

Yummy

SUMMER FOOD TRIPS: 8 FUN OPTIONS * D-I-Y BROWNIE BRITTLE

* EASY MEALS EVERY DAY

MAY 2015

the FILIPINO ISSUE

80

recipes, ideas,
+ destinations
for the
best local
experiences

COOK
AND
EARN

20 recipes
for success

GOOD EATS

Food businesses
that give back

Silog
SPECIAL
make 180
combos!

&

"I got it
from my
mama"

TREASURED FAMILY RECIPES
FROM **NORA DAZA**, SYLVIA
REYNOSO GALA, **PETTE**
JOROLAN, JOSEPHINA
MONTANO, **ANNIE ABAD**,
JOYCE ARTADI, AND
BETTINA LEGARDA

Grilled Shrimp Inasal with Pineapple Salsa

RECIPE ON PAGE 59

ISSN 1908-5869



9 771908 586002

Sweet Summer Lovin'

White Choco
Frappe



White Choco
Espresso Frappe



Calling all vanilla and white chocolate lovers!
Get your tastebuds ready for our White Chocolate Frappe,
a blended J.COFFEE creation fused with vanilla,
white chocolate sauce, and hefty white chocolate chunks. Like it with an extra kick?
Have our White Chocolate Espresso Frappe for a sheer and velvety deliciousness sip after sip.



J.CO
Sharing The J.CO Way

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MAY 2015

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SET THE TABLE IN STYLE



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THE STORE

editor's note

Proud to be Pinoy!

Like a lot of Filipinos, I have relatives all over the world—Vancouver, Sydney, New Jersey, Los Angeles, Paris—and I've been asked many times whether I wanted to live abroad. They'd tell me: You're always welcome to live with us! There are so many opportunities here! It's so organized and efficient compared to Manila! Yet despite our country's chaos, I don't think there's any other place I'd rather be. It's not about being ignorant about the world. It's just that to me, the Philippines is home. And nothing comes close to being home. I guess I can best describe it in terms of food: You can have the freshest sushi in Japan, the flakiest croissant in Paris, the best pizza in Rome, but at the end of the day, you always look forward to that plate of crispy *pata*, garlic rice, and *ensaladang mangga*—surrounded by the people you love.

So this month, let's celebrate being Pinoy! What better way to start than with the local breakfast favorite? Flip to page 40 for our awesome primer on everything *silog*; you'll see that there are so many ways to elevate the otherwise plain pairing. Next, there's one more month of summer left and it's the perfect time to take a food tour. We've got some fun, unconventional ideas for you in "Tara, kain na!" on page 76. We also pay tribute to entrepreneurs in the food industry who

not only provide us with the best eats, but also champion the *bayanihan* spirit by giving back

to society. Read about these inspiring individuals on page 70. Finally, since Mother's Day is right around the corner, we honor all Filipino moms who nourish not only our bodies, but our spirit as well. In "Thanks, Ma" on page 62, local culinary legends like Sylvia Reynoso Gala and Nora Daza share recipes they've prepared for their families through the years.

I firmly believe that there's no better time than now to be a Filipino. Let's toast to that.



Paulynn

Paulynn Chang Afable
Editor in chief
paulynn@yummy.ph

**Yummy BIG
BAON
BLOWOUT**

Classes start in a month!
For the best lunchbox ideas, head to the TriNoma Activity Center at 10 a.m. on May 23 (Saturday). Sample dishes from 30 concessionaires, and participate in cooking demos, raffles, and games.
www.yummy.ph/big-baon-blowout

These hands pick, sort, and clean coffee beans harvested from trees on Mount Kitanglad. And for every bag of Hineleban Coffee purchased, the Hineleban Foundation plants one tree, preserving the mountain forest. Flip to page 70 for their story.



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Introducing GetGo – the Lifestyle Rewards Program that gives you free trips just by flying with Cebu Pacific. GetGo gives you points every time you book flights and buy add-ons. You can also earn points when you shop and dine. The more points you earn, the more places you'll see. Plus, you can also pool points with family and friends to make it fun and easy. This is our way of thanking you because we know that you deserve the best of the world.

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THE LIFESTYLE REWARDS PROGRAM

time to get going!



Yummy

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Yummy Ideas

RAISE THE JAR

Don't discard old glass bottles—they're the perfect vessels for quick treats!

Overnight sensation

OVERNIGHT OATS

Spare 10 minutes of your time tonight to make a fuss-free power breakfast for tomorrow! To make: Combine $\frac{1}{2}$ cup old-fashioned rolled oats, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup plain yogurt, $1\frac{1}{2}$ tablespoons chia seeds, and 2 tablespoons honey in a jar. Stir with a spoon until well combined. Add $\frac{3}{4}$ cup diced ripe mangoes and mix. Cover and chill overnight or up to 2 days. Garnish with more diced ripe mangoes and cashews before serving. Serve cold. **Serves 1 to 2.**



Berry good

STRAWBERRY SHORTCAKE

Take advantage of sweet Baguio strawberries to make this easy dessert. You can swap out the berries for other fruits like mangoes. To make: Place $\frac{1}{4}$ cup hulled and quartered strawberries in a jar. Add $\frac{1}{4}$ cup cubed store-bought chiffon cake. Repeat to make 2 more layers before topping with whipped cream. Garnish with more strawberry slices. **Serves 2.**

TACO SALAD

Looking for a tasty, crunchy salad? This one's for you. Dissolve $\frac{1}{8}$ (40-gram) pack taco seasoning mix (we used McCormick) according to package directions. Heat $\frac{1}{4}$ tablespoon vegetable oil in a saucepan. Cook $\frac{1}{8}$ kilo ground pork until brown. Add taco seasoning; cook until liquid is absorbed. Let cool. Add $\frac{1}{2}$ cup cooked black beans; set aside. Assemble the salad: Place 1 tablespoon ranch dressing in a mason jar. Add $\frac{1}{4}$ cup sliced red bell peppers, $\frac{1}{4}$ cup meat mixture, $\frac{1}{4}$ cup corn kernels, $\frac{1}{4}$ cup diced avocados, $\frac{1}{4}$ cup diced tomatoes, and $\frac{1}{4}$ cup crumbled tortilla chips. (Don't pack the jar too tightly; leave enough room to make shaking a breeze.) To serve, cover and shake jar then add more tortilla chips, if desired.

Serves 1.



Layers of fun

TRIPLE ICE CREAM TRIFLE

Make this treat with your little one this summer! Layer $\frac{1}{4}$ cup chocolate ice cream, $\frac{1}{4}$ cup ube ice cream, and $\frac{1}{4}$ cup vanilla ice cream in a jar. Garnish with chocolate wafer sticks, brownies, and maraschino cherries. You can also make a brownie layer in between each ice cream flavor for a sweeter treat! **Serves 1.**

That's so cool!

Drink
OF THE MONTH

COCO-MELON COOLER

MAKE SOME MONEY THIS SUMMER! SET UP A STAND IN YOUR VILLAGE AND OFFER THIS THIRST-QUENCHER TO PASSERSBY.

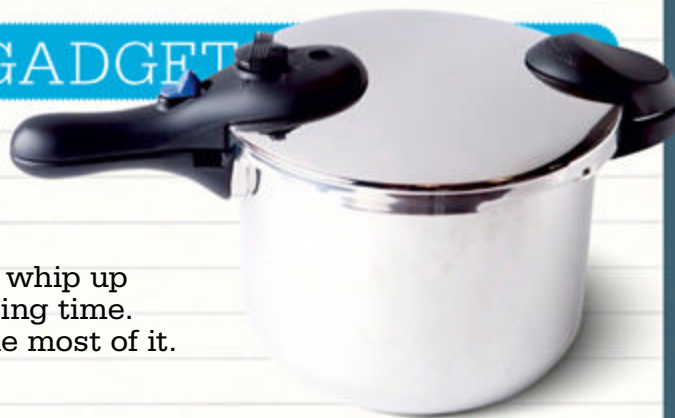
Slice open 1 (1-kilo) melon. Remove seeds and pulp at the center; discard. Using a melon scraper, shred $\frac{1}{4}$ of the melon flesh; set aside. Slice remaining flesh into cubes. Process melon cubes, $\frac{1}{2}$ cup coconut milk, and 1 to $\frac{1}{2}$ cups ice in a blender. To serve, portion $\frac{1}{2}$ cup cooked small tapioca pearls (sago) and melon shreds among 4 glasses; pour in melon mixture. **Serves 4.**



← GREAT GADGET

PRESSURE COOKER

This tool will help you whip up dishes in half the cooking time. Here's how to make the most of it.



● UNDER PRESSURE

The steam that builds up inside the airtight pot cooks food at a very high temperature, thus reducing cooking time by as much as 70 percent and helping retain foods' nutrients. Cooking with this tool also uses less liquid and enhances the richness and natural flavor of food.

● COOK IT ALL

The pressure cooker is used for food which normally uses moist heat to cook it. You name it, the pressure cooker can cook it—from rice to chickpeas, stews to tough meats. You can

also make chicken stock in less than an hour: Throw in chicken bones, vegetables (try carrots, onions, and celery), and water, and you'll get a rich, flavorful stock in no time. Flip to pages 55 and 93 for more recipes.

Sunnex Zinnia Pressure Cooker,
P5,499.75, SM Home

The TRY-IT TASTE-IT Row



NEXT-GEN SOY SAUCE

It takes the right condiment to elevate a dish. Datu Puti's toyo mixes let you mix and match, complementing your culinary creations perfectly. Choose Toyomansi for a sweet-sour calamansi taste, Toyomagic for sweet soy with onion, or Toyochili for spicy soy sauce with toasted chili and garlic. Available at all leading supermarkets nationwide.



HEALTH IS WEALTH

It can be difficult to eat healthy when you're always on the go. Family Mart's new Fresh n' Lite line makes it easy for you to always eat food that's good for your body. With choices like Healthy Hainanese Chicken, Veggie Sticks with Hummus Dip, Spanish Sardine Arabiatta, and more, you can prioritize nutrition every time. Available at all Family Mart branches nationwide.

SERIOUS CRUNCH

Got the munchies? Satisfy your sweet cravings with Jack 'n Jill's crisp, chocolatey Cream-O Brownie Crunch. You can enjoy both the Choco Chips and Peanut Thins flavors, conveniently packaged in resealable bags, wherever you go. Available at all leading supermarkets nationwide.



Yummy Ideas

Bookmark it!

{ Flourishing Foodie }

If there's one thing we love, it's browsing through gorgeous food photos on the Web. There's something about them that makes us want to reach into the computer screen and take a bite (or at least try our hand at making the dish). You'll find so many of them on *Flourishing Foodie*, a blog by Heather Hands, a registered dietician, food stylist, photographer, and recipe developer from Seattle. Click through each mouthwatering recipe (think Walnut and Bananas Foster Pancakes, Creamy Avocado Pasta, Chocolate Cherry Tarts), and you'll find that they're a cinch to make. There's a travel section, too, and Heather's photos and stories will have you booking a flight out, ASAP. Visit www.flourishingfoodie.com.

BOOKSHELF

WHAT WE'RE
READING
THIS MONTH

■ With trendy, innovative restaurant concepts popping up everywhere, Manila is spoilt for choice. But these days, it takes more than just good food to make a restaurant truly stand out. People are looking for the entire package—from an eye-catching logo down to the tiniest, well-thought-out details.

Even food presentation is used to get people hooked. That's where ***Knife and Fork* by Robert Klanten and Anna Sinofzik** (P2,299, Fully Booked) comes in. Published by Gestalten, the folks that give us lifestyle primer *Monocle*, this beautiful tome showcases unconventional visual identities from small food, beverage, and hospitality enterprises all over the globe. Local brand Yardstick Coffee is featured, too, being the only Filipino establishment in the exclusive bunch. Every page is filled with inspiration, and if you're a budding entrepreneur or are just completely drawn to the wonderful world of food and beverage, you simply must have this visual treat.



Yummy FOOD ADDITION

Mexican Rice
Preparing a Mexican fiesta? Be sure your rice is in theme, too!

Dissolve ½ Knorr chicken cube in ¾ cup hot water; set aside. Heat 1 tablespoon oil in a saucepan over medium-high heat. Sauté ¾ cup rice until all the grains are covered with oil. Add ½ cup stewed tomatoes and prepared chicken broth; mix until simmering. Cover the pan, mixing the rice once or twice, until cooked. Remove pan from heat and mix in 1 tablespoon chopped cilantro. Season with salt and pepper. Serve warm. **Serves 2.**



PHOTOGRAPHY: ALDWIN ASPILLERA (BOOKSHELF AND FOOD ADDITION); RECIPE & STYLING: TRINKA GONZALES (FOOD ADDITION); TEXT: REGINE RAFAEL (BOOKSHELF AND BOOKMARK IT).

Yummy LESSON HOW TO CAN HOMEMADE JAM PROPERLY

THE DILEMMA You make the best jams in town, so you've decided to go into business. (Want new recipes? Check out page 60.) How do you bottle your products safely for storage?

THE SOLUTION Washing glass jars well simply isn't enough; improper canning methods can promote bacterial growth and lead to food poisoning. To start, be sure to pick glass jars or bottles suitable for canning. Choose those that are tempered, airtight, and have no nicks. Wash the jars and lids well with soap and hot water, then place them in a large pot. Fill the pot with water until the jars are fully submerged (make sure they have no air bubbles trapped in them). Bring the water to a rolling boil and boil the jars for 10 to 15 minutes. Turn off the heat and carefully, with a pair of tongs, remove the jars from the pot and place them on clean paper towels. Allow them to dry. Fill the bottles with your hot jams or syrups before sealing tightly with the lids. Allow them to cool completely before storing.



We asked:

WHAT FOOD
BUSINESS ARE YOU
PLANNING TO START
THIS SUMMER?

“Summer coolers! I definitely want to take advantage of the fruits in season.” —**Marc Anthony Gonzales**

“Mango floats and chocolate milkshakes for the kids.” —**Beth Velasco**

“My kids are planning to set up their own snow cone store (perfect for the summer heat) so they can save money for next school year.” —**Cheng Jaramillo**

“Ice candy and popsicles. They're affordable and very easy to prep. I'm pretty sure they'll sell well because it's so hot!” —**Tara Pena**

“Street tacos and fresh juice at a nearby street fair. I also want to sell my own flavored mayonnaise, butter, cheese, yogurt, and sour cream. Yum.” —**Jamie Shine**

“Grilling is always fun during the summer. I'm planning to sell barbecue, *isaw*, and grilled corn along with thirst-quenching drinks!” —**Rosanna Villaflor**

“Nothing says summer like *halo-halo*, so I want to put up a *halo-halo* bar. My customers will be able to make their concoctions as simple or as loaded as they want.” —**Marcus Nieto**

Next question: HOW DO YOU PLAN AND PREP AHEAD FOR YOUR KIDS' BAON?

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

Yummy Ideas



Sprout

It's all about fast, fresh convenience at Sprout. Not your typical neighborhood convenience store, Sprout has bright, sunny interiors and an inviting, sprightly vibe, but it's what's on their shelves that's the big draw. Offering healthful, naturally made food perfect for people on the go, Sprout has made it their mission to provide fresher options in a fast-paced world where, oftentimes, health is a low priority. There, you'll find a wide array of satisfying salads, both grain and yogurt bowls, and sandwiches and wraps that will keep you energized for the rest of the day. While you're at it, grab a bag of kale chips or a peanut butter oatmeal crisp for a mid-morning snack, and an all-natural energy shot (like the Spice Market made with turmeric juice, honey, *calamansi*, apple cider, vinegar, and water) for an afternoon boost. The bottom line? Sprout is looking out for your well-being at a time when it might be difficult to do so. That's reason enough to keep coming back.

Sprout is located at G/F Signa Designer Residences, Valero corner V.A. Rufino Streets, Makati City (mobile no.: 0917-5586593).



Energy drinks made in-house, like Spice Market (P63), have everything you need for a quick pick-me-up.

Filling and tasty, the Kale and Roasted Vegetable Bowl (P231) will keep you both satisfied and energized.



Indulge your sweet tooth without the guilt with a Peanut Butter Oatmeal Crisp (P137).



INGREDIENT SPOTLIGHT

YAKON

Known as the "apple of the earth," yacon is a sweet root vegetable that's high in fiber, low in calories, and loaded with great health benefits. Struggling with digestive conditions? Stressing over weight loss? Worrying about high cholesterol? Yacon can help. It's sweet, fruity, crunchy, and quite versatile, too—you can have it in salads (substitute apples for yacon in your Waldorf salad), add it to stir-fries, or enjoy it raw with a blue cheese dip.



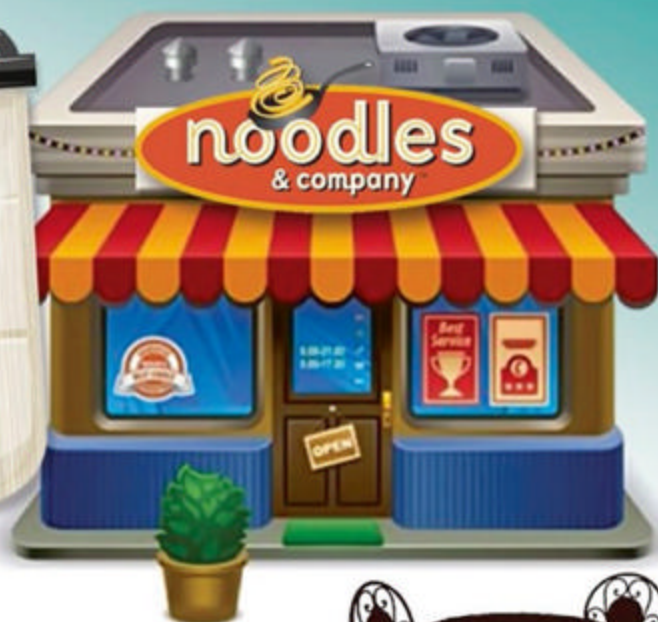
Kitchen glossary

Emulsion

Whipping up homemade hollandaise sauce for eggs Benedict? That means you'll be creating an emulsion. When you whisk together two liquids that don't normally mix (usually one water-based and the other oil-based), droplets of one liquid disperse and suspend throughout the other, creating an emulsion. To keep the liquids emulsified, you'll need an emulsifying agent (like an egg yolk or butter) to hold the two liquids together.

The Art of doing Business

The Noodle Way



For more than 25 years, Sapporo has established a name for themselves as the leading noodle provider in the food business. They have forged strong partnerships with well-known fine dining and quick service restaurants, while assuring delicious and high-quality products that please every customer.



Every dish made with Sapporo noodles is surely delightful to the tastebud, which is why various food businesses depend on them to provide diverse noodle products that are suitable for any kind of recipe. Even small-scale family businesses rely on Sapporo to bring their dishes to life for their customers' utmost satisfaction. Starting food businesses also benefit from choosing Sapporo because the brand is notable for premium quality and healthy noodles that complement any ingredient or sauce, for endless food possibilities.

In the years to come, Sapporo will continue to serve a key role in the food industry by providing important, everyday food products for businesses and households. These will help in creating wonderfully versatile recipes that are a testament to the brand's fine quality, so that more and more people can enjoy satisfying and healthy cuisines.

You'll be surprised with the sheer number of delicious recipes you can bring to life by using Sapporo Long Kow Vermicelli, Longi Vermicelli, Pancit Bihon, Sapporo Misua and Sapporo Spaghetti. Just log on to www.sapporoproducts.com.ph.



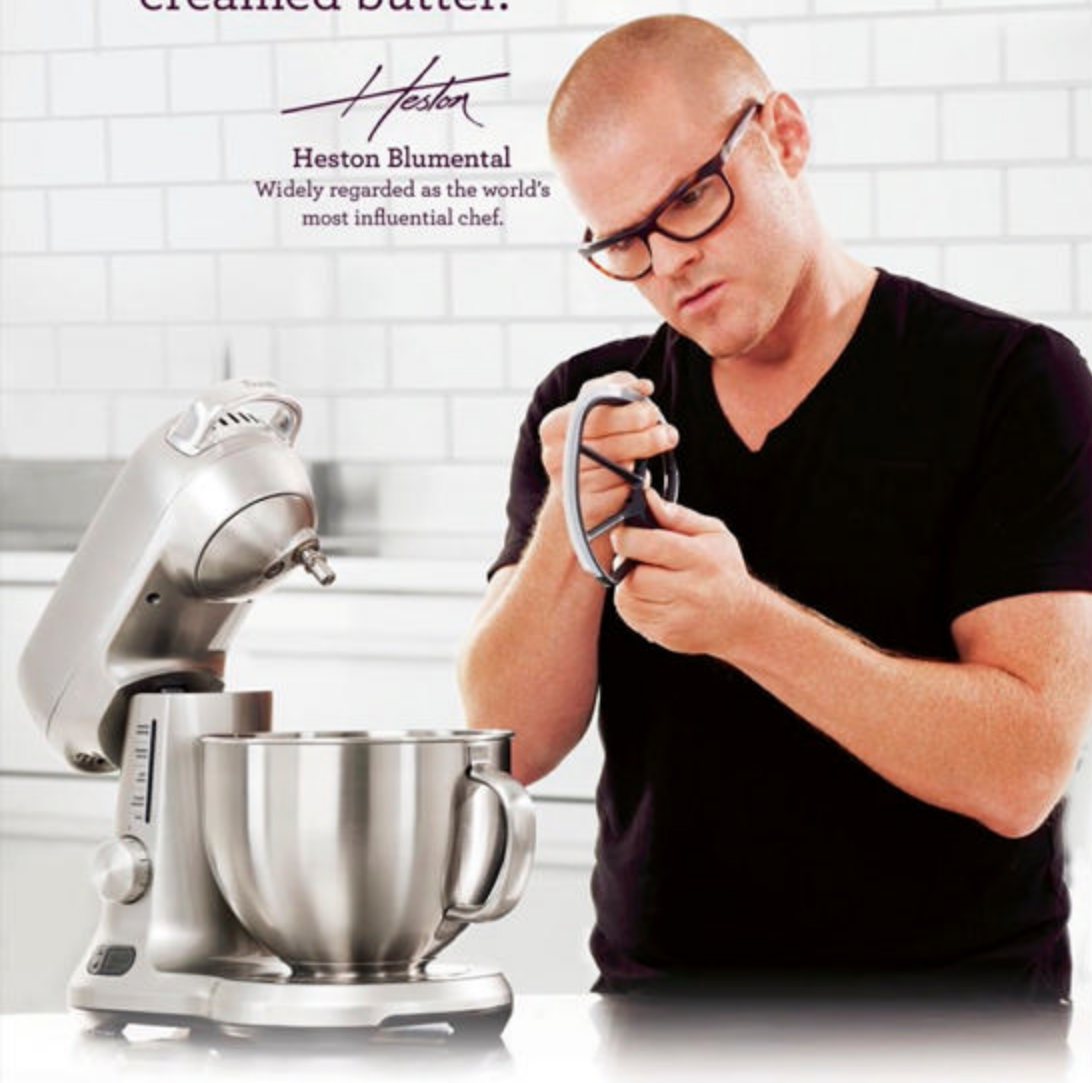
Breville

“Every great cake starts with perfectly creamed butter.”

Heston

Heston Blumenthal

Widely regarded as the world's most influential chef.



Perfect Mixing Results • Time - Saving • Safety First •
Multi-awarded, Top Choice for Stand Mixer (based on Consumer Reports, USA)

**Breville-lize your baking experience with
the Scraper Mixer Pro™ (BEM800)**



for more info.

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and other leading appliance stores nationwide
Breville Showroom: 362-1432, 412-8735 loc 203



Breville Philippines
www.breville.com.ph



Pavlova

(a classic dessert for any occasion)

Ready Time: 1hr. 20mins •

Prep Time: 20mins • Baking Time: 1hr.

Ingredients:

- 6 egg whites (210g)
- 1 ½ cups (330g) caster sugar
- 300ml carton cream
- Fresh berries, to serve
- Fresh passion fruit pulp, to serve

Procedure:

1. Preheat your *Breville Smart Oven™* to 120°C turning on convection. Mark a 23cm circle onto a sheet of baking paper. Turn paper over and place onto a large greased baking tray.
2. Add egg whites to the *Breville Scraper Mixer Pro™* bowl. Using the wire whisk attachment, slowly turn mixer to AERATE/WHIP setting and whisk until soft peaks form.
3. Gradually add sugar making sure sugar is dissolved between each addition. Program your mixer's timer to about 10 minutes.
4. Spoon meringue onto paper within the circle; use a spatula to shape sides of meringue into a dome shape.
5. Bake for about 1 hour or until dry. Turn oven off and allow pavlova to cool completely in oven with door slightly ajar.
6. Once cool, using the *Breville Scraper Mixer Pro™* scraper beater attachment, add cream to bowl. Turn mixer control dial to CREAM/BEAT setting, and whisk for about 1 minute or until just thickened. To avoid over-mixing, always use your mixer's timer.
7. Top pavlova with cream, berries and passion fruit pulp or any other fruit pulp you desire.

For more recipes log on to
www.foodthinkers.com.ph

Yummy Shopping



Entertain in style

Make the most of the remaining summer days by basking in the sun—drink in hand—with good company and ultra chic, locally made bar accessories.

Must-buy!

**CURA V
CARAFE
AND
COCKTAIL
NAPKINS**

STYLISH WEAVE

Reminiscent of our country's rich heritage, a carafe wrapped in *solihya* brings instant elegance to the refreshment table. Made with water- and skid-proof material, it makes handling and pouring drinks that much easier.

COUNTRYSIDE FLAIR

Made of abaca fiber and adorned with embroidered pineapples, these napkins celebrate the local harvest! Hand one to each guest together with a perfectly crafted cocktail (we've got a bunch of suggestions on Yummy.ph).



Carafe (P2,990) and cocktail napkins (P1,450 for four) are available at Cura V, R/2 Power Plant Mall, Rockwell Center, Makati City.

Pinoy pride

Take a trip to the supermarket and discover the many sweet treats our provinces have to offer.

BAR NONE

Bacolod boasts of a wide array of yummy treats that can't be beat. Well-balanced, not-too-sweet butterscotch bites hit the sweet spot. **Bongbong's Special Butterscotch**, P94.50, SM Supermarket

NUTTY BUSINESS

Pampanga is known for its delicious dishes—sweets included. Pop these cashew-coated candies in the toaster oven for a few minutes to get them nice and crispy. **Aiza's Sweets Cashew Marzipan**, P138, Rustan's Supermarket

PURPLE POWER

Bulacan's *puto seko* gets a fun flavor twist in these purple-hued bites. **Marky's Ube Puto Seko**, P25.50, SM Supermarket

TAKE A DIP

They made our favorite Cebu dried mangoes even better. How? By dipping them in chocolate, of course! **Cocoa Monster Chocolate Mangoes**, P278, Rustan's Supermarket

SWEET FIX

It's tough to eat just one piece of *yema*. The Davao treat is crisp on the outside, soft and gooey on the inside—the perfect indulgence for your sweet tooth. **Eng Seng Food Products Tower Yema**, P136.50, Metro Market! Market!

GOLDEN DELICIOUS

A classic Cebuano treat, these crunchy biscuits have been around since the early 1900s. Pair them with *tsokolate* or Benguet coffee for a lazy afternoon snack. **Titay's Rosquillos**, P47, Metro Market! Market!



Sweet Victory in

the 9th
goldilocks
intercollegiate
cake decorating
challenge 2015



IT WAS A SWEET VICTORY for defending champion, Western Institute of Technology – Iloilo, as they bagged the grand prize in the 9th ICDC for the second time! The finals were held at the SM Mall of Asia, Main Mall Atrium. The day's festivities included a free hands-on workshop by Chef Jackie Ang Po, Cake Relay games, Decorate Your Cake booth and a free workshop on whipped cream as cake decorating ingredient.

DEBUTANTE CAKE CATEGORY WINNERS

- 1ST PLACE** – Polytechnic University of the Philippines
- 2ND PLACE** – Western Institute of Technology-Iloilo
- 3RD PLACE** – St. Anne College, Lucena Inc.

WEDDING CAKE CATEGORY WINNERS

- 1ST PLACE** – Western Institute of Technology-Iloilo
- 2ND PLACE** – Polytechnic University of the Philippines
- 3RD PLACE** – Pangasinan State University

Year on year, the students never fail to amaze everyone with their creations. It just gets better and better, sweeter and sweeter.



RICH'S



Local leafy greens

Cooking *sinigang* or *tinola*? Know which Pinoy greens to use in classic Filipino dishes.

Over the years, **malunggay** has gained popularity because of its claimed health benefits and medicinal properties. Rich in vitamin C and antioxidants, it's said to prevent cardiovascular diseases. In addition to seeing *malunggay* used in *ginataang kalabasa*, we've seen it dried, pulverized, and added to various dishes, sauces, and drinks. We think it should be elevated to superfood status!

Long stems and arrowhead-shaped leaves characterize **kangkong**. It grows well in tropical countries with ample water and sunlight which is why it's widely available locally. Usually added to *sinigang*, it can also be cooked in

coconut milk, or breaded and fried to make a crispy appetizer.

You know you have a bunch of **sayote tops** as soon as you spot the curly shoots. It's used in *tinolang manok* and is also a favorite when it comes to sautéing because it goes well with most proteins. Cook it only halfway through if you want to retain its crisp texture. *Sayote tops* are rich in vitamin C and fiber, and have detoxifying properties.

Planning to make *ginisang monggo*? Don't forget to add **ampalaya tops**. The young tendrils have a spicy flavor profile that goes well with seafood. It's very affordable and, like all leafy greens, is a nutrition powerhouse, too.

Incredible Ramen Eats

Nissin Ramen Beef is made extra special by using savory and delicious add-on ingredients. Try it and enjoy this rich, flavorful version of your favorite instant noodle.



BEEF SUKIYAKI RAMEN

Recipe by Chef Nino Logarta
Serves 5

- ✓ 5 packs Nissin Ramen Beef
- ✓ 300g rib eye steak, sukiyaki-cut
- ✓ ¼ cup soy sauce
- ✓ 4 tbsp brown sugar
- ✓ 2 tbsp mirin
- ✓ 2 tbsp sesame oil
- ✓ 1 tsp freshly ground black pepper
- ✓ 8 garlic cloves, minced
- ✓ 6 cups water
- ✓ 150g enoki mushrooms, trimmed
- ✓ 150g shiitake mushrooms, sliced
- ✓ 1 medium carrot, thinly sliced
- ✓ 250g extra-firm tofu, drained and cubed
- ✓ ½ tbsp chili flakes
- ✓ salt, to taste
- ✓ 3 tbsp brown sugar, to taste
- ✓ 2 ½ pcs hard-boiled eggs, sliced in half
- ✓ 1 bunch green onions, trimmed and cut into 2-inch pieces
- ✓ toasted sesame seeds, for garnish
- ✓ chili flakes, for garnish
- ✓ sesame oil, for garnish

- 1.** Place the sukiyaki-cut rib eye steak in a large bowl. Add soy sauce, brown sugar, mirin, sesame oil, ground black pepper, and minced garlic. Mix well. Marinate in the refrigerator for 1 hour.
- 2.** In a stockpot, boil the Nissin Ramen noodles for 3 minutes excluding the flavor packs. Strain the cooked noodles and set aside. Add all the Nissin Ramen Beef flavor packs into the noodle stock. Add the enoki mushrooms separated in clumps, shiitake mushrooms, carrots, and tofu to blanch then remove. Put chili flakes, salt, and sugar to adjust the taste of the broth according to preference.
- 3.** Heat a sauce pan over high heat. Pan-fry the marinated beef for 2 minutes or until cooked.
- 4.** Place the noodles in 5 individual bowls then add a serving of cooked beef, mushrooms, vegetables and tofu. Ladle in the soup stock.
- 5.** Garnish each bowl with half a boiled egg, green onions, toasted sesame seeds, chili flakes and sesame oil. Serve immediately.

CREATE SIGNATURE FLAVORS WITH YOUR FAVORITE NISSIN RAMEN

Nissin Ramen is the first instant noodle brand in the Philippines that offers authentic Japanese noodle goodness. It's available in Beef, Seafood, Chicken and Spicy Seafood flavors. Chef Nino Logarta created this month's special beef ramen recipe. For those who want to cook their own ramen creations, his best advice is to be not afraid to try new things and experiment so that you can teach your palate to evolve and mature. Nissin Ramen is available in supermarkets nationwide.





Family Kitchen

BY JOEY DE LARRAZABAL-BLANCO

◆ It's no secret that my husband and I are big fans of Mexican food—and we're currently trying to create two little disciples (so we can eat out together and sample even more dishes)! We have a few places we like to visit to get our Mexican fix but we also cook Mexican-inspired dishes at home fairly often. Although they're not entirely authentic, they're quite good enough to satisfy our cravings.

Soft tacos is one of those favorites I've been making through the years. I started with the ubiquitous ground beef, and then chicken, and then, just recently, a filling of slow-cooked shredded beef shanks (recipe still in progress!). For the summer months though, I like to keep things light and fresh with some seafood—shrimp always evokes that feeling of a summer backyard party.

As with any soft-taco spread, I like to lay out all the components individually and have everyone make their own wraps. Each person will make it differently and that's part of the fun. Don't forget to have a bottle of your favorite hot sauce on hand. Have a wonderful summer!

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.

TIP

HAVE A TACO PARTY! ADD CHICKEN, FISH, OR BEEF TO THE SPREAD, AND THROW IN ADDITIONAL TOPPINGS. THINK GUACAMOLE, PICKLED JALAPEÑOS, REFRIED BEANS, RADISHES, MICRO GREENS, CHEESES, AND ROASTED RED PEPPERS.



SHRIMP TACOS

Serves 4 Prep Time 10 minutes

Cooking Time 5 to 8 minutes

- ✓ 1 tablespoon taco seasoning
- ✓ 500 grams peeled shrimp
- ✓ 4 tomatoes, chopped
- ✓ 1 small white onion, chopped
- ✓ 3 sprigs cilantro, leaves picked and chopped, plus extra for garnish
- ✓ salt and pepper, to taste
- ✓ 1 tablespoon vegetable oil
- ✓ lettuce leaves, flour tortillas, grated Cheddar cheese (about 1 cup), sour cream, lemon or lime wedges, to serve

1 Sprinkle taco seasoning over shrimp; toss to coat evenly. Set aside.

2 Make the salsa: Combine tomatoes, onions, and cilantro in a bowl. Season with salt and pepper. Set aside.

3 Heat a large skillet over medium-high heat. Add oil and swirl to coat the bottom. Add shrimp in one layer. Fry for 2 minutes on each side or just until cooked. (Do not overcook or the shrimp will be tough.) Set aside.

4 Place lettuce on a tortilla. Top with shrimp, salsa, and cheese. Drizzle with sour cream. Serve with lemon or lime wedges and extra cilantro leaves.

PHOTOGRAPHY: MIGUEL MACIANCENO AND PATRICK MARTINES (PORTRAIT); STYLING: PAULYNN CHANG AFABLE; HAIR & MAKEUP: YIDA NON-JAUCIAN



The Sweet Stuff

BY CARMELA VILLEGAS-AGOSTA

✦ I moved back to the Philippines four years ago and decided to set up my own home-based business. I started at a Sunday market and various bazaars; this helped me learn more about the local market and streamline my product list. Here are some things I learned throughout the years: First, you need to sell products that can sustain the heat because not all venues have air-conditioning. Second, prepacked personal-sized goods sell more than large cakes; people are on a budget but want to try a variety of products. Third, you might have a million ideas, but stick to one at a time. Less is definitely more.

Cakes in jars is a trend that's both easy to make and great for a business. This recipe is inspired by the Southern pecan pie, but I replaced the pecans with readily available almonds. I also used bourbon, which is prominent in Southern desserts; it gives the cake a smoky caramel flavor. The strawberries in the icing, on the other hand, add freshness and tartness.

Don't be afraid to get creative with flavor combinations. You might just come up with the next food trend!

About the columnist

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

ALMOND-WHISKEY CAKE WITH STRAWBERRY FROSTING

Makes 12 (10-ounce) jars **Prep Time** 2 hours **Baking Time** 25 minutes

- ✓ 1 tablespoon vinegar
- ✓ 1 cup milk, at room temperature
- ✓ 1½ cups cake flour, sifted
- ✓ ¾ cup all-purpose flour
- ✓ 1¼ teaspoons baking powder
- ✓ ½ teaspoon coarse salt
- ✓ ½ teaspoon baking soda
- ✓ ½ cup plus 1 tablespoon unsalted butter, softened
- ✓ 1 cup sugar
- ✓ 3 large eggs, at room temperature
- ✓ yolk from 1 large egg, at room temperature
- ✓ 2 teaspoons pure vanilla extract
- ✓ 2 tablespoons whiskey or bourbon

FOR THE ALMOND FILLING

- ✓ ¼ cup butter
- ✓ ½ cup brown sugar
- ✓ 1 tablespoon whiskey
- ✓ ½ cup almonds, chopped and toasted, plus whole almonds for garnish

1 Combine vinegar and milk. Chill for 1 hour. Preheat oven to 350°F.

2 Whisk together dry ingredients in a large bowl. Set aside.

3 Using a stand mixer fitted with the paddle attachment, cream butter and sugar on medium speed until light and fluffy. Add eggs one at a time, beating well after each addition. Reduce speed to low. Combine milk mixture, vanilla, and whiskey in another bowl. Add dry ingredients to butter mixture in 3 additions, alternating with milk mixture and ending with dry ingredients. Scrape sides of bowl after each addition. Pour batter into 12 (10-ounce) jars until halfway full.

4 Make the almond filling: Melt butter and brown sugar in the microwave in 30-second intervals. Whisk well until sugar is melted. Add whiskey and chopped almonds. Top jars with ¾ of the mixture. Set aside remaining filling.

5 Bake cake in the oven until a toothpick inserted in the center comes out clean, about 18 to 25 minutes; let cool. Pipe strawberry buttercream (see tip) on cake jars; top with remaining almond filling. Garnish with whole almonds.



TIP

MAKE THE ICING: CREAM 1 CUP UNSALTED BUTTER (AT ROOM TEMPERATURE) UNTIL FLUFFY. TURN DOWN SPEED TO LOW; GRADUALLY ADD 2 CUPS CONFECTIONERS' SUGAR. INCREASE SPEED TO MEDIUM AND MIX UNTIL WELL COMBINED. ADD 1 TEASPOON VANILLA AND 1 CUP PURÉED STRAWBERRIES. BEAT UNTIL CREAMY, ABOUT 10 MINUTES.



Make it at Home

BY AILEEN ANASTACIO

✦ Japan has been on my mind lately. I love the food and admire their philosophy of using only the best-quality ingredients. It's amazing how they can keep everything so simple and pure, yet come up with the best products—desserts included!

These cookies are inspired by my Japanese adventures. They're moist and chewy, and flavored with green tea powder. I love to combine bitter with bitter, so I paired matcha with bittersweet chocolate chunks. However, if you want something sweeter, use white chocolate instead—it will cut the bitterness of the tea, making the cookie creamier and mellower in flavor.

If you want to make this recipe for a Japanese-inspired tea party, it would be great to make bite-sized cookie nibblers! Just make them in half the size the original recipe calls for, and make sure to reduce the baking time to five to seven minutes. Bake one cookie first to test the oven temperature then bake the whole tray once you have the temperature down pat.

Itadakimasu!

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.



GREEN TEA CHOCOLATE CHUNK COOKIES

Makes 20 **Prep Time** 15 minutes, plus chilling time **Baking Time** 9 to 12 minutes

- ✓ 1/2 cup butter, softened
- ✓ 1/2 cup sugar
- ✓ 1/2 cup light brown sugar
- ✓ 7 tablespoons matcha (green tea) powder
- ✓ 1 large egg
- ✓ 1 teaspoon vanilla extract
- ✓ 1 1/3 cups all-purpose flour
- ✓ 1/2 teaspoon baking soda
- ✓ 1/2 teaspoon salt
- ✓ 1 1/3 cups bittersweet chocolate chunks, divided

1 In the bowl of an electric mixer fitted with the paddle attachment, cream butter and sugars on low speed. Add green tea powder. Add

egg and vanilla, and mix until well combined.

2 Combine flour, baking soda, and salt in a bowl; mix well. Gradually add dry ingredients to the butter mixture and mix until well combined. Add 1 cup chocolate chunks.

3 Place dough in an airtight container and refrigerate for at least 1 hour. Meanwhile, preheat oven to 375°F.

4 Scoop cookie dough using a 1-ounce scooper and drop onto parchment paper-lined baking sheets, 2 inches apart. Press 2 to 3 chocolate chunks on top of each cookie.

5 Bake for 9 to 12 minutes in the preheated oven. Cool completely on wire racks. Store in an airtight container at room temperature for about 4 days.



Biz Whiz

BY SHARLENE TAN

◆ This summer, think of ice-cold drinks to add to your food business repertoire. For something that hits close to home, I suggest a glass of *sago't gulaman*. It's very easy to make and is quite profitable—whether you're an established restaurateur or a budding entrepreneur planning to join a summer bazaar or put up a home-based business.

My recipe has pineapple juice, banana essence, and pandan syrup, which give the drink a different flavor profile. When making *sago't gulaman*, make sure you adjust the recipe according to your desired level of sweetness; keep the pearls perfectly chewy (overcooked sago can ruin the entire experience) and the jelly cubes slightly firm but not too soft. If you want to go the traditional route, you can make the syrup with *panocha* instead of brown sugar. As a food stylist for many restaurants, I recommend that you present your *sago't gulaman* in a new way. Look for one-of-a-kind glasses, and garnish it with pandan or pineapples to highlight what's in the drink. Don't forget to serve it really cold!

About the columnist

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

TROPICAL SAGO'T GULAMAN

Serves 4 to 5 **Prep Time** 20 minutes **Cooking Time** 1 hour 20 minutes

- ✓ 1 cup regular-sized tapioca pearls (*sago*)
- ✓ 1½ cups pineapple juice
- ✓ 2 to 3 drops banana essence
- ✓ 1 cup cooked red and green *gulaman*, cubed
- ✓ crushed ice, to serve
- ✓ pandan leaves for garnish (optional)

FOR THE PANDAN SYRUP

- ✓ 1 big bunch pandan leaves
- ✓ 3 cups brown sugar
- ✓ 1 teaspoon vanilla extract

1 Cook sago according to package directions.

2 Meanwhile, make the pandan syrup: Boil together 5 cups water and pandan until aromatic, about 5 to 10 minutes. Remove pandan, squeezing leaves to drain excess water. Add brown sugar; simmer until dissolved and syrupy. Set aside 1 cup syrup. Add vanilla to remaining mixture. Let cool.

3 Mix together cooked sago and reserved 1 cup syrup. Set aside.

4 Mix together pineapple juice, 1½ cups pandan syrup, and 2 cups water. Add banana essence; mix.

5 Fill ⅓ of a glass with sago and *gulaman* cubes. Add crushed ice and pour in pineapple juice mixture. Serve with extra pandan syrup on the side. Garnish with pandan leaf, if desired.





Around the World

BY SARI JORGE

✦ I am absolutely crazy about Thai food. In fact, each time someone asks me what my favorite type of cuisine is, I quickly reply “Thai!” Almost all Thai dishes are balanced in flavor—spicy, salty, a little sour, and often with a sweet finish. My taste buds come alive with each bite!

Green Thai chicken coconut curry (*gaeng keow wan gai*) is one of my favorites. It’s sweet and creamy, spicy and pungent, with just the right amount of saltiness. Green curry is one of the milder Thai curries (*gaeng keow wan* literally means sweet green curry), so if you prefer a spicy curry, all you have to do is increase the amount of green Thai curry paste called for in the recipe.

I created this dish using ingredients that are easy to find. The recipe is very flexible, too—it calls for chicken but you can also prepare it with beef, pork, even fish balls. You really can’t go wrong with this dish, especially if you serve it with bowls of fragrant jasmine rice.

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.



THAI GREEN CHICKEN COCONUT CURRY

Serves 6 to 8 **Prep Time** 20 minutes
Cooking Time 20 minutes

- ✓ cooking oil
- ✓ 1 to 2 tablespoons green curry paste
- ✓ 1 cup canned coconut cream
- ✓ 500 grams skinless chicken thigh fillets, sliced into thick strips
- ✓ 6 dried or fresh kaffir lime leaves, torn
- ✓ 4 small eggplants, cut into 1/4-inch slices, or 4 round eggplants, cut into quarters
- ✓ 1 tablespoon grated palm sugar or brown sugar
- ✓ 2 tablespoons Thai fish sauce
- ✓ 1 cup coconut milk
- ✓ 1 teaspoon cornstarch, dissolved in 2 teaspoons water
- ✓ 1 cup basil leaves

- ✓ 1 bird’s eye chili (*siling labuyo*), sliced diagonally (optional)
- ✓ steamed jasmine rice, to serve

- 1** Heat oil in a saucepan over medium heat. Sauté green curry paste.
- 2** Add coconut cream thrice in 2-tablespoon increments and mix with the curry paste. Pour in remaining coconut cream; bring mixture to a boil.
- 3** Add chicken, kaffir lime leaves, and eggplant; cook until eggplant is soft.
- 4** Add palm sugar and fish sauce; cook for 1 minute or until fragrant.
- 5** Add coconut milk and dissolved cornstarch; simmer until thick.
- 6** Add fresh basil leaves and chili, if using; cook for 1 minute.
- 7** Serve immediately with steamed jasmine rice.

PHOTOGRAPHY: ALDWIN ASPILLERA AND PATRICK MARTINES (PORTRAIT).
STYLING: TRINKA GONZALES. HAIR & MAKEUP: YIDA NON-JAUCIAN.



"Kumpletuhin ang sarap mula babad, hanggang paghain."

Chef Joanne Limonanco-Gendrano
Executive Chef, Unilever Food Solutions

Marinade

Seasoning

Top-up

Para sa kumpletong sarap,
gumamit ng Knorr Liquid Seasoning.

For recipes, go to ufs.com





Healthy Approach

BY MARIE GONZALEZ

★ When people find out I don't eat dairy, they're horrified and always ask, "But don't you miss cheese?" And I have to say, I don't! Cheese is addictive because it contains casomorphins derived from casein, a milk protein. These casomorphins have an opioid effect, which produces a feeling of euphoria when consumed. It also explains how going on a diet without cheese can produce withdrawal-like symptoms.

Cheese tastes so good because of its salty, sour, and often nutty flavor. But it isn't the healthiest of foods; it's high in fat and cholesterol, can cause an upset stomach and acne, and makes a cold difficult to get rid of. Fortunately, there is a healthier, just-as-tasty solution. My recipe mimics the tastiness of cheese—with less fat and without the dairy. Olive oil, garlic, onions, and fresh basil lend it a savory, complex flavor, while the *calamansi* juice gives it that sour kick. I use tofu as the base, which is creamy and mild in flavor. I love it crumbled and sprinkled over pizza, stuffed into sandwiches, and topped over pasta. Try it—you won't believe your taste buds!

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.

TOFU-BASIL RICOTTA

Makes 2 cups Prep Time 10 minutes

Cooking Time 10 minutes

- ✓ 1 (300-gram) piece firm tofu, rinsed and drained
- ✓ 1 tablespoon extra virgin olive oil
- ✓ ½ cup finely diced red onion
- ✓ 2 cloves garlic, minced
- ✓ 4 teaspoons *calamansi* juice
- ✓ 1¼ teaspoons coarse salt
- ✓ ½ teaspoon black pepper
- ✓ 2 cups packed fresh basil, chopped finely

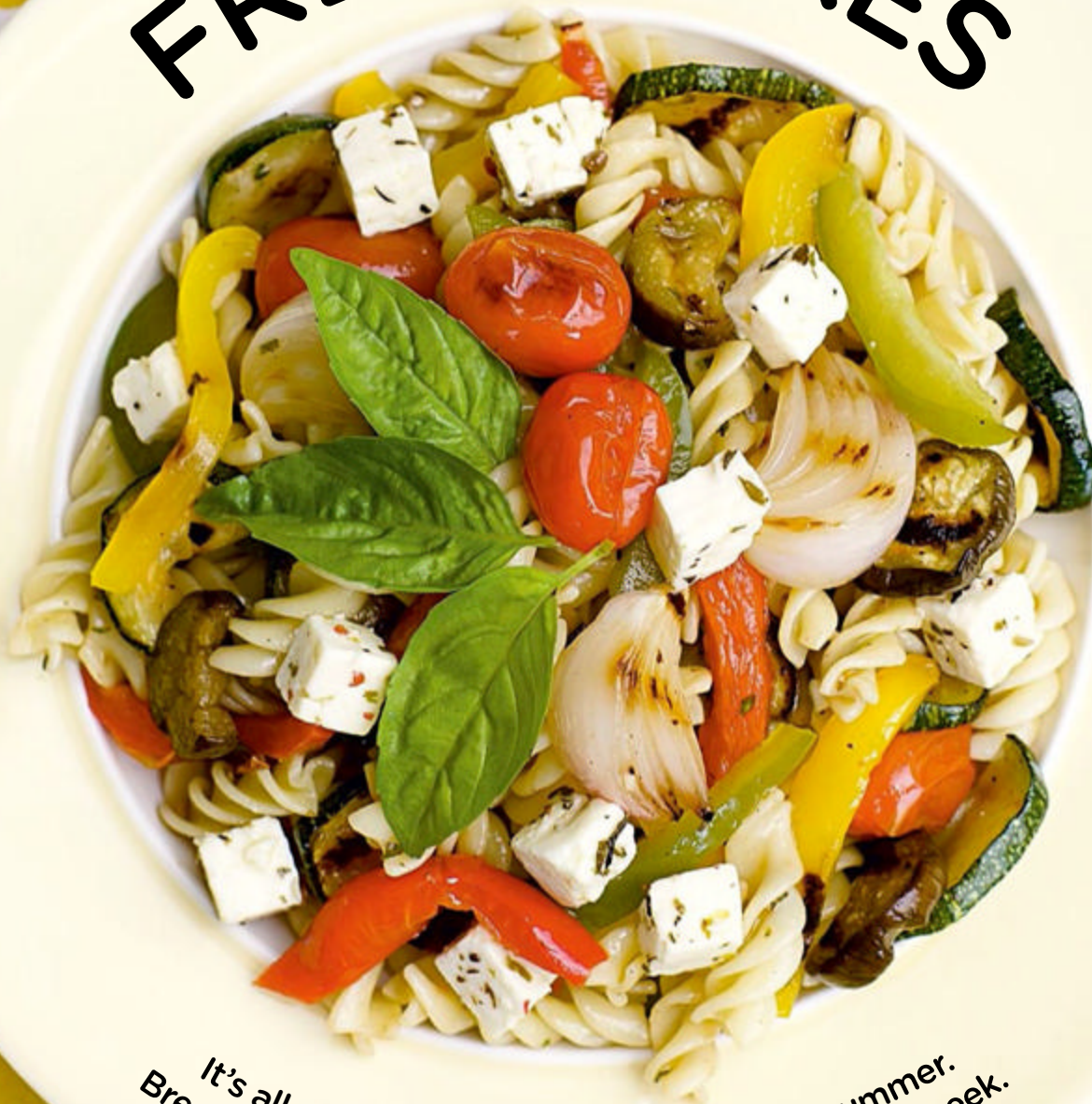
1 Bring a saucepan of water to a boil over high heat. Add tofu and blanch for 5 minutes. Remove tofu and let cool on a plate. (Alternatively, you can also place it in ice water to cool it quickly, then drain.) Once cool enough, crumble tofu with your hands.

2 Heat oil in a small frying pan over medium heat. Add onion and cook until softened, about 2 minutes.

3 Transfer onions to a mixing bowl. Add crumbled tofu, garlic, *calamansi* juice, salt, pepper, and basil; mix well with a fork. Adjust seasoning to taste.



FRESH TAKES



It's all about light and fresh flavors this summer.
Breeze through these easy recipes any day of the week.

MONDAY

TOFU AND MUSHROOMS WITH SOY-GINGER SAUCE

Elevate fried tofu with an oriental sauce studded with fresh mushrooms and ginger. Pair it with bowls of steamed rice.

Serves 2 to 3 **Prep Time** 15 minutes **Cooking Time** 20 minutes

- ✓ ½ cup plus 1 tablespoon vegetable oil, divided
- ✓ 200 grams firm tofu, sliced into rectangles
- ✓ 1 teaspoon chopped garlic
- ✓ 2 teaspoons chopped onions

- ✓ ¼ cup julienned ginger
- ✓ 1 teaspoon sliced leeks
- ✓ ¼ cup fresh shiitake mushrooms, sliced thinly
- ✓ 1 tablespoon rice vinegar
- ✓ 2 tablespoons rice wine
- ✓ ¾ tablespoons Chinese soy sauce
- ✓ ½ teaspoon brown sugar
- ✓ ½ cup water
- ✓ ⅛ chicken bouillon cube
- ✓ salt and pepper, to taste
- ✓ ½ cup snow peas (*sitsaro*)
- ✓ 1 teaspoon potato starch, dissolved in 1 tablespoon water
- ✓ *kinchay* leaves for garnish
- ✓ sesame oil for drizzling
- ✓ steamed rice, to serve

Healthy
pick

1 Heat ½ cup oil in a frying pan. Fry tofu until golden brown. Drain on paper towels and set aside.

2 Heat remaining oil in a saucepan. Sauté garlic, onions, ginger, leeks, and mushrooms.

3 Add rice vinegar, rice wine, soy sauce, brown sugar, water, and bouillon cube. Mix well and bring to a boil. Season to taste with salt and pepper.

4 Add snow peas and fried tofu. Lower heat and simmer for 2 to 3 minutes. Add dissolved potato starch and simmer until thick.

5 Transfer to a serving dish and garnish with *kinchay* leaves. Drizzle with a few drops of sesame oil. Serve with steamed rice.

Leftover
makeover



TUESDAY

CHICKEN INASAL SISIG

Two Filipino favorites come together to pay homage to local flavors.

Serves 2 Prep Time 10 minutes
Cooking Time 5 minutes

- ✓ 1 tablespoon vegetable oil
- ✓ 2 tablespoons chopped red onion
- ✓ 1 tablespoon chopped garlic
- ✓ 1 tablespoon chopped ginger
- ✓ 2 cups leftover chicken *inasal*, cut into ½-inch cubes
- ✓ 2 tablespoons vinegar
- ✓ 1 teaspoon soy sauce
- ✓ 1 tablespoon liquid seasoning
- ✓ freshly cracked black pepper, to season

- ✓ sliced green chilies (*siling pangsigan*), chopped green onions, and chopped red onions for garnish
- ✓ garlic rice, *calamansi*, and bird's eye chilies (*siling labuyo*), to serve

- 1** Heat oil in a pan. Sauté onions, garlic, and ginger. Add chicken and mix.
- 2** Add vinegar, soy sauce, and liquid seasoning, adding more of each according to taste. Season with pepper. Remove from heat.
- 3** Toss in green chilies, green onions, and red onions. Serve with garlic rice, *calamansi*, and bird's eye chilies on the side.

WEDNESDAY

GRILLED SUMMER VEGETABLE PASTA SALAD

The clean flavors of fresh vegetables are highlighted in this healthy dish. Serve it alongside grilled and barbecued meats.

Serves 4 Prep Time 15 minutes
Cooking Time 15 minutes

- ✓ 200 grams fusilli noodles

FOR THE DRESSING

- ✓ 3 tablespoons olive oil
- ✓ 1 tablespoon balsamic vinegar
- ✓ 1 teaspoon finely chopped garlic
- ✓ 1 teaspoon chopped parsley
- ✓ salt and pepper, to taste
- ✓ ¼ cup zucchini rounds
- ✓ ¼ cup red and yellow bell pepper strips
- ✓ ¼ cup eggplant rounds
- ✓ ½ medium red onion, sliced into wedges

- ✓ 4 to 6 cherry tomatoes, halved
- ✓ salt and pepper, to season
- ✓ olive oil for drizzling
- ✓ basil leaves and feta cheese cubes for topping

- 1** Cook fusilli noodles according to package directions until al dente; drain. Set aside to cool.
- 2** Make the dressing: Mix all ingredients together in a bowl. Season with salt and pepper. Refrigerate until ready to use.
- 3** Season vegetables with salt and pepper, and drizzle with olive oil to coat.
- 4** Heat a charcoal grill or grill pan. Grill vegetables, cooking one kind of vegetable at a time. Set aside to cool.
- 5** Toss together pasta, grilled vegetables, and dressing. Pack in covered containers and top with basil leaves and feta cubes.



Best for
baon

THURSDAY

JAPANESE STEAMED FISH

6
ingredients
only

Love Japanese cuisine? Stock your pantry with sake, soy sauce, and mirin so you can easily replicate your restaurant favorites in your own kitchen. Start with this tasty fish dish.

Serves 4 Prep Time 15 minutes

Cooking Time 15 minutes

- ✓ 2 (150- to 200-gram) fillets cream dory
- ✓ 1/2 cup julienned carrots

- ✓ 1/2 cup enoki mushrooms
- ✓ 1/2 cup sake
- ✓ 1/4 cup Japanese soy sauce
- ✓ 1/4 cup mirin
- ✓ pepper, to taste
- ✓ cilantro leaves for garnish (optional)

1 Pat dry fish fillets and place on a square piece of foil large enough to enclose fillets completely. Top fish with carrots and mushrooms.

2 Combine sake, soy sauce, mirin, and pepper to taste. Pour mixture over fish, making sure the foil holds in the liquid. Fold foil to enclose fish and mixture; fold and tuck in sides to secure. Marinate for 5 to 10 minutes.

3 Prepare a steamer over medium heat. Steam fish parcels for 15 minutes or until fish is completely cooked. Garnish with cilantro leaves, if desired.



20
minute
meal



FRIDAY

SALT AND PEPPER SQUID RINGS

Make this Chinese favorite at home!
The secret? Use potato starch instead of all-purpose flour for extra crunch.

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

Cooking Time 10 minutes

- ✓ vegetable or canola oil for deep-frying
- ✓ 2 eggs, beaten

- ✓ 1 cup potato starch
- ✓ salt and pepper, to taste
- ✓ 200 grams squid rings, cleaned
- ✓ lemon wedges, to serve

1 Heat oil in a deep-fryer or deep frying pan over medium heat.

2 Place eggs in a bowl. Combine potato starch, salt, and pepper in another bowl.

3 Dip squid rings in egg, then coat in seasoned potato starch.

4 Deep-fry squid until cooked and golden brown. Drain on paper towels and sprinkle with salt and pepper. Serve immediately with lemon wedges.



Reinventing The Mashed Potato in Your Menu

In the restaurant business, it's best to know how to use a dish in many ways. Take for instance, the mashed potato. It may be a regular item on the menu but when you're inspired in the kitchen, you can do so many applications and recipes with it. It can be used for soups, stews, appetizers and side dishes.

Because they know the importance of mashed potato in the restaurant kitchen, the chefs at Knorr have come up with Knorr Mashed Potato. Made from 99% real potatoes, preparing mashed potato has been made easy. It's real tasting and a real time saver. It's also readily available in stores so you can make and invent new dishes with it. Use Knorr Mashed Potato and make it your restaurant's most versatile ingredient.



Mashed Potato

Total yield/Servings: **2**
Serving size: **80g**

Ingredients

- **75g Knorr Mashed Potato**
- 375ml water
- 125ml milk
- 20g butter
- 4g salt

Preparation time: **5 minutes**
Cooking time: **10 minutes**

Procedure

Heat water until small bubbles start to appear. Add milk and salt. Turn off heat and add Knorr Mashed Potato flakes. Whisk until smooth. Fold in butter.

Info!

Knorr Mashed Potato is made the way scratch is—real German potatoes are washed, peeled, boiled, mashed, then dehydrated with no additional seasonings to give you that authentic potato flavor and texture.



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

Chicken Pie

Ingredients

For the filling

- 30g butter
- 300g chicken, minced
- 60g onions
- 40g carrots
- 50g leeks
- **250ml Knorr Cream of Chicken Soup Mix** diluted, 20g powder mix in 250ml water
- 4 pcs tart shell, par baked

For the mashed potato

- **60g Knorr Mashed Potato**
- 200ml water
- 100ml fresh milk
- 2g salt

Procedure

For the filling

1. Heat up pan and melt the butter. Add onions, carrots, leeks, and minced chicken.
2. Sauté all ingredients well and pour in Knorr Cream of Chicken Soup Mix.
3. Set aside for later use.

For the mashed potato

1. Heat up water, milk, and salt in another pot.
2. Mix in Knorr Mashed Potato flakes and mix well until mixture is smooth.
3. Fill tart shell with chicken filling and pipe mashed potato on top of the filling.
4. Bake tart in a preheated oven at 180°C for 5 to 7 minutes until light brown.

**Knorr
Tip!**

You can experiment and create your own unique dishes with Knorr Mashed Potato.

Cereal Prawns

Ingredients

- 500g prawns, with head removed, butterflied and deveined
- **10g Knorr Chicken Powder**
- 5g white pepper powder
- 45ml Xiao Shing wine
- 20g cornstarch
- Oil, for deep-frying
- 5g green or red finger chili, sliced
- 3g curry leaves, trimmed and cleaned
- **60g Best Foods Wonder Mayo**
- Deep-fried prawns
- **60g Knorr Mashed Potatoes**

Procedure

1. Marinate the prawns with Knorr Chicken Powder, pepper, and Chinese wine. Store in the chiller until ready to use.
2. Dredge the shrimp with a small amount of cornstarch.
3. Deep-fry the prawns until it has turned orange.
4. Set aside until ready to use.
5. Remove excess oil from the wok but leave around 30 ml for stir-frying. Add the chilies to the wok along with curry leaves.
6. Immediately add the Best Foods Wonder Mayo. Stir well with the rest of the ingredients.
7. Add the deep-fried prawns and let them be coated with the mayo.
8. Add the Knorr Mashed Potato flakes and toss to cover the prawns. Adjust seasoning. Serve immediately.



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



The possibilities are endless with Knorr Mashed Potato so be inspired to experiment and make your own signature dishes. Visit ufs.com for more ingredients and recipes you can use for your restaurant.



Yummy BIG BAON BLOWOUT

MAY 23, 2015 . 10 AM TO 8 PM
TRINOMA ACTIVITY CENTER

Sampling and selling from 30 Yummy-approved concessionaires
Cooking demos • Raffles, activities, and fun games

MECHANICS:

1. Buy your tickets at the venue on the day of the event or reserve at www.yummy.ph/big-baon-blowout. Ticket price: P50 for one (1) adult and P100 for groups (4 adults)
2. Passport and wristband will be given upon registration. These will entitle you to product samples from the different concessionaires.
 - a. Children 3 feet and below can enter for free.
 - b. No passport and wristband, no entry.
3. One sample per concessionaire only. Event staff will stamp on your passport once the sample is claimed.
4. Ticket stubs also serve as raffle entries for a chance to win special prizes.
5. Raffle winners must claim the prize once called on stage. If the winner is not present, the prize will be forfeited.

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Per DTI-FTRB-SPD Permit # 2118, series of 2015

Summer's harvest

Celebrate the season by taking advantage of the freshest local fruits in season.



THE MENU

Molten Kesong Puti with
Strawberries and Cashews

Sweet-and-sour Crispy
Lapu-lapu with Mangoes

Creamy Chicken Binakol

Spicy Crispy Pata

Fresh Fruit Medley Halo-halo

RECIPES THIS WAY ➔

CREAMY CHICKEN BINAKOL

Both juice and meat of fresh *buko* are highlighted in this Pinoy classic. Serve it in *buko* shells for the complete local experience.

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

Cooking Time 20 minutes

- ✓ cooking oil for sautéing
- ✓ 3 cloves garlic, minced
- ✓ 2 medium red onions, 1 minced and the other quartered
- ✓ 1 (1-inch) piece ginger, sliced and pounded
- ✓ 1 (1.2-kilo) whole chicken, cut into serving pieces
- ✓ 2 tablespoons fish sauce (*patis*)
- ✓ 2 medium coconuts (*buko*), juice reserved and meat scraped
- ✓ 1 chicken bouillon cube
- ✓ 1 cup all-purpose cream
- ✓ 1 stalk lemongrass, chopped, plus extra for garnish
- ✓ salt and pepper, to taste

- 1 Heat oil in a casserole over medium heat. Sauté garlic, onions, and ginger.
- 2 Add chicken and fish sauce; stir. Pour in fresh coconut juice and bring to a boil.
- 3 Add bouillon cube, all-purpose cream, chopped lemongrass, and coconut meat. Boil for another 10 minutes.
- 4 Season with salt and pepper. Garnish with lemongrass and serve immediately.


MOLTEN KESONG PUTI WITH STRAWBERRIES AND CASHEWS

What's the best way to use strawberries from Baguio? Turn it into an appetizer that's both sweet and savory.

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

- ✓ 6 (1x3-inch) slices *kesong puti*
- ✓ ¼ wheel Brie, sliced crosswise
- ✓ ½ cup sliced strawberries
- ✓ 2 tablespoons cashews
- ✓ honey for drizzling
- ✓ toast and crackers, to serve

- 1 Preheat oven to 350°F.
- 2 Arrange *kesong puti* slices in a 4-inch ovenproof ramekin or baking dish, making sure that the whole surface is covered.
- 3 Place Brie on top of *kesong puti*. Bake in the preheated oven for 10 minutes. Remove from oven.
- 4 Top with strawberries and cashews, and drizzle with honey to taste. Return to the oven and bake for 5 more minutes or until cheese is melted.
- 5 Serve with toast and crackers. Drizzle with more honey or serve on the side.



SWEET-AND-SOUR CRISPY LAPU-LAPU WITH MANGOES

The classic sweet-and-sour fish gets an upgrade with the addition of our country's pride and joy—sweet, juicy mangoes.

Serves 4 Prep Time 30 minutes
Cooking Time 20 minutes

- ✓ 300 grams *lapu-lapu*, deboned and butterflied
- ✓ 2 tablespoons fish sauce (*patis*)
- ✓ juice from 2 *calamansi*
- ✓ 1/2 liter oil for deep-frying
- ✓ cornstarch for dredging

FOR THE SWEET-AND-SOUR SAUCE

- ✓ 1/2 cup vinegar
- ✓ 1/4 cup water
- ✓ 1/4 cup sugar
- ✓ 5 grams celery, minced
- ✓ juice from 1 *calamansi*
- ✓ 3 tablespoons banana ketchup
- ✓ dash of cornstarch dissolved in 1 teaspoon water

- ✓ 1/2 green mango, julienned
- ✓ 1/2 ripe mango, julienned
- ✓ 1/4 cucumber, julienned
- ✓ 1/4 red bell pepper, julienned

1 Marinate *lapu-lapu* in 1/8 cup water, fish sauce, and *calamansi* juice for 3 to 5 minutes.

2 Heat oil in a deep-fryer or deep frying pan. Pat dry fish, then dredge in cornstarch until coated. Deep-fry fish until golden and crispy; set aside.

3 Make the sweet-and-sour sauce: Combine vinegar, water, sugar, celery, *calamansi* juice, and banana ketchup in a saucepan. Bring to a boil over low heat. Add cornstarch mixture and simmer until thick.

4 To serve, place fish on a plate, pour sweet-and-sour sauce over, and top with mangoes, cucumber, and red bell pepper.

ONLINE EXCLUSIVE!

Complete the feast by adding Spicy Crispy Pata to your menu. Head to Yummy.ph for the recipe.

FRESH FRUIT MEDLEY HALO-HALO

No Filipino celebration is complete without *halo-halo*. Instead of the usual components, use fresh fruits in season and celebrate their natural sweetness!

Serves 1 to 2 **Prep Time** 20 minutes

- ✓ 1/2 avocado, cubed
- ✓ 1/2 mango, meat scooped into balls
- ✓ 1/6 watermelon, meat scooped into balls
- ✓ 1/4 melon, meat scooped into balls
- ✓ 1 medium banana (*lakatan* variety), sliced into rounds

- ✓ 6 to 8 strawberries, hulled and sliced
- ✓ 1 cup crushed ice
- ✓ 1 cup evaporated milk
- ✓ condensed milk, to taste
- ✓ 2 tablespoons *ube* jam
- ✓ 1 scoop *ube* ice cream

- 1 Arrange half of the fruits at the bottom of a serving glass.
- 2 Add crushed ice and pour in evaporated milk. Sweeten with condensed milk.
- 3 Top with remaining fruits, *ube* jam, and *ube* ice cream. Serve immediately.



Perfect Everytime

With the KitchenAid 7QT Heavy Duty Stand Mixer and Pasta Roller Set you can make great handmade pasta and winning sauces for your home business

FRESH FETTUCCINE WITH VEGETABLE CREAM SAUCE

INGREDIENTS

Fresh Fettuccine Pasta

- 4 large eggs
- 1 tbsp water
- 3½ cups all-purpose flour, sifted
- ½ tsp salt

Vegetable Cream Sauce

- 2 tbsp butter
- 1 clove garlic, chopped
- 1 small onion, chopped
- ½ cup red bell pepper, diced
- ½ cup zucchini, diced
- ½ cup whole kernel corn
- 1 tbsp flour
- 2 cups heavy cream
- salt and pepper, to taste
- sugar, to taste

PROCEDURE

Fresh Fettuccine Pasta

1. Place eggs, water, all-purpose flour, and salt in the mixer bowl.
2. Attach bowl into the KitchenAid Mixer. Using the flat beater, turn to speed 2 and mix for 30 seconds. After mixing, exchange the flat beater for the dough hook. Turn to speed 2 and knead for 2 minutes. Remove dough from bowl and hand knead for 1 to 2 minutes. Let it rest for 20 minutes. Divide dough into 4 pieces before processing with the pasta sheet roller attachment.
3. To prepare pasta dough for the pasta sheet roller, cut dough into pieces, about 1cm thick. Flatten each piece slightly. Set adjustment knob on Pasta Sheet Roller at 1 by pulling the knob straight out and turning to setting 1. Release knob, making certain pin on roller housing engages opening on the back of the knob, allowing the knob to fit flush to the roller housing. Turn mixer to speed 2 or 4. Feed flattened piece of dough into rollers to knead. Fold dough in half and roll again. Repeat folding and kneading process several times or until dough is smooth and pliable. Lightly dust pasta with flour while rolling and cutting to aid in drying and separation. Move adjustment knob and continue to increase roller setting until you reach setting 4, which is the ideal thickness for fettuccine.
4. To cut noodles, exchange pasta sheet roller for the fettuccine cutter attachment. Feed flattened dough sheets through cutter.
5. To cook pasta, boil the noodles in water mixed with 2 tablespoons salt and 1 teaspoon oil. Pasta floats to the top of the water while cooking, so stir occasionally to keep it cooking evenly. Drain in a colander. Set aside.

Vegetable Cream Sauce

1. In a saucepan, sauté the garlic and onions in butter until fragrant.
2. Add the bell pepper, zucchini, and corn.
3. When the vegetables are halfway done mix in the flour.
4. When the flour is cooked already, add the cream and season with salt and pepper to taste. Toss in the cooked fresh pasta and mix well. Serve immediately.

How to store fresh pasta

If the fresh pasta is not going to be cooked immediately, generously sprinkle the pasta with flour and hang it in pasta racks to dry completely. Once dried, spin the pasta into round nests, to dry some more. Place the dried pasta in airtight containers or Ziploc bags. Homemade pasta can be stored in the refrigerator for 1 or 2 days or frozen for 2 to 3 months. Frozen pasta doesn't need thawing. You can put it directly on a pot of boiling water.

Bring the taste of fresh pasta with the KitchenAid Stand Mixer attachment set. Easy to install, the roller quickly works the dough into sheets for making your favorite pasta dish. Pasta Roller & Cutter Set includes two different attachments that fit into your KitchenAid Stand Mixer hub: a pasta roller, fettuccine cutter, and spaghetti cutter.



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SUPER



ADOBO
FLAKES



KIMCHI
FRIED RICE



SOFT-BOILED
EGGS



GOCHUJANG

SILOGS

Start your day with a hearty meal. With six proteins, six rice recipes, and five ways to cook an egg, you can mix and match to your heart's content, and come up with the perfect Pinoy combo meal.

PHOTOGRAPHY BY
Patrick Martires
RECIPES, TIPS, AND FOOD
STYLING BY Sharlene Tan
PROP STYLING BY
Trinka Gonzales



BEEF TAPA



GARLIC
RED RICE



TRUFFLED
SCRAMBLED
EGGS



TOMATO-
CILANTRO
SALSA

SAUTÉED
TINAPA
+
LEMON-
BUTTER RICE



SALTED EGGS



CHORIZO + TOMATO + FRIED
HASH FRIED RICE EGG





CHORIZO HASH

Heat **2 tablespoons olive oil** in a saucepan over medium heat. Sauté **2 tablespoons minced garlic** and **1/2 onion (chopped)** until softened. Add **250 grams pork chorizo (skinned and crumbled)** and cook for 5 minutes or until slightly toasted. Add **100 grams potatoes (cubed)** and cook until softened. **Serves 4.**



LONGGANISA

Place **1 (500-gram) pack longganisa** in a pan and cover one-third of the way with water. Simmer for 10 to 15 minutes or until water evaporates. Add oil and cook until casings are toasted and browned. **Serves 3 to 4.**



ADOBO FLAKES

Mix together **1 1/2 cups flaked leftover adobo meat** and **1/2 cup leftover adobo sauce** in a saucepan. Let sit for 10 minutes before cooking over medium heat. Simmer for 5 to 10 minutes to allow the flakes to absorb the flavor of the sauce; strain well. Heat **3 tablespoons vegetable oil** in a frying pan. Add **adobo flakes** and cook until crispy, scraping the bottom of the pan, if needed. Drain on paper towels to remove excess oil before serving. **Serves 2 to 3.**

ANGUS BEEF TAPA

Mix **1/3 cup soy sauce**, **1/2 head garlic (crushed)**, **2 tablespoons sugar**, **1/2 teaspoon salt**, and **1/4 teaspoon ground black pepper** in a bowl. Add **500 grams Angus beef sirloin (sliced thinly)** and marinate, covered, in the refrigerator overnight. Heat **1 tablespoon vegetable oil** in a pan over medium heat; cook beef and marinade for 5 minutes. Remove meat and cook sauce until reduced, if desired. **Serves 6 to 8.**



SPAM KATSU

Place **3 tablespoons all-purpose flour**, **1 whole egg (beaten)**, and **3/4 cup Japanese breadcrumbs** in separate bowls. Slice **1 (340-gram) can Spam** lengthwise into 3 thick pieces. Coat each slice in flour, dip in egg, then roll in breadcrumbs until fully coated. Heat **2 cups vegetable oil** in a deep pan and deep-fry Spam until golden and crispy. Cut each Spam katsu into 4 pieces. **Serves 3.**



SAUTÉED TINAPA

Heat **1/4 cup olive oil** in a saucepan. Sauté **2 tablespoons minced garlic** and **1/4 cup chopped onions** until softened. Add **1/2 cup chopped tomatoes** and cook for 2 to 3 minutes. Mix in **1 cup flaked tinapa** and season with **salt and pepper** to taste. **Serves 2.**





LONGGANISA + DANGGIT SINANGAG + FRIED EGG + SPICED VINEGAR

2 SINANGAG

DANGGIT SINANGAG

Heat **1/4 cup vegetable oil** in a saucepan over medium heat.

Sauté **1 head garlic (minced)** until golden; remove garlic bits and set aside. Using the same pan, add **3 cups cooked day-old rice** and mix well with the garlic oil. Add **1/2 cup store-bought danggit flakes (fried and crushed)** and season with **salt**, if needed. Add garlic bits and mix well. **Serves 3 to 4.**

KIMCHI FRIED RICE

Heat **3 tablespoons corn oil** in a saucepan over medium heat. Sauté **2 tablespoons minced garlic** and **1/4 cup chopped onions** until softened. Add **1/2 cup chopped kimchi** and **1 tablespoon gochujang**; stir for a few seconds. Add **2 cups cooked day-old rice** and mix. **Serves 2 to 3.**

GARLIC RED RICE

Heat **3 tablespoons olive oil** in a saucepan over medium heat; sauté **2 tablespoons minced garlic** until fragrant. Add **2 cups cooked day-old red rice** and mix well. Season with **salt** to taste. **Serves 2.**

TOMATO FRIED RICE

Melt **3 tablespoons unsalted butter** in a saucepan over medium heat. Sauté **3 teaspoons minced garlic**, **1/2 onion (chopped)**, and **1 teaspoon grated ginger** for 3 minutes. Add **1/4 chicken bouillon cube** and stir until dissolved. Add **3/4 cup tomato sauce** and **4 cups cooked day-old rice**, stirring well until color is even. Season with **salt and pepper** to taste. **Serves 4.**

LEMON-BUTTER RICE

Melt **1/4 cup unsalted butter** in a saucepan over medium heat. Sauté **1/4 cup chopped onions** until softened. Add **1 tablespoon lemon juice**, **zest from 1 lemon**, and **2 cups cooked day-old rice**. Mix well and season with **salt** to taste. **Serves 2 to 3.**

BROWN RICE

Wash and soak **2 cups brown rice** in water overnight. Drain well then cook in a rice cooker or a regular pot over medium heat, using 1 cup water for every cup of rice. **Serves 2 to 4.**



SPAM KATSU + BROWN RICE + KATSUDON EGGS + KATSU SAUCE

KATSUDON EGGS

Combine **1 cup dashi stock** (combine 1 liter water, 1 palm-sized piece kombu or dried kelp, and 1½ cups bonito flakes) or **chicken stock**, **3 eggs (beaten)**, **3 tablespoons light soy sauce**, and **5 tablespoons sugar**. Place cooked Spam katsu pieces (from page 43) on a donburi pan or a small saucepan. Pour about 1 cup of the egg mixture into the pan. Cover with a lid and cook until egg mixture is halfway done, about 1 minute. Break **1 egg** on top of Spam katsu and cover again. Cook until egg is done, about 2 more minutes. Repeat with remaining ingredients. **Serves 3.**

3 ITLOG + SAWSAWAN

TRUFFLE SCRAMBLED EGGS

Mix together **3 eggs**, **1/4 cup milk**, **2 tablespoons heavy cream**, **salt**, and **pepper** in a bowl. Add to a heated nonstick pan and cook until soft and fluffy. Remove from heat; add **truffle oil or paste** to taste. **Serves 2 to 3.**

KATSU SAUCE

Ready-made bottled tonkatsu sauce is available in different brands (we used Bulldog) at the imported or Asian aisles of large supermarkets.

SALTED EGGS

Duck or chicken eggs are usually brined in a salt-water solution for about three weeks or more, resulting in a pleasantly salty flavor and creamy texture.

SOFT-BOILED EGGS

Place large eggs in a saucepan filled with water over medium heat. Bring to a boil and cook for 3 to 4 minutes for runny yolks, or 5 minutes for a firmer consistency. Immediately plunge in cold water to stop the cooking process.

SPICED VINEGAR

Combine **1/2 cup cane vinegar**, **1 teaspoon sugar**, **1 teaspoon chopped garlic**, and a **pinch of black pepper** in a small bowl; mix well. **Serves 3 to 4.**

FRIED EGGS

Heat **1 tablespoon oil** and **2 tablespoons butter** in a nonstick pan over medium-high heat. Break **1 egg** into a bowl, then slide egg into the hot pan. Lower heat to avoid burning, if needed. Cover with a lid for 2 minutes to cook the yolk. **Serves 1.**

GOCHUJANG

Made with red chili, fermented soy beans, and glutinous rice, this spicy condiment is present in every Korean pantry. Get it at Korean food stores or at the Asian aisle of supermarkets.

TOMATO-CILANTRO SALSA

Combine **1 cup chopped tomatoes**, **1/4 cup chopped red onions**, **3 tablespoons chopped cilantro**, **3 tablespoons lemon juice**, **1/2 teaspoon salt**, and a **pinch of sugar** in a bowl; mix well. Refrigerate for up to 2 days. **Serves 2 to 3.**



LONGGANISA

+



KIMCHI FRIED RICE

+



FRIED EGGS

+



GOCHUJANG



ADOBO FLAKES

+



GARLIC RED RICE

+



FRIED EGGS

+



TOMATO-CILANTRO
SALSA



SPAM KATSU

+



DANGGIT SINANGAG

+



FRIED EGGS

+



KATSU SAUCE



ANGUS BEEF TAPA

+



LEMON-BUTTER RICE

+



SALTED EGGS

+



TOMATO-CILANTRO
SALSA



ADOBO FLAKES

+



BROWN RICE

+



TRUFFLE
SCRAMBLED EGGS

+



SPICED VINEGAR



ANGUS BEEF TAPA

+



KIMCHI FRIED RICE

+



FRIED EGGS

+



TOMATO-CILANTRO
SALSA

THE PERFECT MATCH

Lay out a breakfast spread and make 180 meals from just a handful of components! Here are some options.



SPAM KATSU

+



TOMATO FRIED RICE

+



SOFT-BOILED EGGS



LONGGANISA

+



BROWN RICE

+



SALTED EGGS



CHORIZO HASH

+



DANGGIT SINANGAG

+



SOFT-BOILED EGGS



SAUTÉED TINAPA

+



TOMATO FRIED RICE

+



SOFT-BOILED EGGS



CHORIZO HASH

+



LEMON-BUTTER RICE

+



TRUFFLE
SCRAMBLED EGGS



SAUTÉED TINAPA

+



GARLIC RED RICE

+



SOFT-BOILED EGGS

MAKE MORE MEATS

BREAKFAST STEAK
DEEP-FRIED MARINATED
BANGUS BELLY
TOCINO
SKINLESS LONGGANISA
HONEY CURED HAM
TUYO
LECHON KAWALI
SAUSAGES
BACON
PAN-FRIED PORK CHOP
BISTEK TAGALOG
HUMBA
SWEET HAM
CORNEB BEEF

+

MIX THESE FLAVORINGS INTO YOUR RICE

BAGOONG
TABANG TALANGKA
PESTO
BOTTLED TUYO
DRIED SALTED SHRIMP
CHINESE SAUSAGES
CHILI POWDER

+

PAIR YOUR SILOG WITH SUPER SIDES

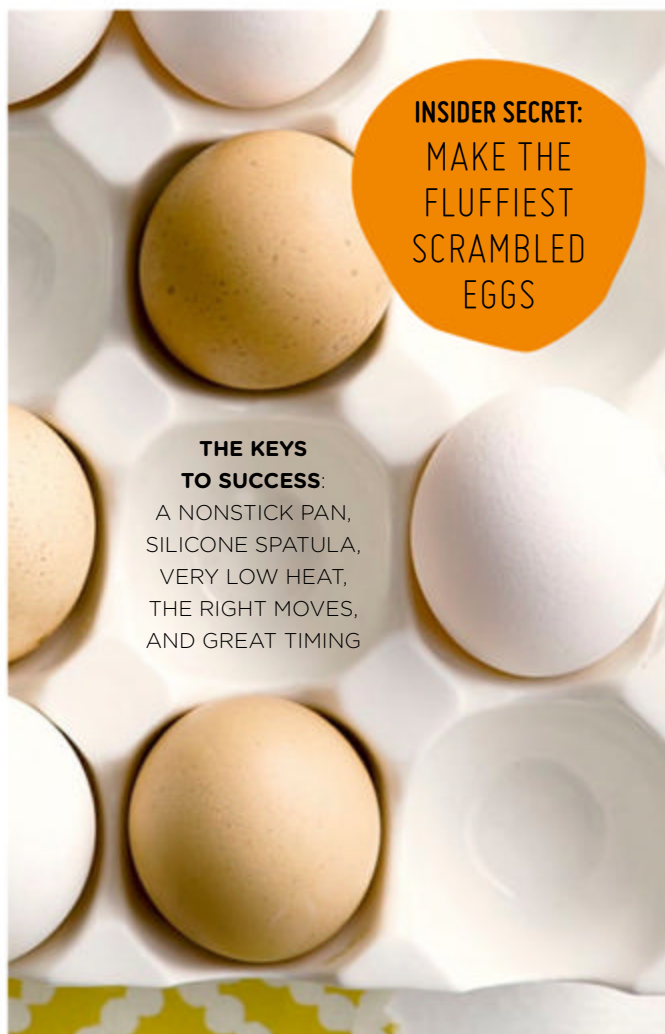
SALTED EGG, TOMATO,
AND ONION SALSA
ATCHARA
CUCUMBERS MARINATED
IN VINEGAR
SAUTÉED FRESH MIXED
MUSHROOMS
SWEET POTATO MASH
CHERRY TOMATOES MARINATED
IN VINEGAR
SAUTÉED SPINACH

TOP TIPS FOR THE BEST FLAVORS

1 HAVE A GOOD BALANCE OF SALTINESS, SWEETNESS, ACID, FAT, AND UMAMI ON ONE PLATE. If your protein is on the sweet side (like ham, *tocino*, or sweet *longganisa*), mix something salty into your rice like *bagoong* or *tuyo*. If you have a salty protein, pair it with an acid like salsa or a flavored vinegar (you can mix in sugar, black pepper, chili, onions, garlic, or even tomatoes).

2 PARTNER SUBTLE FLAVORS WITH COMPLEX ONES. If your protein is simply flavored (like beef *tapa*), play around with your rice. Why not mix in some pesto?

3 PROVIDE RICHNESS, BUT CUT IT WITH SOMETHING TART, TANGY, OR BITTER. Try mixing *tabang talangka* into rice, then balance it out with a side of *ensadang mangga*.



WHAT YOU NEED

- ✓ 4 large eggs
- ✓ 1/4 cup milk
- ✓ 2 tablespoons heavy cream
- ✓ salt and pepper, to taste

WHAT TO DO

- 1 Whisk together all ingredients in a small mixing bowl until well combined.
- 2 Preheat a nonstick pan over medium heat. Turn heat down to low and pour in egg mixture. Cook slowly over low heat.
- 3 When the egg mixture starts to come together at the bottom of the pan, draw a silicone or heatproof spatula through the mixture in a circular motion to make either large or small curds depending on your preference.
- 4 Remove pan from heat when the eggs are almost done—they should still be slightly wet. The residual heat will continue to cook the eggs. Immediately transfer to a serving plate to avoid overcooking.

A Pinoy Makeover to *Creamy* Dishes

There's something irresistible about creamy dishes, whether it's sweet or savory. So how about giving it a Pinoy twist? Create a tasty masterpiece by adding some local ingredients and making it deliciously creamy with **NESTLÉ All Purpose Cream**.

Creamy Vegan Longganisa Pasta

PREPARATION TIME: 40 minutes

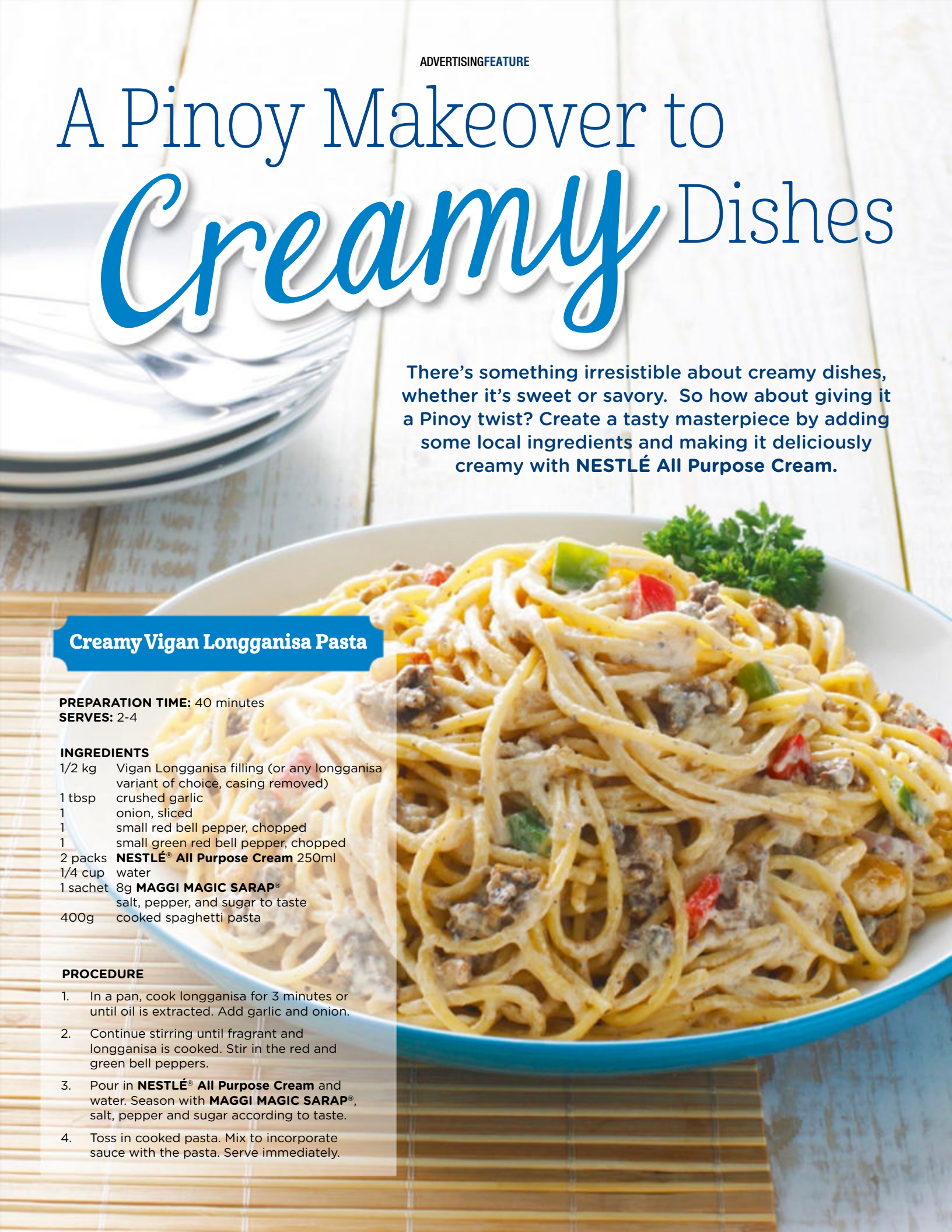
SERVES: 2-4

INGREDIENTS

- 1/2 kg Vegan Longganisa filling (or any longganisa variant of choice, casing removed)
- 1 tbsp crushed garlic
- 1 onion, sliced
- 1 small red bell pepper, chopped
- 1 small green red bell pepper, chopped
- 2 packs **NESTLÉ® All Purpose Cream** 250ml
- 1/4 cup water
- 1 sachet 8g **MAGGI MAGIC SARAP®**
- salt, pepper, and sugar to taste
- 400g cooked spaghetti pasta

PROCEDURE

1. In a pan, cook longganisa for 3 minutes or until oil is extracted. Add garlic and onion.
2. Continue stirring until fragrant and longganisa is cooked. Stir in the red and green bell peppers.
3. Pour in **NESTLÉ® All Purpose Cream** and water. Season with **MAGGI MAGIC SARAP®**, salt, pepper and sugar according to taste.
4. Toss in cooked pasta. Mix to incorporate sauce with the pasta. Serve immediately.



Creamy Apple and Broas Layers

PREPARATION TIME: 45 minutes plus 2 hours to chill

SERVES: 2-4

INGREDIENTS

1/2 cup apple sauce*
1/4 cup condensed milk
juice of 1/2 lemon
12 pcs broas
1 pack **NESTLÉ® All Purpose Cream** 250ml
1 pc apple, thinly sliced
1/4 cup toasted walnuts (cashews, almonds, or preferred nuts)

PROCEDURE

1. In a bowl, combine apple sauce, condensed milk, and lemon juice. Set aside.
2. Assemble in a medium-size glass by putting 3 tbsp of apple sauce-condensed milk mixture at the bottom of the glass.
3. Arrange 1st layer of broas. Top with **NESTLÉ® All Purpose Cream** then apple slices. Sprinkle with nuts and cover with apple sauce again. Repeat layering until all ingredients have been used.
4. Keep in refrigerator for 2 hours to chill. Serve with a dollop of cream on top.

DIY Apple Sauce

*Apple sauce can be bought in stores or can be prepared with the recipe below:

INGREDIENTS

1 pc apple, cored, peeled, and sliced
1/4 cup sugar
1 cup water

PROCEDURE

1. Cook apples with sugar and water over low heat for about 30-45 minutes or until apples are soft and very tender.
2. Cool mixture and transfer on a blender to process or to a sieve to mash the apple well. Combine with the syrup or the sauce to come up with 1/2 cup.

NESTLÉ All Purpose Cream helps elevate ordinary dishes by making it creamier and more delicious. Whether it's for soups, stews, sauces, or desserts, **NESTLÉ All Purpose Cream** does the trick. Make your intimate gatherings or big handaans a more delightful experience with dishes made with the No. 1 cream.



Dreaming of putting up your own food business? The secret is to start small and offer tasty, one-of-a-kind dishes. Look to these easy recipes to get started.

RECIPES *for* SUCCESS!



PHOTOGRAPHY BY Aldwin Aspillera
and Patrick Martires (shrimp)
RECIPES BY Carina Guevara Galang
and Rachelle Santos (shrimp)
STYLING BY Rachelle Santos and
Paulynn Chang Atable (shrimp)

MAKE IT AHEAD!

MARINATE THE MEAT UP TO TWO WEEKS IN ADVANCE. STORE IN AN AIRTIGHT ZIP-TOP FREEZER BAG AND FREEZE. WHEN READY TO USE, THAW THE MEAT AND PROCEED WITH STEP FOUR.

- ✓ 1/2 kilo thinly sliced pork belly (bacon cut)
- ✓ 1/2 kilo thinly sliced beef ribs or strip loin (available in Korean supermarkets; you can also have the butcher slice it for you)

FOR THE KIMCHI RICE

- ✓ 1 1/2 tablespoons vegetable oil
 - ✓ 1 cup chopped store-bought kimchi (use only 2/3 cup if you want less heat), plus extra to serve
 - ✓ 6 cups steamed rice
 - ✓ 1/4 cup kimchi juice (from the pack of kimchi)
 - ✓ 2 to 3 tablespoons gochujang
 - ✓ 3 teaspoons sesame oil
-
- ✓ vegetable oil for pan-frying
 - ✓ poached or fried eggs (optional)
 - ✓ toasted sesame seeds, cilantro leaves, and chopped green onions for garnish (optional)

1 Make the bulgogi marinade: Whisk all ingredients in a medium bowl. Divide into 2 portions.

2 Add pork belly to 1 portion and beef to the other. Marinate, covered, for at least 1 hour in the refrigerator.

3 Make the kimchi rice: Heat oil in a wok. Add kimchi and stir-fry for 1 minute. Add rice, kimchi juice, 1/4 cup water, and gochujang; fry until kimchi is completely incorporated into the rice. Remove from heat and add sesame oil. Toss to mix well. Keep warm.

4 Drizzle a frying pan, griddle, or cast iron pan with just enough vegetable oil to coat the bottom. Place a few slices of pork in the pan in a single layer. Cook for 6 to 8 minutes or until the edges are brown and crispy. Do the same with the beef.

5 Place 1 cup rice in a bowl or container. Top with 160 grams meat and, if desired, a poached or fried egg. Sprinkle with toasted sesame seeds, and garnish with cilantro leaves or chopped green onions. Serve with extra kimchi on the side, if desired.

BIZ TIP!

OPEN A STALL AT A MALL, SCHOOL, OR OFFICE FOOD COURT. PLACE RICE TOPPINGS IN STURDY DISPOSABLE BOWLS WITH LIDS FOR CUSTOMERS WHO ARE ON THE GO. FOR CONVENIENCE, OFFER DELIVERY SERVICES, TOO!

Bulgogi and Kimchi Rice Topping

Rice bowls are always a hit! This Korean-inspired dish features kimchi rice as the base and a choice of beef or pork for the topping. You can also use chicken fillets or ground meat.

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

FOR THE BULGOGI MARINADE

- ✓ 1 1/3 cups Korean or Japanese soy sauce
- ✓ 3 tablespoons sugar
- ✓ 1 tablespoon sesame oil
- ✓ 1/2 teaspoon gochujang
- ✓ 2 pinches black pepper
- ✓ 3 cloves garlic, minced
- ✓ 2 stalks green onions, green and white parts chopped finely
- ✓ 1/4 teaspoon minced or grated ginger
- ✓ 2 tablespoons toasted sesame seeds

Beef and Cheese Flautas

These crispy rolls make for the perfect on-the-go snack. Expect layers and layers of flavor that'll excite your taste buds!

Makes about 35 pieces **Prep Time** 30 minutes, plus chilling time **Cooking Time** 20 minutes

FOR THE BEEF FILLING

- ✓ 2 teaspoons vegetable oil
 - ✓ 1 medium white onion, chopped
 - ✓ 2 cloves garlic, minced
 - ✓ $\frac{3}{4}$ kilo lean ground beef
 - ✓ 1 teaspoon chili powder
 - ✓ 1 teaspoon ground cumin
 - ✓ $\frac{1}{2}$ cup tomato sauce
 - ✓ salt and pepper, to season
-
- ✓ 1 package medium spring roll (*lumpia*) wrappers
 - ✓ 2 cups combined grated cheddar and mozzarella cheese

FOR THE CHUNKY GUACAMOLE

- ✓ 4 ripe avocados
 - ✓ juice from 3 limes
 - ✓ $\frac{1}{2}$ red onion, chopped
 - ✓ $\frac{1}{3}$ cup finely chopped cilantro leaves and stems
 - ✓ $\frac{1}{4}$ cup chopped ripe tomatoes
 - ✓ 1 clove garlic, minced
 - ✓ 2 or 3 finger chilies (*siling pangsigang*), sliced thinly and seeds removed
 - ✓ 2 or 3 bird's eye chilies (*siling labuyo*), chopped (optional)
 - ✓ 2 tablespoons extra virgin olive oil
 - ✓ salt and freshly ground black pepper, to taste
-
- ✓ vegetable or canola oil for deep-frying
 - ✓ store-bought salsa, to serve

1 Make the beef filling: Heat vegetable oil in a wok or large frying pan. Sauté onions until translucent. Add garlic and sauté until fragrant.

2 Add ground beef and cook until brown.

Drain well and remove excess oil. Return beef to pan. Add the rest of the ingredients for the filling; mix well. Turn off heat and let mixture cool.

3 Lay a piece of *lumpia* wrapper on a clean flat work surface. Place about 2 teaspoons of the beef filling and 1 teaspoon grated cheese on top. Fold bottom and sides of the wrapper and roll. Seal wrapper with water. Repeat with remaining ingredients.

4 Make the chunky guacamole: Slice avocados in half and remove the pit. Using a spoon, scoop out flesh and place in a mixing bowl. Using a fork, mash avocados, leaving them slightly chunky. Add remaining ingredients and fold everything together gently. Place a piece of plastic wrap directly on top of the guacamole so it doesn't brown. Refrigerate for at least 1 hour before serving.

5 Heat oil in a deep pan and fry flautas in batches for 2 to 3 minutes or just until wrapper is crisp and golden. Serve with chunky guacamole and store-bought salsa.



SET UP A FOOD CART AT A BAZAAR, MALL, OR BUSY SIDE STREET. SET ASIDE THREE TO FIVE FLAUTAS PER SERVING, AND PACK THEM TOGETHER WITH THE GUACAMOLE AND SALSA, EACH IN A SEPARATE CONTAINER. YOU CAN ALSO SELL THEM FROZEN: PACK EIGHT OR 12 FLAUTAS PER FOOD-GRADE PLASTIC BAG AND SEAL. DON'T FORGET TO INCLUDE THE COOKING INSTRUCTIONS!



MAKE IT AHEAD!

PLACE THE ASSEMBLED FLAUTAS IN A ZIP-TOP FREEZER BAG AND STORE IN THE FREEZER FOR ABOUT TWO MONTHS. WHEN READY TO COOK, PROCEED WITH STEP FIVE.



PACKAGE BOTTLED BANGUS WITH HOMEMADE CROSTINI OR CRACKERS, AND SELL THEM AT BAZAARS OR CONSIGN THEM TO FOOD STORES. INCLUDE A NOTE WITH IDEAS ON HOW TO ENJOY THE BANGUS: USE IT TO MAKE PASTA SAUCE OR TOP IT OVER FRIED RICE.

Bottled Spanish Bangus

Bottled foods are perfect as gifts, *pasalubong*, or instant *ulam*. Here's a classic recipe that you can use as a base; get creative and add other flavorings like capers, roasted garlic, or olives.

Makes about 8 (8-ounce) bottles **Cooking Time** 2 hours **Prep Time** 3 hours

- ✓ 2 kilos small milkfish (*bangus*), cleaned, head and tail sliced off, scales left intact
- ✓ salt for soaking
- ✓ 200 grams carrots, sliced into rounds
- ✓ 24 bay leaves
- ✓ 200 grams pickles
- ✓ 3 tablespoons whole peppercorns
- ✓ 24 finger chilies (*siling pangsigang*)
- ✓ about 4 cups corn oil

- 1** Cut fish to fit inside bottles. Wash fish thoroughly to remove all traces of blood.
- 2** Soak fish in 1 part salt to 10 parts water for 25 minutes to eliminate the fishy smell.
- 3** Portion fish among 8 (8-ounce) bottles; lightly screw on lids. Steam for 20 minutes.

Drain excess water; don't shake bottles too much to ensure fish stays intact.

- 4** Portion carrots, bay leaves, pickles, peppercorns, and finger chilies among bottles. Season with salt. Pour corn oil into each bottle, leaving a 1/4-inch space on top.
- 5** Lightly screw on lids. Place bottles in a rack inside a pressure cooker. Fill pressure cooker with water up to the bottom of the bottles. Cover and turn on pressure cooker. When whistling starts, lower heat; cook for 1 hour. Allow pressure to drop and make sure pressure cooker is completely depressurized before removing the cover.
- 6** Remove jars; screw lid on tightly while hot. Invert bottles and check for leakage. Cool and clean bottles before storing. Store for at least 2 weeks for best flavor.

LABEL IT!

INCLUDE THE FOLLOWING DETAILS IN YOUR PACKAGED GOODS:

- | | | | |
|---|---|------------------------|--|
| ● Ingredient list and a warning for common allergens like peanuts, wheat, and soy | ● Nutrition info, including calorie count, especially if you're offering healthy dishes | ● Quantity or weight | ● Storage instructions |
| | | ● Consume-by date | ● Your business's name and contact information |
| | | ● Cooking instructions | |
| | | ● Serving suggestions | |

Thai-style Chicken Barbecue

Entice customers with the smoky aroma of barbecue being grilled on the spot!

Makes about 30 sticks **Prep Time** 10 minutes, plus marinating time **Cooking Time** 20 minutes

- ✓ 4 heads garlic, peeled
- ✓ 2 stalks lemongrass, hard outer covering trimmed, chopped roughly
- ✓ 2 1/2 teaspoons black peppercorns
- ✓ 8 pieces coriander root (optional)
- ✓ 1/2 cup water
- ✓ 4 tablespoons light soy sauce
- ✓ 1 tablespoon dark soy sauce
- ✓ 1 tablespoon fish sauce (*patis*)
- ✓ 2 tablespoons palm sugar or 3 tablespoons *muscovado* sugar
- ✓ 2 kilos boneless chicken thighs, cut into 2-inch cubes
- ✓ Thai sweet chili sauce (optional)

1 Combine garlic, lemongrass, peppercorns, coriander root, and water in the bowl of a food processor. Pulse until chopped finely. Add soy sauces, fish sauce, and sugar; pulse until mixture turns into a chunky paste. Pour over chicken, cover, and marinate in the refrigerator overnight.

2 Wipe off marinade's chunky pieces from the chicken. Thread chicken onto barbecue sticks, about 3 pieces per stick.

3 Preheat a charcoal grill. Cook barbecue over medium-low heat until cooked through, about 2 to 3 minutes per side. Serve with Thai sweet chili sauce.



MAKE IT AHEAD!

AFTER STEP TWO, YOU CAN PLACE THE BARBECUE IN AN AIRTIGHT CONTAINER; FREEZE FOR UP TO ONE MONTH. WHEN READY, THAW AND PROCEED WITH STEP THREE.

Grilled Chicken Salad with Strawberry Vinaigrette

Healthy eating is a growing trend and packaged hearty salads can be a profitable business venture. Create a menu with a variety of toppings and your own signature dressings.

Serves 4 Prep Time 30 minutes

FOR THE STRAWBERRY VINAIGRETTE (MAKES 4 CUPS)

- ✓ 1 cup balsamic vinegar or red wine vinegar
 - ✓ ¼ cup strawberry jam
 - ✓ 1 tablespoon mustard
 - ✓ 1 tablespoon chopped shallots
 - ✓ 3 cups vegetable or coconut oil
 - ✓ salt and pepper, to taste
-
- ✓ 700 grams assorted lettuce (romaine, lollo rosso, curly lettuce), trimmed, washed, and spun-dry
 - ✓ 1½ cups arugula leaves, washed and spun-dry

- ✓ 1⅓ cups sliced grilled or roasted chicken breast or thigh fillet
- ✓ 1 cup shredded carrots
- ✓ 1 cup thinly sliced cucumber (optional)
- ✓ 1 cup store-bought candied nuts of choice (*pili*, walnuts, almonds)
- ✓ ½ cup store-bought crispy green peas
- ✓ ½ cup croutons

1 Make the dressing: Combine vinegar, jam, mustard, and shallots in a blender. Whiz to combine, while pouring oil in a steady stream. Season with salt and pepper.

2 Arrange lettuce and arugula in take-out containers. Top with chicken, carrots, cucumber (if using), nuts, green peas, and croutons. Pack dressing separately.

BIZ TIP!

SALAD STATIONS ARE POPPING UP ALL OVER THE METRO! OPEN ONE IN AN OFFICE BUILDING, YOGA STUDIO, OR GYM. MAKE IT CONVENIENT BY OFFERING DELIVERY SERVICES, TOO. DON'T FORGET TO PROVIDE THE NUTRITION INFORMATION PER SERVING.

MAKE IT AHEAD!

YOU CAN MAKE THE DRESSING IN ADVANCE AND STORE IN AN AIRTIGHT BOTTLE IN THE REFRIGERATOR FOR UP TO TWO WEEKS.

Pulled Pork Mac and Cheese

Pasta dishes are always popular during potlucks. We've reinvented macaroni and cheese using smoky pork chunks and a really cheesy sauce. It'll satisfy the biggest of appetites.

Serves 6 Prep Time 15 minutes **Cooking Time** 9 hours

- ✓ 1 medium white onion, half sliced and the other chopped finely
- ✓ ½ kilo pork shoulder
- ✓ 1 cup American-style sweet and smoky barbecue sauce (we used Hunt's)
- ✓ 2 cups chicken stock or water
- ✓ ½ kilo fusilli or macaroni noodles
- ✓ 6 tablespoons butter
- ✓ ½ cup all-purpose flour
- ✓ 4 cups whole milk, warmed
- ✓ 2 cups coarsely grated sharp cheddar cheese
- ✓ 1 cup coarsely grated pepper jack or Gruyère cheese
- ✓ ½ teaspoon salt
- ✓ ½ teaspoon freshly ground black pepper
- ✓ ¾ cup Japanese breadcrumbs (optional)

1 Place sliced onions, pork shoulder, barbecue sauce, and chicken stock or water in a slow cooker. Cover with lid, set to low, and cook for 8 hours. (You can also cook pork in a heavy-bottomed pot over low heat for 8 hours or until very tender, adding more liquid if needed.) Shred pork using two forks and set aside.

2 Bring a large pot of salted water to a boil. Add noodles and cook for 3 minutes less than the recommended cooking time. Drain and set aside.

3 Preheat oven to 350°F. Melt butter over medium heat in the same pot used to cook the pasta. Once melted, add finely chopped onions and sauté for 2 to 3 minutes or until softened. Whisk in flour and cook for 2 minutes. Slowly whisk in milk. Bring to a boil while whisking continuously.

4 Reduce heat to low and add cheeses. Whisk until cheese is melted. Add cooked pasta and mix well. Fold in shredded pork. Season with salt and pepper.

5 Spray a 9x13-inch baking pan with cooking spray or brush with oil. Transfer noodle mixture to prepared pan. Sprinkle top with breadcrumbs, if using. Bake for about 3 to 5 minutes or until top is golden brown.

BIZ TIP!

GET INTO THE FOOD ORDER BUSINESS! OFFER THIS HEFTY PASTA CASSEROLE AS ONE OF YOUR SPECIALTIES. PLACE THE ORDERS IN DISPOSABLE ALUMINUM TRAYS AND INCLUDE STORAGE AND REHEATING INSTRUCTIONS.

MAKE IT AHEAD!

MAKE THE PULLED PORK TWO TO THREE WEEKS IN ADVANCE. PLACE IN AN AIRTIGHT CONTAINER AND FREEZE UNTIL READY TO USE.

ONLINE EXCLUSIVE!

Put up a fun beverage stand at a bazaar, sporting event, or transportation station. Log on to Yummy.ph to get the recipe for a Tamarind Slushie.

Brownie Brittle

Turn the classic brownie into crunchy biscuits! Make yours unique by experimenting with different mix-ins—think peanut butter chips, crushed cacao nibs, or salted caramel.

Serves 4 Prep Time 10 minutes **Cooking Time** 22 to 25 minutes

- ✓ 1/2 cup melted butter
- ✓ 3/4 cup sugar
- ✓ 1 teaspoon vanilla extract
- ✓ white from 1 large egg
- ✓ 1/3 cup all-purpose flour
- ✓ 3 tablespoons unsweetened regular cocoa powder
- ✓ 3/4 teaspoon baking soda
- ✓ 1/4 teaspoon salt
- ✓ 1/2 cup chocolate chips

1 Preheat oven to 350°F. Line a baking sheet with a silicone mat or parchment paper lightly sprayed with baking spray.
2 Combine butter, sugar, and vanilla in a large bowl; mix until well incorporated. Add egg white and blend well.

3 Mix together flour, cocoa powder, baking soda, and salt. Add dry ingredients to the butter mixture and mix for about 1 minute or until smooth.

4 Using a spatula, spread a thin layer of batter on the prepared baking sheet into an 11x8-inch rectangle. (You want it thin, but not transparent.)

5 Bake in the preheated oven for 15 minutes. Remove from oven and quickly sprinkle brittle with chocolate chips. Return to the oven and bake for 7 to 10 more minutes.

6 Remove baking sheet from the oven. Transfer brownie brittle to a wire rack to cool. Cut brownie brittle into pieces before it cools completely and becomes crispy, or break it apart once completely cool. Store in an airtight container for 7 days.

THE TOTAL PACKAGE

USE PRETTY PACKAGING AS A MARKETING TOOL. HOW YOU PRESENT YOUR PRODUCT SAYS A LOT ABOUT YOUR BUSINESS'S COMMITMENT TO QUALITY AND ATTENTION TO DETAIL.

CHOOSE A CATCHY, RELEVANT, AND MEMORABLE NAME AND LOGO. Tap graphic design artists to help.

USE ONLY FOOD-GRADE CONTAINERS. Not all boxes, bottles, and plastic containers are suitable for food. Some contain chemicals that can leech into and contaminate your product.

CHOOSE STURDY, GOOD-QUALITY MATERIALS. Cheaper and lighter containers cost less, but flimsy containers that become soggy and give way will turn off customers and prevent repeat orders.

BE ENVIRONMENTALLY FRIENDLY. Select packaging made of recycled products or choose materials that can be recycled.

ALWAYS STERILIZE BOTTLES AND CAPS to kill bacteria (see page 11).



STORE THESE BISCUITS IN AIRTIGHT JARS OR PLASTIC BAGS. PLACE A PACK OF FOOD-GRADE SILICA GEL INSIDE TO HELP RETAIN THEIR CRUNCH. SELL THEM AT BAZAARS OR CONSIGN THEM TO SPECIALTY FOOD SHOPS.

COOK the
COVER

MAKE IT
AHEAD!

MAKE THE *INASAL* SAUCE UP TO TWO DAYS IN ADVANCE. STORE, COVERED, IN THE REFRIGERATOR. REHEAT IN A MICROWAVE OR FRYING PAN OVER LOW HEAT BEFORE USING.



BIZ
TIP!

THINKING OF OPENING A FOOD STALL, RESTAURANT, OR CATERING BUSINESS? ADD THIS FLAVORFUL DISH TO YOUR FILIPINO OR ASIAN REPERTOIRE.

Grilled Shrimp Inasal with Fresh Pineapple Salsa

Inasal is an all-time favorite, but this time, we've applied its smoky flavor to shrimp. Instead of the usual *atchara*, pair it with a refreshing pineapple salsa.

Serves 4 Prep Time 40 minutes **Cooking Time** 30 minutes

FOR THE FRESH PINEAPPLE SALSA

- ✓ 4 (1-inch-thick) round slices fresh pineapple
- ✓ 2 tablespoons chopped cilantro leaves and stems (*wansoy*)
- ✓ 3 tablespoons fresh lime juice

- ✓ 1 to 2 bird's eye chilies (*siling labuyo*), seeds removed and chopped, or 1/2 teaspoon chili flakes
- ✓ salt, to taste

FOR THE *INASAL* SAUCE

- ✓ 1/2 cup butter or margarine
 - ✓ 1/3 cup annatto seeds (*atsuete* seeds)
 - ✓ 2 tablespoons minced garlic
 - ✓ 2 tablespoons minced lemongrass (soft white parts only)
 - ✓ 3 tablespoons *calamansi* juice
 - ✓ salt and pepper, to taste
- ✓ 16 large shrimps or prawns, shelled and deveined with tails left on

1 Make the grilled pineapple salsa: Grill pineapple on a preheated charcoal grill or grill pan over medium-high heat. Cook for about 2 to 3 minutes per side. Remove from heat. Slice into 1-inch chunks. Combine pineapple, cilantro, lime juice, and chilies. Season with salt. Keep warm.

2 Make the *inasal* sauce: Melt butter or margarine in a small saucepan. Add annatto seeds and cook until butter or margarine turns deep red-orange in color. Turn off heat and strain sauce.

3 Put butter or margarine back in the pan. Sauté garlic and lemongrass over low heat just until fragrant. Turn off heat and add *calamansi* juice. Season to taste with salt and pepper. Divide sauce between 2 bowls.

4 Grill shrimp on a charcoal grill over medium heat, an indoor griller, or grill pan, brushing frequently with *inasal* sauce. Cook shrimp for 1 to 2 minutes per side, depending on size. (You can skewer the shrimp onto soaked wooden barbecue sticks before grilling, if desired.)

5 Arrange shrimp on a platter and drizzle with remaining sauce or serve sauce on the side. Serve with fresh pineapple salsa.

Jam session

Make the most out of fresh tropical fruits and whip up jams and marmalades right in your own kitchen!

PHOTOGRAPHY BY
Miguel Nacianceno

RECIPES BY
Pierre Marmonier of
The Fruit Garden

STYLING BY
Regine Rafael

Dalandan Marmalade

Peel and slice **2 kilos dalandan**; reserve skin from 5 pieces. Peel and seed each segment; set aside. Cut reserved skin into thin strips; place in a saucepan. Cover with cold water; boil for 5 minutes. Remove from heat; strain under cold water. Repeat boiling and straining 5 more times to remove skin's bitterness. Combine segments, boiled skin, and **1.4 kilos sugar** in a large heavy-bottomed pot. Cook over high heat, stirring constantly, for 10 minutes. Blend mixture in the pot using a handheld mixer for 2 minutes. Cook until mixture boils (it will boil after about 5 minutes). Let boil, stirring constantly, for 5 minutes or until it reaches the proper consistency (a teaspoon of jam on a plate should form a stable mass). Pour into sterilized jars and screw on lid while hot. **Makes 2.8 kilos.**

Tropical Medley

Peel and dice **500 grams pineapple**, **500 grams red lady papaya**, and **500 grams mango**. Place in a large heavy-bottomed pot and add **1 kilo sugar**. Cook over high heat, uncovered, stirring constantly. After 20 minutes, blend mixture in the pot using a handheld mixer for 1 minute or until smooth. (Blend for less than 1 minute if you want a chunkier jam.) Reduce heat and cook until mixture boils, stirring occasionally. Let boil for 5 minutes, stirring constantly. Turn off heat and add **juice from half a lemon**. Stir vigorously for 1 minute. Pour jam into sterilized jars and screw on lid while hot. **Makes 2 kilos.**



DON'T USE A WOODEN SPOON—A SPLINT OF WOOD MIGHT FIND ITS WAY INTO YOUR JAM. USE A METAL SPOON INSTEAD.

MAKE SURE TO STERILIZE THE BOTTLES BEFORE POURING IN YOUR FRESHLY MADE JAM. THE STEPS ARE ON PAGE 11.

Banana-Pili Nut Jam

Chop **200 grams roasted pili nuts** into small pieces; set aside. Peel and slice **2 kilos banana (lakatan variety)** and immediately place in a large heavy-bottomed pot. Add **1³/₄ kilos sugar, 300 ml water,** and chopped roasted pili nuts. Cook over medium heat, stirring constantly, for 10 minutes. Turn up heat to high and bring mixture to a boil, uncovered. Once boiling, lower heat to medium and boil for another 5 minutes, stirring constantly. Turn off heat. Add **juice from 1 lemon** and stir for 1 minute. Pour jam into sterilized bottles and screw on lid while hot. **Makes 3¹/₂ kilos.**

Guava Jam

Slice **5 kilos very ripe pink native guava** in half and scoop out the seeds; discard seeds. Scoop out the flesh from the skin. (You should get about 1¹/₂ kilos of pulp.) Place pulp in a large heavy-bottomed pot and add **1 kilo sugar.** Cook over high heat for 20 minutes, uncovered, stirring constantly. If jam thickens quickly and takes on the consistency of paste, lower heat and let boil for 5 minutes. Turn off heat. Add **juice from 1 lemon** and stir for 1 minute. Pour jam into sterilized bottles and screw on lid while hot. **Makes 2 kilos.**

Mango-Guyabano Jam

Peel and dice **500 grams ripe mangoes.** Peel **500 grams guyabano** and remove seeds. Place in a large heavy-bottomed pot and add **3/4 kilo sugar;** cook over high heat, stirring constantly, for 10 minutes. Blend mixture in the pot using a handheld mixer for 1 minute or until smooth. (Blend for less than 1 minute if you want a chunkier jam.) Continue to cook jam, uncovered, stirring constantly. It should start to boil after 10 minutes. Let boil for 5 minutes, stirring constantly, or until it reaches the proper consistency (a drop of jam on a plate should form a stable mass). Turn off heat and add **juice from half a lemon;** stir vigorously for 1 minute. Pour jam into sterilized bottles and screw on lid while hot. **Makes 1.4 kilos.**



WHEN COOKING JAM, IT'S BEST TO USE A COPPER CAULDRON (COPPER IS THE BEST HEAT CONDUCTOR—IT DISTRIBUTES HEAT EVENLY). IF YOU DON'T HAVE ONE, YOU CAN USE A LARGE HEAVY-BOTTOMED POT INSTEAD.

STORE IN THE REFRIGERATOR ONCE OPENED FOR ABOUT THREE MONTHS.

In celebration of Mother's Day, local culinary personalities pay homage to the women who've taught them to succeed in the kitchen. Here are their recipes and stories—long treasured within their families and generously passed on from generation to generation with love.

Thanks, Ma

PHOTOGRAPHY BY Toto Labrador
FOOD STYLING BY Mel Jimenez
PROP STYLING BY Idge Mendiola



Chicken Arroz Caldo

by Sylvia Reynoso Gala

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

Cooking Time 1 hour

- ✓ ½ cup oil
- ✓ ½ cup crushed garlic
- ✓ ¼ kilo chicken liver, chopped
- ✓ 2 tablespoons thinly sliced ginger
- ✓ 1 tablespoon *kasubha*
- ✓ ½ cup thinly sliced red onions or shallots
- ✓ 1 kilo chicken parts (*adobo* cut)
- ✓ ¼ cup fish sauce (*patis*)
- ✓ 4 chicken bouillon cubes
- ✓ 1½ teaspoons black pepper
- ✓ 1 cup washed Jasponica rice
- ✓ 1 cup washed Miponica rice
- ✓ 16 cups water
- ✓ ½ cup chopped green onions for topping
- ✓ 8 *calamansi*, to serve

1 Heat oil in a deep stockpot over medium heat. Fry garlic until browned and crispy; set aside for topping.

2 Add chicken liver and stir until half cooked; set aside.

3 Sauté ginger, *kasubha*, and onions in the same pot until browned.

4 Add chicken parts and cook until browned. Season with fish sauce, bouillon cubes, and pepper.

5 Stir in rice and cook for 2 minutes. Add water. Cover and bring to a boil. Lower heat and simmer for 45 minutes. Add chicken liver and cook for 2 more minutes.

6 Divide among bowls and garnish with crispy garlic and green onions. Serve hot with *calamansi* on the side.

“Mom always reminds me of the two most important things when coming up with recipes: It should always be *masarap* and *madaling gawin*. We like to simplify difficult methods so everyone can do them, too—just like this recipe for *arroz caldo*. When we made this, we both knew it was a masterpiece. I have everything to thank my mom for. She is the best teacher and mother in the world.”

Ernest Gala, chef and owner of *Takashi* and managing director at *GalaStars Culinary*

Ginger and Spring Onion Chicken

by Nora Daza

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

Cooking Time 30 minutes

- ✓ 1 cup cooking oil
- ✓ 1 cup all-purpose flour
- ✓ 1 teaspoon salt
- ✓ ½ teaspoon pepper
- ✓ 8 chicken thighs
- ✓ ¼ cup finely chopped ginger
- ✓ ¼ cup finely chopped green onions
- ✓ 2 tablespoons soy sauce
- ✓ 2 tablespoons sugar
- ✓ 1 cup water
- ✓ 2 teaspoons cornstarch, dissolved in 2 teaspoons water

1 Heat oil in a frying pan. Combine flour, salt, and pepper in a bowl; mix well. Dip each chicken thigh in flour mixture and fry until both sides are golden brown but not fully cooked, about 4 minutes on each side. Set aside.

2 Remove excess oil from pan, leaving about 3 tablespoons. Sauté ginger and green onions.

3 Add soy sauce and sugar; mix. Add water.

4 Add dissolved cornstarch to thicken. Once thick, add fried chicken and simmer, covered, for 20 minutes. Serve hot.

“

If it tastes good to you, serve it. That's one of the lessons I learned from my mom, and I've held on to it all these years. Simple words, some would say, but it's actually loaded with responsibility. It means training and trusting your palate to know what tastes good, and it requires looking for dishes that will improve your palate. This recipe is one of them; it's one of the very first confidence-building recipes I learned. It's good and simple, an ode to my mom's wise words.

”

Sandy Daza, chef and owner of Wooden Spoon and columnist for the Philippine Daily Inquirer

Kinamatisang Buto-buto

by Pette S. Jorolan

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

Cooking Time 30 minutes

- ✓ 3 to 5 tablespoons vegetable oil
- ✓ 750 grams very ripe tomatoes, diced
- ✓ 250 grams white onions, diced
- ✓ 2 to 3 cloves garlic, minced
- ✓ 1 teaspoon salt
- ✓ 1 kilo pork ribs (*buto-buto*)
- ✓ 1 medium daikon radish, sliced into $\frac{2}{3}$ -inch-thick pieces
- ✓ $1\frac{1}{2}$ liters water
- ✓ 2 to 3 bunches *pechay* or bok choy
- ✓ 1 tablespoon fish sauce (*patis*)

1 Heat vegetable oil in a stockpot over medium heat. Sauté tomatoes, onions, and garlic just until everything is tender; do not allow to brown. Add salt.

2 Add pork ribs and cook until no trace of blood remains, about 3 to 5 minutes.

3 Add radish and cook for 2 minutes.

4 Add water and bring to a boil. Lower heat and simmer, covered, for 15 minutes or until meat is tender. Uncover and simmer for 5 more minutes.

5 Add *pechay* or bok choy, and season with fish sauce. Serve hot.

“This humble dish made of tomatoes and buto-buto brings to mind a lot of memories—the many times our family ate and laughed together during summer vacations, the comfort of a warm meal when we were sick, even the day I went home to my mom when I became a mom myself. Mama brought me up in the kitchen, allowed me to play with her tools, and let me experience the joys of cooking for the family. I can only hope that one day, I could be half as great as her—as a cook and as a mother—in the kitchen and at home.”

Namee Jorolan Sunico, chef at Pinoy Eats World and Everybody's Cafe



Crab and Rice Stew

by Bettina Legarda

Serves 4 Prep Time 45 minutes **Cooking Time** 1 hour

- ✓ 1 cup olive oil, divided
- ✓ 8 cloves garlic, minced
- ✓ 1 teaspoon Spanish paprika (pimenton)
- ✓ 2 large white onions, chopped
- ✓ 1/2 kilo ripe tomatoes, chopped
- ✓ 3 tablespoons chopped parsley
- ✓ 2 bay leaves
- ✓ 3/4 kilo crabs (*alimasag*), cleaned and divided into parts
- ✓ 1/2 cup dry white wine
- ✓ 6 to 8 cups fish broth, divided
- ✓ 1 cup medium-grain rice (we used Calrose)
- ✓ 4 medium potatoes, cubed and parboiled
- ✓ 2 carrots, cubed and parboiled
- ✓ 1/4 kilo crabmeat, steamed
- ✓ salt, to taste
- ✓ yolks from 3 hard-boiled eggs
- ✓ roughly chopped cilantro leaves for garnish
- ✓ lemon wedges, to serve

1 Heat 1/2 cup olive oil in a pan over medium heat. Add garlic, Spanish paprika, onions, tomatoes, parsley, and bay leaves. Cook until onions are translucent. Remove bay leaves and set mixture aside.

2 In an ovenproof casserole or stockpot, heat remaining oil over low heat. Add crab parts and cook for about 10 to 15 minutes. Once cooked, deglaze pan with white wine and 4 cups hot fish broth. Add tomato mixture. Remove crabs and set aside.


3 Add rice to the broth and simmer until cooked. Add potatoes and carrots; simmer until cooked.

4 Add crab parts back to the pan together with crabmeat. Add more fish broth, if needed. Season with salt.

5 Before serving, combine egg yolks with some broth. Whisk mixture into stew. Garnish with cilantro and serve hot with lemon wedges on the side.

“Mealtime is family time—it’s a rule our whole family practiced. This stew reminds me of dinners when my mom would cook us a beautiful feast. The meal would extend way past our bedtime! I thank her for reminding me that food always tastes better when made from the heart. Mom has given me so many gastronomic memories to look back on that it’s impossible not to be inspired.”

Tina Legarda,
chef and owner of
Bamba Bistro



Mom rarely cooked but she always shared her favorite dishes. One of them is this paksiw recipe. On days when she'd crave for it, we'd gather around the table and enjoy its warmth and comfort. We'd enjoy it with a side of tomatoes and cilantro, fish sauce, and lots of garlic rice. I thank my mom, an absolute woman of substance, for all the flavors—and love—she shared with me. I wish to be like her one day and share the same with my loved ones.

Malou Fores,
chef and owner of
Mamou and CDP

Fish Paksiw

by Josephina Casimiro Montano

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

Cooking Time 15 minutes

- ✓ 1 kilo fish (*bangus* belly, salmon belly, *bisugo*, or big *galunggong*), cleaned
- ✓ 350 grams eggplant, sliced into rounds
- ✓ 370 grams *ampalaya*, sliced
- ✓ 200 grams garlic, peeled
- ✓ 60 grams ginger, sliced
- ✓ 2½ cups water
- ✓ ¼ cup soy sauce
- ✓ ¼ cup fish sauce (*patis*)
- ✓ 1½ cups vinegar
- ✓ ¾ fish bouillon cube

✓ 1 teaspoon salt

✓ 1 teaspoon pepper

1 Arrange fish on the bottom of a casserole. Add eggplants, *ampalaya*, garlic, and ginger. Pour in water, soy sauce, fish sauce, and vinegar. Season with bouillon cube, salt, and pepper.

2 Cook over medium heat until fish is just cooked (slightly firm and flakes easily), vegetables are cooked, and liquid is slightly reduced, about 10 to 15 minutes; do not overcook.

**ONLINE
EXCLUSIVE!**

Got leftover *adobo*? Sabrina's grandmother Lillyan "Tating" Roig makes a delicious curry sandwich out of it. Get the recipe on Yummy.ph.

“My awesome mama often said she could never cook, and yet on the rare occasion that she did, it was never ever short of brilliant. This is her very own version of *adobo*—something proudly Filipino but given a unique twist. This creativity, whether in the kitchen or in business, and her constant love and concern for the family, always inspire me. I hope these traits have rubbed off on me.”

Sabrina Artadi,
host of *Sabrina's Kitchen*
on the Asian Food
Channel and author of
Glam Cookbook



Rosemary and Balsamic Adobo by Joyce Artadi

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

Cooking Time 1 hour

- ✓ ¼ cup extra virgin olive oil
- ✓ 2 whole heads garlic, unpeeled and sliced in half crosswise
- ✓ 1 (1.2-kilo) whole chicken, cut into parts
- ✓ 2 bay leaves
- ✓ 6 to 7 peppercorns
- ✓ ¼ cup balsamic vinegar
- ✓ ¼ teaspoon dried rosemary

- ✓ ¼ cup soy sauce
- ✓ ¼ cup dry white wine

- 1** Heat olive oil in a pan over medium heat. Sauté garlic until fragrant.
- 2** Add chicken, bay leaves, peppercorns, balsamic vinegar, and dried rosemary. Bring to a boil.
- 3** Add soy sauce and white wine. Once boiling, lower heat and simmer for 40 to 45 minutes or until chicken is tender and cooked through.

Berry and Graham Cheesecake

by Annie Llamanzares-Abad

Makes 1 (8-inch) cake **Prep Time** 30 minutes **Cooking Time** 5 minutes **Baking Time** 2 hours 15 minutes

FOR THE GRAHAM BASE

- ✓ 1³/₄ cups graham cracker crumbs
- ✓ 1/2 cup softened unsalted butter, plus extra for brushing
- ✓ 1/3 cup sugar
- ✓ 1/2 cup cornstarch
- ✓ 1/3 cup water
- ✓ 2 cups heavy cream
- ✓ 3¹/₃ cups cream cheese (we used Philadelphia)
- ✓ 1/2 cup sugar
- ✓ 2 vanilla beans, seeds scraped
- ✓ 1 teaspoon vanilla extract
- ✓ 3 medium eggs
- ✓ 1 (200-gram) pack graham crackers, roughly crumbled, divided
- ✓ whipped cream, graham cracker pieces, and fresh strawberries for topping

1 Preheat oven to 300°F. Line the bottom of an 8-inch springform pan with foil. Brush base with melted butter.

2 Make the graham base: Mix all ingredients together in a bowl using your hands until well incorporated. Press graham cracker mixture firmly onto the bottom and up the sides of the prepared pan. Place pan in a shallow baking dish and bake in the preheated oven for 15 minutes. Keep springform pan in the baking dish and let cool to room temperature.

3 Decrease oven temperature to 265°F.

4 Whisk together cornstarch and water until completely dissolved. Simmer cream in a saucepan over medium heat. Slowly whisk in dissolved cornstarch. Stir until mixture is thick; immediately strain mixture into a bowl. Set aside.

5 In the bowl of an electric mixer fitted with the paddle attachment, cream cream

cheese, sugar, scraped vanilla seeds, and vanilla extract until smooth, light, and fluffy. Scrape the sides and bottom of the bowl.

6 Add eggs one at a time, scraping the sides and bottom of the bowl with every addition. Pour in thickened cream mixture. Mix until well combined.

7 Scatter half of the roughly crumbled graham crackers on top of the prepared base. Pour batter over. Tap pan to release air bubbles. Top with remaining crumbled graham crackers.

8 Fill the shallow baking dish, around the springform pan, halfway with hot water. Bake in the preheated oven for 2 hours or until cheesecake is firm but still jiggly at the center. Let cool to room temperature before chilling overnight.

9 Decorate top with whipped cream, graham cracker pieces, and fresh berries.

I remember when I was 6 years old, I would always look forward to weekends because those were the only days when my aunt would have the time to bake and develop recipes. She was still single then and treated me and my sisters like her own kids. We'd bake lots of cookies and cakes, but the dessert I was most fascinated with was this cheesy, fruity, custard-like cake.

Miko Aspiras,
chef and owner
of Scout's Honor,
and pastry chef at
Le Petit Souffle and
Magnum Manila



A woman with dark hair tied back, wearing a black t-shirt and a yellow and white striped cardigan, is focused on sorting coffee beans. She is leaning over a large pile of light-colored, unroasted coffee beans spread out on a white surface. Her hands are actively picking up and examining the beans. In the background, other people are partially visible but out of focus, suggesting a busy, outdoor or semi-outdoor setting like a coffee processing area.

GOOD EATS

Food businesses that care more about the common good than about the bottom line offer a whole new way for us to enjoy our meals.

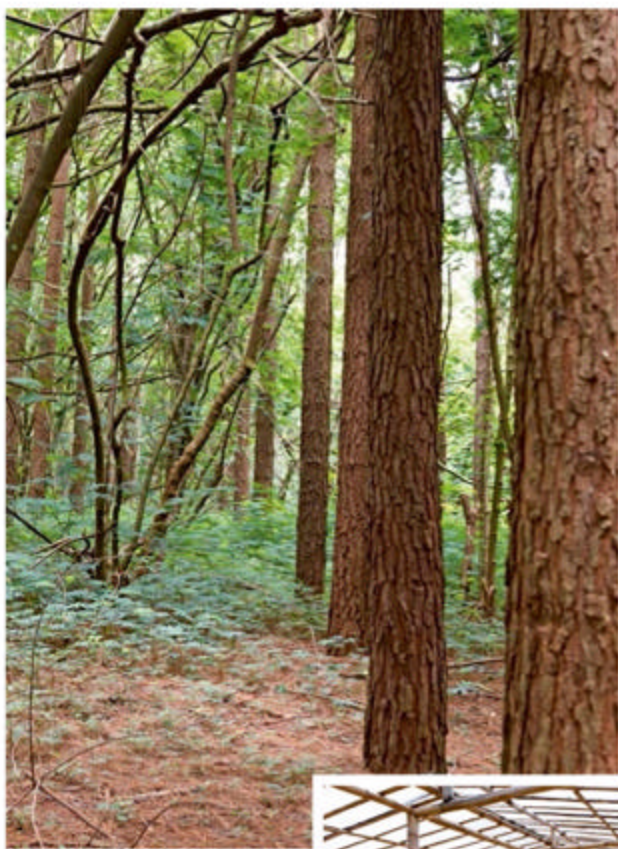
Produced by
Kristine Fonacier

IF YOU WANT TO CHANGE THE WORLD, ALL YOU NEED TO DO IS PAY ATTENTION TO WHAT YOU EAT.

We're well aware of what eating and dining choices do for the environment and for our own health, but a few companies—restaurants, food manufacturers, farmers, retailers, importers, with more joining up—are finding more creative ways to be good citizens of the world, and to give back to both consumers and to their own communities. Big and small, and in many innovative approaches, folks in the food industry are making sure that what we put on our plates is good for the environment, for other people, and for our own conscience.

HINELEBAN COFFEE

Reforesting mountain ranges, one tree at a time



The foundation enables customers to adopt trees (from Philippine Mahogany and Acacia to Narra and Fire, even Cherry Blossom) on Mount Kitanglad. You can even chart a trip to the mountain and visit your personal tree. *Left: A local lady picks and sorts unroasted coffee beans.*

PHOTOGRAPHY: PATRICK MARTINES.



In Bukidnon, cloud-covered Mount Kitanglad looms above the fields and towns like a shy giant. Tribes such as the Bukidnon, Talaandig, and Manobo call Kitanglad home, while the mountain's diverse wildlife includes the endangered Philippine Eagle. In 2000, Congress made it a full-fledged protected site, and in 2009, Kitanglad became an ASEAN Heritage Park.

Yet over the decades, parts of the mountain forest have given way to farmland, drastically affecting the local ecosystem. "Where farmers used to have three or four harvests a year, now they only have two because of lessened rainfall. We're hoping to change that," explains Jairus Ferrer, marketing and sales representative of the Hineleban

Foundation. Founded by Bukidnon-based agriculturist John Perrine, Hineleban's goal is to curb and reverse the sweeping changes brought about by rapid deforestation. In doing so, they have reached out to indigenous *lumad* communities who traditionally consider themselves the guardians of the forest.

"We had to provide sustainable livelihoods that would deter them [the indigenous peoples] from carrying on their slash and burn practices, another cause of deforestation," says Jairus. Since 2008, Hineleban has

provided partner communities with workshops on technical training, best practices in methodology, sustainable green inputs, and value formation. Coffee cherries are gathered from the scattered villages, handpicked and cleaned by local women, and the beans stored for shipment.

A second partnership helps make Hineleban's business model sustainable: The foundation partnered with health-food retailer Healthy Options to get the urban dwellers involved in the mission. Through the Sip and Reforest Campaign, customers get to adopt trees on Mount Kitanglad by

buying a bag of coffee beans, each with a code that matches up with a data tracker on each tree. The "parents" can then receive periodic updates, including measurements and photos. Restaurants and cafes—most

notably Green Pastures, Kuppa Roastery, and Best Brew Coffee Solutions—have opted for Hineleban's Arabica as well.

"Our goal is to initially reforest 40,000 hectares, and protect 120,000 hectares of remaining primary forests across the Bukidnon mountain ranges," shares Jairus. "Today, out of the 30,000 trees planted, 3,924 trees have been adopted." It's tangible change on an ambitious scale, and much like the newly planted saplings of Kitanglad, the movement is steadily growing.

—**Ryan Fernandez**

Hineleban Coffee is available in Healthy Options branches nationwide (hineleban.org).

GOOD FOOD SUNDAYS

Connecting consumers to producers

The average age of farmers in the Philippines is 56, as younger generations abandon agriculture. It means that we're likely eating food with preservatives, as we're eating food that's sourced from far away. All this also has an impact on the environment and on the economy.

The Good Food Community, which started in 2011, aims to take on these problems by helping consumers connect with organic-vegetable farmers. The community is going strong, delivering weekly produce subscriptions to urban consumers.

The latest project, however, has brought their advocacy to a bigger and wholly different new audience: Good Food Sundays is a fortnightly weekend market that shares the group's original vision. "We asked what was missing in Good Food Community," says CEO Charlene Tan, "and we found that it was important for buyers to have face-to-face interaction with sellers and to be able to choose what to purchase."

Good Food Sundays is open every first and third Sundays of the month, 8 a.m. to about 2 p.m., GYY Building, 1 Tomas Morato corner E. Rodriguez Sr. Avenue, Quezon City (www.facebook.com/GoodFoodSundays).

The market features a carefully chosen collection of sellers with heart behind their food: specialty-coffee initiative Kalsada Coffee, local baker Serye, organic meat and poultry dealer Sambali Farms, home cook The Wandering Chew, and farmers from all over Luzon. Good Food itself has a stall of fresh produce, while the E-Care Foundation also offers organically grown grains from northern Luzon. Think of it as a concentrated gathering of like-minded sellers whose advocacies and philosophies overlap.

The market's small size makes Good Food Sundays conducive to talking, which in turn leads to building solid relationships among the sellers and their customers. "We want it to be a venue for community building," says Charlene, "somewhere you can get into conversations with people who care about and grow your food, and a place for partners to source from other partners, too. It's about building something together and learning from each other."

—**Kristine Fonacier**



"One of our dreams is to be able to bring more farmers to Good Food Sundays so that they see that there are people who still believe in what they do," Charlene (third from right) says, here with a bunch of Good Food Sundays partners. "We also want to establish a form of subscription so customers can pledge their support to our sellers on a regular basis."



PHOTOGRAPHY: VINCENT COSCULLUELA. HAIR AND MAKEUP: ELAINE GANUELAS. SITTINGS: ANNA FELIPE.

PHOTOGRAPHY: JONATHAN BALDONADO.



EARTH KITCHEN AND GOT HEART FOUNDATION

Creating a self-sustaining social entrepreneurship cycle

Earth Kitchen is more than a homey hideaway for healthy eats; it's part of a busy micro-economy master-planned by Melissa Yeung-Yap, executive director of Got Heart Foundation, who has a real passion for social development work and a desire to join the growing ranks of social entrepreneurs in the country today.

Social entrepreneurship isn't charity, and together with the Got Heart shops, Earth Kitchen completes a self-sustaining cycle that links the foundation's communities with the restaurant's supply chain. Whereas the Got Heart shops are where their farmers can sell their harvest at a fair price, Earth Kitchen drums up demand for these products and produce by using them as ingredients to whip up delectable dishes. Goat's milk bought in Got Heart shops, for instance, is turned into ice cream in Earth Kitchen.

Since February last year, Earth Kitchen has been incorporating food anthropology into their menu—that means serving dishes inspired by various indigenous groups. One of these is its *kamote* tops ravioli, influenced by the Abeling tribe's own cuisine, made with sweet potatoes supplied by farmers in Tarlac.

Many of the indigenous communities the Got Heart foundation has partnered with

are located in Northern Luzon; they supply the bulk of Earth Kitchen's grains, root crops, leafy vegetables, herbs, fruits, dairy, and meat. "This way, we promote Philippine culture and help sustain community livelihoods as well,"

Melissa explains. Several of the friendly waitstaff are also graduates from its Payatas community.

"Our goal is to deliver the best food we can with the freshest ingredients at affordable, mid-range prices," says the social entrepreneur. The country's erratic weather and the

resulting supply inconsistencies have made it a challenge to source locally and still keep Earth Kitchen's menu easy on the pocket, but Melissa says, "We keep the prices affordable because we want more people to patronize the local produce of our farmers." She's not without a more sustainable solution, however: Plans are already underway to set up food labs among their partner communities that, in the future, will better equip them to manage any shortages and excesses during a harvest.

The future certainly looks bright for Earth Kitchen. It's their organic fare—sourced from the Got Heart Foundation's network of over 200 partner communities and grassroots enterprises across the country—that keeps returning customers nourished with food that is good for both the body and the soul. —**Victoria Vizcarra**

Earth Kitchen is at Lot 10-B-10 Katipunan Avenue, White Plains, Quezon City (tel. no.: 577-9138; www.facebook.com/TheEarthKitchen).



Chefs David Hizon and JR Trani, of Hizon's Catering, join Melissa (above) in crafting Earth Kitchen's farm-to-fork spread. "People are now more aware of the negative impact brought about by unfair labor practices, unsustainable processes, and chemical-laden processed food," she says.





Aside from a wide variety of artisanal cheeses, Addison (left) and Gourmet Keso also offer milk products from its sister brand, Gatas.



GOURMET KESO

Providing livelihood to dairy farmers

Over the past ten years, Gawad Kalinga has grown from a charity that builds homes for the poor to a nation-building movement creating livelihood for Filipinos. Its ambitious, optimistic goal is to end poverty for at least five million Filipino families.

Meant to be a farm village university and an incubator for businesses, the GK Enchanted Farm in Bulacan has helped launch products like Golden Duck organic duck eggs and bottled iced-tea brand Bayani Brew. There are a number of products constantly being developed there, as young entrepreneurs keep bringing new ideas to test and attempt with the help of the GK community.

Gourmet Keso is one such project. The Philippines imports the great bulk of our dairy products—99 percent, according to GK figures—and Gourmet Keso wants to address that sad statistic. By teaching workers how to make artisanal cheeses out of locally sourced goat and carabao milk, Gourmet Keso is making the business more profitable for Filipino dairy farmers, giving them a reason to

stay in the industry.

Initiated in 2011 by Xilca Alvarez-Protacio, Gourmet Keso is now led by entrepreneur Addison Falcon, who continues to develop new products. In addition to its signature *kesong puti*, Gourmet Keso has also introduced flavored chèvre, bottled feta cheese, and herbed cream cheeses to the lineup. Each product is made by workers from GK communities, and the milk is bought directly from local dairy farmers.

“Aside from developing new types of cheeses, we are trying to widen our market by servicing restaurants and hotels. We are also preparing to increase our production capacity to ensure higher quality and to reach more people,” says Addison.

Though Gourmet Keso remains a small enterprise at the moment, with three workers and three dairy suppliers, the long-term goal is to employ as many as 1,000 families in the next decade. It’s an ambitiousness and an optimism that Gourmet Keso is happy to get from its mother company.

—**Kristine Fonacier**

The GK Enchanted Farm is on California Street, Pandi Angat Road, Angat, Bulacan (www.facebook.com/GourmetKesoOfficial).



PHOTOGRAPHY: SONNY THAKUR

PHOTOGRAPHY: MIGUEL MACIANCENO. HAIR AND MAKEUP: VIDA NON JAUCIAN. SITTINGS: ANNA FELIPE.

RITUAL

Championing sustainable, locally made products

Ritual provides a retail platform for Bea (left) and Robbie's own projects and for those of their friends (including locally produced raw wild honey and *tablea* tablets). The couple is also heavily immersed in local food and agricultural programs and advocacies, including last month's Madrid Fusión Manila, lending their efforts wherever they can.



Bea and Robbie Crisostomo are likely to shrug when you ask them to define Ritual and the idea behind its curious collection of products from all over the Philippines. It's a general store, they are likely to say, and their shelves are stocked with products that might seem random to the first-time visitor: coconut oil and silk cocoons from Negros Oriental, rock salt from Cagayan de Oro, cheeses from Davao, organic hot sauce from Zambales, and the house brand on packages of artisanal butter and chocolate-peanut spread.

The common thread that holds all these products together has less to do with reason than it does with the heart and the couple's living philosophy: "We want to present products that allow people to lead sustainable lives," says Bea. This means choosing products very carefully, according to a long list of criteria. Products must promote environmental and cultural conservation, for

example, and must be as natural as possible. They must be fairly traded and come from artisans and small businesses rather than giant conglomerates or chains.

It all works because Bea and Robbie have kept the selection very personal and authentic.

They've also made a name for themselves in the food industry as advocates for local ingredients and champions of Filipino culture.

The Ritual mission is always clear: "We have decided to use some of our resources to incubate the development of artisanal, high-quality products suitable for our shelves, and for all shelves clamoring for such things." Bea wrote in one of the entries on Ritual's

blog, in November last year. "We wish to do this by supporting a team of farmers, small producers, and chefs who are happy to develop things from very basic beginnings."

—**Kristine Fonacier**

Ritual is at
2/F Languages
Internationale
Building, 926 Arnaiz
Street, Makati City
(www.ritual.ph and
[www.facebook.com/
ritualshop](https://www.facebook.com/ritualshop)).



TARA, KAIN! NA!

Join a gastronomic tour and take pride in our archipelago's many culinary offerings. Around Old Manila, in a farm outside the metro, and along Kalye Sarap, fun, friends, and glorious food await.

Produced by Idge Mendiola

**SUMMER
FOOD
TOUR
SPECIAL**

EATS IN THE CITY

Whether you're a first-timer in the country or a local on the lookout for something new, there are a lot of delicious discoveries to be made in Old Manila.

Unlike other walking tours that focus on history or food culture, non-profit organization Smokey Tours wants to give visitors a peek at everyday life on "the other side of Manila." Vibrant, unpretentious, and an experience for all the senses, this is the downtown Manila that piques the curiosity of foreign and local visitors alike.

The market tour, in particular, takes participants to four main areas: Carriedo, Quiapo, the Muslim community along Globo de Oro Street, and Ongpin in Binondo. Interestingly, each street has its own distinct character, yet they flow seamlessly into each other. Aside from being rich in history and pulsing to the beat of organized chaos, the four areas share one more thing in common: a thriving street food scene.

Here, the best eats from each street. —**Anna Felipe**

Quiapo

The main draw to the Quiapo district is the Minor Basilica of the Black Nazarene and the alleys leading to it. Here, a dizzying array of stalls peddles a merry mix of wares for faithful and alternative rituals. Think rosaries sold side by side with *anting-anting*; candles and flowers for altar offerings juxtaposed with rows of fortune-tellers. Quiapo is also a popular source of herbal medicines that promise to cure everything from headaches to high blood pressure. If you're into teas—and not necessarily alternative healing—pick up a bag of *pito-pito*. Fresh leaves of *alagaw*, *banaba*, *bayabas*, pandan, and mango are mixed with half a teaspoon each of anise and cilantro to make a fragrant all-natural tea mix. Right across the church, more rows of street vendors offer an impressive selection of fresh fruits and vegetables at rock-bottom prices. Produce is sold *tingi*—usually per piece or in small bunches—and you can always haggle!

Carriedo

In this busy street market, heart-thumping music blares through speakers from makeshift stalls that hawk everything from clothes and slippers to toys and DVDs. Navigate maze-like Carriedo to its Plaza Miranda end to find the stalls that sell a variety of sticky rice snacks. While the *suman* is good on its own, it's best paired with a pinch of *kalamay*, complete with a toasted coconut topping—a mash-up that works so well together.



From top: Golden-brown grilled tuna on display on Globo de Oro Street and freshly made *suman* at Carriedo. **Opposite:** Roadside stalls offer fresh produce at the best prices.



Globo de Oro Street

Home to Manila's Muslim community, Globo de Oro Street and the streets around the Golden Mosque offer some of the most intriguing treats, lined with eateries that serve Halal food, carts filled with durian, and stalls that sell native spices. Pick up a jar of *palapa*, a condiment used in Maranao cooking. Its wet variety is made with green onions, ginger, and chilies and is enjoyed as a dipping sauce for sun-dried fish, while the dry kind is stir-fried with coconut and chili, and is used as topping for fried rice. Don't miss out on the local version of the pancake, either. It's made with cassava, rice flour, and coconut milk.

C. Palanca Street

Make sure to stop by Kim Chong Tin Hopia Factory to score a bag of freshly made *hopia*. Their version is proudly made with no preservatives, allowing the texture of the flaky pastry and the flavors of the filling to take the spotlight. While *monggo* and pandan do not disappoint, go for the *kundol*-and-bacon variant. Finely mashed winter melon is mixed with bits of Chinese ham to create a creamy, sweet-salty filling that definitely hits the spot!

Ongpin

Manila's Chinatown is the best place to discover Filipino-Chinese cuisine. A must-try? The *hototay* from Phat Panda. A simple soup of meat broth with a combo of vegetables, seafood, and meat (in this case, snow peas, cauliflower, cabbage, carrots, white fish, squid, shrimp, chicken, and pork liver) is topped with a fresh raw egg. Mix everything together to get a soup that's light and refreshing even on a hot summer day. For dessert, head to Binondo's own fast-food joint, Hapee's Sizzling. Here, you can customize your *halo-halo* with the addition of fresh fruits from the street stalls. Topped with a slice of *leche flan* and a scoop of *ube jam*, it's the sweetest ending to your day of rediscovering Manila.



TAKE FIVE

LET YOUR FEET GUIDE YOU TO SOME OF THE TASTIEST TREATS IN QUIAPO. THESE WILL GET YOU STARTED.

Cassava pancake from the roadside eateries in the Muslim Community on Globo de Oro Street

Fresh fruits, like *manggang hilaw* with spiced salt and fresh strawberries from Baguio, from the street vendors near Plaza Miranda

Kundol-and-bacon *hopia* from Kim Chong Tin Hopia Factory along C. Palanca Street

Halo-halo at Hapee's Sizzling along Laon-Laan Street, Binondo

Suman and *kalamay* from stalls on the corner of Carriedo and Plaza Miranda

PART TWO HOP ON AND OFF



ON YOUR TRIKE, GET SET, EAT!

Get on a tricycle and eat your way through Malabon's culinary legacies.

Have you ever been to Malabon's very own Kalye Sarap? One of the main thoroughfares that runs through the heart of the city, General Luna Street is now popular for delicacies that uniquely represent the city's culture and heritage. On it and its many historical side streets lie food businesses that have stood the test of time. The best way to discover them? Via a tricycle tour that brings you from one delicious stop to the next. Along the way, savor beautiful vistas of heritage spots and get a glimpse of daily life. It's also a tour with heart: Spearheaded by the Malabon Tourism Office, the project provides additional livelihood to tricycle drivers and more jobs to locals. Excited yet? Let's go! —**Idge Mendiola.**

Lugaw Xperience

The first stop will take you to a humble eatery that has specialized in *lugaw* since 1984. Known to locals as the best *lugawan* in town, Lugaw Xperience (once simply known as *lugawan sa tabing carinderia*) serves up steaming bowls of the classic rice porridge with your choice of chicken leg, wing, feet, neck, or liver and gizzard. It's honest-to-goodness comfort food that can't be beat.

Hazel's Puto

You've probably never had *puto* this white before. Hazel Faustino took her mother's recipe and made a thriving business out of it. Today, after 15 years, Hazel's Puto is known all over the city as the source of extra fluffy, extra white *puto* and its many variations, including cheesy *puto pie* and *puto pao* studded with pork *asado*.



The Original Dolor's Kakanin

"Remember our box. It's red!" says proprietor Elenita Jacinto, who safeguards every *kakanin* recipe her aunt Dolor passed on to her. The tour will bring you to the *kakanin* factory, which smells of delicate coconut milk, with its industrial-sized equipment and huge steamers churning out *sapin-sapin*, *pitchi-pitchi*, and *kutchinta* day in and day out.

Jamicos Restaurant

If you love pork, this stop will make your heart beat faster and your mouth water. Jamicos is home to Judy Ann's Crispy Pata, hailed as the best pork trotter by many nationwide rankings because of its extra crispy skin and most tender meat. There's *tortang alimasag* and shrimp *embutido* to be had, too, but it's the crispy *pata* that truly reigns supreme.

Nanay's Pancit Malabon

Of course, you have to have *pancit* Malabon! Head to Nanay's, winner of the 2014 Battle of the Best Pancit Malabon. An institution in the city, Nanay's uses the same recipe they started with in 1984. It's loaded with shrimp, chopped pig's head, *pechay* Baguio, *tinapa*, and chunks of *chicharon*.

Betsy's Cake Center

When it comes to *pasalubong* shopping, there's no place more perfect than 54-year-old cakeshop Betsy's, known for its own version of *broas*, which is a little crunchy on the outside, soft and fluffy inside, and filled with sweet cream.



GO ON FOOT

Makati has always been one of Metro Manila's culinary hotspots. But just when you think you've tried the best grub the city has to offer, you'll learn that there are even more flavors to be explored. Take the **Makati City Food Walking Tour** around the business district's back alleys and discover hidden gems you'll want to visit again and again. For information, visit www.cultureshockph.com.



TAKE A JEEP

Take the **Jeepney Juan** tour and experience the delicious delights San Juan has to offer. Throughout the journey, you'll hop on and off a jeepney from one destination to the next, sampling the best eats in town, including a surprise exotic delicacy at the end of the trip. For information, visit [Facebook.com/proophinc](https://www.facebook.com/proophinc).

FIVE MINUTES WITH JJ YULO



We talk to the gregarious tour guide and learn about his passion for food and travel.

You've done several food tours in the past few years. Which ones promote local cuisine?

I've conducted tours, either personally organized or part of Pinoy Eats World, and I've done several in Pampanga and also taken people to Asiong's *carinderia* in Cavite. At the end of the day, the tour is all about education; and it's not just my guests' education but mine as well, because there's so much to learn. In my head, the more I learn about our cuisine, the better I can represent it to other people.

What's your typical food tour like?

I use my own judgment to plan the day. When we get to the destination, we talk about the food and what it's all about. In Pampanga, we do breakfast, lunch, and a light dinner, with a couple of stops in between. I also want my customers to sample snacks and delicacies that they don't normally see.

Any memorable tours so far?

Cavite was definitely an eye-opener. Caviteños have so much great food but they're quiet about it. It's Tagalog with some Chinese influence, and their most famous dish is *pancit* with squid ink, garlic, and *kamias*—it's simple but so delicious! Also, one of my favorite meals was at a farm in Pampanga. The locals showed me how they eat breakfast—they pour carabao's milk over rice and pair it with Kapampangan *longganisa*. I've also had the cleanest *dinuguan* there.

What does your group realize about our local cuisine at the end of your tours?

That there's more to our food than meets the eye. Some of our food is so mysterious—there are so many things you've never seen or heard of. In Pampanga, for example, I learned about these really tiny cucumbers that grow around the river; they look like jelly beans! I'm pretty sure, up and down this country, there's so much more we can discover. The tours open so many doors: You start eating food you've never had, you meet the people behind it, you interact with families, and you experience the famous Filipino hospitality. You feel welcomed, nurtured. A lot of what's great about being Filipino can be found on the dining table. You make connections with the people who make your food and the experience becomes even more special.

For information, follow @nekkidchef on Instagram and Twitter, or visit Just Jonesing on Facebook.

INTERVIEW: IDGE MENDIOLA AND REGINE RAFAEL

Tours start at 9 a.m. daily. To join the Malabon Tricycle Tours, contact 281-4999 local 1003, 0998-9654761, or malabontourism@gmail.com. Visit [Facebook.com/MalabonTourism](https://www.facebook.com/MalabonTourism) for more information.

PART THREE GET OUT OF TOWN

LAGUNA

FARM TO FORK

Head to Lotus Pod, a pristine farm outside the metro, for an agricultural tour that will take your breath away.

When one daydreams about farm life as much as I do, joining an agricultural tour is a no-brainer. Lotus Pod, an organic farm in Bay, Laguna, seemed like the perfect retreat from hectic city life.

Roughly an hour and a half away from Manila, Lotus Pod is a different type of oasis. Teal-colored walls frame the doorway to a Balinese-like escape. Step through those doors, and you'll find yourself surrounded by quaint huts, lush fields, and colorful bougainvillea. Lotus Pod started out as a private farm, eventually opening to the public when owner Cheche Lazaro felt comfortable sharing her beautiful space via limited agri tours. What happens in these tours is special: It's the perfect crash course for aspiring farmers, coupled with fun activities like cooking classes and crafts.

The tour starts off with a warm welcome from the staff. I find myself lingering in the shaded courtyard sipping homemade lemongrass iced tea and wearing a straw hat handed to me by the organizers. There's time to

explore the grounds, and it's easy to fall in love with the farm's amenities: a gorgeous open kitchen, quaint spa, al fresco dining area, and of course, the pond of lotus flowers (which inspired the organic farm's name) that overlooks a vast mountain landscape.

An in-depth lecture by Dr. Lillian Pateña, associate professor at the College of Agriculture in



Clockwise from left: Learn how to grow lettuce at home via SNAP hydroponics. One of Lotus Pod's greenhouses serves as a nursery for herbs and green leafy vegetables. Lunch is served with a side of pako, tomato, and salted egg *ensalada*.

For the schedule of tours and more information, contact Lotus Pod at 0917-8789103, or visit www.lotuspodph.com or Lotus Pod PH on Facebook.



BRING IT HOME

There's more to Laguna than the ubiquitous *buko* pie! Make dairy your *pasalubong* of choice. Drop by U.P. Los Baños's Philippine Carabao Center Dairy Corner and pick up fresh *kesong puti*, mozzarella cheese, liters of farm-fresh carabao's milk, chocolate milk, plain and flavored yogurt, *pastillas de leche*, and *pastillas de ube*.



From top: The Balinese-inspired interiors of Lotus Pod is the perfect setting for the agricultural tour. The tour ends with a chance to harvest fresh mushrooms.

are eager to answer questions—which, on that day, ranges from the process of farming to knowing when a vegetable is ripe. Seeing everything firsthand is a wake-up call—farming is tedious work and shouldn't be taken lightly.

A crafternoon is a fun break, and we get creative by tie-dyeing t-shirts. But before that, a wonderful lunch is served: Banana leaves cover the table, and a feast of *adobo*, organic red eggs, tomato and *pako* salad, rice wrapped in banana leaves, and *turon* is laid out family-style. Everyone enthusiastically digs in and it's at that moment—stomach full, a huge grin plastered on my face—that I realize: The farm-to-table trend should become a lifestyle. Because really, what a difference it makes to taste natural, unprocessed, fresh ingredients every day. My farm dreams continue to live on, and now I know I can achieve them one step at a time. —**Regine Rafael**

the University of the Philippines Los Baños, gives me a clear picture of what organic farming really is, and what the different types of farming are (there's SNAP hydroponics, container gardening, and bio-intensive gardening). Learning each one's benefits helps me understand how I can create my own backyard farm. My minimal farm knowledge expands even more, thanks to a visit to the farm's greenhouses. I have a basket in hand and I'm ready to harvest! Rows of tomatoes, arugula, romaine lettuce, and more are ready for picking, and the farmers



SAGADA

COFFEE TRAIL

Sumaguing Cave, Kiltapan Viewpoint, Echo Valley—these are the spots that make a trip to Sagada life changing. But another thing that makes it so popular is really good coffee. Make it the highlight of your trip by joining the **Sagada Coffee and Eco Tour**: Learn about the process of harvesting coffee, visit different coffee shops, and taste various brews you've never had before. For information, visit cultureshockph.com.

PAMPANGA

MANGAN TANAI (LET'S EAT!)

The northern province is known as one of the country's premier culinary destinations. Sample its many eats and treats by going on the **Food Trip Pampanga tour** that will bring you to secret spots known only to locals. Have breakfast at Everybody's Café, Lunch at Cucina ng Atching Lilia Borromeo, and dinner at Aling Lucing's Sisig; between meals you'll also visit heritage sites and taste the best *halo-halo* in town. For information, visit travelfactor.org.

RESTAURANTS

Apu

Simple Lang

Livestock

Dish



Pako Salad

From the outside looking in

Apu offers Filipino food from a foreign perspective.

REVIEW BY SASHA LIM UY

Apu tags itself as authentic Filipino food, which is a tricky, tricky thing. We know our food so well that deviating, or rather, making deviation convincing, is hard to pull off.

The *baluarte*-style restaurant in shiny, new City of Dreams doesn't dare stray too far. At the helm of Apu are the same folks behind Alabang's upscale Caviar Restaurant. One of them is Kapampangan, but they're mostly Dutch. Yes, Dutch. Yet from the complimentary bite-sized *pandesal* appetizers to the super silky *maja blanca*, you can tell that they have a clear grasp of local cuisine—seasoning that runs deep; big, bold flavors; a modest finish. You know that the best Filipino food is something you can find at home, with a *palayok* of steaming rice, family, and plenty of good stories going around. But Apu's attempts are sincere—if you can even call them attempts, because that would connote a possibility of error and there are none in the case of the *sinigang*. Apu, after all, is Kapampangan for “grandmother.” The pork, beautifully layered with clouds of fat, is a peppy celebration of tomato, *sitaw*, okra, radishes, and greens. The classic *kare-kare* is equally festive. The seafood



Pork Sinigang Soup



in a nutshell

APU UG/F City of Dreams, Asean Avenue corner Roxas Boulevard, Entertainment City, Parañaque City; tel. no.: 887-1651.

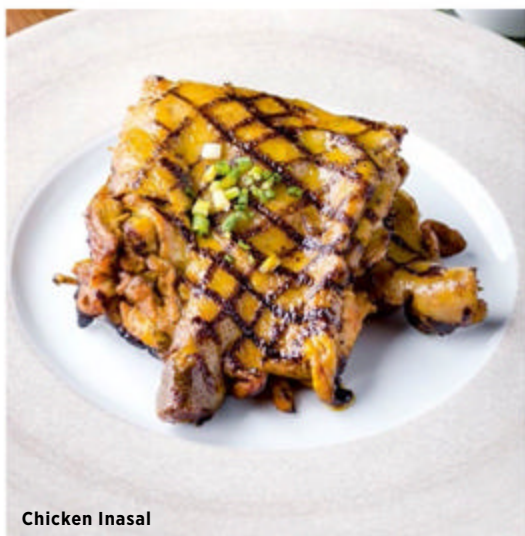
MUST-TRIES Pako Salad (P350), Chicken Inasal (P450), Fried Hito (P590), Seafood Kare-kare (P750), Pork Sinigang Soup (P680)

THUMBS UP

Experience straightforward Filipino flavors and a traditional ambience while reveling in modernity, including a hi-tech iPad menu. It's the perfect place to take a Pinoy-food first-timer.

sampler of the most tender fish, mussels, squid, and shrimps, gracefully painted with nutty sauce and dabbed with salty homemade *bagoong*, is a masterpiece in itself. Do yourself a favor and get some brown rice *sinangag* to go with it. Get two orders because the distinct garlicky flavor brings out the best in the chicken *inasal* as well. The fish-sauce marinade seeps well into the meat, marrying seamlessly with the smoky notes from the grill. Order some fish, too. The *hito* is fried until golden and crispy—quite simply the best way to emphasize its flavor—and a thin batter wraps the silky meat.

There are a few modern touches here and there, but the bacon in the *pako* salad is a mere improvement from tradition. At Apu, silk leaf-shaped placemats replace banana leaves, servers wear gilded *saya* and offer imported wine, but the flavors are left alone, as if to respect—and trust—the authentic flavors. Locals like to play with their food, but sometimes it takes an outsider's perspective to remind us what we're truly blessed with.



Chicken Inasal

Less is more

Simple Lang offers Filipino dishes with comforting, familiar flavors.

REVIEW BY YVETTE TAN

Located in lush, green Ayala Triangle Gardens, Simple Lang, with its modern, minimalist vibe, serves straightforward, delicious Pinoy dishes. Everything on the menu is familiar, and that, combined with Raintree Restaurants's reputation for well-thought-out, well-executed cuisine, is precisely its charm. The extensive menu covers breakfast, lunch, dinner, and *merienda*, and incorporates *karinderia* promos like "Free soup always!" and the option to "Rice all you can, P65 *lang!*"—both sure hits with the lunchtime crowd.

The food does not disappoint. The Spicy Kilawin Tanigue—raw fish cured in vinegar and mixed with bits of radish, cucumber, green mango, and bell peppers for contrast—makes for a great starter, the vegetables adding textural contrast to the fresh fish while tempering the vinegar's bite. The Crispy Bagnet Salad, served with K.B.L. (*kamatis*, *bagoong*, and *lanosa*—an Ilocano specialty), okra, Thai basil, and drizzled with Balayan-*calamansi* dressing, is as refreshing as a dish with twice-fried pork belly can get. The *bagnet* strips are crispy, and the vegetables balance out all the porky richness.

Want something saucy? Try the Seafood Bicol Express. Though here it looks like a pale-colored *kare-kare*, its appearance is deceptive. The stew of fish, prawns, Manila clams, and squid is quite spicy, with the creamy sauce (chilies, coconut cream, and house-made *bagoong*) blanketing the seafood beautifully.

For a sweet ending, pick from the dessert menu composed of popular favorites. The Turon Bites are roasted *saba slices*, coated in a glistening caramelized brown sugar, piled one on top of another, all resting on a thin lake of coconut milk and topped with roasted sesame seeds. It makes for quite a heavy dessert and would actually be great as a mid-afternoon snack paired with coffee.

No Filipino restaurant is complete without *halo-halo*, and Simple Lang's take may seem expensive, but that's because it's huge. What sets it apart is the sprinkling of grated cheese, which adds a nice salty undertone to the sweet concoction.



Simple Lang Halo-halo



Simple Lang's food echoes the restaurant's name: simple and straightforward, with just enough tweaks to give the dishes oomph while still retaining the basic Pinoy flavor profiles. It's comfort food done well, the kind meant for sharing with friends and family, just the way Filipino food is meant to be.



Seafood Bicol Express

in a nutshell

SIMPLE LANG Ayala Triangle Gardens, Makati City; tel. no.: 621-6162.

MUST-TRIES Crispy Palabok (P265), Crispy Bagnet Salad (P160), Seafood Bicol Express (P375), Sinigang na Crispy Bagnet sa Watermelon (P395), Spicy Kilawin Tanigue (P195), Simple Lang Halo-halo (P175), Turon Bites (P95), Strawberry Guinumis (P125)

THUMBS UP Having a party at home? No sweat. You can buy whole cakes (like Brazo di Limon and Choco Honeycomb) and order take-home platters of their best-selling dishes good for five to 10 people.

PHOTOGRAPHY: MIGUEL MACIANCENO. PICTORIAL DIRECTION: REGINE RAFAEL.

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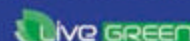
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Melt-in-your-mouth Crispy Pata



Seafood Laksa



Porky perfection

Livestock shows us just how delicious pork can be.

REVIEW BY ERNEST REYNOSO GALA

At Livestock, it's all about the pork: heavenly, indulgent, sinful pork. Whether you decide to stop by for a quiet weekday lunch or a celebratory weekend meal with family, this sprawling space—with its high ceilings and laid-back feel—hits the spot.

Kick off your feast with a familiar Filipino favorite, pork *sisig*. Crunchy minced meat with onions and chili doused in soy sauce and *calamansi* easily satisfies any pork lover. Don't forget to pair it with a bowl of garlic rice. Keep the porky adventures going by digging into the robust Crackling Pork Belly: Fork-tender meat, a crunchy exterior, and the distinct scent of lemongrass had me squealing in delight. And how could I not order the Spiced Pig Tails? It's reminiscent of chicken wings—they're just as fun to eat, but with even more zest and zing, making you want to devour the meat right up to the bone. For subtler porcine hints, dishes like the Kangkong Sambal will suffice, with *lechon kawali* spread over a bed of sautéed *kangkong*—it's the perfect combination of flavor and crunch.

As soon as I thought I'd had enough pork, Livestock's claim-to-fame Melts-in-your-mouth Crispy Pata, a popsicle stick speared ceremoniously into the leg, arrived at our already overflowing table. The meat is so tender that you can use the flimsy wooden stick to cut right through it. Chef and co-owner Cecilia Magdangal Uy shares that this dish took months to perfect—and it's easy to see how much care and attention was put into making it maybe the best crispy *pata* in the city.

While pork reigns supreme at Livestock, the Seafood Laksa stood out as well. The spice-laden broth was a wonderful combination of spicy and sweet. It's loaded with juicy prawns, squid, clams, mussels, and vermicelli swimming in a coconut-cream base. It might seem out of place at this Pinoy pork haven, but it's a good break from all the decadent fried dishes.

Livestock's relaxed ambience, creative recipes, and reasonable prices are enough reasons for return visits. Don't worry about your diet for now—the food is worth the unapologetic indulgence.

in a nutshell

LIVESTOCK Jardin De Zanaida Compound, 34 Sergeant Esguerra Avenue (near Tomas Morato), South Triangle, Quezon City (tel. no.: 332-0409)

MUST-TRIES Spiced Pig Tails (P310), Melts-in-your-mouth Crispy Pata (P650), Livestock Crackling Pork Belly (P320 for 300 grams), Seafood Laksa Soup (P290)

THUMBS UP New on the menu, Livestock's Lamb Ribs and Lamb BBQ are worth a try.



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Dish

RESTAURANT NEWS, SERVED HOT!



SaladStop!

Eating healthy shouldn't be a drag and the folks at SaladStop! certainly prove that wholesome can be delicious and satisfying, too. The Singaporean franchise opens its first international branch in Central Square, BGC, and aims to bring a whole new meaning to eating well. Guiltlessly gorge on their hefty signature salads like the Tuna San (plump pieces of seared tuna, avocado, edamame, cherry tomatoes, Mandarin oranges, sesame seeds, and spicy-sweet Wasabi Honey Soy dressing) and the Oh Crab La (crab sticks, egg, vermicelli, cherry tomatoes, red onions, croutons, and zesty Singapore Chili Crab dressing). You can build your own salad, too, or turn any concoction into a hearty wrap. Wash everything down with fresh fruit juice from Holy Carabao Farm, and don't forget to save some space for dessert: They have an açai banana cake and a creamy yogurt with chia seeds, rolled oats, and fresh fruit. With a long list of options available on their menu, SaladStop! brings healthy food to a whole new level.

SaladStop! is located at Lower Ground Floor, Central Square, Bonifacio High Street, Taguig City (mobile no.: 0917-8046921).



EVERYONE'S TALKING ABOUT... Tacos Chingones's Barbacoa Tacos. These seriously tasty street-side eats can be found cooking on a Mexican *charola* in a food truck on Algier Street, a few minutes away from Rockwell Center. Topped with refreshing salsa verde, spicy salsa rojo, and a spritz of lime juice, it's probably the most legitimate taco you'll find in the metro.

One taste of the milky soft-serve ice cream at Milkcow and you'll ask yourself why you haven't hopped on the soft-serve bandwagon sooner. This Korean import makes theirs with organic milk from South Korea, and honeycomb from Australia and New Zealand. Enjoy the ice cream by itself, drizzled with organic honey, or, if fun combinations are your thing, topped with cotton candy or a French *macaron*. Either way, you'll surely leave satisfied.



If you're crazy for matcha and looking for more ways to enjoy it, head to Kissako Uji Matcha Café, tucked away in a tiny corner in Pioneer Centre. Aside from Japanese green tea in its purest form, you can have it in creamy lattes, fluffy cheesecakes, chewy cookies, and even in a bowl of creamy soft-serve ice cream. There's no better way to go green.

PHOTOGRAPHY: DAIRY DARIAG (SALADSTOP!) AND COURTESY OF SPOTPH (KISSAKO UJI MATCHA CAFE, MILKCOW, AND TACOS CHINGONES). TEXT: REGINE RAFAEL. SEE DIRECTORY FOR RESTAURANT ADDRESSES.

ADVERTISINGFEATURE

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ADVERTISINGFEATURE



NEED FOOD DELIVERED ON A TIGHT SCHEDULE?

On-the-go catering service Not Enough Thyme guarantees quality fresh food and on the dot at your doorstep within Metro Manila. Last-minute events can now be hassle-free with this same-day delivery service. Simply give a quantity, budget, and any preferences so your order will be customized to your requests.

Not Enough Thyme offers a wide array of meals to serve you—from appetizers, main courses, to desserts. Our specialties range from classic Filipino dishes to Southeast Asian and even Japanese cuisine. Orders can be served as buffet style with complete catering set-up or for smaller occasions, bento boxes and even individually packed meals can be opted.

An all-time favorite is the Naked Paella Valenciana (P900-P3,090), starting at servings good for five people moving up to ten. This filling rice dish is a mix of seafood, chicken, and vegetables, with rice seasoned to an appetizing yellow-orange. The deboned meat makes the paella a no-frills meal on its own and is always a crowd-pleaser for any age.

For a hearty combination of two Spanish dishes, Thyme's specialty dish, the Paella Negra Stuffed Lechon Roll (P650 per kilo) is a must-try. Paella Negra is rice sautéed with squid ink and mixed with squid rings and mussels. Instead of the usual herbs and spices, the paella is stuffed inside the roasted pork making each bite of the crispy lechon and the uniquely delectable Paella Negra beyond satisfying.

For an exotic and delicious dessert, Mango Sticky Rice (P350 for 10 people) is recommended. This traditional Thai dish is a refreshing treat made of ripe mangoes, coconut milk, and sticky rice. With just the right amount of sweetness, it's a guilt-free dessert where one serving is not enough. Through any event, Not Enough Thyme assures you convenience and satisfaction.



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Yummy Lessons



This month,
LEARN HOW TO...

Master the classic

KARE-KARE



Whip up

ENSAYMADA

at home



Make

**RED VELVET
CRINKLES**

with the kids



Use **SALTED EGGS** in
10 new ways

Waste no paste

Many recipes require just a scant amount of tomato paste, about one to two tablespoons. What do you do with the opened pack? Instead of storing it in the fridge, place one tablespoon of tomato paste in each slot of an ice cube tray. Cover tightly with plastic wrap and freeze. Once frozen, remove the cubes from the tray, place in a zip-top freezer bag, and store in the freezer for up to three months. When a recipe calls for tomato paste, just use one cube for every tablespoon needed. Isn't that a great cost-saving tip?

Yummy Lessons
BACK TO BASICS

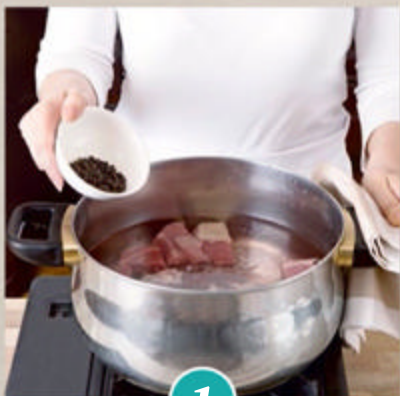


Food director **RACHELLE SANTOS** shares a classic recipe every cook should master.

Kare-kare is a mainstay on my family's Sunday table. I used to think that it was tedious to prepare, but with the help of nifty gadgets (a pressure cooker cuts cooking time in half) and the availability of prepared ingredients in the market (like pre-ground rice and peanuts), I found that cooking *kare-kare* can be quite easy after all! Try it—I'm sure you and your family will love it as much as we do.



PHOTOGRAPHY: DAVID DARUAG AND PATRICK MARTINEZ / EDITOR:
RECIPE, TEXT, AND STYLING: RACHELLE SANTOS / MAKEUP: VIDA NON-FAUCIAN



1



2



4



5

Kare-kare

Serves 6 to 8 **Prep Time** 20 minutes **Cooking Time** 2½ to 3 hours

WHAT YOU NEED

- ✓ 2½ kilos oxtail, tripe, beef brisket, or a combination of the 3, sliced into 2½-inch pieces
- ✓ 2 white onions, quartered
- ✓ 1 bay leaf
- ✓ 1 teaspoon whole black peppercorns
- ✓ 1 small bundle yard-long beans (*sitaw*), cut into 2-inch pieces
- ✓ 3 eggplants, sliced in half lengthwise then cut into 2-inch pieces
- ✓ ⅓ cup *atsuite* oil (see tip)
- ✓ 1 cup chopped white onions
- ✓ 2 tablespoons minced garlic
- ✓ ¼ cup ground rice, toasted on a dry pan (available in wet markets)
- ✓ ⅓ cup creamy peanut butter
- ✓ ¼ cup ground toasted peanuts
- ✓ salt and freshly ground black pepper, to taste
- ✓ 1 banana heart (*butuan*), 3 layers of the outer covering removed, hard stem cut off, heart halved, hard core removed, heart quartered, and soaked in water until ready to use
- ✓ 1 bundle bok choy, leaves separated and washed

- ✓ shrimp paste (*bagoong*) and steamed rice, to serve

WHAT TO DO

- 1** Boil meat with onions, bay leaf, peppercorns, and enough water to cover meat in a large casserole or Dutch oven until tender, about 2 to 2½ hours. (You can also use a pressure cooker and cook for 45 minutes to 1 hour.) Set meat aside. Reserve broth and skim off fat.
- 2** Blanch beans in a pot of salted boiling water; set aside. Blanch eggplant in the same pot; set aside.
- 3** Heat *atsuite* oil in a large pot. Sauté onions and garlic until soft and fragrant. Add beef and 5 cups reserved broth. (If broth is not enough, add water to make 5 cups.)
- 4** In a small bowl, mix ground rice and 3 tablespoons water. Add mixture to the pot and mix well. Add peanut butter and ground peanuts. Mix well and bring to a boil. Reduce heat and simmer until thick.
- 5** Season to taste with salt and black pepper. Add banana heart slices and cook for 1 minute. Add beans, eggplant, and bok choy. Mix well. Serve with steamed rice and shrimp paste on the side.

TIP

TO MAKE *ATSUETE* OIL, HEAT ⅓ CUP VEGETABLE OIL IN A SAUCEPAN UNTIL VERY HOT. TURN OFF HEAT AND ADD 3 TABLESPOONS *ATSUETE* SEEDS. LET SEEDS INFUSE UNTIL OIL TURNS RED-ORANGE; STRAIN.



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. These days, chef Jun Jun is busy teaching culinary students at the CACS branches in Cavite, Davao, and Subic, as well as doing consultancy work for resorts in Boracay and Siargao. Follow him on Instagram at @chefielise.

This is my family's *ensaymada* recipe. What's great about it is that it requires only two proofing periods, just like regular bread, so it won't take you an entire day to whip up a batch. This recipe is both time- and cost-efficient, so it's perfect for a bread business! Don't be afraid to try your hand at baking bread. It's not as hard as you think.



3



6



7



7



Ensaymada

Makes 20 to 24 **Prep Time** 45 minutes, plus proofing time **Baking Time** 30 to 35 minutes

WHAT YOU NEED

For the dough

- ✓ ½ cup butter, softened, for brushing
- ✓ 4 cups all-purpose flour, plus more for kneading
- ✓ ¾ cup plus 1 tablespoon sugar
- ✓ 1 tablespoon instant yeast
- ✓ 1 teaspoon salt
- ✓ 2 large eggs
- ✓ 1 cup fresh milk
- ✓ ½ cup butter, cubed and softened

For the topping

- ✓ 2 cups all-purpose flour
- ✓ ⅔ cup sugar
- ✓ ¾ cup butter or margarine
- ✓ grated *queso de bola* for topping

WHAT TO DO

1 Grease 20 to 24 *ensaymada* molds with softened butter; set aside.

2 Mix together flour, sugar, yeast, and salt in a bowl. Add eggs and milk; mix with your hands. Add cubed butter and mix until well incorporated. (Alternatively, you can mix the ingredients using an electric mixer fitted with a paddle attachment for 2 minutes.)

3 Transfer dough to a clean floured work surface and knead dough by hand for 10 to 15 minutes. (If using an electric mixer, change to the hook attachment and knead dough for 5 to 7 minutes at speed 3 or 4.)

4 Cover with a damp piece of cloth and let dough rise in a draft-free area for 1 hour or until it doubles in size.

5 Meanwhile, make the topping: Mix flour and sugar in a bowl. Lightly incorporate butter with your hands. Refrigerate until ready to use.

6 Once the dough has doubled in size, punch it down. Using a weighing scale, divide dough into 50- to 60-gram pieces.

7 Roll each piece of dough until ¼ inch thick. Brush with softened butter. Take the long end of the dough and roll into a cylinder. Take the cylinder and coil into a circle in the shape of a snail. Place dough in the greased *ensaymada* mold. Repeat with remaining dough.

8 Cover dough with a damp piece of cloth and let dough rise in a draft-free area until it doubles in size, about 35 to 40 minutes. Meanwhile, preheat oven to 325 to 350°F.

9 Brush tops lightly with softened butter and sprinkle with topping. Bake in the preheated oven until light golden brown, about 25 to 30 minutes. Top with grated *queso de bola*.



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Red Velvet Crinkles

We've turned the classic cake into a cookie! Dunk it in a cold glass of milk. Yum.

WHAT YOU NEED

- ✓ 1 cup plus 2 tablespoons all-purpose flour
- ✓ ¼ cup regular unsweetened cocoa powder
- ✓ ½ teaspoon cream of tartar
- ✓ ¼ teaspoon baking soda
- ✓ ⅛ teaspoon salt
- ✓ ½ cup butter, softened
- ✓ 2 tablespoons cream cheese
- ✓ ⅓ cup sugar
- ✓ ½ cup brown sugar
- ✓ 1 medium egg
- ✓ 1½ teaspoons vanilla
- ✓ 1 teaspoon red liquid food coloring
- ✓ confectioners' sugar for dusting

WHAT TO DO

- 1** Preheat oven to 350°F. Line a large baking sheet with parchment paper.
- 2** Combine flour, cocoa powder, cream of tartar, baking soda, and salt in a

medium bowl; mix well.

3 Using a stand or handheld mixer, cream butter, cream cheese, and sugars in a bowl for 1 minute. Add egg and vanilla; mix until well combined. Add dry ingredients; beat for 1 minute. Add food coloring; mix until batter is even in color.

4 Scoop batter using a small scooper. Level scooper using the back of a knife. Drop dough onto prepared baking sheet, 2 inches apart. Sift confectioners' sugar on top of each cookie. Gently flatten tops with the back of a spoon.

5 Bake for 15 to 18 minutes or until center of cookies are set yet moist. Let cool on baking tray for 10 minutes. Remove from tray and dust cookies with more confectioners' sugar while warm. **Makes 12 to 15 cookies.**



MAKE COOKIE SANDWICHES! SPREAD CREAM CHEESE FROSTING ON ONE COOKIE AND TOP WITH ANOTHER.



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



7 Rice to the top
Want something hearty to wash the day's worries away? Make a loaded *aligue* and salted egg rice bowl. Sauté crab fat in oil. Add chopped salted egg, vegetables, and mushrooms. Add day-old rice and mix until well coated. Season with *calamansi* juice, salt, and pepper. Top with more salted egg and mushrooms, grated green mangoes, and nori strips.

Salted eggs

Surprise! You can use the Filipino favorite in so many ways. Look to these ideas to help you get started.

1 Wow, kinilaw!
This Pinoy dish champions fresh flavors and it can only get better with the addition of salted eggs. Combine sliced fresh *tanigue* with vinegar, *calamansi* juice, sugar, salt, and pepper. Toss in chopped salted eggs, chopped red onions, ginger strips, and chopped chilies. Chill for at least 3 hours before serving.

2 Take five
Wow your guests by whipping up a baked shrimp dish with just five ingredients. Clean, devein, and butterfly shrimp. Arrange on a baking dish. Spread mango jam on each shrimp. Top with grated quick-melting cheese and chopped salted eggs. Season with pepper. Bake until shrimp turns pink and cheese is melted.



3 Cream of the crop
The secret to extra creamy pasta? Salted eggs, of course! Sauté garlic in olive oil. Add your choice of meat (bacon, *tinapa*, or squid rings works well) and cook. Add cream and mashed salted eggs. Season with salt and pepper, and simmer.

Toss in cooked noodles, chopped salted eggs, and chili flakes.

4 Flan ahead
Give a salty contrast to any dish—savory or sweet—with the help of salted eggs. Next time you make *leche flan*, lay salted egg slices on the pan before pouring in the flan mixture.

5 Fried and golden
Coat french fries in a delicious salted egg yolk sauce! Sauté minced garlic in butter and add mashed salted egg yolks. Toss in potato strips to coat. Arrange on a baking sheet and bake until crisp. Serve immediately.

6 Bun appétit
Everyone knows *adobo* is best with a side of salted eggs, but why not change things up next time? Make a *cuapao* sandwich! Shred *adobo* into flakes and deep-fry; set aside. Fry *cuapao* buns until golden. Fill buns with Sriracha-mayo, cucumber slices, crispy *adobo* flakes, tomatoes, and salted egg slices.



8 Pinoy pizza
Want to introduce Filipino flavors to kids? Start with something they love (like pizza!) and top it with salted egg slices, *longganisa*, and *tinapa*. Head to Yummy.ph for the complete recipe.

9 Weekday wonder
Everyday meals don't have to be boring—especially with salted eggs around. Elevate *ginisang ampalaya*: Sauté chopped salted eggs with garlic, tomatoes, onions, and sliced *ampalaya*. Add beaten eggs and mix until cooked. It's best with steaming white rice!

10 Salted sensation
Think salted caramel couldn't get any better? Think again. You'll love salted egg caramel drizzled over *turon*, *bibingka*, or even fresh fruits. Chop or mash salted egg and combine with cream. Whisk this into the sugar-water mixture as soon as it turns deep amber.

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DIRECTORY

Your guide to the shopping
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Pioneer Centre, United Avenue corner Pioneer Street, Kapitolyo, Pasig City (tel. no.: 730-3356); sales@kissako.cafe

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G/F Eastwood Mall, Libis, Quezon City (tel. no.: 374-3698)

Tacos Chingones

5923 Alger Street, Barangay Poblacion, Makati City

OTHERS

Crate and Barrel

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Fabric Bar by Weaves of Asia

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

The Fruit Garden

295 Haig Street, Mandaluyong City (tel. no.: 621-4603); pierre@thefruitgarden.net; www.thefruitgarden.net

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Palitan ang sarap with Angel

Surprise your kids this summer by refreshing your old recipes – simply by changing one ingredient! Replace your usual milk with Angel – and see the creamy difference it makes on their favorite coolers and desserts! Angel is made with real milk kaya gas na gas ang sarap! It's a cool, new way to add a lot of sweet memories to their summer!

Start off with this quick and easy kid-approved recipe – with an Angel twist!



Angel
Evaporada

Milk Tea with Sago

Makes 5 to 6 servings

INGREDIENTS:

1 – 410 ml
1 liter
6 bags

Angel Evaporada
water
black tea
(Oolong or
English breakfast)
sugar syrup

2 cups

Assembly:
2 cups

cooked black sago
cubed or crushed ice
as needed

PROCEDURE:

Boil 1 liter water, turn off heat and place teabags, allowing it to steep for 15 to 20 minutes. Remove teabags and mix Angel Evaporada. Set aside.

To assemble milk tea, spoon cooked sago in tall glasses. Fill with ice then pour about 2 to 3 tablespoons sugar syrup, or according to desired sweetness. Pour milk tea and serve.



For more please visit: www.facebook.com/loveAngelink

HERBAL TEA SPA

BY DANNY BUDDHAKORALA AND GWYNETH WILLIAMS

Trust a Sri Lankan when he says he knows tea. Not only is tea the country's number one export product, it is also a way of life there. And in Asia and some parts of the world, tea remains the most widely popular beverage, pound for pound.

Dhanuka "Danny" Buddhakorala has an even deeper affinity for tea: As a boy who grew up in his family's tea plantation in Sri Lanka, he has memories of playing in the fragrant fields. When he was a teen, he would go to market, learning to bid and trade comfortably—"for tons at a time," he remembers—on behalf of his uncle, who ran the business.

Eventually, Danny left Sri Lanka to attend college at the University of Toronto in Canada. But if other college kids brought boxes of their favorite things from home, Danny brought his passion for tea wholesale. With his friend Matthew Emmett, Danny set up Herbal Tea Spa in 2009 as mostly an online business that imports, blends, packages, and retails all kinds of tea. "Our best-selling blends are the Cream Earl Grey, Moroccan Mint, and Rooibos Provence. The most noteworthy blend we've created is the Ceylon Choco Mint. It's like drinking an After Eight mint chocolate thin. These are all established blends, but what makes them truly mine is that I source the ingredients from small organic farms

in Sri Lanka, India, South Africa, and Brazil," he shares.

Never one to stay in one place very long, Danny and his partner, Gwyneth Williams, have only recently decided to move to the Philippines to put down roots here. While Matthew continues to run the business in North America, Danny's taken Herbal Tea Spa wherever he goes. He currently sells his teas at a weekend market in Quezon City and through direct orders. Danny is also planning to create Filipino blends using local mountain teas and fruits like coconut, jackfruit, *guyabano*, and dried mango.

Though he admits that it's an uphill battle in the Philippines, which does not have much of a tea-drinking culture, Danny remains enthusiastic. "It's still my own little thing," he says. "I've always just had a passion for tea."



To order, email dhanuka@herbalteaspa.com or visit Good Food Sundays every first and third Sundays of the month at GYY Building, 1 Tomas Morato cor. E. Rodriguez Sr. Avenue, Quezon City. Visit herbalteaspa.com.

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TIP!

You can even make a coffee frap just by adding milk and ice into the tumbler, attach blade assembly from your Oster MyBlend then blend.



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