potato Tarragon Soup. Eating light and healthy doesn't have to be a drag, and Kelsey shows you how in each of her recipes. Visit [www.happyyolks.com](http://www.happyyolks.com).

## BOOKSHELF

WHAT WE'RE  
READING  
THIS MONTH



Family comes first in every Filipino household, and this definitely rings true in **The Filipino Family Cookbook** by Angelo Comsti (P845, National Book Store). The book takes you on a culinary journey where chefs, writers, restaurateurs, and other food lovers from the local culinary scene lovingly share family recipes that have been passed on from generation to generation. It's through their delicious stories that we come to realize the wide reach of Filipino cuisine, and how cherished traditions and family ties still remain close to our hearts.



## Yummy FOOD ADDITION

### Fried Quinoa "Rice"

Here's an alternative to white rice that's best paired with fried, grilled, or steamed dishes!

Cook 1 cup dried quinoa according to package directions (this should yield about 3 cups). Set aside to cool. Beat 2 large eggs in a bowl, season with salt, pour in a greased pan over medium heat, and cook. Slice scrambled eggs into thin strips and set aside. Heat 1 tablespoon

sesame oil in a wok or frying pan over medium heat. Add 1 (200-gram) pack mixed vegetables and cook for 2 to 3 minutes. Add cooled quinoa and mix until heated. Mix in egg strips. Season with ½ (8-gram) pack Maggi Magic Sarap; mix. Turn off heat and serve immediately. **Serves 2 to 3.**



PHOTOGRAPHY: PATRICK MARTINES (BOOKSHELF AND FOOD ADDITION); RECIPE & FOOD PREPARATION: IDGE MENDIOLA; TEXT: REGINE RAFAEL (BOOKSHELF AND BOOKMARK IT).



## Yummy LESSON HOW TO BUILD A SALAD

**THE DILEMMA** You've resolved to eat healthy this year. Problem is, the salads you've been making at home just don't satisfy. How do you elevate a plate of vegetables to something filling and more than the sum of its parts?

**WHAT TO DO** There are five general components to a salad: the base, protein, color, texture, and dressing. The base consists of the salad greens—lettuce, arugula, spinach, or kale, among others. The protein makes your salad heartier and keeps hunger at bay; chicken, steak, eggs, avocados, and tofu are popular choices. Next, you'll want to layer your salad with some color and texture (that also add flavor!). Fruits and vegetables such as apples, carrots, bell peppers, grapes, and cherry tomatoes; cheese; and nuts are all fair game. Pick at least two but don't go overboard to keep your salad healthy. The last component is the dressing, which ties your salad together. Lighter vinaigrettes—think balsamic, honey-mustard, and raspberry—provide bright flavors without all the extra calories creamy dressings have.



## We asked:

WHAT HEALTHY EATING HABITS ARE YOU PLANNING TO PRACTICE IN 2015?

"Because of my busy schedule, my first meal of the day is lunch—I know this can affect my health. This 2015, I plan to eat breakfast every day. I know that it's just a matter of time management—setting aside 10 to 15 minutes shouldn't be too hard. I've already found recipes that I can prepare the night before!"—**John Dominguez**

"My guilty pleasure last year was eating out every weekend. This year, 'cook in' shall be my mantra. It'll be a good way to practice my skills in the kitchen. I'll try to recreate my favorite restaurant dishes at home."—**Dina Vicencio**

"Throughout the whole week, it's usually fried food at home—chicken, pork chops, fish, or eggs. I get tired of them, but they're the easiest to cook. Just recently, I learned about cooking techniques that are both easy and healthy. Steaming is one of them. Next time, I plan to steam my chicken on a bed of spices and herbs. Grilling is another technique I want to try. I'm really excited!"—**Emily Francisco**

"I'm going to eat more fiber-rich fruits and vegetables like cauliflower, broccoli, celery, leafy greens, berries, and oranges. With this diet, I'll have less digestive problems for sure."—**Reggie Fernandez**

"Meetings usually get in the way of a regular meal schedule. Sometimes I'd end up eating only one full meal at around 6 p.m. because I couldn't find time to grab a bite. In 2015, I vow to never skip meals and to eat on time. I'm going to start bringing my own *baon* on the first day of January!"—**Rico Morales**

"Growing up, I was never really a fan of vegetables. You'd have to force me to finish a bowl of sautéed veggies or even buttered corn and carrots. They never appealed to me. But now, I know how important vegetables are in one's diet, and I plan to eat more vegetables this year. I'm starting with salads topped with my favorite grilled meats and fruits."—**Tania Gomez**

**Next question:** WE'RE CELEBRATING OUR 8TH BIRTHDAY! WHAT'S YOUR FAVORITE YUMMY RECIPE OF ALL TIME?

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





## Robinsons Selections

Known as a supermarket powerhouse, Robinsons Supermarket marks a tremendous milestone in the best possible way. The first Robinsons Selections (also the chain's 100th store) is truly exceptional: It has everything you'd find in a typical Robinsons Supermarket—cleanliness, freshness, a good variety of products—yet it still manages to set itself apart. Wide, organized aisles and warm lighting remind you of groceries abroad, while a large selection of specialty items from all over the world will excite your taste buds. Their meats and cheeses are from gourmet deli Epicurious, so you know you've got quality products. They also have a stellar Food To Go counter with choices ranging from Mongolian, shabu-shabu, and healthy ready-made meals with low-fat, diabetic-friendly, and fiber-rich variants whipped up by chefs like Sarsa's JP Anglo. More than just an obligatory stop, Robinsons Selections is a place you'll want to visit and linger in for a while longer.

**Robinsons Selections is at Eight Forbes Town Road, Burgos Circle, Bonifacio Global City, Taguig City.**

There's a lot to love about this Dutch snack. The crispy-crumblly texture and rich goat's cheese flavor of Buiteman Goat's Cheese Biscuits (P129.90) are to die for!

Enjoy fabulous butter cookies from Normandy, France. Pierre Chocolate Chip Butter Cookies (P149.50) are the perfect snack for any time of the day.



Made with semolina flour and Italian herbs, Vintage Italia Pasta Chips (P179.75) lets you enjoy pasta in snack form. In different flavor variants like marinara, garlic olive oil, and more, these chips are ridiculously addictive.



## INGREDIENT SPOTLIGHT

### CORN RICE

Want to lessen your daily white rice intake? Here's an alternative that's nutritious and affordable, but still tastes just like rice! Corn rice (P70 per kilo, SM Supermarket) is made from air-dried corn, shaped into rice granules. It's been noted to have no cholesterol and a low glycemic index, making it ideal for anyone, including diabetics, who wants to live a healthier lifestyle. It's a good natural source of beta-carotene, lutein, and fiber; plus, it's fortified with B vitamins that help strengthen one's immune system. How does it compare to white rice? The texture and taste are very similar to it, and you can cook corn rice just like plain rice. You can even turn it into puffed rice, use it as breading, or add it to soups.



## Kitchen glossary

### Butterfly

To butterfly is to slice food (like shrimp, steak, chicken breast, or pork chop) through the middle without completely separating both halves, letting the meat lie flat. This allows the meat to be cooked evenly and thoroughly without it drying out.



# Yummy Shopping



## OSTER MY BLEND PERSONAL BLENDER

**Must-  
buy!**

## Shake it up

Whip up a  
smoothie then  
sip on the go!

**GREAT GADGET** A personal blender is perfect for making healthy shakes. Compared to traditional blenders, this nifty machine is easier on the pocket, requires less kitchen counter space, and makes cleanup a breeze.

**CARRY ON** Want a strawberry-banana smoothie before hitting the gym? Oster's blender doubles as a convenient solo tumbler. So really, all you've got to do is fill, blend, and go!

Oster My Blend Personal Blender (P1,739) is available at Coleman stores in Glorietta 2, Robinsons Galleria, and Alabang Town Center.

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



# A wholesome pantry

Make eating healthy your top priority. Stock your shelves with these supermarket finds!



## HEALTHY MIX

Made with nuts, seeds, dried fruits, and rolled and toasted flakes, this mix contains only naturally occurring sugars. **Dorset Cereals Muesli**, P269, Rustan's Supermarket



## START 'EM YOUNG

Swap out your kids' chocolate milk with more nutritious soy milk. They won't be able to tell the difference! **Silk Chocolate Soy Milk**, P50, Robinsons Supermarket



## SANS THE GUILT

Serve chilled Greek yogurt with fresh fruits for a dessert that tastes good and is better on the belly! **Pascual Creamy Delight Greek Style**, P36.75, Marketplace by Rustan's



## BERRY GOOD

Spruce up your salad with this delicious mix of concord grapes and organic berries (including açai and goji). **Bragg Organic Bragberry Dressing and Marinade**, P264.50, Rustan's Supermarket



## COCO LOCO

Made from 100 percent coconut sap nectar, coco sugar is a great alternative to any sweetener. Use it as a 1:1 sugar substitute for baked goods, too. **Coco Natura Coco Sugar**, P120, Rustan's Supermarket



## FULL OF FIBER

Try fiber-rich wholemeal the next time you make your favorite pasta dish. New to this noodle? Try our recipe on page 29.

**San Remo Wholemeal Spaghetti**, P85, The Landmark

## PLANT A SEED

Flax seeds are rich in antioxidants, iron, and fiber. Mix them into muffins and shakes, and add them to pizza crusts and casseroles!

**Arrowhead Mills Organic Flax Seeds**, P221.50, SM Supermarket



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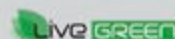
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# Going nuts

Stock up on the crunchy stuff. They're tasty *and* pack a powerful nutritious punch!

Rich in protein, vitamins, minerals, and unsaturated fat, **HAZELNUTS** have a distinct taste that makes them a favorite ingredient for pastries and sweet confections. Hazelnuts and chocolate make for a flavor match made in heaven—think Nutella which is immensely popular the world over.

Indigenous to Australia, **MACADAMIAS** have a light, crunchy texture and a pleasantly sweet taste, making them a delicious snack on their own. Like other nuts, they're loaded with antioxidants, B-complex vitamins, and essential minerals like magnesium, calcium, and selenium.

**ALMONDS** are the seeds of a tree from the Middle East and South Asia. They help reduce the risk of heart attack, lower bad cholesterol, and nourish the nervous system. They come whole, or can be slivered or ground into flour. They're the star ingredient in popular pastries like French macaroons, Italian amaretti, and Chinese almond biscuits.

A member of the cashew family, **PISTACHIOS** are a nutrition powerhouse: They contain two carotenoids, not often found in nuts, which help lower the risk of developing age-related eye degeneration. They're often eaten whole, roasted, and salted, and are widely used in making pistachio ice cream, pistachio paste, and in pastries like biscotti and baklava.

**PECANS** are rich in vitamin E, thiamin, manganese, and copper. With a natural buttery and slightly salty-sweet flavor, they go well with caramel and chocolate. They're delicious in pies, pancakes, breads, and other sweet confections.



PHOTOGRAPHY: PATRICK MARTINES. TEXT AND STYLING: RACHELLE SANDOS.





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# Ito ang recipe ng mga **STAR!**

## **STAR® Bangus Belly**

### **Ingredients:**

- 1 kilo bangus belly
- juice of 1/2 lime or 2 calamansi
- 2 tsps light soy sauce
- 3 tbsp STAR® MARGARINE CLASSIC
- 4 tsps olive oil
- ground black pepper
- 1 clove garlic, crushed

### **For the dipping sauce:**

- 1/4 cup vinegar
- 1/2 pc red onion, chopped
- 1/2 tsp sea salt
- 1 tsp sugar
- 1 pc sili labuyo

### **Procedure:**

- Season the bangus with lime or calamansi, light soy sauce, 2 tsps. of olive oil and a pinch of black pepper.
  - Grill bangus and brush with STAR® MARGARINE while grilling. Cook until fish is done. Brush with more melted margarine if desired.
  - To make dipping sauce: Mix all of the ingredients together and serve as a dipping sauce for the bangus.
- Serves 3-4.



## **STAR® Bibingcups**

### **Ingredients:**

- 1 pack MAGNOLIA PANCAKE PLUS MAPLE
- 3/4 cup coconut cream
- 1-pack 250g STAR® LINAM-HAM, chopped and rendered (save oil)
- banana leaf
- 1 tub STAR® MARGARINE CLASSIC

### **Procedure:**

- In a bowl, combine pancake mix and coconut cream. Mix until smooth. Add half of the ham bits and slightly mix.
  - Brush puto molds lined with banana leaves with STAR® MARGARINE CLASSIC. Pour pancake mix in each mold and top with ham bits.
  - Cook in oven toaster for at least 10 minutes or until done. Serve warm and top with more STAR® MARGARINE CLASSIC.
- Makes 8 -10 pcs







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# Everyday Recipes

## Puttanesca

Club Punta Fuego's recipes, like this traditional Italian favorite, are a cinch to make! Want to make this dish healthier? Serve it with whole-wheat noodles instead.

**Serves** 3 to 4 **Prep Time** 5 minutes

**Cooking Time** 25 minutes

- ✓ 1 tablespoon olive oil
- ✓ 2 to 3 cloves garlic, chopped finely
- ✓ 3 anchovy fillets, chopped finely
- ✓ ¼ teaspoon drained capers, rinsed
- ✓ 1 (400-gram) can diced tomatoes
- ✓ ½ cup pitted black olives, sliced
- ✓ 1 tablespoon finely chopped fresh oregano
- ✓ 400 grams penne pasta, cooked according to package directions
- ✓ ½ cup grated Parmesan cheese

**1** Heat oil in a large saucepan over medium heat. Add garlic, anchovies, and capers. Cook, stirring occasionally, for 5 minutes.

**2** Add diced tomatoes, olives, and oregano; bring to a boil. Reduce heat

to low and simmer for 15 minutes or until sauce has slightly thickened, mixing occasionally.

**3** Add cooked pasta and toss to combine. Portion among plates and sprinkle with Parmesan cheese.

FAMILY  
FAVORITE







20 MINUTES  
OR LESS



## Grilled Tanigue with Garden Fresh Salad

For a clean, wholesome lunch, pair grilled fish with fresh greens. Not a fan of *tanigue*?

*Lapu-lapu*, salmon, tuna, or dory works just as well.

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

**Time** 7 to 8 minutes

### FOR THE GRILLED TANIGUE

- ✓ 2 (100-gram) pieces *tanigue*
- ✓ juice from half a lemon
- ✓ salt and pepper, to taste
- ✓ ½ teaspoon minced garlic
- ✓ 1 tablespoon olive oil, plus more for oiling grill
- ✓ finely chopped fresh parsley for garnish

### FOR THE GARDEN FRESH SALAD

- ✓ ½ cup lollo rosso lettuce, torn into bite-sized pieces

- ✓ ½ cup romaine lettuce, torn into bite-sized pieces
- ✓ ½ cup iceberg lettuce, torn into bite-sized pieces
- ✓ 1 small red onion, sliced into thin strips
- ✓ ½ small cucumber, sliced into thin strips
- ✓ ½ small carrot, sliced into thin strips
- ✓ 1 small red bell pepper, sliced into thin strips
- ✓ 1 small green bell pepper, sliced into thin strips
- ✓ ½ cup canned corn kernels

### FOR THE VINAIGRETTE

- ✓ 6 tablespoons olive oil

- ✓ 2 tablespoons balsamic vinegar
- ✓ salt and pepper, to taste

**1** Season both sides of *tanigue* with lemon juice, salt, pepper, garlic, and olive oil.

**2** Oil and preheat a grill pan over medium-high heat. Grill fish for 7 to 8 minutes, flipping once using a spatula. Remove from grill and set aside.

**3** Prepare the salad: Combine all ingredients in a bowl. Set aside.

**4** Make the vinaigrette: Place oil and vinegar in a medium bowl and whisk until combined. Season with salt and pepper.

**5** Garnish grilled fish with parsley and serve with salad and vinaigrette on the side.





B.Y.O. BAON

## Chicken Salad Sandwich

Love the classic sandwich but want a lighter version? Swap out regular mayonnaise for low-fat mayo, use whole-wheat bread, and load your sandwich with vegetables.

**Serves** 3 to 4 **Prep Time** 10 to 15 minutes

**Cooking Time** 20 to 25 minutes

- ✓ 1½ cups low-fat mayonnaise
- ✓ 1 cup boiled and shredded chicken
- ✓ ¼ cup minced carrots
- ✓ ¾ tablespoon minced celery
- ✓ ½ tablespoon finely chopped white onion
- ✓ ½ tablespoon finely chopped pickle relish
- ✓ ¾ tablespoon diced green bell pepper
- ✓ ¾ tablespoon diced red bell pepper
- ✓ salt and pepper, to taste
- ✓ 6 to 8 slices whole-wheat bread, toasted
- ✓ 9 to 12 fresh asparagus spears, boiled

**1** Combine mayonnaise, chicken, carrots, celery, onion, pickle relish, and bell peppers in a medium bowl; mix well. Season with salt and pepper. Set aside.

**2** Spread chicken salad on a slice of bread. Top with 3 asparagus spears and cover with another slice of bread. Repeat with remaining ingredients.

**3** Slice each sandwich into 2 triangles and serve immediately.







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# Whirlpool

*just like family*





The Knorr logo is located in the top left corner, featuring the brand name in a red script font on a white banner with green and yellow wavy borders.

# Smoking Hot Recipes for Your Resto

Sizzling dishes make dining out even more memorable and exciting. Diners love the mouthwatering aroma and the addicting taste of sizzling dishes, made possible by Knorr Liquid Seasoning. It enhances the natural flavors of your ingredients to give the dish that signature Filipino taste. And making a sizzling hit is as easy as one, two, three! Take a classic dish, cook it with Knorr Liquid Seasoning, and serve it on a sizzling plate. Try it now and watch your diners line up for it!



## Sizzling Liempo Sisig

### Ingredients

#### For the inihaw na liempo:

- 90 ml **Knorr Liquid Seasoning**
- 10 g **Knorr Sinigang sa Sampalok**
- 15 g white sugar
- 60 g garlic, minced
- 1 kg liempo, sliced

#### For the dressing

- 250 g **Lady's Choice Real Mayonnaise**
- 60 ml **Knorr Liquid Seasoning**
- 90 g pork liver, grilled and finely chopped or ground
- 3 g black pepper, freshly ground

#### For the assembly

- 1 kg inihaw na liempo, prepared
- 300 g dressing, prepared
- 300 g white onion, chopped
- 20 g finger chili, sliced

### Procedure

1. Combine all ingredients for the marinade. Marinate pork liempo for 6 to 24 hours.
2. Grill until cooked through. Rest for about 5 minutes. Cut into small cubes. Set aside.
3. Combine all dressing ingredients until well blended.
4. Mix together inihaw na liempo, dressing, white onion and finger chili in a bowl. Optional to serve with calamansi and red chili.

Total yield/ servings: **12**  
Serving size: **80 g**  
Preparation time: **10 minutes**  
Cooking time: **15 minutes**





## Sizzling Bulalo Steak

### Ingredients

#### For the bulalo

- 1 kg bulalo
- 80 g onion
- 2 pcs bay leaf
- 3 g peppercorn
- 30 g **Knorr Beef Broth**
- 1.5 L water

#### For the garlic gravy:

- 60 ml oil
- 30 g garlic, minced
- 300 ml water
- 50 g **Knorr Gravy Mix**, dissolved in 200 mL water
- 20 ml **Knorr Liquid Seasoning**
- 5 g sugar
- 10 g butter
- 60 ml cream

### Procedure

1. Simmer bulalo in a pot of water with onion, bay leaf, and peppercorn until fork tender.
2. To make the garlic gravy, heat oil in a pan.
3. Saute garlic until fragrant.
4. Add water and dissolved Knorr Gravy Mix.
5. Add Knorr Liquid Seasoning and sugar.
6. Finish with butter and cream.
7. Place a nudge of butter onto a sizzling plate. Place simmered bulalo and top with prepared garlic gravy. Season with Knorr Liquid Seasoning to finish.



Total yield/ servings: **4**  
Serving size: **300 g**  
Preparation time: **60 minutes**  
Cooking time: **20 minutes**



Total yield/ servings: **2**  
Serving size: **250 g**  
Preparation time: **10 minutes**  
Cooking time: **10 minutes**

## Sizzling Gambas

### Ingredients

#### For the prawns

- 90 ml olive oil
- 90 g garlic, minced
- 5 g smoked paprika
- 1 g dried chili flakes, crushed
- 30 ml banana ketchup
- 120 ml **Knorr Liquid Seasoning**
- 1 kg prawns, deveined

#### For the dish

- 120 ml olive oil
- 120 g onion, cut into quarters
- 15 g finger chili, sliced
- 60 g red bell pepper, cut into cubes
- Marinated prawns
- 30 g butter
- 5 g spring onions, chopped

### Procedure

#### For the prawns

1. Combine olive oil, garlic, smoked paprika, dried chili flakes, banana ketchup and Knorr Liquid Seasoning in a bowl until well mixed.
2. Marinate prawns in the mixture for 5 minutes. Set aside.

#### For the dish

1. Heat oil in a pan.
2. Saute onion, finger chili, red bell pepper and green bell pepper until fragrant.
3. Pour in the marinated prawns and saute for 3 - 5 minutes until prawns are cooked through.
4. Turn off the heat. Add a nudge of butter for a more flavorful and creamier sauce.
5. Pour the dish into a heated sizzling plate. Garnish with chopped spring onions. Serve immediately.



Sisig, the most popular Filipino sizzling dish, originated from Pampanga. It is now widely enjoyed in Filipino communities everywhere in the world, and is great made with **Knorr Liquid Seasoning**.

**Get a free sizzling starter kit!** Visit [ufs.com/sizzling](https://ufs.com/sizzling) for more details.







## Family Kitchen

BY JOEY DE LARRAZABAL-BLANCO

### About the columnist

Joey de Larrazabal-Blanco started cooking in earnest out of absolute necessity—a continent away from home with no one to feed her. She then promptly and totally flung herself into a one-woman love affair with food—procuring it, preparing it, and ultimately, consuming it. She carries no credentials except for her passion and is firm in her belief that anyone can learn to cook. She recounts her own gastronomic exploits in her blog, [8obreakfasts.blogspot.com](http://8obreakfasts.blogspot.com).

✦ I've always said, when life hands you lemons, stick them in your San Pellegrino! In fact, that very phrase is on the masthead of my blog, highlighting the importance of making the best of less-than-ideal situations. It's a reminder to try to find the bright side in life, or better yet, actually work at making your very own bright side.

There are times, though, when life throws us something from left field that blindsides us. It's during those times that we set aside the "sparkling water with a twist of lemon" and turn to something more substantial. And by substantial I don't mean costly or complicated. Often, it's the simplest things that comfort us: a tight hug, soft blankets, or warm chicken soup.

This is a basic, honest-to-goodness, non-glamorous, homespun chicken and vegetable soup. It's so easy to make; it's a hearty (yet light) one-pot meal that doesn't require extraordinary efforts. It's also packed with nutrition—and with so much

color (orange, yellow, and green!). It's great for kids because one bowl has everything they need: protein, vegetables, and starch. I love making a steaming pot of it for my children—it makes me feel maternal, nurturing, and competent, like I've made something good and pure for them.

This soup is also exactly what you need when trying to detoxify from holiday overindulgence. The bright vegetables, tender chicken, and flavorful broth help to recalibrate one's body—and spirit—after one too many Christmas parties.

And of course, as mentioned, it's perfect for lifting your spirits, even just a little, when you are feeling down. Hopefully, after a warm bowl of this (and perhaps a hot shower), things will start looking brighter. You can dust yourself off and realize that it's a new year and there is so very much to be thankful for.

From the bottom of my heart, from my kitchen to yours, I wish you a year of new hopes and new beginnings!





# CHICKEN AND VEGETABLE SOUP

**Serves 4 Prep Time** 10 minutes

**Cooking Time** 50 minutes to 1 hour

- ✓ 3 chicken leg quarters
- ✓ 1 to 2 white onions, quartered
- ✓ 2 cloves garlic, peeled and smashed but left whole
- ✓ 6 cups water
- ✓ 1 to 2 teaspoons sea salt
- ✓ freshly cracked black pepper, to taste
- ✓ 2 carrots (about 250 grams), peeled and cubed
- ✓ 2 medium potatoes (about 250 grams), peeled and cubed
- ✓ 1 (250-gram) squash, peeled and chopped
- ✓ 120 grams green beans, cut into roughly the same size as the carrot cubes

**1** Place chicken, onions, garlic, and water in a pot. Bring to a boil. Skim off any scum that

forms on the surface. Lower heat and simmer. Add salt and pepper; continue simmering for 10 minutes.

**2** Add carrots and potatoes; simmer for 10 minutes.

**3** Add squash; simmer for 10 minutes.

**4** Add green beans; simmer for 10 minutes.

**5** Check and adjust seasoning, adding more salt if necessary. Check doneness of chicken and vegetables. They should be tender, but the vegetables shouldn't be mushy. Cook for a few more minutes, if needed.

**6** Once done, remove pot from heat and place chicken on a plate. Using a fork and knife, remove meat from bones in fat shreds. Return chicken meat to the pot. Serve hot.

## TIP

YOU CAN TRY EXPERIMENTING WITH DIFFERENT TYPES OF VEGETABLES FOR THIS SOUP. USE WHAT YOU HAVE ON HAND: BROCCOLI, PEAS, CORN, OR EVEN UNUSUAL INGREDIENTS LIKE ZUCCHINI BLOSSOMS.







## Hey, Home Baker!

BY AILEEN ANASTACIO

### 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).

★ Happy New Year to all! This year, I promised myself that I would make healthier dessert choices. I'm not totally giving up the sweet stuff, but I want to be more conscious of what I put in my body.

This recipe is a healthy take on the popular chocolate revel bar. It has oats (a good source of fiber) and bananas (a great source of potassium), making this treat the better choice compared to brownies and other bars. In my opinion, it's also yummier! Why? It has an oatmeal cookie dough base, a gooey banana center, and a delightful crunch on top. This mix of textures makes it extra interesting.

These bars are also great for

breakfast if you're craving for something sweet in the morning. Plus, being able to stash them in zip-top bags and carry them around when you're on the go is the best!

Don't worry, the procedure is fairly easy to follow. An electric mixer can speed up prep time, but you can make it manually using just a bowl and a wooden spoon. These bars also keep well—just store in an airtight container at room temperature for about four days or in the refrigerator if you want to make them last longer. I love to toast the squares to warm them up a bit, then pair them with Earl Grey tea (my favorite!)—now that's a real treat for me.





## BANANA OAT BARS

**Makes** 24 (2x2-inch) bars **Prep Time** 15 minutes

**Baking Time** 30 to 35 minutes

- ✓ 1 cup butter, cubed, plus extra for greasing pan
- ✓ 1⅓ cups brown sugar
- ✓ 2 large eggs
- ✓ 1 teaspoon vanilla extract
- ✓ 2½ cups all-purpose flour
- ✓ 3 cups quick-cooking rolled oats
- ✓ 1 teaspoon baking soda
- ✓ 1 cup condensed milk
- ✓ 2 cups sliced bananas (*lakatan* variety)
- ✓ ½ cup walnuts, chopped

**1** Preheat oven to 350°F. Lightly grease an 8x12-inch pan with butter.

**2** In the bowl of an electric mixer fitted with the paddle attachment, beat together butter and brown sugar on low speed.

**3** Add eggs one at a time, then add vanilla extract.

**4** In a separate bowl, combine flour, oats, and baking soda; mix well. Gradually add flour mixture to the butter mixture. Mix until a soft dough forms.

**5** Reserve 1 cup of dough and spoon remaining dough into the prepared pan. Spread and pat dough evenly. Sprinkle a little flour over the dough if it gets too sticky to handle.

**6** Pour condensed milk over the batter. Top with sliced bananas then sprinkle chopped walnuts evenly on top.

**7** Using your hands, take pieces of the remaining dough and distribute them evenly on top.

**8** Bake in the preheated oven for 30 to 35 minutes or until edges are brown and center feels firm. Let cool completely in pan. Cut into 2x2-inch squares before serving.



**TIP**  
LOVE PEANUT BUTTER AND BANANAS? YOU CAN SWAP OUT THE CONDENSED MILK FOR CREAMY PEANUT BUTTER.



2



3



7





## Chef at Home

BY JUN JUN DE GUZMAN

★ Food can be wonderfully unpredictable at times—you might come across a simple, common dish and delightfully find it prepared in an unconventional, yet delicious way. A good example is my Tofu with Yakiniku Sauce.

We all live fast-paced lives these days, and we can learn a thing or two from the Japanese. Even their cooking methods are super efficient! This dish is inspired by them. It's quick, easy, but no less tasty. The yakiniku sauce, a sweet and flavorful barbecue sauce, is an exciting addition to regular tofu, amping up its flavor. The sauce can be prepared ahead of time—using quality ingredients, of course, which are now readily available in most groceries. Pan-fry the tofu for less than a minute per side, just until brown. Any longer and it will absorb all the oil and end up soggy. Toss in the sauce while the tofu is hot for the perfect sizzling dish. It's great as an appetizer paired with a refreshing cocktail or a cold glass of beer. Try it!

### 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 in San Juan. In his spare time, he loves traveling around the world with his family, having recently visited Spain and Austria. These days, Chef Jun Jun is busy teaching culinary students at CACS branches in Cavite, Davao, and Subic, as well as doing consultancy for resorts in Boracay and Siargao. Follow Chef Jun Jun on Instagram at @chefielise.



## TOFU WITH YAKINIKU SAUCE

**Serves 4 Prep Time** 15 minutes

**Cooking Time** 20 minutes

### FOR THE YAKINIKU SAUCE

- ✓ 1/4 teaspoon ginger powder
- ✓ 2 tablespoons sake
- ✓ 2 tablespoons mirin
- ✓ 1/4 cup light soy sauce (we used Kikkoman)
- ✓ 2 tablespoons sugar
- ✓ 2 teaspoons honey
- ✓ 1 teaspoon chili sauce
- ✓ 1/2 cup plus 2 tablespoons canola oil, divided
- ✓ 1 (350-gram) pack firm tofu (tokwa), cubed
- ✓ 1 1/2 tablespoons minced garlic
- ✓ 1 onion, sliced

- ✓ 4 to 5 cilantro leaves (wansoy), washed and dried, for garnish
- ✓ 1 bird's eye chili (*siling labuyo*), sliced thinly, for garnish

**1** Make the yakiniku sauce: Combine all ingredients in a saucepan over medium-low heat. Let cook until sugar is melted. Set aside to cool.

**2** Heat 1/2 cup canola oil in a frying pan over medium heat. Fry tofu cubes. Drain on a paper towel-lined plate; set aside.

**3** Heat remaining oil in a pan over medium heat. Sauté garlic and onions until onions are translucent. Add tofu and yakiniku sauce; mix well. Serve immediately and garnish with cilantro leaves and chili.





## Biz Whiz

BY SHARLENE TAN

♦ I love cooking pasta, but, as part of my healthy-eating plan, I've recently chosen to have it only when whole-wheat pasta is used. It didn't take long for me to get used to its nutty and grainy texture, as I've always loved whole grains. I also always think about its nutritional benefits versus plain white pasta. Not only is the whole-wheat kind high in fiber, it also has more vitamins and keeps you feeling full longer, hence lowering your overall calorie consumption for the day.

This is the perfect recipe to try at home after all the rich dishes we had during the holidays. For food biz owners, it's also a good idea to launch a post-holiday healthy menu during the first few months of the year. With this recipe, I hope to give you a little inspiration for your lineup. For those in the diet meal delivery service business, add this low-cost, easy-to-make dish to your weekly menu cycle. I promise it'll be a hit.

### About the columnist

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

# WATERCRESS AND MOZZARELLA WHOLE-WHEAT PASTA

**Serves** 2 to 3 **Prep Time** 8 minutes

**Cooking Time** 12 minutes

- ✓ 300 grams whole-wheat spaghetti
- ✓ 4 cloves garlic, minced
- ✓ 1/2 cup olive oil
- ✓ 1 cup cherry tomatoes, halved
- ✓ 1 cup watercress (available at wet markets and some supermarkets), trimmed
- ✓ 1/4 cup fresh basil leaves, torn
- ✓ 1/2 cup fresh mozzarellini or mozzarella balls (available at Rustan's, S&R, and Santis)
- ✓ salt and pepper, to taste
- ✓ 1/4 cup extra virgin olive oil

**1** Cook whole-wheat spaghetti in a pot of salted boiling water according to package directions.

**2** Meanwhile, sauté minced garlic in olive oil until fragrant. Add cherry tomatoes and cook until the juices are released; transfer to a large mixing bowl.

**3** Drain cooked spaghetti, setting aside some cooking water in case your pasta dish gets too dry. Immediately add spaghetti to the tomato mixture.

**4** Add watercress, basil, and mozzarella; toss everything together while the pasta is hot. Add a little pasta water, if needed. The heat from the pasta will cook the watercress and warm the mozzarella. Season with salt and pepper to taste. Drizzle with extra virgin olive oil.

**5** Transfer pasta to individual bowls and serve hot.







## Around the World

BY SARI JORGE

✦ To start 2015 right, inspire your family to eat healthily and heartily all year round. Make it your New Year's resolution to start a collection of nutritious recipes, and put this Baked Salmon in Pesto-Cream Sauce recipe on the list!

This dish is quite easy to make—you can prepare it in less than 30 minutes. This means you can whip it up for your kids as *baon* before they go to school in the morning or for guests who show up at your doorstep unexpectedly. All you have to do is place the salmon on a nonstick baking sheet or pan and wait for it to cook. Paired with the pesto-cream sauce, it becomes one rich, creamy, flavor-packed dish which I guarantee will be a hit. Young and old alike love this dish: Kids can't get enough of the melted cheese flavor, while adults welcome the lightness of the salmon.

This year, don't be afraid to cook something new and mix things up at least once a week. Don't forget—we're here to help you every step of the way!

### 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.



## BAKED SALMON IN PESTO-CREAM SAUCE

**Serves** 4 to 6 **Prep Time** 30 minutes, plus marinating time **Cooking Time** 15 to 20 minutes

- ✓ 500 grams salmon fillet (skin and bones removed)
- ✓ salt and pepper, to taste
- ✓ 2 tablespoons lemon juice
- ✓ 1/3 cup cream cheese, softened
- ✓ 1 1/2 cups mayonnaise (more if cut of salmon is wider)
- ✓ 1/4 cup grated cheddar cheese
- ✓ 1/2 cup grated Parmesan cheese for topping

### FOR THE PESTO SAUCE

- ✓ 1 cup fresh basil leaves
- ✓ 1 1/2 tablespoons chopped garlic
- ✓ 1/4 cup olive oil

### FOR THE BUTTERED MARBLE POTATOES

- ✓ 300 grams marble potatoes
- ✓ 1/4 cup butter
- ✓ 1 tablespoon rosemary
- ✓ salt and pepper, to taste

**1** Rub salmon fillet with salt and pepper, then sprinkle with lemon juice. Marinate, covered, in the refrigerator for about 10 minutes.

**2** Meanwhile, prepare the pesto sauce: Place all ingredients in a blender and purée. Set aside.

**3** Combine cream cheese, mayonnaise, and cheddar cheese in a mixing bowl. Add pesto sauce; mix.

**4** Preheat oven or broiler to 390°F. Place salmon on a baking dish and top with pesto-cream cheese mixture. Sprinkle with Parmesan cheese and broil for about 15 to 20 minutes.

**5** Meanwhile, prepare the marble potatoes: Boil potatoes until tender; drain. Slice potatoes in half. Melt butter on a skillet. Add potatoes and sauté for 5 minutes. Mix in rosemary. Season with salt and pepper.

**6** Serve baked salmon immediately with buttered marble potatoes.



## A HEALTHY START

Kick-start your day with a wholesome, satisfying **breakfast**. Try these classic dishes—we've given them a healthy boost!



PHOTOGRAPHY: MIGUEL MACIANCENO. RECIPES & FOOD STYLING: SHARLENE TAN. PROP STYLING: RACHELLE SANTOS.

RECIPES THIS WAY }>





## MONDAY

### SPINACH, MUSHROOM, AND KESONG PUTI CRUSTLESS QUICHE

**Spinach and mushrooms pack this tasty dish with vitamins A, D, E, and K, minerals, and omega-3. Play with flavors and textures by using different kinds of mushrooms.**

**Serves** 6 to 8 **Prep Time** 15 minutes **Cooking Time** 25 to 30 minutes

- ✓ 2 tablespoons olive oil, divided
- ✓ 1 cup fresh button mushrooms, sliced thinly
- ✓ 1 cup fresh spinach leaves, blanched in salted water and chopped
- ✓ 8 medium eggs
- ✓ 1 cup fresh milk
- ✓ 1/4 cup grated Parmesan cheese
- ✓ 1 teaspoon garlic powder
- ✓ 1/2 teaspoon salt
- ✓ 1/2 teaspoon pepper
- ✓ 1/2 cup *kesong puti*, cubed

- 1** Preheat oven to 350°F and grease a 9-inch pie plate or glass baking dish with 1 teaspoon olive oil.
- 2** Heat remaining olive oil in a frying pan. Sauté mushrooms; season to taste with salt and pepper. Drain mushrooms from juices.
- 3** Arrange half of the mushrooms on the bottom of the prepared dish. Top with half of the blanched spinach. Repeat to make another layer.
- 4** Whisk together eggs, milk, Parmesan cheese, garlic powder, salt, and pepper. Pour mixture over spinach and mushrooms. Top with *kesong puti* cubes.
- 5** Bake in the preheated oven for 25 to 30 minutes or until the center is moist yet firm. Slice into wedges before serving.

## TUESDAY

### CINNAMON APPLE AND ALMOND BREAKFAST QUINOA

**Packed with fiber and protein, quinoa is truly a super grain! Try this warm, comforting pudding—it'll fuel you through the day.**

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

- ✓ 1 1/2 cups apple juice
- ✓ 1/2 cup water
- ✓ 1 tablespoon brown sugar
- ✓ 2 teaspoons ground cinnamon, plus more for sprinkling
- ✓ 1/2 teaspoon salt
- ✓ 1 cup dry quinoa, rinsed well
- ✓ 1/4 cup golden raisins
- ✓ 3 cups almond milk, warmed

- ✓ 1 green apple, diced
- ✓ 1/2 cup toasted almonds, sliced

- 1** Combine apple juice, water, sugar, cinnamon, and salt in a small saucepan over high heat. Bring to a boil.
- 2** Lower heat and add quinoa. Cover and cook for 10 to 15 minutes until quinoa absorbs the liquid and becomes fluffy. Add raisins; stir.
- 3** Portion quinoa-raisin mixture among individual bowls. Pour in almond milk then top with apples and almonds. Sprinkle with cinnamon. Serve warm.





# WEDNESDAY

## LONGGANISA BREAKFAST SANDWICH

Here's our healthy take on the fast-food favorite. It's the perfect breakfast when you're on the go!

**Serves 6** Prep Time 15 minutes **Cooking Time** 15 minutes

### FOR THE GARLIC MAYONNAISE

- ✓ 1/2 cup light mayonnaise
- ✓ 2 teaspoons grated or minced garlic
- ✓ 1 teaspoon lemon juice
- ✓ salt and pepper, to taste

### FOR THE LONGGANISA PATTY

- ✓ 1/2 kilo lean ground pork
- ✓ 1/4 cup brown sugar
- ✓ 3 tablespoons minced garlic
- ✓ 2 tablespoons Worcestershire sauce
- ✓ 2 tablespoons cane vinegar
- ✓ 1 tablespoon liquid seasoning
- ✓ 1/2 teaspoon salt
- ✓ 1/2 teaspoon black pepper

- ✓ canola oil for frying
- ✓ 6 whole-wheat English muffins, halved
- ✓ 6 slices low-fat American cheese
- ✓ 6 eggs, fried sunny side up (you can use an egg ring, if desired)

**1** Make the garlic mayonnaise: Mix together mayonnaise, garlic, and lemon juice.

Season to taste with salt and pepper. Set aside in the refrigerator until ready to use.

**2** Make the *longganisa* patty: Combine all ingredients in a bowl and mix with your hands. Chill for a few minutes then form into 6 patties.

**3** Heat a nonstick pan with 1 teaspoon canola oil. Pan-fry patties in batches for 4 to 5 minutes per side or until brown and cooked through; add more oil if needed.

**4** Meanwhile, heat whole-wheat muffins in a toaster until lightly golden. Spread a teaspoon of garlic mayonnaise on the bottom half of a muffin. Top with a *longganisa* patty, a cheese slice, and a fried egg. Cover with the top muffin half. Repeat to make a total of 6 sandwiches.



SUB IT! YOU CAN USE LEAN GROUND CHICKEN INSTEAD OF PORK FOR THE PATTY, AND WHOLE-WHEAT PANDESAL IN PLACE OF ENGLISH MUFFINS.



# THURSDAY

## BALSAMIC HONEY-GLAZED TUYO WITH GARLIC RED RICE AND AVOCADO-TOMATO SALSA

Pair salty-sweet *tuyo* with a duo of healthy sides for a nutrition-packed meal that will satisfy big appetites!

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

### FOR THE AVOCADO-TOMATO SALSA

- ✓ 1½ cups cherry tomatoes, halved
- ✓ 1 ripe avocado, cubed
- ✓ 1 red onion, chopped
- ✓ juice from 2 limes
- ✓ 2 tablespoons chopped fresh cilantro
- ✓ 2 tablespoons extra virgin olive oil

### FOR THE HONEY-GLAZED TUYO

- ✓ ½ cup honey
- ✓ 1½ tablespoons balsamic vinegar
- ✓ 1 piece bird's eye chili (*siling labuyo*), sliced
- ✓ 1 (230-gram) bottle *tuyo* fillets in oil, drained

### FOR THE GARLIC RED RICE

- ✓ 3 tablespoons olive oil
- ✓ 1 head garlic, chopped
- ✓ 400 grams red rice, cooked according to package directions and cooled
- ✓ salt, to taste

- ✓ 4 to 5 fried eggs, to serve (optional)

**1** Make the avocado-tomato salsa: Mix all ingredients together. Set aside in the refrigerator for 25 to 30 minutes to allow the flavors to develop.

**2** Make the honey-glazed *tuyo*: Combine honey, balsamic vinegar, and chili in a saucepan. Simmer until slightly thickened. Add *tuyo* fillets and coat well with the glaze. Set aside.

**3** Make the garlic red rice: Heat oil in a wok or frying pan. Sauté garlic until fragrant and light brown. Add red rice and season with salt. Toss to mix.

**4** Serve *tuyo* fillets with garlic red rice, salsa, and fried eggs on the side.





## WHOLE-WHEAT BUTTERMILK PANCAKES WITH MIXED BERRY MAPLE SYRUP

**Greet the day with a stack of fluffy pancakes. Add protein, fiber, calcium, and iron to your diet by swapping out regular flour for the whole-wheat variety.**

**Makes** 10 to 12 pancakes **Prep Time** 10 minutes **Cooking Time** 25 minutes

### FOR THE MIXED BERRY MAPLE SYRUP

- ✓ 1 cup frozen strawberries
- ✓  $\frac{2}{3}$  cup canned blueberry pie filling
- ✓ 2 cups maple syrup

### FOR THE WHIPPED BUTTER

- ✓  $\frac{1}{4}$  cup unsalted butter
- ✓  $\frac{1}{4}$  cup heavy cream

### FOR THE WHOLE-WHEAT BUTTERMILK PANCAKES

- ✓  $\frac{1}{2}$  cups whole-wheat flour
- ✓  $\frac{1}{2}$  cup rolled oats

- ✓  $\frac{1}{2}$  teaspoon baking powder
- ✓  $\frac{1}{4}$  teaspoon baking soda
- ✓  $\frac{1}{4}$  cup brown sugar
- ✓  $\frac{1}{2}$  teaspoon salt
- ✓  $\frac{1}{2}$  cups buttermilk or  $\frac{1}{4}$  cup buttermilk powder mixed in  $\frac{1}{2}$  cups water
- ✓ whites from 2 medium eggs, beaten
- ✓ 1 medium egg
- ✓ 1 tablespoon olive oil
- ✓ cooking spray or butter for cooking

- ✓ fresh strawberries, sliced, for garnish
- ✓ mint leaves for garnish (optional)

**1** Make the mixed berry maple syrup: Combine strawberries, blueberry pie filling, and maple syrup in a small saucepan. Cook until mixture thickens. Set aside to cool.

**2** Make the whipped butter: In the bowl of an electric mixer fitted with the paddle attachment, cream butter until light and

fluffy, about 2 to 3 minutes. Add cream and mix until well combined. Store in the refrigerator until ready to use.

**3** Make the pancakes: Combine dry ingredients in a large bowl.

**4** Mix together buttermilk, egg whites, egg, and olive oil in a separate bowl. Add buttermilk mixture to the dry ingredients. Stir until just combined.

**5** Coat a nonstick pan with cooking spray or 1 teaspoon butter. Pour  $\frac{1}{4}$  to  $\frac{1}{3}$  cup batter into the pan; cook for 3 minutes or until bubbles appear on the surface. Flip pancakes and cook the other side for another 3 to 4 minutes. Repeat with remaining batter.

**6** To assemble, stack 2 to 3 pancakes on a plate. Place a dollop of whipped butter on top or on the side. Top with mixed berry maple syrup; garnish with fresh strawberries and mint leaves, if desired.





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## Dinner for two

This February, stay in, dress—and cook!—to impress, and have the sweetest weekend yet.

### THE MENU

Surf and Turf

Cream of Asparagus Soup

Panna Cotta with Strawberry Sauce

PHOTOGRAPHY: MIGUEL MACIANCENO. RECIPES & FOOD PREPARATION: ALIEN ANASTACIO OF MARMALADE KITCHEN. STYLING: TRINKA GONZALES. CERAMIC PLATES COURTESY OF CORNERSTONE POTTERY FARM. LINENS COURTESY OF FABRIC BAR BY WEAVES OF ASIA.

RECIPES THIS WAY ➔



## SURF AND TURF

How do you elevate juicy grilled steaks and fresh prawns? Just add some salsa verde for a dose of bright flavor!

**Serves 2** **Prep Time** 15 minutes **Cooking Time** 8 to 12 minutes

### FOR THE SALSA VERDE

- ✓ 2 tablespoons chopped fresh tarragon
- ✓ 1 tablespoon chopped fresh parsley
- ✓ 1 tablespoon chopped fresh oregano
- ✓ 1 tablespoon chopped fresh basil
- ✓ 1 tablespoon lemon zest
- ✓ 2 tablespoons lemon juice
- ✓ 1/3 cup extra virgin olive oil
- ✓ 1/4 teaspoon salt
- ✓ 1/8 teaspoon pepper

- ✓ 2 (200- to 250-gram) rib eye steaks
- ✓ 6 large prawns, trimmed and butterflied
- ✓ salt and pepper, to taste
- ✓ 1 cup side salad, to serve (optional)

**1** Make the salsa verde: Combine all ingredients in a small bowl; mix well to combine. Adjust seasoning as needed. Store in an airtight container; chill. Remove from refrigerator 30 minutes before using.

**2** Place steaks and prawns on a tray. Season with salt and pepper.

**3** Preheat a grill or a grill pan over medium heat. Cook steaks, undisturbed, for 2 minutes. Lift the steaks, rotate slightly, and lower back to the pan to create grill marks. Cook for another 1 to 2 minutes. Turn steaks over and cook for another 2 minutes for medium doneness. Place on a chopping board and let rest for 1 to 2 minutes before serving.

**4** Meanwhile, grill prawns over high heat, meat side down. Cook until pink, about 3 minutes. Turn prawns over and cook for another 1 to 2 minutes.

**5** To serve, portion steaks and prawns between 2 plates. Spread salsa verde on the prawns and serve with a side salad, if desired.





## CREAM OF ASPARAGUS SOUP

**Fresh asparagus lends its delicate flavor to this silky smooth, comforting soup.**

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

- ✓ 3 tablespoons unsalted butter, cubed
- ✓ 1/4 cup diced white onion
- ✓ 1 1/2 cups chopped fresh asparagus
- ✓ 3 tablespoons all-purpose flour
- ✓ 2 cups chicken stock
- ✓ 1/3 cup fresh milk
- ✓ salt and pepper, to taste
- ✓ 2 tablespoons heavy cream
- ✓ croutons and blanched asparagus for garnish

**1** Melt butter in a heavy pot over medium heat. Add onions

and cook until translucent. Cook asparagus pieces without letting them brown, about 5 to 7 minutes.

**2** Add flour and stir. Add stock and bring to a gentle simmer. Simmer until vegetables are very tender, about 10 minutes.  
**3** Remove from heat and skim off scum that forms on top. Transfer mixture to a food processor. Purée until smooth and creamy.

**4** Transfer soup back to the pot over medium heat, and whisk in milk; do not allow to boil. Season to taste with salt and pepper.

**5** Right before serving, heat soup and mix in heavy cream; portion between 2 bowls. Top with croutons and asparagus.

## PANNA COTTA WITH STRAWBERRY SAUCE

**Top velvety vanilla panna cotta with a sweet-tart strawberry sauce to end the meal on the sweetest note.**

**Makes** 2 (4-ounce) ramekins  
**Prep Time** 10 minutes, plus chilling time  
**Cooking Time** 10 minutes

- ✓ 1/3 cup milk
- ✓ 3/4 cup heavy cream
- ✓ 1 1/4 teaspoons unflavored gelatin
- ✓ 2 1/2 tablespoons sugar
- ✓ 1/4 teaspoon vanilla extract

### FOR THE STRAWBERRY SAUCE

- ✓ 1/2 cup fresh strawberries, sliced and hulled, plus extra for garnish
- ✓ 2 tablespoons warm water
- ✓ 2 tablespoons sugar, plus more if needed

**1** Combine milk and cream in a medium saucepan. Sprinkle

gelatin and sugar over mixture; let bloom for 5 minutes. Stir over low heat until gelatin and sugar dissolve. Do not allow mixture to boil. Stir in vanilla extract and remove from heat.  
**2** Strain panna cotta mixture into a bowl and let cool to room temperature.

**3** Divide panna cotta between 2 ramekins and let set in the refrigerator for at least 3 hours or overnight for best results.

**4** Make the strawberry sauce: Place all ingredients in a blender and blend until smooth. Adjust sweetness by adding more sugar, as needed. Chill until ready to use.

**5** To serve, warm sides of the ramekins using a warm towel; allow panna cotta to soften. Place a plate on top of a ramekin; flip over to transfer panna cotta to the plate. Top with strawberry sauce and sliced strawberries.







# Preparing a yummy meal is easier than you think.

If you're a novice in the kitchen, this book is meant for you, to walk you through the basics of cooking. You'll learn about the tools of the trade, pantry essentials, basic cooking techniques, and kitchen hacks.

## GET THEM EXCITED TO COME HOME TO #OUFT!

It's 5pm. Everyone's asking about skipping dinner at home. What's a mom to do?

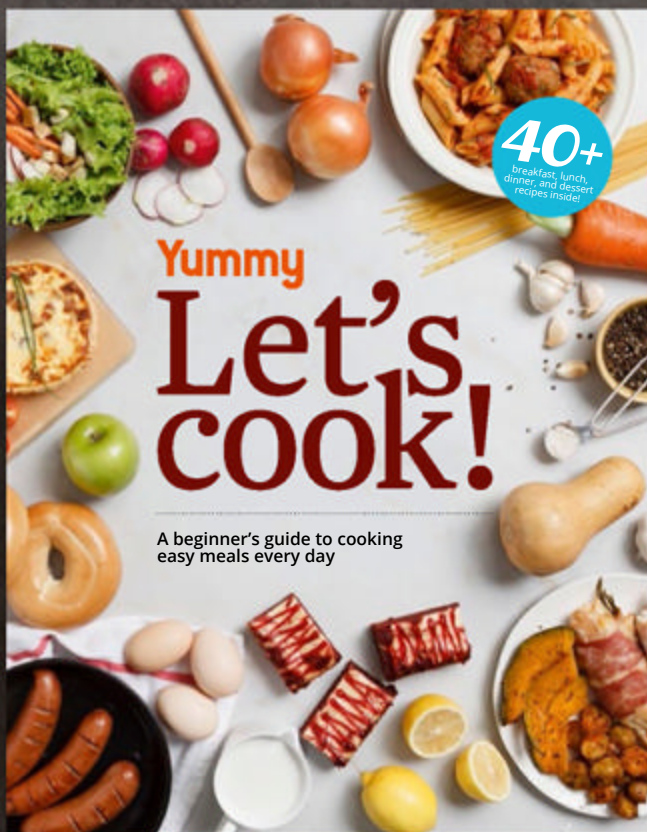
For me, I post #OUFT to get my family to come home for dinner. It makes my husband brave the terrible traffic after work just to get home soonest. It makes my son rush back to our house instead of playing video games with his buddies. It makes my daughter choose to stay home with us instead of joining another slumber party.

There's just no better way to get a family all eager to dash back home than to give them something exciting to come home to.

So what's #OUFT? It's none other than *Our Ulam For Tonight!* It's every dish my family craves for made yummiest with NESTLÉ ALL PURPOSE CREAM. Picture the usual Bistek now made creamier. A salty yet tangy sauce complements every bite of the tender beef. Imagine the all-time favorite Adobo now made fuller in flavor. A richer sauce blends ever so perfectly with the sour and savory taste we've always loved.

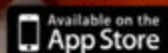
Got some ideas for your family's #OUFT? Cook 'em now with NESTLÉ ALL PURPOSE CREAM! Get more recipes for your next #OUFT at [www.facebook.com/NestleCreamPH](http://www.facebook.com/NestleCreamPH) and make your family say, "ang sarap umiwal!" Or better yet, share with us your own pictures of your #OUFT creations! Happy cooking "Our Ulam For Tonight!"

ASC Ref. No. NESTPOR1014N



Available in bookstores and on newsstands nationwide for P275.

For a digital copy, log on to [summitnewsstand.com.ph](http://summitnewsstand.com.ph) or download the Buqo app, available on iOS and Android.





# A NEW YOU

An A-to-Z guide  
to healthy eating  
and cooking

PRODUCED BY Trinkia Gonzales  
and Idge Mendiola  
PHOTOGRAPHY BY Patrick Martires  
and Miguel Nacianceno  
FOOD STYLING BY Sharlene Tan



## Avocados

Did you know that avocados are an amazing source of protein? Plus, if you're looking for a healthy source of fat, this rich fruit with a buttery texture is the way to go. Overall, they're good for your heart, health, and your pantry!

## Books

Read up on healthy cooking and add more good-for-you recipes to your daily menu. Here are some of our favorite reads:



Organized into different healthy cooking methods, the book offers over 150 options—from appetizers to desserts—for anyone who wants to do more with their greens. **Plenty More** by Yotam Ottolenghi, P1,399, Fully Booked

Want to know what you can do with fruits, grains, legumes, nuts, seeds, and other healthy ingredients? Take inspiration from this tome, with wisdom shared by America's top chefs. **The Vegetarian Bible** by Karen Page, P1,685, National Book Store

Everyone's going Paleo these days. What's it all about? Read up on what you can eat "without going crazy" in this book. **Part-Time Paleo** by Leanne Ely, P755, National Book Store

## CALORIE COUNTING

**Each individual has his ideal daily calorie intake** based on age, gender, and physical activity. Counting calories can serve as a guide, but you shouldn't be obsessed with it. Nadine Tengco, US-certified fitness nutritionist and weight loss coach to stars like Anne Curtis and Georgina Wilson, shares: "It's better to look at it this way: Quality, quantity, and frequency. What, how much, and when you eat [are what you should watch out for]."

# DIET PLAN

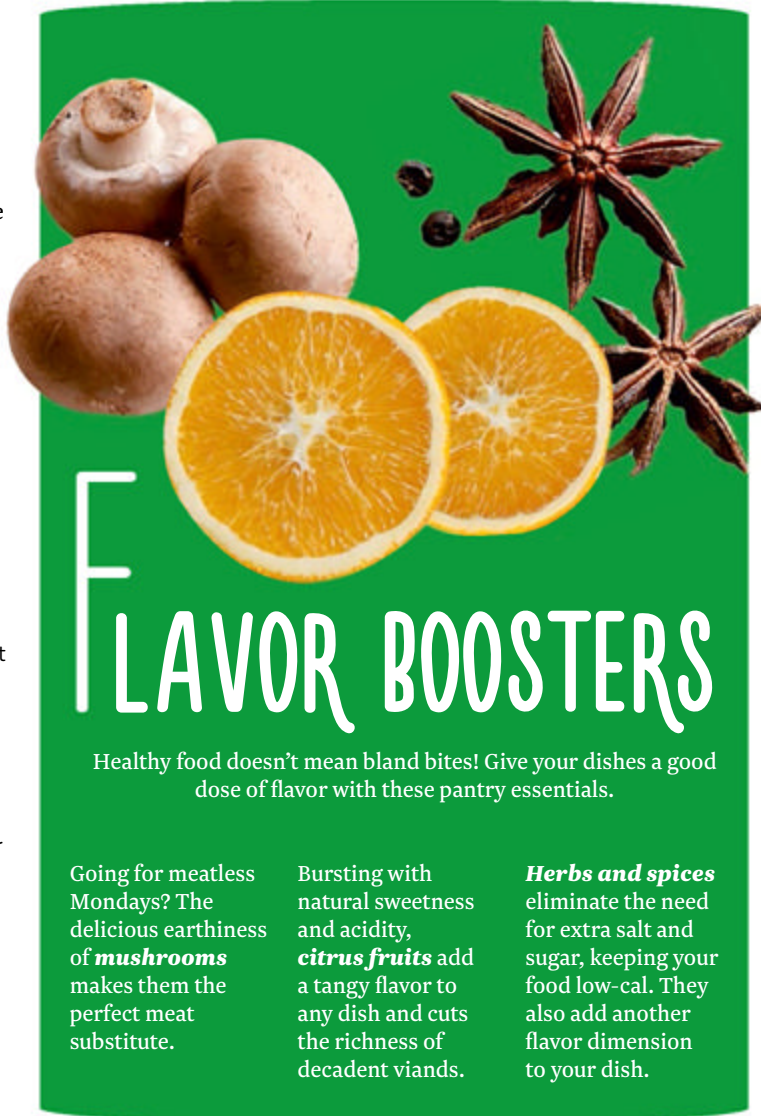
Start the journey to a healthy new you with our calorie-counted seven-day meal plan on page 48.



## Eat's all good!

What to do when you need to dine out while watching your weight

- 1 Skip the sugary drinks. Whether it's a cocktail or an iced tea, these sips tend to be unnecessary calorie bombs.
- 2 You don't need that bread basket! Have a light, healthy snack before heading out to keep you from overeating.
- 3 Sharing is caring! Ask one of your dining companions to split an entrée with you.
- 4 It's okay to ask your waiter about how the food is prepared. Knowing what ingredients are in the dishes, or what kind of oil it's fried in, can make a world of difference in your calorie consumption.
- 5 Chew slowly and put your fork down after each bite—it takes your brain 20 minutes to realize you're full.



Going for meatless Mondays? The delicious earthiness of **mushrooms** makes them the perfect meat substitute.

Bursting with natural sweetness and acidity, **citrus fruits** add a tangy flavor to any dish and cuts the richness of decadent viands.

**Herbs and spices** eliminate the need for extra salt and sugar, keeping your food low-cal. They also add another flavor dimension to your dish.



## Go, grow, glow

Make sure these food groups are present in each meal.

**GO Foods** are usually high in carbohydrates. They contain B vitamins and provide energy to power you through the entire day. Think rice, bread, pasta, and potatoes. They should occupy one-fourth of your dinner plate.

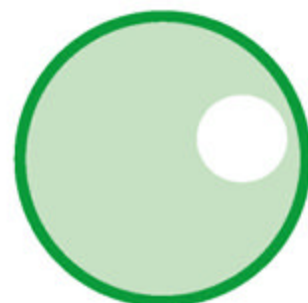
**GROW Foods** are rich in protein, calcium, and iron. They help build stronger bones and muscles, and aid in keeping the blood healthy. Examples are meat, fish, eggs, milk, cheese, and yogurt, which should fill a fourth of your dish.

**GLOW Foods** improve the health of your skin, and give you shiny hair and sparkling eyes. Foods in this group (fruits and green, leafy vegetables) are rich in potassium and vitamins C and E, and should make up half of your meal.



Swap out regular table sugar for these natural sweeteners.

**Honey**      **Stevia**  
**Agave Nectar**  
**Molasses**      **Maple Syrup**



## INGREDIENT CHECK

Before adding it to your grocery cart, make sure the first five ingredients on the label are recognizable—stay away from hydrogenated oils, high-fructose corn syrup, nitrate and nitrite, aspartame, and potassium bromate.



## Time to juice!

Research shows that eating up to seven servings of fruit and vegetables a day can have a significant impact on your lifespan. If you're not fond of eating greens, juicing and blending are great ways to get the recommended daily dose. Start with these quick recipes.



### FLU FIGHTER

Juice 1  
(1- to 3-inch)  
piece ginger  
(scrubbed

clean), 2 cups pineapple chunks, 2 oranges (peeled), and 2 cups papaya chunks. Stir in  $\frac{1}{4}$  cup water. *Makes 3 cups.*



### SKIN TONIC

Juice 1  
(2-inch) piece  
fresh turmeric  
(scrubbed

clean), 1 medium beet (peeled and sliced into chunks), 2 cups loosely packed chopped parsley, 1 large cucumber, and 1 Fuji apple. Stir in 2 tablespoons calamansi juice. *Makes  $2\frac{1}{2}$  cups.*



### GOOD-FOR-YOU STRAWBERRY MILKSHAKE

Combine 1 cup fresh strawberries, 2 frozen bananas (sliced into chunks), 1 cup cold soy milk, and 1 cup roughly chopped *pechay* in a blender and blend until smooth. *Makes 3 cups.*



Say bye-bye to plastic and use bamboo straws instead! (P75 for 12, G Stuff Rockwell)

## Lunch out!

Make wise restaurant choices. Here are a few tips:

**1** Avoid buffets and all-you-can-eat places.

**2** Know what you want even before you get there—check out the restaurant's menu on websites like Zomato and Munchpunch.

**3** Check out these spots that champion healthy eating:

- Hillside Café (Quezon City)
- Juju Eats (our review is on page 76)
- Kitchen 1B (Makati)
- Kitchen 56 (Makati)
- The Wholesome Table (Bonifacio Global City)

# MMMUNCHIES

Toss out fatty chips and sugary cookies, and reach for these healthy snacks.

### NORI POPCORN

Popcorn is packed with fiber and antioxidants. For a flavor boost, add nori strips or baked kale chips to plain popcorn.



### YOGURT, GRAPES, AND HONEY

Change it up by freezing the grapes beforehand or by using different fruit combinations.

### MUESLI OR GRANOLA

They're great any time of the day. Make your own to ensure it's high in fiber and low in sugar and fat. Log on to Yummy.ph for recipes.





# NUTS ABOUT YOU

Looking to sharpen your nut knowledge? Turn to page 16. Here are three ideas you can try.

## NUT BUTTER

Roast a handful of nuts then whiz in a food processor until smooth and creamy.

## NUT MILK

Soak raw nuts in water. Drain, rinse, and grind with clean water in a food

processor or blender; strain nut milk using cheesecloth or a nut milk bag.

## DARK CHOCOLATE BARK

Combine nuts with some dark chocolate for an indulgent—and healthy—treat. Turn to page 84 for the recipe.

## Don't panic, it's organic!

“Organic” refers to the way farmers grow and process produce—without pesticides, artificial fertilizers, or artificial flavorings, so you're sure that what you're consuming is all-natural and chemical free.

P

## Pantry check

Want to stock up on wholesome staples? Put these on your grocery list.



## Q&A WITH NUTRITIONIST NADINE TENGCO

### What are your five pantry staples?

I can't live without lemons, lemongrass, ginger, turmeric, and superfoods like spirulina and chia seeds. I love putting lemon in my water and making turmeric rice. I sprinkle chia seeds on almost everything.

### What is “healthy” for you?

It really boils down to how you feel. If you have a body you feel good in, a body that you're confident in, and you're able to move every day, then you're doing great.

### What are your top tips for those who are trying to manage their weight?

Don't stress yourself out—stress makes you fat! Get enough sleep, and make sure you're eating the right kinds of food, those that give you the nutrients your body really needs.



## READING LABELS

“When evaluating nutrition information, make sure to check the serving size first. The calorie count indicated is usually for one serving, and not for the entire pack. The numbers can be quite deceiving if you don't pay close attention.”—NT



## Superfoods

Get acquainted with these grocery finds, then start cooking and reap their amazing health benefits!



### 1 Garbanzos

Contains the same amount of calcium as a cup of milk; rich in protein and fiber; also gluten-free

### 2 Red beans

High in fiber and folate (promoting cardiovascular health) and protein, and helps stabilize blood sugar levels

### 3 Barley

High in soluble fiber (helps metabolize fats and carbs, and lowers cholesterol levels) and insoluble fiber (promotes digestive health and reduces the risk of colon cancer)

### 4 Lentils

Rich in iron, phosphorus, calcium, and vitamins A and B

### 5 Quinoa

Contains all essential amino acids and has more protein than any other grain

### 6 Flax seeds

Aids in digestion and is rich in calcium, iron, niacin, vitamin E, and omega-3 fatty acids

### 7 Chia seeds

Contains eight times more omega-3 than salmon, six times more calcium than milk, and three times more iron than spinach

**TIME:**  
2.5 TO 3  
HOURS

The ideal interval between meals to keep glucose levels and your metabolic rate steady. Eating six to eight small meals a day keeps hunger at bay and prevents you from bingeing.

## All About U

We tend to overlook typical health concerns, thinking, "It'll never happen to me." Don't settle on this mindset. Here are a few quick tips to prevent disease from striking.

### Diabetes

Load up on foods with vitamin C (like strawberries, oranges, and broccoli) and sprinkle some spices on your food (like cinnamon and cloves) to help prevent inflammation associated with diabetes.

### Cholesterol

Dietary fiber found in beans and fruits, and omega-3 present in foods like salmon and sardines help lower bad cholesterol levels, contributing to overall cardiovascular health.

### Hypertension

Load up on potassium-rich foods like potatoes and treat yourself to dark chocolate (make sure it's at least 70% cocoa)—they aid in lowering blood pressure levels.

### Indigestion

To prevent uncomfortable stomach pains, turn to yogurt or kefir which is packed with tummy-friendly probiotics that help keep your digestive tract healthy.

### Insomnia

Relaxation is key to getting some sleep. Tart cherries are the perfect solution. They possess anti-inflammatory properties and are high in melatonin, a naturally occurring hormone that helps you get the shut-eye you need.

A **vegetarian** is someone who does not eat any type of animal meat, often for health benefits or for religious reasons.

V.

A **vegan**, on the other hand, also believes in the lifestyle of treating animals humanely. They do not eat meat and any animal products (including milk, eggs, butter, and honey), and avoid using products that have been tested on animals or are made from animal by-products (like wool, leather, and fur).



# WEIGHT MANAGEMENT WISDOM

from healthy-eating advocate  
**Erwan Heussaff**

**1** Take note: “Food addictions are real and they start at a very young age. Make sure your kids are eating wholesome foods—stay away from junk and foods with added sugar.”

**2** Remember: “Schedule your workouts and never cancel them. Your health and fitness are just as important as your work.”

**3** Think about it: “If I came up to you on the street and told you to eat something you didn’t understand, you’d tell me to get lost, right? So why is highly processed food a regular part of your diet?”



## Fact or fiction?

**MYTH: A carb-free diet is the best way to lose weight.**

Cutting out carbohydrates from your meals results in dropping pounds from water and not from fat. Go low-carb (not no-carb!) and limit your intake of digestible carbohydrates to 40 grams per day.

**TRUTH: Sugar-free and diet sodas are not healthier options.**

Diet drinks are full of synthetic chemicals (artificial sweeteners, preservatives, phosphoric acid, synthetic caffeine) which may have an adverse effect on health,

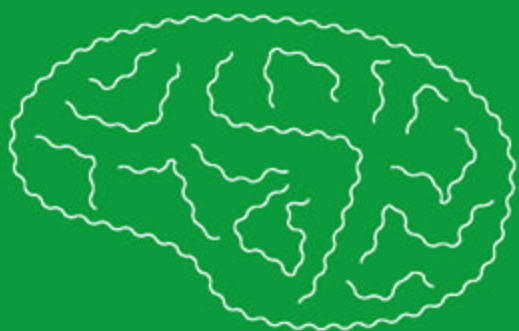
increasing the risk of heart disease, diabetes, and stroke.

**MYTH: Vegetarians don’t get enough nutrients from their diet.**

If your vegetarian diet is balanced and high in raw fruits and vegetables, you’ll still consume an adequate amount of the most essential nutrients.

**MYTH: Going gluten-free is beneficial to everyone.**

Most people don’t reap remarkable benefits from going gluten-free and, if unguided, may even gain weight and develop nutrient deficiencies.



## FOUNTAIN OF YOUTH

Avoid dreaded “senior moments” by keeping your brain sharp. Load up on foods rich in the following:

**Anthocyanins** are the bright plant pigments responsible for the dark blue or purple hues of foods like blueberries, cherries, eggplants, and black rice. They help promote new nerve connections associated with healthy cognitive function.

**Vitamin E** is an antioxidant found in avocados, oils, nuts, and seeds. Research shows that the intake of vitamin E from foods can lower the risk of developing Alzheimer’s disease by up to 67 percent.

Foods rich in the antioxidants **flavonoids** (including apples, onions, and citrus fruits) and **carotenoids** (like carrots, sweet potatoes, and squash) shield brain cells from damage and fight off premature skin aging.

Experts believe **omega-3s** are necessary for the transmission of signals between brain cells. Get your fill of this essential brain booster from fish (salmon, sardines, mackerel, and halibut are the best sources), walnuts, almonds, flax seeds, and grass-fed beef.



## ZINC+ OTHER MINERALS

Vitamins and minerals are essential to your health. Without them, your body can’t function properly. Log on to [Yummy.ph](http://Yummy.ph) to know what you should be getting from a balanced diet—and when it’s okay to pop the supplements.



*The one-week  
calorie-counted*

# DIET PLAN

Nutritionist-to-the stars Nadine Tengco and dietitian Michelle Miranda's menu plan follows The Divided Plate philosophy. Half of your meal should be composed of vegetables, one-fourth should be protein, and the last fourth should be grains. By following this calorie-counted diet and making sure you're eating real, whole foods, you'll find that you'll lose more than just pounds—you'll banish belly bloat and actually lose inches.



WHAT SHOULD YOU HAVE FOR BREAKFAST? CHOOSE FROM ANY OF OUR HEALTHY RECIPES ON PAGE 31. DON'T FORGET TO GET A MORNING AND AN AFTERNOON SNACK IN, EACH WITH ABOUT 100 CALORIES. TRY FRESH FRUIT, NUTS, OR YOGURT. FOLLOWING THIS PLAN PROVIDES 1,200 TO 1,500 CALORIES PER DAY, IDEAL IF YOU'D LIKE TO LOSE WEIGHT.



# DAY ONE



TO MAKE TURMERIC RICE, COMBINE 1 CUP UNCOOKED BROWN RICE,  $\frac{1}{8}$  TEASPOON GROUND TURMERIC, AND  $1\frac{1}{2}$  TO 2 CUPS WATER IN A POT. BOIL, UNCOVERED. COVER, LOWER HEAT, AND SIMMER FOR 20 MINUTES. TURN OFF HEAT; LET REST IN THE COVERED POT FOR 10 MINUTES.

## SESAME SPINACH

Heat 1 tablespoon sesame oil in a pan and sauté 4 cloves garlic (crushed) for 1 minute. Add 8 cups spinach leaves, salt, pepper, and 2 teaspoons light soy sauce or coco aminos (available in Rustan's Supermarket). Sauté for another minute, or until spinach is wilted. Serve immediately. **Serves 4.**

## CAULIFLOWER RICE DELUXE

Steam 240 grams cauliflower until tender (do not overcook). Transfer to a food processor and pulse until texture is similar to rice. Combine cauliflower and 2 cups cooked turmeric rice (see tip) in a bowl; toss to mix well. **Serves 4.**

**Lunch**  
**543**  
CALORIES

## SEARED SALMON WITH MANGO SALSA

Make the salsa: Combine 1 medium ripe mango (cubed), 120 grams cucumber (cubed), 2 green onions (chopped), 2 tablespoons chopped cilantro, salt, and pepper. Cover and let sit for 30 minutes to allow flavors to meld. Meanwhile, season 4 (150-gram, 1-inch-thick) salmon steaks with salt; let stand for 5 minutes. Pat fish dry with paper towels. Heat 1 tablespoon canola oil (per steak) in a pan over medium heat. Place fish in the pan. Cook for 5 minutes, then season with salt and pepper. Flip over to cook the other side, about 20 to 30 seconds. Transfer fish to serving plates. Spoon mango salsa on the side, and garnish with cilantro sprigs and lemon wedges, if desired. Serve with Sesame Spinach and Cauliflower Rice Deluxe. **Serves 4.**

**Dinner**  
**400**  
CALORIES

## CHICKEN SHAWARMA

Make the chicken marinade: Combine  $\frac{1}{2}$  cup plain yogurt, 1 clove garlic (chopped finely),  $\frac{1}{8}$  teaspoon pepper,  $\frac{1}{8}$  teaspoon fine sea salt,  $\frac{1}{2}$  teaspoon allspice, and 1 tablespoon lemon juice in a bowl; mix well. Marinate 300 grams boneless, skinless chicken breast pieces (sliced into  $3 \times \frac{1}{2}$ -inch strips) for at least 2 hours. Heat 1 teaspoon canola oil in a pan. Sauté chicken for 10 to 12 minutes, or until done. Divide into 4 portions; set aside. Make the vegetable filling: Combine 80 grams cucumber (peeled, seeded, and sliced thinly), 40 grams tomatoes (seeded and sliced thinly), 5 grams finely chopped parsley,  $\frac{1}{8}$  teaspoon paprika,  $\frac{1}{8}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon lemon zest in a bowl. Divide into 4 portions; set aside. Assemble the wraps: Spoon 1 portion chicken and vegetable filling onto the center of a 6-inch tortilla (heated). Drizzle 1 portion Mango Mayogurt Garlic Sauce (see tip) on top and fold over both sides of the tortilla. Secure with a toothpick or wrap shawarma in foil. Repeat to make 4 wraps. **Serves 2.**



TO MAKE MANGO MAYOGURT GARLIC SAUCE, PURÉE  $1\frac{1}{2}$  TABLESPOONS PURÉED MANGO, 2 TABLESPOONS LOW-FAT MAYONNAISE, 1 TABLESPOON YOGURT,  $\frac{1}{2}$  TABLESPOON LOW-FAT CRUNCHY PEANUT BUTTER, 1 SMALL CLOVE GARLIC, AND 1 TABLESPOON PSYLLIUM FIBER (AVAILABLE IN SUPERMARKETS) IN A FOOD PROCESSOR OR BLENDER.





# DAY TWO



**Lunch**  
**401**  
CALORIES

## SNEAKY BURGER

Mix 1 egg (beaten), 100 grams celery (chopped finely), 100 grams carrots (chopped finely), 60 grams onions (chopped finely), 250 grams lean ground chicken, 250 grams ground pork,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon white or black pepper in a large bowl; mix until well combined. Divide equally into 6 portions and form into patties. Grill or pan-fry patties until cooked. Make the Mayote Sauce: Combine  $\frac{1}{4}$  cup boiled and puréed sayote and  $\frac{1}{4}$  cup light mayonnaise; set aside. Assemble the burgers: Spread Mayote Sauce on the bottom half of a bun. Top with a patty, 1 tomato slice, 3 onion rings, and lettuce. Cover with top half of the bun. Repeat with remaining ingredients. **Serves 6.**

**Dinner**  
**520**  
CALORIES

## MEXICAN "CHORIZO" RICE

Make the "chorizo": Combine 150 grams ground chicken breast, 90 grams ground pork *kasim* or *pigue*, 2 teaspoons Homemade Browning Sauce,  $1\frac{1}{2}$  teaspoons Fuego Spice Mix, and  $\frac{1}{4}$  teaspoon sea salt in a bowl; knead and mix well. Heat  $1\frac{1}{2}$  teaspoons canola oil and sauté meat, breaking it into small pieces as it browns. Using a slotted spoon, transfer meat to a bowl. Discard fat. Make the Yogurt-Sour Cream Sauce: Whisk together 2 tablespoons plain yogurt, 1 tablespoon sour cream, and 2 tablespoons soy milk in a bowl until smooth and creamy. Set aside. Prepare the rice: Heat  $1\frac{1}{2}$  teaspoons canola oil in a nonstick wok over high heat. Sauté 2 cloves garlic (chopped finely) and 50 grams red onion (chopped) until translucent. Lower heat and add 75 grams tomatoes (chopped); stir-fry for about 1 minute. Add 112 grams drained garbanzos; stir-fry for 1 minute. Add 50 grams green bell pepper (sliced into matchsticks) and 50 grams red bell pepper (sliced into matchsticks). Add  $1\frac{1}{2}$  cups Yellow Basmati Rice (see tip),  $\frac{1}{8}$  teaspoon cumin, and  $\frac{1}{8}$  teaspoon sea salt; stir-fry for 1 minute. Turn off heat and mix in 3 grams fresh cilantro (sliced thinly). Serve with "chorizo" and top with Yogurt-Sour Cream Sauce. **Serves 2.**

## HOMEMADE BROWNING SAUCE

Combine 2 tablespoons low-sodium soy sauce, 1 tablespoon cider vinegar,  $\frac{1}{4}$  teaspoon garlic powder,  $\frac{1}{4}$  teaspoon onion powder, and 1 tablespoon coco sugar in a small bowl.

## FUEGO SPICE MIX

Combine 2 teaspoons ground paprika, 1 teaspoon chili powder,  $\frac{1}{2}$  teaspoon ground cumin,  $\frac{1}{4}$  teaspoon cayenne pepper,  $\frac{1}{8}$  teaspoon ground ginger,  $\frac{1}{16}$  teaspoon ground cinnamon,  $\frac{1}{16}$  teaspoon ground cloves,  $\frac{1}{4}$  teaspoon garlic powder, and 1 teaspoon ground flax seeds.

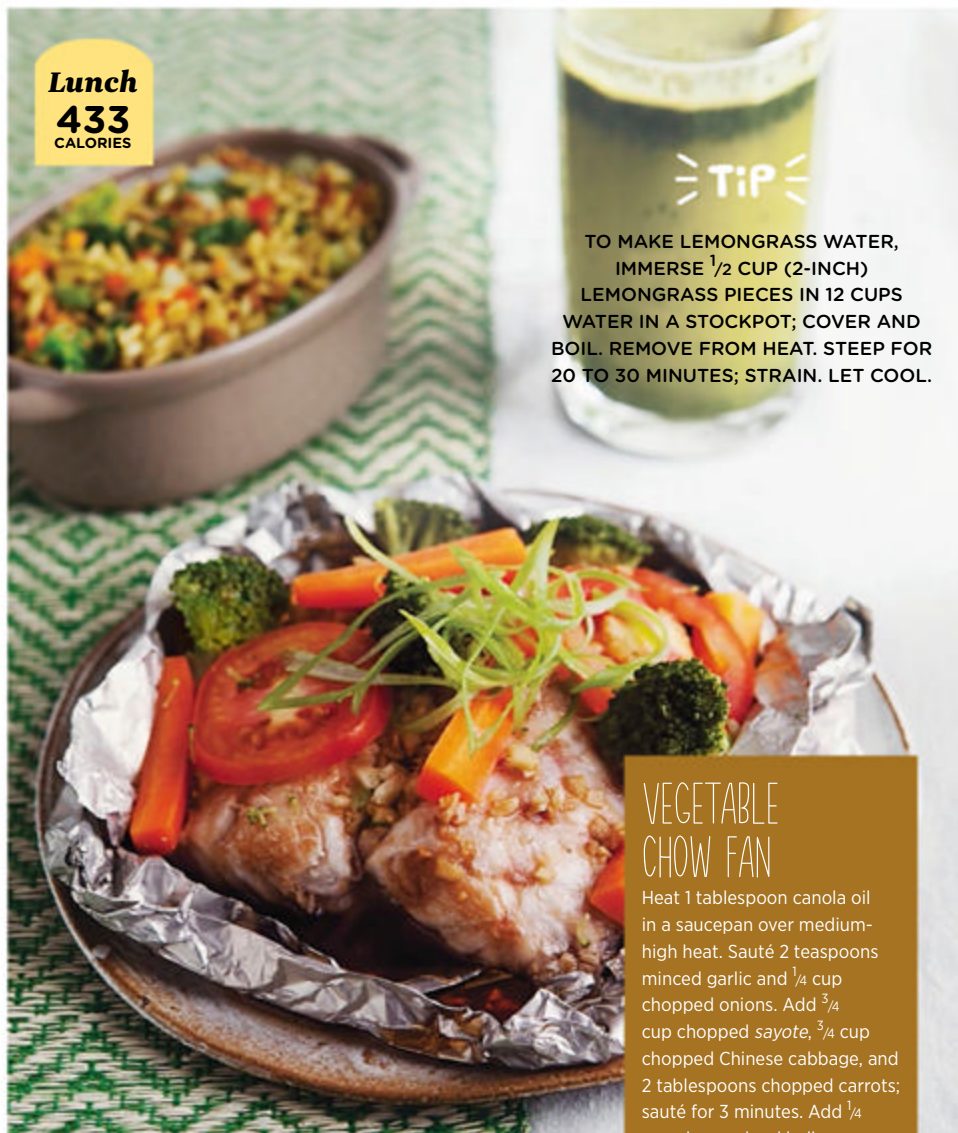


TO MAKE YELLOW BASMATI RICE, ADD  $\frac{1}{8}$  TEASPOON GROUND TURMERIC AND 2 BAY LEAVES FOR EVERY 1 CUP UNCOOKED BASMATI RICE. REMOVE BAY LEAVES BEFORE USING.



# DAY THREE

**Lunch**  
**433**  
CALORIES



TO MAKE LEMONGRASS WATER, IMMERSE  $\frac{1}{2}$  CUP (2-INCH) LEMONGRASS PIECES IN 12 CUPS WATER IN A STOCKPOT; COVER AND BOIL. REMOVE FROM HEAT. STEEP FOR 20 TO 30 MINUTES; STRAIN. LET COOL.

## VEGETABLE CHOW FAN

Heat 1 tablespoon canola oil in a saucepan over medium-high heat. Sauté 2 teaspoons minced garlic and  $\frac{1}{4}$  cup chopped onions. Add  $\frac{3}{4}$  cup chopped sayote,  $\frac{3}{4}$  cup chopped Chinese cabbage, and 2 tablespoons chopped carrots; sauté for 3 minutes. Add  $\frac{1}{4}$  cup chopped red bell peppers,  $\frac{1}{4}$  cup chopped green bell peppers, and  $\frac{1}{4}$  cup malunggay leaves; sauté until tender. Add 1 cup cooked turmeric rice (see page 49),  $\frac{1}{4}$  teaspoon garlic powder, and  $\frac{1}{4}$  teaspoon onion powder; mix well. Add 1 teaspoon sesame oil; season with salt and pepper. Sauté for 1 more minute. **Serves 2.**

## PINEAPPLE-BASIL JUICE

Blend together  $\frac{3}{4}$  cup local basil leaves,  $\frac{1}{4}$  cup curly parsley leaves,  $\frac{2}{3}$  cup fresh pineapple chunks, 3 cups lemongrass water (see tip), and 5 packets Stevia. Serve immediately or freeze for up to 1 week. **Serves 2.**

## GINGER FISH PACKET

Make the dressing: Blend together 2 tablespoons apple or coconut cider vinegar, 2 tablespoons light soy sauce or coco aminos (available in Rustan's Supermarket), 1 teaspoon sesame oil,  $\frac{1}{2}$  tablespoons chopped ginger, and 1 teaspoon chopped garlic in a large bowl; set aside. Combine 2 (110-gram) white fish fillets, 1 cup chopped leeks,  $\frac{1}{4}$  cup sliced tomatoes,  $\frac{1}{4}$  cup small broccoli florets, and 1 cup baby carrots (sliced in half lengthwise); toss in the dressing until evenly coated. Divide into 2 equal portions. Place 1 portion of the fish and vegetables on the center of a 12x18-inch sheet of aluminum foil. Take two opposite sides of the foil and fold together then seal opposite ends, making a packet and enclosing the fish. Repeat with remaining fish and vegetables. Steam for 25 to 30 minutes. Let sit for a few minutes before cutting the packet open. Serve with lemon wedges, Vegetable Chow Fan, and Pineapple-Basil Juice. **Serves 2.**



**Dinner**  
**405**  
CALORIES

## CHICKEN TIKKA

Make the tandoori mixture: Combine 1 teaspoon cayenne pepper,  $\frac{1}{4}$  teaspoons salt,  $\frac{1}{4}$  teaspoons ground coriander,  $\frac{1}{4}$  teaspoons ginger,  $\frac{1}{4}$  teaspoons turmeric,  $\frac{2}{3}$  cup yogurt,  $2\frac{1}{2}$  tablespoons lemon juice,  $\frac{1}{4}$  teaspoons ground cumin, and  $\frac{1}{4}$  teaspoons paprika in a bowl. Remove the skin from 1 kilo chicken legs and thighs; marinate chicken in tandoori mixture overnight. Preheat oven to 350°F. Remove chicken from marinade; season with 2 teaspoons salt and  $\frac{1}{2}$  teaspoon pepper. Grill chicken just until grill marks appear. Finish cooking in the oven for 20 minutes. Baste with marinade to keep chicken moist. Serve with Black Rice Tabbouleh and Low-cal Baba Ghanoush. **Serves 8.**

## BLACK RICE TABBOULEH

Combine 4 cups cooked black rice, 1 cup coarsely chopped mint, 2 cups chopped tomatoes, 3 cups coarsely chopped curly parsley,  $\frac{1}{2}$  cup chopped green onions, and 2 cups chopped cucumber (peeled and seeded) in a large bowl; set aside. Make the dressing: Whisk together 2 tablespoons brewed black tea, 2 tablespoons green lemon juice, 2 teaspoons salt, and  $\frac{1}{2}$  teaspoon pepper, while pouring  $\frac{1}{4}$  cup extra virgin olive oil in a steady stream; blend until emulsified. Pour dressing into the rice mix and toss well to coat. Serve cold or at room temperature. **Serves 8.**

## LOW-CAL BABA GHANOUSH

Grill 2 (150-gram) medium eggplants and remove skin. Combine eggplants,  $3\frac{1}{2}$  tablespoons chopped onions,  $\frac{1}{2}$  tablespoons finely chopped parsley, 1 tablespoon lemon juice, 1 teaspoon chopped garlic, 1 tablespoon tahini, 1 tablespoon low-fat plain yogurt, and 3 tablespoons extra virgin olive oil in a food processor; purée until a mousse-like consistency is achieved. Season with salt and pepper. **Serves 8.**



# DAY FOUR

## SPRING VEGETABLE STIR-FRY

Heat wok over high heat. Add 1 tablespoon canola oil and 1 teaspoon sesame oil. Reduce heat and sauté 2 teaspoons chopped garlic for 2 minutes. Add 175 grams asparagus tips, 1 (1-inch) piece ginger (peeled and chopped finely), and 3 cups broccoli florets; stir-fry for 4 minutes. Add 2 green onions (diagonally sliced) and 1½ cups finely shredded bok choy (green part only); stir-fry for another 2 minutes. Add 2 tablespoons light soy sauce and 1 tablespoon apple or orange juice; cook for 1 to 2 minutes, or until vegetables are tender. Add a little water if stir-fry is too dry. Sprinkle 1 tablespoon toasted sesame seeds on top, if desired. **Serves 4.**

## TROPICAL FRUIT SALAD

Combine 1½ cups cubed Red Lady papaya, ⅔ cup cubed mangoes, 1⅓ cups cubed pineapples, and the juice from ⅔ fresh pineapple in a large bowl. Cover and chill. Before serving, add 1 large banana (cubed) and garnish with 1⅓ tablespoons freshly grated coconut. **Serves 4.**

**Lunch**  
**424**  
CALORIES

## GARLIC AND SOY GRILLED PORK CHOPS

Marinate 4 (175-gram) boneless center-cut pork loin chops (trimmed of fat) in 1 tablespoon light soy sauce, 2 teaspoons minced garlic, ½ teaspoon paprika, ½ teaspoon salt, and ¼ teaspoon ground black pepper in a bowl. Cover; chill for at least 20 minutes or up to 2 hours. Preheat grill and brush with vegetable oil. Cook pork chops, turning once halfway through cooking time, about 10 to 12 minutes or until a meat thermometer inserted in the center of a chop registers 155°F and juices run clear when pierced. Serve with Spring Vegetable Stir-Fry and Tropical Fruit Salad. **Serves 4.**

**Dinner**  
**557**  
CALORIES

## HAINANESE CHICKEN RICE

Wash and clean 1 (1.5-kilo) whole chicken. Remove buttocks and surrounding fat. Stuff chicken with 2 cloves garlic (crushed), 30 grams ginger (peeled and crushed), 1 bunch green onions (tied into a knot), and salt. Boil 20 cups water in a large pot. Add chicken, breast side down, submerging completely. Allow to boil again. Turn down heat and simmer for 30 to 45 minutes, uncovering once to turn chicken over. Remove chicken; drain liquid from cavity. Set aside broth. Wash chicken under tap water for 1 to 2 minutes; drain. Rub 1 tablespoon canola oil all over and let cool. Chop into bite-sized pieces. Garnish with cucumbers and tomatoes. Make the chicken rice: Sauté 2 cloves garlic (crushed) in ½ tablespoon canola oil until slightly brown. Add 100 grams leeks (chopped), 200 grams green and red bell peppers (chopped finely); sauté for 1 minute. Add 3 cups turmeric brown rice (follow recipe on page 49 but use chicken broth instead of water). Cook for 1 minute. Serve chicken with rice and chili sauce. **Serves 6 to 7.**

## CHILI SAUCE

Pound 1.5 grams fresh red chili peppers (seeded and chopped finely), 30 grams ginger (peeled and chopped), 30 grams chopped garlic, and 30 grams finely chopped green onions until very fine. Add ½ cup hot chicken broth, 1 teaspoon lemon juice, 1 teaspoon rice vinegar, and 1 packet Stevia; set aside for at least 1 hour.



# DAY FIVE



**Lunch**  
**450**  
CALORIES

## CILANTRO-LIME SHRIMP SKEWERS

Soak 12 bamboo skewers in water for 30 minutes. Heat grill on medium heat; spray with oil to prevent sticking. Season

36 jumbo shrimps or prawns (peeled and deveined) with 5 cloves garlic (crushed),  $\frac{2}{4}$  teaspoons ground cumin,  $\frac{1}{2}$  teaspoons coarse sea salt, and  $\frac{1}{4}$  cup chopped cilantro. Thread shrimp (6 pieces per kebab), 2 red bell peppers (seeded and cut into large squares), and 4 large local limes (sliced into 8 rounds each and folded in half) on 2 parallel skewers, beginning and ending with shrimp, making a total of 6 kebabs. Grill kebabs, turning occasionally, until shrimp is opaque, about 1 to 2 minutes on each side. Top with  $\frac{1}{4}$  cup chopped cilantro. Serve with lime wedges, Cilantro-Lime Cauli-Rice and Dreamy Applesauce. **Serves 3.**

## CILANTRO-LIME CAULI-RICE

Remove the core of 1 large head cauliflower (rinsed and cleaned); let dry completely. Coarsely chop into florets. In a food processor, pulse cauliflower in batches until a rice-like texture is achieved; set aside. Heat a large sauté pan over medium heat. Add  $\frac{1}{2}$  tablespoons extra virgin olive oil, 3 green onions (diced), and 3 cloves garlic (chopped); sauté for 3 to 4 minutes or until soft. Increase heat to medium-high; add cauliflower. Cover and cook for 5 to 6 minutes, stirring frequently until cauliflower is slightly toasted. Season with salt and pepper. Turn off heat. Toss with  $\frac{1}{2}$  cup chopped cilantro and the juice from 2 local limes. **Serves 3.**

## DREAMY APPLESAUCE

Combine 3 medium apples (peeled, cored, and quartered),  $\frac{1}{2}$  tablespoons fresh orange juice, 2 teaspoons coco sugar,  $\frac{3}{4}$  teaspoon vanilla extract, and  $\frac{3}{4}$  teaspoon ground cinnamon in a large saucepan. Cover and cook over low heat for 30 minutes or until apples are tender, stirring occasionally. Mash apples until smooth. **Serves 3.**

**Dinner**  
**443**  
CALORIES

## TUNA TORTILLA LASAGNA

Make the tuna filling: Heat  $\frac{1}{2}$  tablespoon canola oil in a large nonstick saucepan over medium heat. Add 50 grams white onions (minced) and 2 large cloves garlic (minced); cook until translucent, about 5 to 7 minutes. Add 2 (180-gram) cans tuna flakes in oil (drained; we used Century Tuna), 1 (180-gram) can spicy tuna flakes (drained; we used Century Tuna Lite Hot and Spicy), and  $\frac{1}{4}$  teaspoon ground cumin; cook for 3 minutes. Divide into 4 portions. Make the cottage cheese filling: Combine 2 (200-gram) packs cottage cheese (drained), 1 (240-gram) container sour cream, 10 grams chopped fresh cilantro,  $\frac{3}{4}$  teaspoon ground cumin, and  $\frac{1}{4}$  teaspoon salt in a bowl. Divide into 4 portions. Make the salsa: Combine 800 grams whole tomatoes (mashed and drained), 10 grams chopped fresh cilantro, 3 tablespoons lime juice, 4 tablespoons extra virgin olive oil,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon ground cumin, and 100 grams onion (chopped) in a bowl. Divide into 4 portions. Preheat oven to 300°F. Grease 2 (8x6-inch) baking pans. Spread 1 portion salsa on the bottom of 1 prepared dish. Arrange 2 (6-inch) tortillas (halved) on top. Top with 1 portion cottage cheese, 1 portion tuna, 75 grams grated cheddar cheese, and 2 (6-inch) tortillas (halved). Layer with 1 more portion cottage cheese, 1 portion tuna, and 2 (6-inch) tortillas (halved). Top with 1 portion salsa and 75 grams grated cheddar cheese. Repeat with second pan. Cover with foil. Bake for 15 minutes. Uncover; bake for 5 minutes. **Serves 8.**





# DAY SIX

**Lunch**  
**500**  
CALORIES

## CAJUN FISH WITH TROPICAL FRUIT SALSA

Make the tropical fruit salsa:

Combine flesh from 1 ripe mango (diced), 1/2 small red papaya (diced), 1/2 small ripe pineapple (diced), 1 long red chili (seeded and chopped finely), 1 tablespoon fish sauce (*patis*), 1 tablespoon lime juice, and 2 tablespoons cilantro (chopped) in a bowl; set aside and chill. Mix 1 teaspoon dried thyme, 1 teaspoon dried oregano, 1/2 teaspoon ground cumin, 1 teaspoon ground coriander, 1 teaspoon paprika, 1 teaspoon salt, and pepper in a bowl. Brush 2 (100-gram) fillets cream dory with 1 teaspoon olive oil and coat lightly in spice mixture. Heat 2 teaspoons olive oil in an oven-safe nonstick pan over medium heat. Cook fish for 2 minutes; turn and cook for 1 more minute. Transfer pan to an oven preheated to 350°F and bake fish for 3 to 5 minutes or until cooked. Serve with fruit salsa and Chicken-Squash Soup. **Serves 2.**

## CHICKEN-SQUASH SOUP

Heat 1 tablespoon chicken or vegetable broth in a medium pot over medium heat. Sauté 1 large onion (chopped) for 2 minutes. Add 3 medium cloves garlic (chopped) and 1 tablespoon chopped ginger; sauté for 1 minute. Add 1 teaspoon turmeric powder and 1 teaspoon curry powder; mix well. Add 3 cups squash (cut into 1/2-inch cubes) and 1 1/2 cups chicken or vegetable broth; mix well. Bring to a boil over high heat. Add 100 grams chicken breast (sliced into strips). Once boiling, reduce heat to medium-low and simmer, uncovered, until squash is tender and chicken is cooked, about 10 to 12 minutes. Place in a blender; whiz with 200 ml soy or rice milk until smooth, about 2 minutes. Season with salt and pepper. Add 2 tablespoons chopped fresh cilantro; serve hot. **Serves 2.**

**Dinner**  
**408**  
CALORIES

## MEXICAN BEEF POSOLE

Combine 1 tablespoon psyllium fiber (available in supermarkets), 2 teaspoons chili powder, 1 teaspoon ground cumin, and 1/4 teaspoon pepper in a bowl. Add 450 grams beef sirloin (cubed); toss to coat well. Sauté beef in 1 tablespoon olive oil just until done. Add 1 large onion (chopped), 1 large green or red bell pepper (chopped), 2 cloves garlic (chopped finely), 1/2 teaspoon salt, 1/8 teaspoon pepper, and 1/4 cup fresh cilantro. Continue cooking for about 5 minutes. Add 340 grams tomatoes (seeded and chopped), 50 grams tomato paste, and 1 cup water; simmer for 30 minutes. Serve with 30 grams large white corn kernels (cooked) and Roasted Vegetable Medley. **Serves 3.**

## ROASTED VEGETABLE MEDLEY

Place 1 1/2 cups red bell pepper strips, 1 1/2 cups green bell pepper strips, 1 1/2 cups sliced onions, and 1 1/2 cups sliced mushrooms in a baking dish. Brush vegetables with 3 tablespoons chicken broth. Season with salt and pepper. Broil in an oven toaster for 10 minutes. **Serves 3.**



# DAY SEVEN

## Lunch 340 CALORIES

### POACHED SALMON WITH GREEN HERB SAUCE

Bring 2 cups water to a boil in a large saucepan. Add 4 green tea bags, remove from heat, cover, and let steep for 2 minutes. Discard tea bags. Bring tea-infused water to a boil over medium heat and add 2 (300-gram) salmon fillets. Reduce heat, cover, and poach fillets until opaque at the center, about 8 to 10 minutes depending on thickness. Remove fillets from pan using a slotted spoon; set aside. Combine  $\frac{1}{8}$  cup extra virgin olive oil, 2 tablespoons lemon juice, 2 tablespoons minced basil, 2 tablespoons minced parsley, 2 tablespoons minced chives, 2 tablespoons minced oregano, 2 teaspoons thyme leaves, and 1 small clove garlic (minced) in a small jar with a tight lid. Shake to mix; season with salt and pepper. Arrange fish fillets on a plate, top with sauce, and serve immediately. Pair with Garlic Bok Choy. **Serves 4.**

### GARLIC BOK CHOY

Heat 1 teaspoon olive oil in a saucepan over medium-low heat. Add 60 grams chopped garlic; cook until brown. Add 200 grams sliced bok choy or Baguio *pechay*; cook for 2 minutes. Season with salt and pepper. Top with 2 teaspoons chopped onions and 1 teaspoon toasted sesame seeds. **Serves 4.**



## Dinner 520 CALORIES

### RICE-STUFFED CHICKEN FILLETS

Season 4 whole skinless chicken breast fillets (pounded until flat) with salt and pepper; set aside. Heat 2 tablespoons canola oil in a saucepan. Sauté 2 tablespoons minced garlic,  $\frac{1}{4}$  cup chopped onions, and  $\frac{1}{4}$  cup finely chopped red bell peppers. Add  $\frac{1}{2}$  cups cooked turmeric rice (recipe on page 49); mix well. Season with salt and pepper. Place a fillet on a plate. Place a portion of turmeric rice on the center of the fillet. Fold edges towards center; secure with a toothpick. Repeat with remaining fillets. Dredge chicken in  $\frac{1}{2}$  cup psyllium fiber (available in supermarkets); set aside. Combine 1 cup chicken stock, 1 tablespoon light soy sauce, and pepper; set aside. Heat 1 to 2 tablespoons canola oil in a large saucepan; brown chicken on both sides. Add chicken stock mixture; simmer until tender and sauce is reduced. Serve with Broccoli and Leek Soup and Watermelon-Orange Sorbet for dessert. **Serves 4.**

### BROCCOLI AND LEEK SOUP

Combine 2 large heads broccoli (florets chopped, stalks peeled and chopped), 1 small onion (diced), 2 medium leeks (diced), and 2 cups chicken stock in a pot. Simmer over low heat until tender. Transfer to a blender; purée until smooth. Season with  $\frac{1}{2}$  teaspoon coriander,  $\frac{1}{2}$  teaspoon pepper, and salt. **Serves 4.**

### WATERMELON-ORANGE SORBET

Combine flesh from  $\frac{1}{2}$  kilos watermelon, 1 ( $\frac{1}{2}$ -inch) piece ginger (peeled and sliced finely), juice from 1 orange, and rind from  $\frac{1}{2}$  orange in a blender; blend until smooth. Transfer to a freezer-safe container; cover and freeze for  $\frac{1}{2}$  hours or until half-frozen. Return to blender; whiz. Return to container; freeze for 1 hour. Repeat 1 more time. Remove from freezer; spoon into individual bowls. **Serves 4.**





# pasta favorites made healthy

Hold the fat, bring on the flavor—we're giving you tried and tested low-fat versions of classic pasta dishes.

PHOTOGRAPHY BY Brett Stevens

RECIPES BY Lucy Nunes

STYLING BY Kate Murdoch

## Health tip

Extra-light cream is sometimes available in Santis Delicatessen and Bacchus Epicerie.

Still can't find it? Make a light béchamel sauce instead: Heat 1 tablespoon olive oil in a medium saucepan over medium heat. Add 1 tablespoon all-purpose flour; cook, stirring, for 3 minutes or until smooth and bubbling but not browned. Add 1 cup warm low-fat milk; simmer, whisking continuously. Cook for 10 minutes or until sauce thickens and loses its raw flour taste.

Nutrition  
info  
PER SERVING

**475**  
CALORIES

**12g**  
FAT

**7g**  
SATURATED FAT



## fettuccine Alfredo

Don't deprive yourself of your favorite cream sauce! This light version will satisfy your craving perfectly.

**Serves 4 Prep Time** 15 minutes

**Cooking Time** 10 minutes

- ✓ 375 grams fettuccine noodles
- ✓ 2 cloves garlic, crushed
- ✓ 1 cup extra-light cream (see tip on opposite page)
- ✓ 1 cup finely chopped parsley
- ✓ 1 bunch chives, chopped finely
- ✓ pinch of nutmeg
- ✓ 1/2 cup grated Parmesan cheese
- ✓ salt and white pepper, to taste

**1** Cook fettuccine in a large pot of boiling salted water according to package directions. Drain.

**2** Meanwhile, lightly spray a frying pan with cooking oil spray and heat over medium heat. Cook garlic for 30 seconds or until fragrant. Add cream and bring to a boil. Add remaining ingredients and toss in pasta to coat. Season to taste and serve immediately.



FOR AN EXTRA FLAVOR AND FIBER BOOST, ADD 1 1/2 CUPS FROZEN PEAS TO THE BOILING PASTA 1 MINUTE BEFORE THE END OF THE COOKING TIME.



STORE REMAINING BASIL FOR UP TO A WEEK IN THE FRIDGE IN A PLASTIC BAG LINED WITH PAPER TOWELS. WASH ONLY WHEN READY TO USE, SO THE LEAVES STAY GREEN.

Low in  
SATURATED  
FAT



Nutrition  
info  
PER SERVING

**435**  
CALORIES

**7g**  
FAT

**3g**  
SATURATED FAT

## penne Napoletana

If you like the tomato-basil combo, this one's for you!

For a protein-packed dish, top the pasta with grilled or roasted chicken breast.

**Serves 4 Prep Time** 10 minutes **Cooking**

**Time** 35 minutes

- ✓ 2 teaspoons olive oil
- ✓ 1 onion, chopped finely
- ✓ 2 cloves garlic, crushed
- ✓ 2 (400-gram) cans diced tomatoes
- ✓ 1/2 cup chopped basil, plus extra leaves to serve (see tip)
- ✓ salt and pepper, to taste
- ✓ 375 grams penne noodles
- ✓ 1/3 cup shaved Parmesan cheese

**1** Heat oil in a frying pan over medium heat. Cook onions and garlic for 3 minutes, stirring, until soft. Add tomatoes and basil; simmer for 30 minutes. Season to taste with salt and pepper.

**2** Meanwhile, cook penne in a large pot of boiling salted water according to package directions. Drain.

**3** Top penne with napoletana sauce. Sprinkle Parmesan shavings and extra basil leaves over sauce before serving.



### Health tip

Prawns are an excellent source of protein, a good source of omega-3 fats, and a great way to get iron, zinc, and vitamin E into your diet.

#### Nutrition info PER SERVING

**610**  
CALORIES

**7g**  
FAT

**1g**  
SATURATED FAT

Low in  
SATURATED  
FAT

### Did you know...

When cooked with good oils, the cholesterol in prawns won't affect blood cholesterol like saturated fats do, so you can dig in!



## Prawn and Chili Pasta

Give this dish a vitamin boost by adding fresh mushrooms together with the onions, spinach leaves together with the prawns, and sliced sun-dried tomatoes together with the pasta and parsley.

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

- ✓ 500 grams linguine noodles
- ✓ 1 tablespoon olive oil
- ✓ 1 onion, chopped finely
- ✓ 2 long red chilies, seeded and chopped finely
- ✓ 1 clove garlic, crushed
- ✓ 800 grams prawns, shelled, deveined, with tails left on
- ✓ 1 cup dry white wine
- ✓ 1/2 cup chopped parsley
- ✓ salt and pepper, to taste
- ✓ lemon wedges, to serve

**1** Cook linguine in a large pot of boiling salted water according to package directions. Drain, reserving 1/2 cup cooking water. Return to pan.

**2** Heat oil in a frying pan over medium heat. Add onion and cook for 3 minutes, stirring, until soft. Add chilies and garlic; cook for 30 seconds or until fragrant. Increase heat, add prawns, and cook for 3 minutes. Pour in wine and bring to a boil.

**3** Simmer for 3 minutes or until prawns are pink and opaque, and wine reduces by half. Toss through pasta and parsley, adding a little reserved cooking water, if needed, to moisten pasta. Season, divide among serving bowls, and serve with lemon wedges.



### Health tip

Bacon is an essential ingredient in Pasta Carbonara, but you can reduce the fat content by choosing leaner cuts and trimming any visible fat.

## Pasta Carbonara

To make this classic white sauce lighter, swap out regular cream for the low-fat variety. Serving it with a fresh salad cuts all the richness and provides a welcome dose of greens.

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

- ✓ 375 grams conchiglie (shell) pasta
- ✓ 150 grams bacon, trimmed of fat and sliced into strips
- ✓ 2 cloves garlic, crushed
- ✓ 1 cup extra-light cream (see tip on page 56)
- ✓ salt and white pepper, to taste
- ✓ 1/2 cup grated Parmesan cheese
- ✓ fresh green salad, to serve

**1** Cook pasta in a large pot of boiling salted water according to package directions. Drain.

**2** Meanwhile, spray a frying pan with cooking oil spray and heat over medium heat. Add bacon and cook for 5 minutes or until crisp. Add garlic and cook for 30 seconds, without browning, until fragrant.

**3** Add cream and bring to a boil. Season lightly with salt and white pepper. Add pasta and toss to coat. Sprinkle pasta with Parmesan cheese and serve immediately with salad.

Nutrition  
info  
PER SERVING

**515**  
CALORIES

**14g**  
FAT

**8g**  
SATURATED FAT



## Did you know...

Creating a spaghetti spiral on a plate is easy. Just pick up a serving of spaghetti with tongs and lower the tongs as you turn the plate!

## Health tips

Choose lean or extra lean ground meat—the redder the meat, the leaner it's likely to be.

You could also buy blade steak, trim the fat, and chop it finely.

If you're following a low-glycemic index diet, cook pasta until al dente—still slightly firm—as it will resist the effect of digestive enzymes, so you'll feel fuller longer.

Rich in  
PROTEIN

Nutrition  
info  
PER SERVING

**655**  
CALORIES

**11g**  
FAT

**4g**  
SATURATED FAT



## Spaghetti Bolognese

**Got leftover bolognese sauce? Make stuffed bell peppers! Simply hollow-out bell peppers, fill with the sauce, top with low-fat cheese, and bake in the oven!**

**Serves 4 Prep Time 15 minutes**

**Cooking Time 40 minutes**

- ✓ 1 onion, chopped finely
- ✓ 2 cloves garlic, crushed
- ✓ 1 carrot, diced
- ✓ 1 celery stick, diced
- ✓ 400 grams ground round
- ✓ 2 (400-gram) cans chopped tomatoes
- ✓ ½ cup chopped parsley
- ✓ 1 teaspoon dried oregano
- ✓ ½ cup water
- ✓ salt and pepper, to taste
- ✓ 500 grams spaghetti
- ✓ ½ cup grated Parmesan cheese

**1** Lightly spray a frying pan with cooking oil spray and heat over medium heat. Cook onion and garlic for 5 minutes, stirring, until soft. Add carrot and celery; cook for another 5 minutes.

**2** Increase heat to high, add ground beef, and cook for 5 minutes, stirring to break up any lumps, until browned. Add tomatoes, parsley, oregano, and water. Simmer, stirring occasionally, for 25 minutes. Season to taste with salt and pepper.

**3** Meanwhile, cook spaghetti in a large pot of boiling salted water according to package directions. Drain. Top spaghetti with bolognese sauce and sprinkle with Parmesan cheese before serving.



Nutrition  
info  
PER SERVING

**365**  
CALORIES

**12g**  
FAT

**5g**  
SATURATED FAT

Low in  
CALORIES!

## Ricotta and Spinach Ravioli

**There's no need to make pasta noodles from scratch! Use wonton wrappers to make easy homemade dumplings and ravioli. Add more vitamin C to the dish by substituting half a cup of spinach with half a cup of malunggay leaves.**

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

- ✓ 2 bunches spinach, chopped coarsely
- ✓ 1 cup low-fat ricotta (available at Rizal Dairy Farms; see directory for details)
- ✓ ⅓ cup finely chopped parsley
- ✓ 2 green onions, chopped finely
- ✓ salt and pepper, to season
- ✓ 40 pieces (about 270 grams) square wonton wrappers
- ✓ ⅓ cup shaved Parmesan cheese
- ✓ extra virgin olive oil for drizzling

**1** Lightly spray a large frying pan with cooking oil spray and heat over medium heat. Cook spinach in batches until wilted.

Drain on paper towels, chop finely, and drain again on paper towels. Combine spinach, ricotta, parsley, and green onions in a bowl. Season to taste.

**2** Place 2 heaping teaspoons of the spinach mixture on the center of a wonton wrapper. Brush edges with a little water. Top with another wrapper. Press sides together to enclose the filling, pressing out any air to remove air bubbles. Repeat with remaining spinach mixture and wrappers.

**3** Cook ravioli in batches in a large pot of simmering salted water for 3 minutes. Remove with a slotted spoon. Top with Parmesan cheese, drizzle with a little olive oil, and sprinkle with freshly ground black pepper before serving.



The keys to healthy eating? Choosing the right ingredients and practicing healthy cooking techniques. These low-fat dishes meet both requirements!

STEAM  
IT!

# COOK IT LIGHT

PHOTOGRAPHY BY Lilen Uy  
RECIPES BY Len Santos-Ding of Feed 5000  
STYLING BY Rachelle Santos





## ORIENTAL STEAMED BEEF WITH OYSTER SAUCE

When it comes to healthy cooking, steaming is top of mind. The intense heat of the steam cooks food quickly, helping preserve nutrients. Instead of the usual beef stir-fry, try this dish—it's just as tasty!

**Serves 5** **Prep Time** 10 minutes, plus marinating time **Cooking Time** 10 to 15 minutes

- ✓ 2 tablespoons chopped green onions
- ✓ 1 teaspoon grated ginger
- ✓ ½ teaspoon salt
- ✓ 1 teaspoon Sriracha or hot sauce
- ✓ 1 tablespoon Chinese cooking wine
- ✓ 1 tablespoon oyster sauce
- ✓ ½ teaspoon baking soda
- ✓ 2 teaspoons sesame oil
- ✓ 500 grams beef sirloin, sliced thinly
- ✓ 2 tablespoons rice flour
- ✓ 3 pieces star anise
- ✓ 6 to 8 pieces Baguio *pechay*
- ✓ 1 medium yellow or red bell pepper, sliced into thin strips
- ✓ 1 small carrot, sliced into thin strips
- ✓ 2 tablespoons oyster sauce
- ✓ steamed rice, to serve (optional)

**1** Mix together green onions, ginger, salt, Sriracha, cooking wine, oyster sauce, baking soda, and sesame oil in a large bowl. Toss in beef slices and mix well. Marinate for 15 to 30 minutes in the refrigerator. Add rice flour and mix.

**2** Preheat a large steamer and add star anise into the water. Arrange 3 to 4 pieces Baguio *pechay* on the steamer tray. Arrange half of the beef on top of the *pechay*. Steam for 10 to 15 minutes or until beef is cooked through. Top with half of the bell peppers and carrots; steam for 2 to 3 more minutes. Repeat to cook remaining beef.

**3** Toss cooked beef in oyster sauce and arrange on a serving platter. Serve hot with steamed rice on the side, if desired.

**COOK IT LOW & SLOW!**



## KOREAN BEEF AND MUSHROOM STEW

Cut the calories by using leaner meat cuts. In this classic Korean stew, beef shin shanks are substituted for the usual fatty beef ribs. By cooking the stew slowly over low heat, the meat turns fork tender and the sauce becomes extra flavorful.

**Serves 5 to 6** **Prep Time** 15 minutes  
**Cooking Time** 2½ hours

- ✓ 750 grams boneless beef shin shanks, cubed
- ✓ ½ cup Japanese or Korean soy sauce
- ✓ ⅓ cup brown sugar or coconut sugar
- ✓ 1 large white onion, sliced thinly
- ✓ 4 cloves garlic, sliced thinly
- ✓ 1 tablespoon grated ginger
- ✓ 2 to 3 cups water
- ✓ ½ cup dried shiitake mushrooms, soaked in 1 cup hot water until soft
- ✓ 2 tablespoons sesame oil
- ✓ 1 cup shimeji mushrooms, cut at the roots to separate pieces
- ✓ 1 medium carrot, sliced into thin strips (about 1 cup)
- ✓ ½ cup leeks, sliced diagonally

- ✓ 2 tablespoons sesame seeds, toasted
- ✓ steamed brown rice and pickled cucumber, to serve (optional)

**1** Place beef in a large pot. Add soy sauce, sugar, onion, garlic, and ginger. Add enough water to cover the beef, about 2 to 3 cups. Bring to a boil. Lower heat and let simmer, covered, for 2 to 2½ hours or until beef is fork tender.

**2** Remove stems of the shiitake mushrooms. Slice caps thinly; add to the stew together with the soaking water. Add sesame oil. Simmer for 10 more minutes.

**3** Add shimeji mushrooms, carrots, leeks, and sesame seeds. Cover and cook for 1 minute. Transfer to a serving dish; serve with brown rice and pickled cucumbers, if desired.





**ROAST IT!**

## STUFFED PORK TENDERLOIN WITH ROASTED VEGETABLES

When roasting or baking, the dry heat from the oven gently cooks your dish without large amounts of oil or butter. To boost the flavor of your roast, season the meat generously with herbs and spices.

**Serves 8 Prep Time** 20 to 30 minutes

**Cooking Time** 50 minutes to 1 hour

- ✓ 2 (500-gram) pieces pork tenderloin
- ✓ salt and pepper, to season
- ✓ 4 cloves garlic, minced

- ✓ 1/2 cup chopped fresh basil
- ✓ 3 teaspoons chopped dried rosemary
- ✓ 1/4 cup chopped flat-leaf parsley
- ✓ 2 tablespoons olive oil
- ✓ 1 medium white onion, minced
- ✓ 1/2 cup diced fresh shiitake mushrooms

- ✓ 250 grams spinach leaves (about 4 loosely packed cups), washed and dried
- ✓ 1/2 cup grated Parmesan cheese
- ✓ 1 large egg, beaten
- ✓ 3 tablespoons Dijon mustard

### FOR THE ROASTED VEGETABLES

- ✓ 1 cup peeled and diced squash
- ✓ 1 cup peeled and diced carrots
- ✓ 1 cup peeled and diced yellow sweet potatoes
- ✓ 3 tablespoons olive oil
- ✓ salt and pepper, to season

**1** Preheat oven to 400°F.

**2** Butterfly each pork tenderloin piece by slicing meat halfway through the center. Open the tenderloin as you would a book. Cover in plastic wrap and pound to desired thickness using a meat mallet. Season with salt and pepper. Wrap tightly with plastic wrap and set aside in the refrigerator.

**3** Mix together garlic, basil, rosemary, and parsley in a bowl; set aside.

**4** Heat olive oil in a frying pan. Sauté onions until translucent. Add mushrooms and spinach. Season with salt and pepper; mix well. Transfer to a bowl and let cool. Add Parmesan cheese and egg; mix.

**5** Spread filling on the long edge of the pork tenderloin pieces. Roll tightly and secure with toothpicks. Spread mustard on the pork rolls. Spread herb mixture liberally on the rolls; reserve 1 tablespoon of herbs for the roasted vegetables.

**6** Place the rolled pork on a rack set on top of a roasting pan. Roast in the preheated oven for 20 minutes. Turn temperature down to 350°F and roast for 30 minutes more or until a meat thermometer inserted in the thickest part of the pork reads 160°F.

**7** Meanwhile make the roasted vegetables: Toss vegetables in olive oil. Sprinkle with reserved herb mixture, salt, and pepper. During the last 15 minutes of cooking, add vegetables to the roasting pan with the pork. Roast until tender.

**8** Before serving, remove toothpicks and slice rolls into 1/2-inch-thick pieces. Serve with roasted vegetables on the side.



## GRILLED THAI CHICKEN BURGERS

Grilling is an excellent way to cut fat without sacrificing flavor—anything grilled has a distinct smoky taste. In this updated burger recipe, Thai herbs and spices are used instead of just plain old salt.

**Serves 6** **Prep Time** 20 minutes **Cooking Time** 10 to 15 minutes

### FOR THE CUCUMBER-PINEAPPLE RELISH

- ✓ 1 (115-gram) can pineapple tidbits, drained well
- ✓ 1 medium cucumber, peeled, seeded, and sliced thinly
- ✓ salt and pepper, to taste

### FOR THE SRIRACHA MAYONNAISE

- ✓ 3 tablespoons low-fat mayonnaise
- ✓ 3 tablespoons Sriracha

### FOR THE BURGER PATTIES

- ✓ 750 grams ground chicken
- ✓ ¼ cup finely chopped cilantro (leaves and soft stems only)
- ✓ 2 tablespoons finely chopped basil leaves
- ✓ ⅓ cup finely chopped lemongrass, white part only (around 4 stalks)

- ✓ 4 kaffir lime leaves, chopped finely (optional)
- ✓ 3 tablespoons minced red onion
- ✓ 2 tablespoons honey
- ✓ 2 tablespoons Thai fish sauce or 1½ tablespoons local fish sauce (*patis*)
- ✓ 2 bird's eye chilies (*siling labuyo*), seeded and minced
- ✓ ½ cup store-bought red curry paste
- ✓ 1 large egg, beaten

- ✓ 2 tablespoons vegetable oil, divided
- ✓ 6 whole-wheat hamburger buns, halved and toasted
- ✓ 6 lettuce leaves

**1** Make the cucumber-pineapple relish: Mix all ingredients together and refrigerate until ready to use.

**2** Make the Sriracha mayonnaise: Combine ingredients in a small bowl and refrigerate until ready to use.

**3** Make the burger patties: Combine all ingredients in a large bowl. Fry a tablespoon of the mixture and taste to check the seasoning. Adjust seasoning if needed.

**4** Shape mixture into 6 patties. Heat 1 tablespoon oil in a medium frying pan over medium heat. Fry patties in batches for about 3 minutes on each side, turning once. Add remaining oil to the pan and fry remaining burger patties.

**5** To assemble, spread a tablespoon of Sriracha mayonnaise on the insides of a hamburger bun. Place a lettuce leaf and burger patty on the bottom half of a bun. Top patty with cucumber-pineapple relish and more mayonnaise. Cover with top half of the bun. Repeat to make a total of 6 sandwiches.

GRILL IT!



## POACHED LAPU-LAPU IN MIRIN AND SOY SAUCE

Ideal for delicate meats like fish and poultry, poaching doesn't rely on fat to cook or flavor food. In this dish, a savory broth of seaweed and smoked bonito flakes is used to flavor the *lapu-lapu*.

**Serves 2 Prep Time** 20 minutes **Cooking Time** 5 minutes

- ✓ 2 strips *kombu* (available in Japanese and Korean groceries)
- ✓ ¼ cup bonito flakes (available in Japanese and Korean groceries)
- ✓ 2 cups hot water
- ✓ 2 tablespoons Japanese soy sauce (we used Kikkoman)
- ✓ 2 tablespoons mirin
- ✓ 1 teaspoon brown sugar
- ✓ 1 teaspoon grated ginger
- ✓ 500 grams *lapu-lapu* fillet, sliced into 4 pieces

- ✓ 8 asparagus spears
- ✓ 150 grams enoki mushrooms, cut at the roots
- ✓ 1 medium red radish or 5 small red radishes, sliced thinly

**1** Soak *kombu* and bonito flakes in hot water for 15 to 20 minutes in a large bowl. Strain broth and pour into a wide, shallow pan. Let simmer very gently.

**2** Add soy sauce, mirin, sugar, and ginger. Add *lapu-lapu* fillet and asparagus. Cover and cook for 2 minutes. Add mushrooms, and red radish; cover and turn off heat. Serve in a shallow bowl with the broth.

POACH  
IT!



**CURE IT  
IN CITRUS  
JUICES!**

## SHRIMP CEVICHE WITH MANGOES AND AVOCADOS

Ceviche is the South American version of our very own *kinilaw*. Raw seafood is cured in citrus juices and chilies—the citric acid “cooks” the seafood. This refreshing, fat-free dish makes for a delicious starter. Enjoy it on its own or pair it with crispy corn chips.

**Serves 8 Prep Time** 15 minutes, plus 30 minutes chilling time **Cooking Time** 1 minute

- ✓ 500 grams fresh medium shrimps, peeled and deveined
- ✓ 2 tablespoons *calamansi* juice
- ✓ 2 tablespoons fresh orange juice (we used navel oranges)
- ✓ zest from 1 navel orange
- ✓ 2 to 3 bird’s eye chilies (*siling labuyo*), minced (remove seeds for less heat)
- ✓ segments from 1 navel orange, peeled
- ✓ 1 medium ripe mango, diced
- ✓ 1 medium ripe but firm avocado, diced
- ✓ 2 tablespoons chopped cilantro
- ✓ salt, to season

**1** Blanch shrimps in simmering salted water for 1 minute. Plunge in ice-cold water to stop the cooking process. Drain well.

**2** Marinate shrimps in *calamansi* juice, orange juice, orange zest, and chopped chilies for 30 minutes in the chiller. Toss in orange segments, mangoes, avocados, and cilantro. Season to taste with salt. Serve immediately.



## SOY-SESAME TUNA CEVICHE

We give ceviche an oriental makeover with some soy sauce and fragrant sesame oil. **Don't forget: Use only the freshest seafood you can get your hands on!**

**Serves 6 Prep Time** 10 minutes, plus 15 minutes chilling time

- ✓ 2 tablespoons lemon juice
- ✓ zest from 1 lemon
- ✓ 2 teaspoons Japanese soy sauce
- ✓ ½ teaspoon brown sugar
- ✓ 1 tablespoon sesame oil
- ✓ 2 tablespoons green onions, minced
- ✓ 2 to 3 bird’s eye chilies (*siling labuyo*), minced (remove seeds for less heat)

- ✓ 400 grams fresh, sashimi-grade tuna, diced
- ✓ nori, cut into thin strips, for garnish

**1** Mix all ingredients in a bowl except for tuna and nori. Adjust seasoning if necessary. Toss in diced tuna.

**2** Chill for about 15 minutes or until the raw, red tuna flesh becomes opaque. Garnish with nori strips and serve immediately.



The incredibly rich dining scene in Cebu offers a plethora of options that go well beyond *lechon* and dried mangoes. Here's where to start.



CEBU:  
second  
to  
none

story by  
kristine  
fonacier  
photography by  
miguel  
nacionceno



#### EXPAND YOUR HORIZON

Have a culinary adventure that ranges from cooked-to-order seafood along the shore, to elegant continental dining at Delice Recipes on a hilltop overlooking the city center. You can go from sunny beach to windy mountain in 45 minutes or so in Cebu.



There is one mistake one should never make when it comes to Cebu, or to Cebu food—and that is to assume that it is a lesser version of Manila, or any version of Manila, for that matter.

Cebu might as well be another country altogether, for all that it cares about Manila. Cebuanos have a different culture, a different language, and enviable geography that puts both sea and mountain within minutes of the downtown district. All this means that they have a distinct culinary tradition.

Or, rather, a set of traditions, because Cebu itself is more than just a city: It's a capital that stands in for the entire province (also called Cebu, of course), and it's a province that spans the entire island along with 167 surrounding islands.

It is, in other words, a large area, and one that is rich in history and culture and food; and it is rich in surprises for its curious visitors. So where does one even start?

#### everyman's pork

You start with the most familiar and most iconic of Cebuano foods, of course. The Cebuanos are ridiculously proud of their *lechon*, especially since celebrity chef and world traveler Anthony Bourdain affirmed them by taking a bite and declaring Cebu *lechon* "the best pig ever." I can't avoid *lechon* on any eating trip, and neither should you.

Bourdain was won over by Zubuchon, which led the way in professionalizing and modernizing the way we know *lechon*. Nearly everyone will have their own favorites, but Zubuchon's advantage over its (many) competitors remains its consistency—you can expect a reasonable level of quality and flavor from their offerings, every time.

That said, Tatang's Boneless Lechon has also become a must-eat stop on every trip, emerging as the clear winner from last year's boom in

boneless *lechon*—pork belly, cut away from the bone and rolled, with herbs and seasonings inside. The cut is perfect for roasting, as the even distribution of fat and meat makes for a juicy, firm *lechon*, while the roll makes it easier to get even heating, resulting in such crispy skin.

The theme of innovation and tradition holds true in the latest craze, *tuslob buwa*. For this, we went over to Azul, on Gorordo Avenue, to have Ian Sekong, its dreadlocked proprietor and a local celebrity in his own right, explain the dish to us. He remembers *tuslob buwa*, he says, from childhood, when it wasn't even sold but instead given away along with purchases of *puso*, sticky rice wrapped in woven coconut leaves.

Ian has been a one-man renaissance behind the food phenomenon. His *tuslob buwa* is still pork brain, which is nearly all fatty tissue, but this time served on a tabletop stove. The 99-peso order comes with a dozen *puso*, like the olden days, along with seasonings and flavorings for you to prepare on your own. Garlic, soy sauce, onions, *alamang*, and chicken liver are the main flavors, all added to the sizzling dish. As soon as we gathered around the stove and dipped the *puso* into the hot bubbles, we could see what the fuss was about. Intensely flavorful and soul-satisfying, *tuslob buwa* was as fun to eat as it was delicious, a communal experience to be shared over beer and good company.

#### seafood feasts

Why do people only think of pork when it comes to Cebu? The island is surrounded by such rich waters that Cebu cuisine also offers an incredible abundance and variety of seafood, always served fresh. It's a blessing when your blood is running thick with pork fat, and you vow





to eat clean for a few days. You can forego the traditional *sutukil*—“su” for *sugba* (to grill), “tu” for *tula* (to stew), and “kil” for *kilaw* (to eat food raw)—outlets to get closer to the source. In our case, we decided to return to the scene of an unforgettable seafood meal I’d had before, in the seaside town of Cordova.

Entoy’s Bakasihan is a shack right on the edge of the waters of Cordova, a humble *turo-turo* almost an hour away from downtown. There are no street names for Entoy’s, but its popularity—and three-decade history—means that it’s easy to find: At every stop on the drive to Barangay Buwagsong, everyone could tell us how to get there.

*Bakasi* is Cebuano for eels, and Entoy made his name by offering freshly caught *bakasi* in a variety of ways, side by side with other local seafood delicacies. The baby eels are caught by the bucketful in the mud flats near the shore, and sold still alive in front of Entoy’s, if you want to order it served piping hot as soup or in a custom recipe; the deep-fried version is readily available, but we asked for it to be refried so we could have it fresh. The eels are more than just a novelty; the animal’s bitter bile is supposedly medicinal, and though the slimy skin and fierce appearance take a strong stomach, locals enjoy the *bakasi* for its taste.

Entoy’s also serves spider shells, locally known as *sa-ang*. The *sa-ang*, a variety of conchs with “arms” curling out of its shell, offers a surprising amount of mild-tasting, surprisingly tender meat, served in the traditional way: cleaned and blanched with salt water, so that it retains all its delicate flavors. Entoy’s also has other seafood on the menu such as *tanigue* and a small batch of *pagi*, cooked *bistek*-style.

## something old

Of course, Cebu is a city that is very proud of its history, and that pride for the past extends to food. In Liloan, about half an hour north of central Cebu, is the headquarters of Titay’s, which is so much a part of the Cebuano food history—it’s been around since 1907, after all—that the place is regularly swarmed by busloads of tourists raiding the shelves for flower-shaped *rosquillos* (on which this empire was built), flaky *barquillos* tubes, sweet *otap*, and other old-fashioned delicacies. The bakeshop is a treasure trove of childhood treats that I’d thought had been lost to time. Here I was reunited with *sinudlan*, a hard biscuit shaped like an empanada but hollow inside, save for a small heap of burnt sugar. There was also the buttery, flaky *hojaldres*, along with *polvorones*, a shortbread that traces its heritage back to Spanish times. Liloan is where Margarita Frasco was said to have invented the *rosquillos*, and the old house that has been transformed into a travelers’ stop and food haven is still a worthwhile stop on the highway.

More personal to many Cebuanos, however, is Arano’s, an open secret of a restaurant that is run from the chef’s house. The place has been around for as long as our local friends could remember, though the colorful Señor Angel Arano says, winking, that he would rather keep it low-key. He runs a restaurant “straight out of Harry Potter,” many descriptions will tell you, in that the door is hidden in a wall of creeping plants, and that the sign that proclaims “Arano” is likewise hidden in the greenery.



#### IN AND OUT OF YOUR COMFORT ZONE

(clockwise from top left, opposite page) You still can't go wrong with generations-old favorites like Titay's (which still churns out nostalgic bakery treats from its headquarters in Liloan) and Cebu *lechon* and *puso*, served steaming hot and roasted fresh in scores of roadside eateries throughout the province. Or try something different, like *bakasi* and *sa-ang*. Every menu item at the Chocolate Chamber features locally grown cacao. The impressive buffet at the FERIA at the Radisson Blu hotel is a must-try. Seafood *kinilaw* is also catching on, and is the star in places like the new Zubudagat.



In this modest setting, Señor Arano still churns out authentic Spanish food that makes up in heart and character what the space may lack in ambience. His gambas is richly flavored and perfectly cooked, better than you'd get in fancier restaurants; that it's served in what looks like his own kitchen platter makes it all the more charming. The *lengua* on the menu also gets a lot of orders, though one will have to call at least a day or two in advance to get the other specialties of the house, like stuffed roast chicken or paella *negra*.

As a bonus, another homespun landmark is on the same street as Arano's. Doming's eatery is widely known for its *ngohiong*, a distinctively Cebuano fried-*lumpia* specialty. Doming might not have invented it, but his dipping sauce and crisp frying formula have made him a legend. Don't count on finding any *ngohiong* left after lunch, though: The rolls sell out very fast, owing to their affordable price tag.

#### something new

It's not all about history and nostalgia in Cebu, of course. The Cebu food scene is notoriously competitive. Restaurants have to be very, very good from the beginning, and they have to maintain a high level of quality and value for money throughout, or the picky Cebuano diners will simply turn up their noses at them. Which is why the newest batch of restaurants that has opened within the last year or so has delivered such astounding quality. Even the breakfast buffet at the Radisson Blu is, in the words of the hotel's PR officer, "a little...excessive," offering a sumptuous meal, with all stations going full blast. This includes, much

to our delight, a *shawarma* station and a handcrafted ice cream station.

Further adventures into downtown Cebu's newest restaurants should include The Chocolate Chamber, owned by the same family behind the high-quality Ralfe Gourmet *tablea*. Opening to much acclaim, this addition to the semi-fine dining scene in downtown Cebu might seem gimmicky at first: Everything on the menu features chocolate, down to chocolate-flavored bread in the sandwiches, and even a chocolate crust on the sausage pizza platter. However, the food is done very, very well, no matter its hook. The desserts, featuring world-class local cacao, are to die for, of course, but I would return for the savory dishes.

Cebu saved one of the best things for last, by way of Delice Recipes. Located 20 minutes out of downtown and into the cool hills of Busay, Delice takes over a beautiful summer home that used to belong to a prominent Cebu family. There are only a few tables scattered on the balcony, which affords a stunning view of the city. It seems like it's almost impossible to have a bad meal here, despite the newness of the place. The Angus burger arrived perfectly done, and in such a large serving that we gasped when it arrived. Even the fries that came with it were memorable—the best any of us had ever had in a long time. The red velvet pancakes we had for dessert was a high stack of soft dreams that won us all over—even those of us who weren't fans of red velvet.

As we sat there, contemplating the view of the city lights coming on in the still-bright dusk, the *maître d'* came over to ask us how we liked the food. "Everything was perfect," I said contentedly, and the *maître d'* looked genuinely pleased. "We've never had a complaint," he nodded.





**CEBU:**

# Sinulog!

Are you a Sinulog first-timer?  
Here's what you need to know  
about the biggest festival in town.

## its history

Held on the third Sunday of January, Cebu's Sinulog festival is only one—though the largest and most popular—of similar celebrations in many cities in the Visayas. All of these Sinulog festivities are, however, meant to pay homage to the Santo Niño, re-enacting (it is said) dance steps that harken back to Hispanic times when the era's pagan rajahs began to embrace Christianity. But the Sinulog festival itself is a relatively modern invention, having been organized beginning in 1980, and gaining popularity over the last few decades.

## what to expect

The festival itself begins nine days before the Grand Parade, and there are plenty of small events around Cebu leading up to the big event. The day before the grand street parade, there is an early-morning fluvial procession where a fleet of *banca* escorts the miraculous image of

the Santo Niño to shore, kicking off a more solemn parade that nevertheless culminates in fireworks in the evening. On the Grand Parade Day, expect parades, parades, and more parades! The dance troupes have become more and more elaborately organized over the years, and now the parade has become a visual and aural feast that lasts up to 12 hours.

## best places to be in

Stake out a position right on the parade route: Osmeña Boulevard, Fuente Osmeña Circle, Gen. Maxilom Avenue, or P. del Rosario Street. If you want to see the fluvial festival, you can find a place on the bridges or on the port, or wait for the parade to reach the basilica. Getting up very early—before dawn, if you can manage—is a must to beat the crowds. Have a good breakfast, pack light, wear comfy shoes, and bring an umbrella.



**OLD WORLD, NEW WORLD**  
(from top)  
Unforgettable renditions of Southeast Asian food from Oriental Spice Gourmet. Cebuano families out fishing for lunch at Co Jordan, in Consolacion. The impeccable French country-inspired interiors at La Maison Rose.





## eat your heart out

In between all the merrymaking, don't forget to grab a bite! Here are the five food stops you shouldn't miss.

### BEST HOLE IN THE WALL

**Oriental Spice Gourmet** isn't easy to find, but the persistent will be rewarded with a menu of Asian food prepared with spices handcarried twice a year from the Southeast Asian mainland by a talented chef who worked for Wagamama in London. On certain days, you'll find yourself jostling for a seat with CEOs from multinational companies, sent there by word of mouth.

*Oriental Spice Gourmet*  
Maximo V. Patalinghug Jr.  
Avenue, Basak, Lapu-Lapu City;  
(032) 238-4544

### PEOPLE'S CHOICE

Locals still stand by **CNT**, despite its reputation as a tourist trap, as the place to go for roast pig in downtown Cebu. Peso for peso, CNT still delivers the most dependable *lechon* in town: tender and oozing with the flavor that only roast pork can deliver.

For Cebuano and pan-Philippine dishes, generations of Cebu families have gone to **Golden Cowrie**, a chain of restaurants founded in 1982 which has expanded throughout the Visayas. Golden Cowrie has cultivated its fair share of loyalists throughout the years, drawn in by nostalgia and by its menu of native recipes served in a clean, comfortable setting.

**CNT**  
1377 V. Rama Avenue, Guadalupe,  
Cebu City

**Golden Cowrie**  
Salinas Drive, Cebu City

### BEST IN DIY

**Co Jordan** offers yet another side to the seafood experience, a half-hour drive north of central Cebu. Specializing in oysters and in milkfish, Co Jordan is unique in that it rents out makeshift fishing rods, with which one may catch *bangus* to be weighed and prepared fresh for your table, or to be taken home for the pantry. The oysters are also harvested fresh and served either baked with cheese or, as we preferred, simply blanched and eaten straight out of the shell, still dripping with saltwater and tasting like the sea.

*Co Jordan*  
Sun-ok, Tayud, Consolacion,  
Cebu; (032) 511-0932

### BEST IN PINK

**La Maison Rose**, known locally as The Pink House, is a stylish restaurant found in the Alliance Française de Cebu compound. It's a little bastion of French cuisine in the bustling center of the city. The menu shows French classics sitting comfortably beside more modern dishes, sometimes with a Filipino twist. There is a deli and an impressive and photogenic wine cellar that easily rivals (and surpasses) anything found in Manila.

*La Maison Rose*  
371 Gorordo Avenue, Lahug,  
Cebu City



SINULOG IS ONE OF CEBU'S BUSIEST SEASONS,  
SO POPULAR RESTAURANTS GET FULL FAST!  
REMEMBER TO MAKE RESERVATIONS AS SOON AS  
YOU HAVE CONFIRMED DATES, AND TO RECONFIRM  
A FEW DAYS BEFORE YOUR TRIP.

it's so  
**lami!**  
\*delicious in Cebuano

## How to eat like a Cebuano

### PUSO

There's no such thing as "plain rice" around here, not with these traditional heart-shaped baskets still in common use. Rice is cooked inside the baskets, resulting in soft, compact, and convenient packages. No need for utensils!



### KINILAW

Is *kinilaw* the next big thing? The fact that top *lechon* chain Zubudagat (Marina Mall, ML Quezon Highway, Lapu-Lapu City), specializing in *kinilaw*, should say something about the growing popularity of Cebu's ceviche. Take note, though: If you look for "*kilawin*" instead of *kinilaw*, you'll probably be served pork or goat meat instead of seafood.



### LECHON

Anthony Bourdain declared Cebu *lechon* "the best pig ever"—not that we needed any telling. But note that there are still many varieties of *lechon* throughout Cebu's towns. A true *lechon* tour will take you through the outlying towns of Liloan and Carcar, for starters, which have their own variations.



### BAKED SCALLOPS

While plump, sea-fresh scallops are sold at astonishingly low prices, many Cebuanos like their shells baked under a blanket of melted cheese.



### TUSLOB BUWA

*Tuslob buwa* translates to "dip," while *buwa* is "bubbles." It was, in its original form, merely pork brain, melted down into bubbling fat and flavored with discarded offal. Buyers of *puso* used to line up in the public markets to dip the rice in a communal wok of *tuslob buwa* still on the fire, to flavor the plain rice before eating it off the *puso*.





# RESTAURANTS

Crisp on 28th

Juju Eats

Refinery

Dish



Bacon and Eggs





From top:  
Cafe Latte,  
Salted Caramel Bar,  
Ensaymada Pudding

## The new kid on the block

**Crisp on 28th** is your newest, homiest neighborhood joint in urban BGC.

REVIEW BY SASHA LIM UY

There was a terrific fried *maya-maya* fillet with quinoa-crusted mashed-pea balls on the menu one day. On another, it was a delicious Greek-style mac and cheese that turned out to be a cross between eggplant parmigiana and baked macaroni. Crisp on 28th is all about limited-edition specials. Fortunately, the lure of the familiar and the promise of something new are enough to keep you coming back for more.

Crisp on 28th started with friends chef Carmela Villegas Agosta, her husband Julian, and restaurateur Erwan Heussaff, all three with a desire to recreate the cafés they hung out in while living in France. The menu is all about comfort food, but with an emphasis on a healthy approach. There's bacon, though—a big slab of it. In the Skillet Bacon, it's glossy, with golden-brown fat lining layers of ruby pork, and rests on a plate with fresh greens, cherry tomatoes, creamy mozzarella cheese, and a delicious herbed egg scramble. There's also lots of fried stuff, including mushroom-stuffed fried chicken breast over fresh flat pasta painted with a broccoli-cream sauce. This is the kind of “health” food Crisp aims for: maximum flavors through clean, authentic ingredients. In the Chipotle Chicken Quinoa Salad, for instance, each element is articulated



From top: Orange & Carrot Juice,  
Chipotle Chicken Quinoa Salad,  
Adobo Flakes Plate



effectively: wonderful heat from the chicken, a sweet note from red beets, nutty tones from quinoa and almonds, spice from onions, richness from white cheese, brightness from the orange and lemons—every forkful is a celebration of flavor. The Adobo Flakes Plate is a bestseller. It's made of dirty rice embellished with chunks of creamy liver, salted egg salsa, a sunny-side-up egg, and a mountain of crisp *adobo* flakes.

As tempting as the savory options are, don't pass up on the impressive dessert lineup, whipped up by Carmela who's also behind pastry depot Casa San Luis. In her cheesecake, pumpkin gives the light confection a novel, restrained kind of sweetness. And her homemade Twix bar? It's an indulgent brick of thick biscuit, luscious caramel, and dark chocolate.

It's easy to kick back and relax all day at Crisp on 28th. The menu begins with breakfast and ends with late-night cocktails (that you can enjoy any time of day). The mélange of yellow, grey, and chevron against a glass-walled space creates a truly cozy space. The courtyard outside, reminiscent of quaint sidewalk cafés in Paris, is where, on a breezy afternoon, you can while the time away with friends over a round of good drinks.

### in a nutshell

#### CRISP ON 28TH

G/F Alveo Corporate Center, 28th Street near 9th Avenue, Bonifacio Global City, Taguig City; mobile no.: 0917-5846883

#### MUST-TRIES

Bacon and Eggs (P290), Chipotle Chicken Quinoa Salad (P215), Adobo Flakes Plate (P300), Skillet Bacon (P370), Fresh Envelope Pasta with Chicken and Mushroom Roulade (P425), Ensaymada Pudding (P160), Salted Caramel Bar (P75)

#### THUMBS UP

Check out the Merienda Specials, a high-tea spread with an assortment of savory sandwiches and desserts.



# A new spin, a fresh take

Raise your salad forks! **Juju Eats** encourages diners to eat their greens—and love them, too.

REVIEW BY RYAN FERNANDEZ



From left:  
Red Giant,  
Alkazest,  
Crispy Catfish  
Salad, Inasal  
Salad, and  
Green Bomb

I remember doing Juju's three-day juice cleanse out of sheer curiosity once. I even gave the woman behind the detox program, juice advocate Kat Azanza, a call. After much assurance from her, I set out on my 72-hour sojourn lugging around a tote bag full of clanking bottles filled with colorful liquids. I took the drinks with me everywhere: To shopping malls, dinner and drinks with friends, and even a few business meetings. "It's. Not. So. Bad." I'd explain to people in between gulps of a potent blend of spinach, celery, cucumber, and *malunggay*—Juju's aptly named Green Bomb. By day three, I felt as light as a feather. Make that a leaf of lettuce.

Fast forward, and Kat has expanded her passion into a full-fledged salad bar and juice hub. Juju Eats is the natural, sensible evolution of her advocacy. Salads seem like the ideal stepping stone, the gateway grub if you will, towards the juicing lifestyle. Don't worry about munching on your greens like a slow brontosaurus—Juju Eats will have you relish both designing and enjoying your salad.

The kitchen thankfully offers curated salads as well. Looking for protein? The Thai Beef Salad is sweetish and nutty, with a pleasing cashew-and-



beef-strip pairing tossed in with mint, cilantro, Thai basil, and a perky Asian dressing. The Crispy Catfish, which takes its cue from the vibrant Thai *som tam*, is a palate-brightening mélange of fried catfish shreds, young papaya, green mango, cilantro, and purple-reddish onions doused in Thai fish sauce. There's a native iteration as well: The Inasal Salad brings together barbecued pork, hard-boiled egg, cherry tomatoes, and out-of-the-blue feta cheese. What you get is a crumbly, colorful mess filled with playful textures. There's more to be had: Greek, Mexican, and a classic Chicken Caesar.

Juju does the work for you. If you're rushing, salads take no longer than five to six minutes to toss together. You can also have your order served in a pita wrap. A chiller houses Juju's signature juices: The Green Bomb mellowed with pineapple juice; lemon laced with cayenne pepper and honey; and my personal favorite, the invigorating Alkazest with grapefruit, *buko* juice, pineapple, and a pinch of Himalayan salt. There's even a syrupy sweet cold brew coffee that's worth trying. In the end, Juju Eats lets us fall in love with our greens in delightful and surprising ways.



Thai Beef  
Salad Wrap

## in a nutshell

### JUJU EATS G/F

Le Grand 1, Union Street, Eastwood Corporate Cyberpark, Brgy. Bagumbayan, Quezon City; tel. no.: 654-6230

### MUST-TRIES

Thai Beef Salad (regular, P365; half, P210; wrap, P210), Inasal Salad (regular, P245; half, P155; wrap, P155), Crispy Catfish Salad (regular, P230; half, P145; wrap, P145), Green Bomb, Alkazest, and Red Giant juices (P165 each), Iced Coffee (P80)

### THUMBS UP

With only a minimum of P300 you can get your dose of salads and juices conveniently delivered to you. Just call 87878 and order away!



# A whole-day affair

While the time away with a luxurious libation and tasty eats at **Refinery**.

REVIEW BY ANDREA Y. SEE

**T**hat Refinery is a place borne of passion is clear. A server shares that the establishment is so-named because it is a repository of the owners' favorites made even better. One might be led to believe that it is simply an homage to the fine art of beverages, as its menu covers a wide range of coffee and cocktails. However, as we sat in mismatched chairs, each of us nursing our drink of choice amid shelves chock-full of accoutrements for crafting the perfect sip, we realized that Refinery was, essentially, an invitation to share in the ardor to savor the moment—and if one prefers, to relish the entire day. Their menu will take you from morning to late evening, starting with coffee and brunch, and ending with liquor and bar chow.

The comprehensive coffee and tea offerings are anchored on the Lamill brand. Single origin and mixed coffee bean blends are prepared in a variety of engrossing ways, such as the Sowden super fine filter soft brew from Germany. Espresso-based options include interest-piquing concoctions like the Orange Infused Cappuccino. Tea aficionados will delight in selections such as the award-winning Passion Berry Black.

While there are no culinary discoveries here, the hearty eats are satisfactory and satisfying. Shirred Truffled Eggs features two runny yolks, fontina and mozzarella cheeses, and a whiff of truffle oil. The Honey and Basil Grilled Cheese is a fresh spin on a classic, and is served with a slow-cooked tomato soup. For those who like a bit of spice, the Angry Pasta will please with its beautifully smoked bacon, maple sausage, Portobello mushroom, and cherry tomatoes. End the meal with the Blanco Y Negro, a coffee granita with house-made Madagascar vanilla ice cream.

For an accompaniment to the meal, peruse their specialty coffee, tea, lemonade, and chocolate drink list. But if the evening calls for something stronger, try something from their long list of cocktails, spirits, wines, and craft beers.

We were disappointed to discover that the Eggs Benedict is offered only until 5 p.m., so we will be back at an earlier hour, and won't be surprised if we spend the entire day leisurely exploring more of Refinery's fine beverages.



From left:  
Valrhona  
Mocha, Classic  
Affogato



Truffle Fries and  
Honey and Basil  
Grilled Cheese

## in a nutshell

**REFINERY** Joya Lofts and Towers, Joya Drive, Rockwell Center, Makati City; tel. no.: 781-0344

**MUST-TRIES** Honey and Basil Grilled Cheese (P280), Blanco Y Negro (P220), Angry Pasta (P198), Valrhona Mocha (P140), Classic Affogato (P220)

**THUMBS UP** Don't miss out on Refinery's Lamill coffee and tea blends roasted in Alhambra, California. The beans are sourced from various regions like South America and Africa, so you'll surely get a topnotch coffee experience!





## Dish

RESTAURANT NEWS, SERVED HOT!



## Blé - Real Greek Food

What started out as a 10-seat hole-in-the-wall Greek joint along Aguirre Avenue quickly became a community favorite, eventually growing into an actual taverna and finding a bigger location in the BF Homes area. *Blé*, which is blue (Greece's national color) in Greek, will transport you to summer days in Santorini. Run by husband-and-wife tandem Yannis and Ayce Trifyllis, from Greek and Turkish descents respectively, *Blé* offers fresh, authentic Greek flavors—everything on the menu was passed down to Yannis from his mother and grandmother. Whether you opt for moussaka, souvlaki, or a hefty falafel plate, you'll get a burst of flavor in every bite. In *Blé*, everything is made from scratch, from yogurt to pita bread to the filo pastry they use to make a heavenly 45-layer baklava. The trip down south to experience *Blé*'s laid-back vibe is worth it, and after a few rounds of pita bread, hummus, and Greek iced coffee, you'll want to keep coming back. **Blé is at 410 El Grande Avenue, BF Homes, Parañaque City. (mobile nos.: 0917-7217488, 0917-8339271).**



**EVERYONE'S TALKING ABOUT...** Patricio's Cevicheria's Hawaiian Poke. The hidden restaurant gem serves fresh chunks of tuna tossed in a sesame-soy dressing and speckled with nori flecks—it's a wonderful mix of fresh and savory flavors, perfect with hot rice or even some *chicharrones*.

Leave it to the world's number one gyoza restaurant to think of fun flavor combinations. Osaka Ohsho introduces their newest gyoza variants: Bite into the savory Bacon and Cheese Gyoza, and be delighted by crunchy honey-cured bacon bits and tasty cheese, each balancing the other out perfectly; try the sweet Peanut Butter and Banana Gyoza to find that the peanut butter-banana-vanilla ice cream combo works in just about anything.



At Skull and Bones, chef Cuit Kaufman, the man behind NYC-inspired food joints LES Bagels, Borough, and Nolita, takes you back to the days when food was all about comfort and convenience. Think grown-up, satisfying takes on the packaged foods you used to eat while pulling all-nighters: a homemade Twinkie, ramen in a cup (made in-house) with gingered pork and an *ajitama* egg, and Spaghetti-O's made with fresh ingredients.

PHOTOGRAPHY: ALDWIN ASPILLERA (BLÉ) AND COURTESY OF SPOT PH (PATRICIO'S CEVICHERIA), OSAKA OHSHO, AND SKULL AND BONES. TEXT: REGINE RAFAEL. SEE DIRECTORY FOR STORE ADDRESSES.



# Yummy Lessons

## Frozen delight

For a wholesome snack, how about some homemade yogurt ice pops? This frozen treat is a snap to prep! All you have to do is insert a popsicle stick into your favorite yogurt cup and freeze overnight. When ready to eat, submerge the frozen cup in hot water for a few seconds—this makes it easy to remove the ice pop from the container. Now isn't that easy, delicious, and nutritious?



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

Master the classic  
**SALAD NIÇOISE**



Make healthy  
**MUSHROOM  
BURGERS**



Prepare **DARK  
CHOCOLATE BARK**  
at home



Whip up **BAKED  
POTATO WEDGES**  
with the kids



Use **PESTO**  
in 10 new ways





## Yummy Lessons BACK TO BASICS



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

A staple in Southern France, *salade niçoise* (pronounced nee-swahz) is a flavor-packed, protein-rich salad typically composed of tuna, black niçoise olives, anchovies, tomatoes, and hard-boiled eggs, all tossed in a light vinaigrette. Many versions include lettuce, boiled potatoes, and blanched French green beans, but you don't have to stick to these—jazz it up with your favorite veggies! I personally like to add sliced cucumbers, carrots, and bell peppers into the mix. With a salad this hearty, you don't need anything else to have a satisfying meal. Bon appétit!

### Tip

IF YOU'RE SERVING THIS SALAD AS PART OF A BUFFET SPREAD OR IF YOU'RE NOT PLANNING TO EAT IT IMMEDIATELY, DON'T TOSS THE INGREDIENTS WITH THE DRESSING JUST YET. STORE THE DRESSING SEPARATELY AND SERVE IT ON THE SIDE TO KEEP THE LETTUCE CRISP. IF FRESH TUNA IS NOT AVAILABLE, YOU CAN SUBSTITUTE IT WITH ONE DRAINED 180-GRAM CAN TUNA IN OIL OR WATER.



PHOTOGRAPHY: PATRICK MARTINES. RECIPE, TEXT, AND STYLING: RACHELLE SANTOS.  
MAKEUP: CAIS DEL ROSARIO OF SHU UENURA.





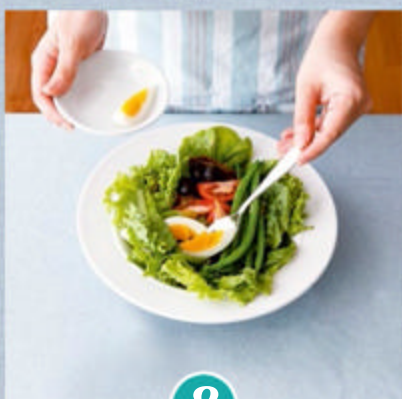
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8

## Salad Niçoise

**Serves 4 Prep Time** 30 minutes

**Cooking Time** 15 minutes

### WHAT YOU NEED

#### For the dressing

- ✓ 1 teaspoon minced garlic
- ✓ 1/2 teaspoon minced shallots (optional)
- ✓ 1 teaspoon Dijon mustard
- ✓ 1 1/2 tablespoons lemon juice or white wine vinegar
- ✓ 1 tablespoon minced fresh tarragon or basil
- ✓ 1/4 cup extra virgin olive oil
- ✓ salt and freshly ground black pepper, to taste

#### For the salad

- ✓ 8 to 10 baby potatoes, scrubbed, washed, and halved
- ✓ 100 grams French green beans, stems trimmed
- ✓ 4 medium eggs
- ✓ 300 grams fresh, sushi-grade tuna, sliced into bite-sized pieces
- ✓ salt and freshly ground black pepper, to taste
- ✓ 1 tablespoon vegetable oil
- ✓ 1 small bunch curly lettuce, washed and spun dry
- ✓ 1 small bunch baby romaine lettuce, washed and spun dry
- ✓ 2 medium salad tomatoes or 1 cup cherry tomatoes, sliced
- ✓ 1/2 cup pitted black or green olives
- ✓ 1/4 cup capers
- ✓ 8 anchovy fillets

### WHAT TO DO

**1** Make the dressing: Combine garlic, shallots (if using), mustard,

lemon juice or vinegar, and tarragon or basil in a medium mixing bowl. Pour olive oil in a slow, steady stream while whisking continuously. Season to taste with salt and pepper. Refrigerate until ready to use.

**2** Bring a medium pot of salted water to a boil. Add potatoes and boil for about 6 to 8 minutes or until tender. Set aside.

**3** In the same pot of boiling water, blanch green beans for 30 seconds to 1 minute or until tender but still crisp. Transfer green beans to a bowl of ice-cold water. Drain and set aside.

**4** In the same pot of boiling water, cook eggs for 10 minutes or until hard-boiled. Drain and remove shells. Slice into wedges and set aside.

**5** Heat a small frying pan until almost smoking. Season tuna with salt and pepper. Add vegetable oil and sear tuna just until the surface is brown. Remove from pan and set aside.

**6** Toss lettuce in a large mixing bowl with 1 to 2 tablespoons dressing. Arrange lettuce on a large serving platter or on four individual salad plates.

**7** In the same bowl, toss sliced baby potatoes, green beans, tomatoes, olives, and capers with 1 tablespoon salad dressing; arrange them on top of the lettuce.

**8** Arrange seared tuna, hard-boiled eggs, and anchovy fillets alongside the other components. Drizzle with more dressing or serve dressing on the side. Serve immediately.



## Yummy Lessons

### HEALTHY APPROACH



MARIE GONZALEZ shares recipes, ideas, and ways to cook and eat healthier.

## 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).



## RECIPE FILE

### Mushroom Burgers

Another year begins and so does our constant attempt to eat more mindfully—that is, cutting down on meat, salt, refined carbs, desserts, and fat. Easier said than done, right? Usually associated with bland cardboard-like (or grassy) rabbit food, healthy food is something people tend to dread with a passion. I've been vegan for seven years and a health-conscious one for the past four of those years, and I refuse to eat bland food. I make healthy food taste decadent—without relying too much on salt and fat—by infusing flavor via garlic, onions, herbs, spices, citrus juice and zest, vinegar, and mushrooms. Mushrooms are a rich source of umami, making them savory and meaty—the darker the 'shroom, the richer the taste. These mushroom burgers are a great example of flavorful, healthy food that meat-eaters will surely love. Try them!

Peel **1 medium potato**. Place in a small saucepan and cover with water; bring to a boil. Simmer over medium heat until tender, about 10 to 15 minutes; drain. Mash well with a fork. Warm **1 tablespoon oil** in a large nonstick skillet. Add **350 to 400 grams shiitake mushrooms** (cut into 1/4-inch cubes), **1 diced medium red onion**, **4 minced garlic cloves**, **1 teaspoon dried thyme**, **salt**, and **pepper**. Sauté until softened and most of liquid from mushrooms has evaporated, about 7 to 10 minutes. Transfer mixture to a bowl; mix in **1/3 cup rolled or quick oats**, **1/4 cup plus**

**2 tablespoons Japanese breadcrumbs**, **1 teaspoon cornstarch**, and mashed potato; let cool. Mash mixture with your hands. Let sit for at least 10 minutes. Adjust seasoning. Using a 1/2-cup measuring cup, scoop out mixture and shape into 3- to 3 1/2-inch patties. Heat a thin layer of oil in the same pan. Sear patties for 3 minutes on each side or until browned (or brush with oil and bake in a 350°F oven for 15 minutes on each side). Sandwich between buns with your favorite toppings and condiments, or pair with side veggies and brown rice. **Makes 4 burgers.**



## Produce Focus

THREE WAYS WITH...

# Mangoes



### SALSA PARTY

Add a delicious twist to traditional tomato salsa by folding in some diced mangoes.



### SAUCE IT UP

Puréed ripe mangoes make for an all-natural, sugar-free sauce you can serve with pancakes, crepes, ice cream, or cake.



### FRESH TAKE

Adding sweet mangoes to salads helps balance out the bitterness of leafy greens and the tartness of the dressing.



## Kale Mix Chips by Take Root

These guilt-free chips by Take Root are made of leafy greens, and are crunchy and cheesy without oil or dairy. **P170 for small; P220 for large. Check [www.takeroot.ph](http://www.takeroot.ph) for partner store locations.**



A LOT OF PEOPLE SAY THEY'RE GLUTEN INTOLERANT. WHAT EXACTLY DOES THIS MEAN AND WHAT ARE THE BENEFITS OF A GLUTEN-FREE DIET?

A

Gluten is the protein found in wheat, rye, barley, and oats. Bread, pasta, pizza, pastries, soy sauce, cereal, granola, and processed food contain gluten. Some people are unable to digest gluten, making them gluten-intolerant. When they consume gluten, the lining of the small intestine becomes inflamed, and the gut becomes unable to absorb nutrients. If you experience abdominal pain, diarrhea, bloating, vomiting, lethargy, poor concentration, asthma, eczema, and aches and pains when you eat food with gluten, you may be gluten-intolerant. However, keep in mind that these symptoms may be caused by other food allergies and health conditions. A food allergy test or small bowel biopsy will help

you find out. The only way to deal with a gluten allergy is to go on a gluten-free diet. Whole grains such as brown rice, quinoa, and millet are gluten-free. Good substitutes for soy sauce include Bragg's liquid aminos (available in large supermarkets and Healthy Options) and coconut aminos sauce. Health food stores have a wide range of gluten-free products. You can also check out products from Raw Leaf Kitchen, Jertie's Kitchen & Brown Sugar Pastries, Kitchen Revolution, Edgy Veggy, and Cocogreen and Co. If you're interested in learning more about gluten-free cooking, check out my website Kitchen Revolution. Even if you're not allergic to gluten, you can still try to avoid it. Some of those who go on a gluten-free diet say they're less bloated and lethargic, and more alert.

## Healthify this!

### CAULIFLOWER MASH

This is a great low-carb substitute for mashed potatoes! Chop 2 large cauliflower heads into florets. Blanch in boiling water for 10 minutes until tender; drain. Purée in a food processor with 1 to 2 cloves garlic, 1 tablespoon olive oil, salt, pepper, and 2 to 4 tablespoons water until smooth.

**Makes 2 cups.**







## Dark Chocolate Bark

Looking for a healthy treat to snack on? Try your hand at dark chocolate that's chock-full of nuts.

### WHAT YOU NEED

- ✓ 1/4 cup roughly chopped pistachios
- ✓ 1/4 cup roughly chopped pecans
- ✓ 1/4 cup roughly chopped walnuts
- ✓ 2 tablespoons pine nuts, toasted
- ✓ 500 grams dark chocolate chips
- ✓ salt for sprinkling

### WHAT TO DO

**1** Line an 8x8-inch baking pan with parchment paper. Set aside.

**2** Toast nuts in a large pan over medium-high heat until fragrant. Remove from heat and let cool.

**3** Place chocolate chips in a heatproof bowl and place it on top of a saucepot with an inch of simmering water. Make sure the bottom of the bowl does not touch the water. Stir until melted. Remove bowl from heat.

**4** Using a spatula, spread melted chocolate on the prepared pan. Immediately top with nuts and sprinkle with salt. Refrigerate until chocolate hardens, at least 10 minutes.

**5** Remove chocolate from pan, break into pieces, and serve. **Serves 4 to 6.**



PHOTOGRAPHY: DAVID HANSON. RECIPES, FOOD PREPARATION, AND DEMONSTRATION: PAUL SAMSON OF THE COOKERY PLACE. STYLING: TRINKA GONZALES.



# Baked Potato Wedges

Get your kids hooked on a new favorite! These fries are baked so they have less fat and salt than the fast-food variety.

## WHAT YOU NEED

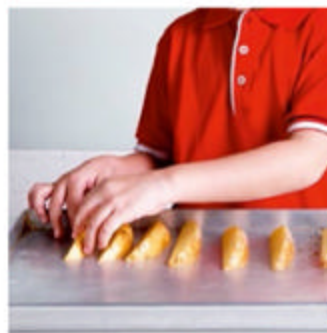
- ✓ 2 large potatoes
- ✓ 2 tablespoons olive oil
- ✓ salt, to taste
- ✓ dried oregano for sprinkling
- ✓ ketchup, to serve (optional)

## WHAT TO DO

- 1 Preheat oven to 450°F.
- 2 Cut potatoes into wedges, about 6 to 8 pieces per potato.
- 3 Boil potatoes until tender, about 20 minutes. Let cool.
- 4 Arrange potato wedges on a greased baking sheet and drizzle with olive oil. Season with salt and dried oregano.
- 5 Bake potato wedges until crisp and golden brown, about 15 minutes. Serve immediately with ketchup, if desired. **Serves 2 to 3.**

## TIP

YOU CAN ALSO TRY THIS RECIPE WITH SWEET POTATOES TO MAKE KAMOTE FRIES. INSTEAD OF OLIVE OIL, SALT, AND OREGANO, SEASON THEM WITH MELTED BUTTER AND ROSEMARY BEFORE BAKING.



4

4

4





Let assistant managing editor **IDGE MENDIOLA** teach and inspire you to use pantry staples in creative ways.

# Pesto

Go beyond the usual pasta. From deviled eggs to savory pancakes, here are 10 ways to upgrade the classic sauce!

**SWITCH TO 'WICH**



## 1 Best app ever

Kick-start your party with an appetizer that's tasty, easy, and healthy! Make pesto deviled eggs with just three ingredients. Boil eggs until cooked; once cool enough to handle, peel and slice in half lengthwise. Scoop out yolks into a bowl then mix in pesto and light mayonnaise. Fill egg whites with the yolk mixture using a spoon or a piping bag.

## 2 Switch to 'wich

Take inspiration from the Italian insalata caprese, but instead of a salad, make a sandwich using pantry staples. Toast bread slices and lay on a flat surface. Top with basil leaves, tomato slices, and *kesong puti*. Spoon or drizzle pesto over each and you're done. Make it even more special by topping your creation with prosciutto or parma ham.

## 3 Just wing it

A big batch of chicken wings never fails to get everyone in a good mood. Get the ball rolling by using a new marinade made with pesto. Combine pesto, honey, Sriracha, and a little vinegar in a bowl. Add chicken wings and marinate overnight. Grill, fry, or roast, and garnish with chili flakes or chopped parsley before serving.

## 4 Take a dip

Got an almost-empty bottle of pesto? Don't throw it away just yet. Turn the contents into a dip that you can pair with vegetable sticks, crackers, and grilled meats. Simply add Japanese mayonnaise, lemon juice, and garlic to the bottle. Cover, shake, and voila! To make an instant salad dressing, use a flavored vinegar instead of the mayo. Drizzle on some greens and top with cheese.

## 5 Cover all bases

Using plain breadcrumbs as a coating for pork chops, chicken steaks, or fish fillets can get tiring. Give it new life by adding in some pesto! Combine breadcrumbs, pesto, lemon juice, and chili flakes in a bowl. For extra crunch, add plain cornflakes or sesame seeds. Dredge your meat in the mixture then bake as you normally would.

## 6 Mussel power

Steamed pesto mussels pack a lot of flavor, yet require very little prep time. Sauté onions and garlic in olive oil. Add broth and mussels, and cook until shells open. Add pesto and cook for a few more minutes. Transfer mussels to a bowl. Reduce sauce, add cream, and pour over mussels.

## 7 Make butter even better

Elevate plain butter by infusing it with pesto. Whip softened butter until smooth, add pesto, and mix until well combined. Transfer to a sealed container and chill, or use right away. Smother it on grilled sweet corn, top over steamed rice, or simply spread on toast.

## 8 Bowled over

A warm bowl of hearty soup paired with crusty bread is a refreshing lunch option that can fill you up without the calories. Make the classic minestrone even better with pesto. Head to [Yummy.ph](http://Yummy.ph) for the recipe.

## 9 Slice of life

You've probably tried red pizza (tomato based) and white pizza (cream based), but have you had a slice of green pizza? Use pesto as your pizza base for a flavor explosion in each bite! Top it with grilled chicken and mushrooms, or sausages, apples, and roasted garlic.

## 10 Flip side

Here's a new addition to your Sunday brunch menu: savory pancakes. Prepare your usual pancake batter, but reduce the amount of sugar you normally add. Mix in pesto and your favorite savory fillings: Try ham and peas, cheese and carrots, or corn and bacon.



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## DIRECTORY

Your guide to the shopping  
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### SUPERMARKETS

#### The Landmark

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

#### Robinsons Supermarket

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

#### Rustan's Supermarket

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

#### SM Supermarket

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

### RESTAURANTS

#### Osaka Ohsho

3/F SM Mega Fashion Hall, SM  
Megamall, EDSA corner Julia Vargas  
Avenue, Mandaluyong City  
(mobile no.: 0917-8285011)

#### Patricio's Cevicheria

28 Bayani Road, Bonifacio Global  
City, Taguig City (tel. no.: 998-7274;  
mobile no.: 0917-8508817)

#### Skull and Bones

2/F U.P. Town Center, Kaptipunan  
Avenue, Diliman, Quezon City

### OTHERS

#### Bacchus Epicerie

For a list of all branches, visit [www.facebook.com/BacchusEpicerie](http://www.facebook.com/BacchusEpicerie).

#### Bungalow 300

7 Buencamino Street, Muntinlupa  
City (tel. no.: 519-3143);  
[www.facebook.com/bungalow300](http://www.facebook.com/bungalow300)

#### Club Punta Fuego

Barangay Balaytigue, Nasugbu,  
Batangas (tel. nos.: 843-8700, 584-  
4405); [info@clubpuntafuego.com.ph](mailto:info@clubpuntafuego.com.ph);  
[www.clubpuntafuego.com.ph](http://www.clubpuntafuego.com.ph).

#### Cornerstone Pottery

B1084 Balubud 1st (near Aguinaldo  
Highway), Silang, Cavite  
(mobile no.: 0919-9952022,  
0919-2385535); [www.facebook.com/cornerstonepotteryfarm](http://www.facebook.com/cornerstonepotteryfarm)

#### Fabric Bar by Weaves of Asia

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

#### Santis Delicatessen

For a list of all branches, visit  
[www.werdenberg.com/santis](http://www.werdenberg.com/santis).

### CEBU: SECOND TO NONE

#### Arano's

31 Fairlane Village, Guadalupe,  
Cebu City (tel. no.: 032-2561934)

#### Azul

Streets of Asilo, Gorordo Avenue,  
Cebu City; [www.facebook.com/azul.ceb](http://www.facebook.com/azul.ceb)

#### The Chocolate Chamber

President Quirino Street,  
Mabolo, Cebu City (mobile no.:  
0917-6287661)

### Delice Recipes

Busay, Cebu City (mobile no.:  
0906-4258799)

### Doming's Ngohiong

Fairlane Village, Guadalupe, Cebu  
City (tel. no.: 032-2557399)

### Entoy's Bakasihan

Kamampay, Barangay Buagsong,  
Cordova, Cebu

### Radisson Blu Hotel

Serging Osmeña Boulevard  
corner Juan Luna Avenue, Cebu  
City (tel. no.: 032-4029900);  
[www.radissonblue.com/hotel-cebu](http://www.radissonblue.com/hotel-cebu)

### Tatang's Boneless Lechon

AS Foruna corner Hernan Cortez,  
Banilad, Cebu City (tel. no.:  
032-3164719; mobile no.:  
0917-5478561); [info@tatangsalechon.com](mailto:info@tatangsalechon.com);  
[www.tatangsalechon.com](http://www.tatangsalechon.com)

### Titay's

For a list of all branches and  
distributors, visit [www.titays.com](http://www.titays.com).

### Zubuchon

For a list of all branches, visit  
[www.facebook.com/zubuchon](http://www.facebook.com/zubuchon).



# making it

by Kristine  
D. Fonacier

## THE BUTTER PROJECT BY BEA MISA AND JORDY NAVARRA

Butter is not, historically, a Pinoy thing. Save for fresh cheeses like *kesong puti*, there isn't much of a tradition of dairy products in the country, not even in the entire region. No wonder, then, that butter hasn't been on our collective culinary consciousness.

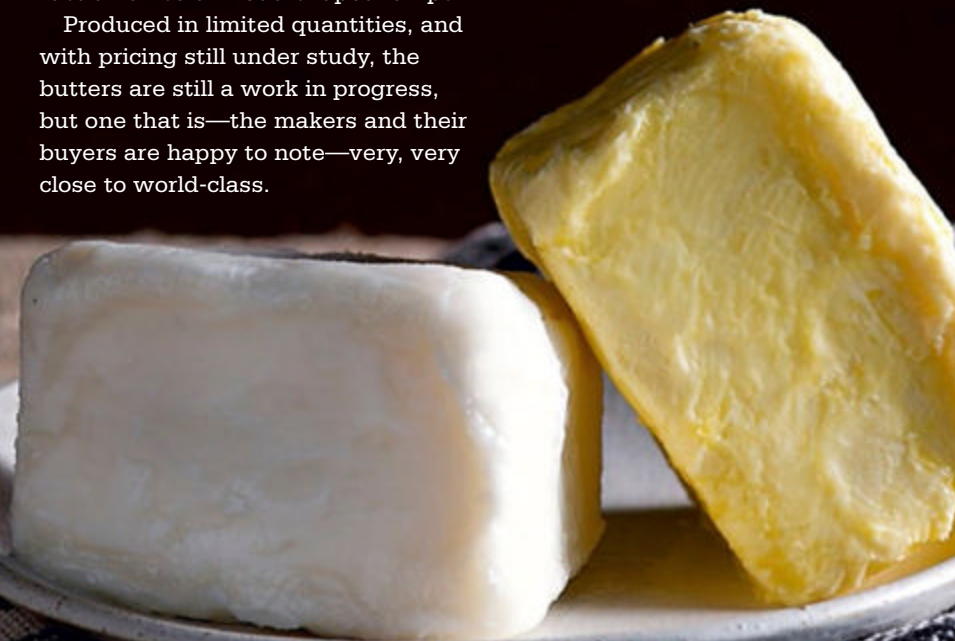
And so when Bea Misa of Ritual and chef Jordy Navarra of Black Sheep decided to work together on introducing something groundbreaking and new, they decided to work on making (for the first time, would you believe?) "a local butter—from pastured (grass-fed) bovines, without artificial colorants and preservatives, beyond food-processor-DIY standards... something to replace the margarine plaguing our fair islands."

That's how Bea and Jordy found themselves studying the entire butter-making process from end to end, beginning with milk produced by cows and, naturally, by our very own carabaos. It was puzzling at first ("...for the people running the dairy, who were stuck with the confounding question of "Why does Ritual want us to make weird-tasting butter?" blogged Bea), but in the end, the products spoke for themselves.

What they made was pure, natural, high-quality butter: pale-gold cow butter, made from either fresh or fermented milk; and a very rich-tasting, white butter from carabao milk. "It's a work in progress!" the makers kept telling everyone at Yummy Eats 2014, where the butters debuted. Even then, the products were each a revelation: This is what real butter is supposed to taste like!

The carabao butter has a higher fat content, and is therefore silkier and richer than its cow-milk counterpart. The fermented cow's butter, on the other hand, has a flavor reminiscent of blue cheese. It's complex enough to stand out on its own, but it's also an incredible ingredient that lends layers of taste to any dish. They're very rustic—all sold in odd-shaped lumps.

Produced in limited quantities, and with pricing still under study, the butters are still a work in progress, but one that is—the makers and their buyers are happy to note—very, very close to world-class.



For more information, visit [www.ritual.ph](http://www.ritual.ph) or [www.facebook.com/ritualshop](https://www.facebook.com/ritualshop).

PHOTOGRAPHY: LIEN UY. STYLING: IDGE MENDOLA.



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