

# Yummy

THE ESSENTIAL GUIDE TO THE WET MARKET: TIPS FROM THE PROS

\* EASY MEALS EVERY DAY

SEPTEMBER 2015

## Home-cooked Pinoy Classics

Luscious  
**LOCAL  
FRUIT  
PIES**

**63**  
recipes  
inside

COOKING with  
**COCONUT**  
From adobo to guinataan

**HOME-  
GROWN  
HITS**

from  
Tony Boy Escalante  
of Antonio's

**MERIENDA!**

Puto, palitaw, at iba pa

+

BEEF RIBS ADOBO SA GATA  
SIZZLING BULALO  
CHEESY UBE-CASSAVA CAKE  
BAKED CHICKEN A LA POBRE  
WITH ALIGUE FRIED RICE  
GUINATAANG MONGGO GUISADO  
MANGO-LYCHEE COCONUT COOLER

Tinola Paella  
RECIPE ON PAGE 87





# Cook like a Chef

with  
chef Sheilla Lopez



Preparation Time: 60 minutes  
Cooking Time: 40 minutes  
Serves: 4



## Ancient Arabian Chicken with fragrant Vermicelli Noodles

### Ingredients:

- 4 pieces Whole Chicken Legs, rinsed and trimmed
- 2 teaspoons Cardamom Powder
- 2 tablespoons Mild Curry Powder
- 5 Garlic Cloves, peeled and chopped finely
- 2 teaspoons Dried Lime Leaves, finely chopped
- 2 tablespoons Olive Oil
- Salt and Pepper, to taste

### Procedure:

1. Stir cardamom, cumin, curry powder, garlic, dried lime leaves and olive oil in a big mixing bowl. Slather the marinade all over the chicken legs and marinate for 1 hour to 3 hours. Chill in the fridge.
2. Preheat the oven to 200 degree Celsius.
3. Place the noodles in a heatproof bowl, and cover with boiling water. Stand for 5-7 minutes or until tender. Drain and set aside.
4. Remove the chicken from the fridge. Use kitchen paper to wipe off the marinade. Season chicken with salt and place in a baking dish. Cover with foil and bake in the preheated oven for 20-25 minutes or until golden brown and tender.

### Fragrant Vermicelli Noodles:

- 160 grams (4 rolls) Sapporo Long Kow Vermicelli (sotanghon)
- Water, for boiling the noodles
- 4 tablespoons Olive Oil
- 250 grams Red Onions, peeled and cut into medium dice
- 50 grams Green Bell Peppers, cut into medium dice
- 1 tablespoon Garlic, finely chopped

- 2 tablespoons Mild Curry Powder
- 1 tablespoon Ground Cumin
- 2 teaspoons Cinnamon Powder
- ¼ cup Water, warm
- 250 grams Fresh Tomatoes, cut into medium dice
- 1 tablespoon Fresh Mint Leaves, chopped coarsely
- 1 tablespoon Fresh Coriander, chopped finely
- Salt and Pepper, to taste

4. Meanwhile, heat the oil in the pan over medium heat. Put the red onions, green bell peppers and garlic. Add the curry powder, cumin, and cinnamon. Sauté for 3 minutes more until fragrant.
5. Stir in the vermicelli noodles. Pour the water and add the tomatoes, mint leaves and coriander. Toss well to combine. Cook for 3-5 minutes more. Season noodles with salt. Set aside.
6. Once the chicken has been cooked, divide the noodles into serving plates and place each chicken leg on top of noodles. Serve warm.

### Nutrition Facts

- Calories 905
- Fat 63g
- Protein 98g
- Carbs 94g



vitamin-enriched



low in calories



heart-friendly



energy-boosting



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# Contents

SEPTEMBER 2015

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## *On the cover*

- 07 *Merienda* favorites
- 29 Tony Boy Escalante's  
Pinoy classics
- 48 Cooking with coconut
- 58 Local fruit pies
- 72 The essential guide  
to the wet market



# Contents

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

### **07 Midday yum**

Take a trip down memory lane with classic Filipino *merienda* fare.

### **09 Yummy Ideas**

Recreate a popular Baguio street treat at home, fry food sans excess fat and oil, take a peek into the history of Pinoy breads, get a taste of traditional sausages, and more!

### **13 Must-buy!**

Crate and Barrel rolling pins

### **14 Grocery Grab**

Here, fishie, fishie!

### **16 Pantry Basics**

Beautiful bulbs

## ***Everyday Recipes***

### **20 Family Kitchen**

Joey de Larrazabal-Blanco's Baked Chicken a la Pobre with Aligue Fried Rice

### **21 The Sweet Stuff**

Carmela Villegas-Agosta's Chocolate Tablea Tarts

### **22 Make It at Home**

Aileen Anastacio's Chewy White-Rabbit Cookies

### **24 Biz Whiz**

Sharlene Tan's Cheesy Ube-Cassava Cake

### **25 Around the World**

Sari Jorge's Taiwanese Pork Chops with Garlic-and-Egg Rice

### **26 Healthy Approach**

Marie Gonzalez's Tofu Steak Tagalog

### **29 Weekday Cooking**

Comforts of home

### **35 Weekend Entertaining**

Southern exploration

Pancit ni Antonio  
Pg. 31



## ***Recipe Features***

### **40 Folk to fork**

Take inspiration from Filipino folk songs to whip up homegrown dishes in tune with the times.

### **48 Crazy for coconut**

From sweet to savory, we've got seven recipes that prove just how versatile the palm tree's fruit is.

### **56 Street eats**

Make fun and tasty local street-food favorites right in your own kitchen.

### **58 Slice of paradise**

We've turned a bounty of local fruits into a collection of indulgent pies that'll leave you pining for more.

## ***Features***

### **66 Grain expectations**

*Adlai*, the ancient crop grown in Mindanao, gets a new lease on life.

### **72 Going to market!**

Get ready to discover a wide range of culinary treasures found only at the *palengke*.

## ***Restaurants***

### **77 Dining at the big house**

At Balay Dako, Tony Boy Escalante tries his hand at local classics.

### **78 Nouveau Pinoy**

Experience a cheekier approach to Filipino fare at Kafé Batwan.

### **79 Ablaze with flavor**

Head to Alab for Pinoy

dishes with bold flavor profiles.

### **80 Dish**

## ***Yummy Lessons***

### **83 Freshly squeezed**

### **84 Back to Basics**

Chinese Fresh Lumpia

### **86 D-I-Y**

Jun Jun de Guzman's Tinola Paella

### **88 In the Kid-chen**

Bibingka Muffins

### **89 10 Ideas**

Sawsawan

## ***Departments***

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

### **90 Recipe Index**

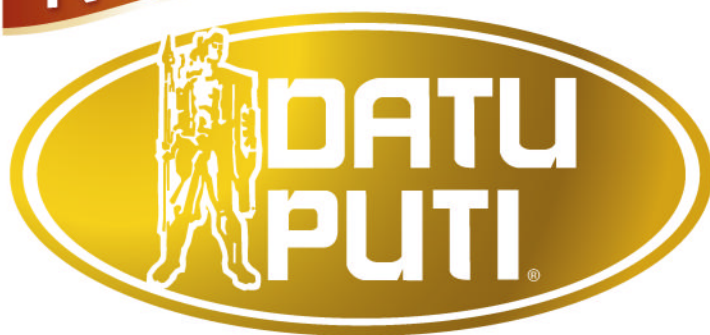
### **90 Directory**

### **92 Making It**

Earth Desserts



New!



PREMIUM SELECTIONS

Vegetable  
Spring Rolls



Datu Puti Thai Fish Sauce combined with lime juice and chili will marry sweet, sour and savory flavors when used as a dip for your fresh vegetable spring rolls – a taste of Asia in every bite!



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Surprise



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Healthy Salad



Naturally fermented from locally grown sugar cane, the sweet and tangy Datu Puti Natural Cane Vinegar is perfect to making your green salad deliciously special!

Follow us!





## Pure and simple

Last August, the *Yummy* folks spent two days at Tagaytay, dreaming up big plans for 2016. Our companions? Glorious Filipino food! We started with lunch at Balay Dako, chef Tony Boy Escalante's newest baby, and dined on a humongous serving of sizzling *bulalo* (the recipe is on page 30), flavorful *binagoongan*, charred chicken *inasal*, and mounds of garlic rice. We then moved on to *merienda* on the second floor at the restaurant's sister bar, Terraza, framed by floor-to-ceiling picture windows looking out to a glorious view of Taal Lake. We munched on gooey, buttery, cheesy cassava cake and crunchy *chicharon*, and sipped on cocktails (including an inventive drink with muddled cilantro and green bell peppers, lemon juice, and tequila) as the sun sank into the horizon. Breakfast the next day was a feast of *tocino*, *tinapa*, scrambled eggs, garlic rice, and thick *tsokolate*. I think we ate more than we worked!

As I look back on everything we chowed down on, I realized that, really, the simplest things are, more often than not, the best. Everything we ate was honest, homegrown—food that you wouldn't mind having again and again; food that warms the heart.

And that's what inspired this month's issue. We go back to our roots and give you classics like *pata tim*, *adobo sa gata*, *guinataang monggo*, *pancit*, and cheese *puto*, as well as recipes inspired by well-loved Filipino folks songs like Bahay Kubo and Leron Leron Sinta

(they're on page 40), dishes that hail from Mindanao (flip to page 35), mouthwatering pies made with local fruits like guava and pomelo (head to page 58), plus new takes on your favorite street food (check out page 56)—all of them whipped up by our editors, columnists, and contributing chefs, as we aim to bring you dishes that will remind you of your *lola's* cooking.

We also head to Batangas and check out *adlai*, the hottest grain in town. *Yummy* columnist (and *Entrepreneur* editor-in-chief) Kristine Fonacier and photographer Lilen Uy have woven a beautiful story about a crop that has been in our country for generations, but is only gaining popularity now. Writer Jing Lejano, on the other hand, visits the local wet markets and has put together a guide on how to navigate through the culinary chaos and bring home the best of what the *palengke* has to offer.

Don't you think our September issue is packed? We invite you to go local and go back to the basics with us—we promise you a satisfied tummy and a full heart.



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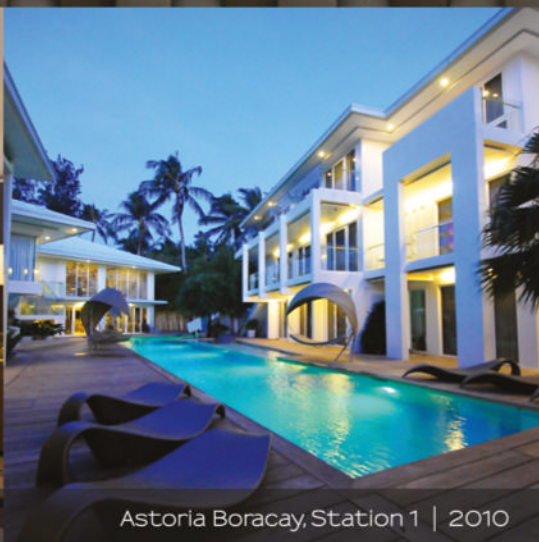
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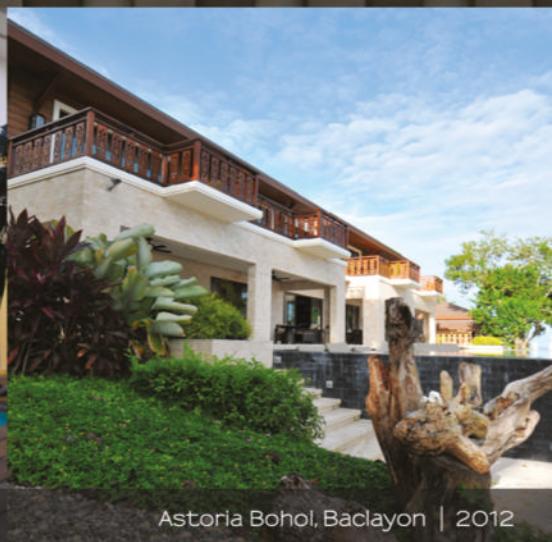
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# Yummy Ideas

## MIDDAY YUM

Nothing's quite as nostalgic as Pinoy *merienda*. From all-time classics to updated favorites, we've got you covered!

### LECHON MANOK OATS CALDO

*Lechon manok* adds smokiness to this fiber-rich take on *arroz caldo*. To make: Heat **2 tablespoons cooking oil** in a saucepot over medium heat. Sauté **1 small white onion** (chopped) until translucent. Add **4 cloves garlic** (chopped) and **1 (1-inch) piece ginger** (chopped); sauté until fragrant. Add **1/2 lechon manok** (chopped into serving pieces) and stir for 1 minute. Add **2 cups quick-cooking oats**, **2 cups chicken stock**, and **1 1/2 cups water**; mix well and allow to simmer for 5 minutes or until oats are cooked. Add the juice from **3 calamansi** and season with **fish sauce (patis)**. Remove from heat and divide among bowls. Top each with **toasted garlic**, **green onions**, **ground black pepper**, and **calamansi**. Serve immediately. **Serves 4 to 6.**

Smoke  
signals





## Yummy Ideas



Soft spot

### CHEESE PUTO

This fluffy after-school staple is surprisingly easy to whip up at home! To make: Sift together **2 cups all-purpose flour**, **1 cup sugar**, and **1¼ tablespoons baking powder** in a bowl. Set aside. Mix together **2 cups water**, **1 cup evaporated milk**, **1 medium egg**, and **¼ cup unsalted butter** (melted) in another bowl. Make a well in the center of the dry ingredients and pour in wet ingredients. Mix just until combined. Spoon batter into 1-ounce muffin tins until  $\frac{3}{4}$  full. Steam for 10 minutes. Remove from steamer and immediately top with **1-inch pieces quick-melting cheese**. **Makes 36.**

### UBE-BANANA TURON

Add *ube* for a new take on everyone's favorite banana snack. To make: Place **1 lumpia wrapper** on a clean work surface. Smear center with **½ tablespoon ube halaya jam**. Place **½ saging na saba** (sliced lengthwise) on the bottom third of the *lumpia* wrapper. Fold sides to enclose banana, roll, and seal end with water. Repeat to make 5 more. Deep-fry until almost completely golden brown. **Serves 2 to 3.**



Violet magic



Float on

### PALITAW

Introduce the classic rice cake to the kids and get them involved in the cooking—they'll enjoy rolling and shaping the dough! To make: Combine **2 cups glutinous rice flour** and **½ cup sugar** in a bowl. Add **¾ cup water** and mix until dough comes together. Scoop 1 tablespoon dough, roll into a ball, and flatten into a disc; set aside. Repeat with remaining dough. Combine **2 cups grated coconut** (*niyog*) and **1 cup sugar** on a plate; set aside. Bring a pot of water to a gentle boil. Cook dough, in batches, until they float to the top. Scoop them out with a slotted spoon and coat with coconut mixture. Top with more grated coconut and **toasted sesame seeds** before serving. **Makes 18 to 20.**



# STRAWBERRY TAHO SHAKE

NOW YOU CAN ENJOY ONE OF BAGUIO'S MOST POPULAR TREATS RIGHT IN YOUR OWN HOME. IT'S COLD, CREAMY, AND FRUITY—THE ENTIRE FAMILY WILL LOVE IT.

Make the strawberry syrup: Combine 300 grams strawberries (about 1¼ cups), ½ cup sugar, 1 teaspoon lemon juice, and ¼ teaspoon vanilla extract in a saucepan. Simmer until thick, about 10 minutes. Make the shake: Blend together 2 cups soy milk, 1 cup cubed silken tofu, 1 cup frozen strawberries, and ¼ teaspoon vanilla extract. Divide shake among 4 to 5 cups. Top each with 1½ tablespoons strawberry syrup and 2 tablespoons cooked small sago. **Serves 4 to 5.**



## → GREAT GADGET

### AIR FRYER

There's no need to give up your favorite fried food. This lets you enjoy the same flavor and crunch sans the guilt!

#### ● GOODBYE EXCESS OIL

Air fryers don't actually use oil when frying food. Instead, it cooks food using hot air, resulting in golden goodness with little to no oil at all. The big bonus? Your dish tastes just as good, but with less fat and cholesterol.

#### ● ONE-TOOL WONDER

From mushrooms to polenta chips, prawns to chicken wings, it can fry anything and everything! Just make sure you get the right temperature to achieve maximum crunch for each dish.



#### ● HANDY HELPER

The air fryer isn't just for frying. Use it to bake, roast, or grill other foods, too—think baked salmon or a roasted rack of lamb. It features multiple healthy-cooking settings, making it the best companion to starting a better diet.

## The TRY-IT TASTE-IT Row



### DRINK UP

There's a lot to love about CoCo's fresh tea and juices. The Taiwanese beverage brand uses the freshest ingredients, and it shows. Whether you opt for a thirst-quenching Banana Slush, a sweet-savory Salty Cream Milk Tea, or a classic Wintermelon Latte, one sip will have you hooked. Available at all CoCo Milk Tea branches nationwide.



### SHAKEY'S ON THE GO

With the easy-to-use, super convenient Shakey's app, you can satisfy a major Chicken 'N' Mojos or Manager's Choice Pizza craving as soon as it hits! Just a few quick taps on your mobile phone, and you can have your favorite Shakey's classics delivered to you anytime, anywhere. Available on the iPhone App Store and Google Play.

### TROPICAL TREAT

J.CO's endless lines haven't stopped doughnut and coffee fanatics from getting their sweet fix. Now, J.CO gives people more reasons to stop by, thanks to their new tropical-flavored offerings. Enjoy a refreshing Coconut Mocha frappe paired with the Dazzling Queen—a doughnut filled with berry-coconut cream, and topped with strawberry chocolate and dried coconut flakes. Available at all J.CO branches nationwide.





## Yummy Ideas



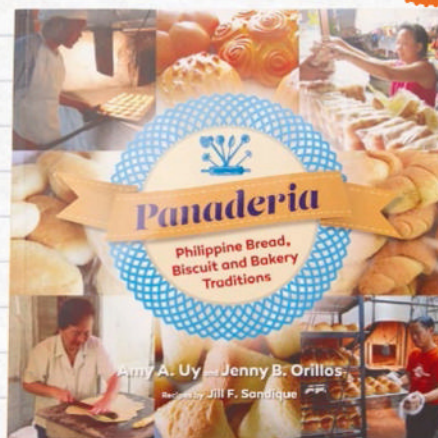
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### { Fix Feast Flair }

Los Angeles-based blogger Alana Kysar knows what it takes to cover all bases when it comes to living a delicious life, and it all boils down to three things: fix, feast, and flair. Let her guide you through each one: Learn how to fix delectable sweet and savory dishes that'll wow your guests each time; feast and feed your wanderlust by exploring her spectacular restaurant discoveries and her engaging travel and food anecdotes; get creative with gift-giving and add flair to your presents with crafty DIY ideas. Take Alana's lead and realize that living the beautiful life isn't difficult at all. Visit her blog at [www.fixfeastflair.com](http://www.fixfeastflair.com).

## BOOKSHELF

WHAT WE'RE  
READING  
THIS MONTH



■ Have you always longed for *pan de coco*, Spanish bread, and *kalihim* amidst croissants and baguettes? ***Panaderia: Philippine Bread, Biscuit, and Bakery Traditions*** by Amy A. Uy and Jenny B. Orillos (P595, National Book Store) is a tribute to our country's very own breads and baking institutions. Explore both traditional and new bakeshops from all over the Philippines, and enjoy learning about the wonderful stories behind our homegrown baked goods. From Batangas's *pan de agua* to Leyte and Samar's *torta*, you'll get a delicious history lesson that will keep you wanting more. Complete with recipes by renowned baker Jill F. Sandique, this jam-packed tome of baking traditions is pure joy to read.



## Yummy FOOD ADDITION

### Mango and Basil Cream Waffles

Missing summer? Give this refreshing treat a try!



Heat 1 (250-ml) pack Nestle All-purpose Cream in a small saucepot over low heat for 4 to 5 minutes. Remove from heat and add 1/4 cup torn basil leaves; let infuse for 15 to 30 minutes. Remove basil leaves and transfer cream into a container; let cool completely before chilling. Place 2 to 3 store-bought waffles on a plate. Top with 2 to 3 tablespoons basil cream and diced mangoes. Add basil strips, if desired. *Serves 2 to 3.*



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



## Yummy LESSON

### HOW TO MAKE STOCK AT HOME

**THE DILEMMA** The rainy season is here—that means it's soup season! How do you make flavorful, all-natural broths that are easy on the budget?

**THE SOLUTION** Making homemade stock is the best way to use leftover vegetables and chicken or beef bones. To make vegetable stock, all you have to do is choose neutral-tasting savory vegetables (think onions, carrots, leeks, and herbs), chop them up roughly, simmer, and strain. Avoid starchy vegetables like potatoes as they tend to cloud up the stock. You can even roast or sweat the vegetables before simmering for deeper flavors. Want to make chicken or beef stock? It's simple! Boil chicken or beef bones in a heavy saucepot, remove any impurities that rise to the surface, add your vegetables, cover with water, and simmer for at least one hour. There are no right or wrong amounts but remember that the more water you add, the lighter your stock will be. Strain the stock into airtight containers or ice cube trays and freeze for up to six months. Lastly, don't season the broth heavily unless you know what you're using it for. You want to reserve seasoning for when you're cooking the actual dish.



## We asked:

HOW DO YOU PUT A MODERN TWIST ON YOUR FAVORITE PINOY DISHES?

“I love shredding and frying leftover *adobo* to make sandwiches for the next day. It's my Pinoy take on a pulled-pork sandwich. I use *cuapao* buns (when I find them in the supermarket) instead of burger buns.” —**Macky Hipolito**

“*Tinapa* pasta is a dish I truly enjoy. I toss pasta with flaked *tinapang bangus*, olive oil, capers, olives, cheese, and a dash of red pepper flakes.” —**Teresa Villalflor**

“*Mais con yelo* popsicles are such a treat. I blend corn kernels, milk, and sugar together then freeze the mixture in popsicle molds. They're just as yummy as the traditional iced dessert, but are easier to eat.” —**Anna Tolentino**

“My mom makes breakfast burritos using a classic *tapsilog* recipe. She scrambles the eggs instead for a less messy experience.” —**Diane Espino**

“We make empanadas with *kaldereta* filling. It's really good!” —**Janine Angel**

“I make apple *turon* for my kids. Instead of the usual *saba* and *langka*, I toss apple slices in cinnamon and brown sugar, wrap them in *lumpia* wrappers, and fry them until golden brown.” —**Jenny Villanueva**

**Next question:** WHAT NO-BAKE DESSERT CAN YOU MAKE WITH PANTRY STAPLES?

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



## Yummy Ideas

Enjoy the zesty, vibrant flavors of Italian sausages (P315) and Spanish chorizo (P315).

## INGREDIENT SPOTLIGHT

### BLACK-EYED PEAS

These white-and-black beans are commonly associated with Southern-style soul food, but are actually more versatile than most people think. Black-eyed peas (available seasonally at Robinsons Supermarket) are a healthy addition to salads, soups, and stews, and are loaded with fiber, potassium, and iron. Plus, they're a great alternative source of protein!

STOP BY

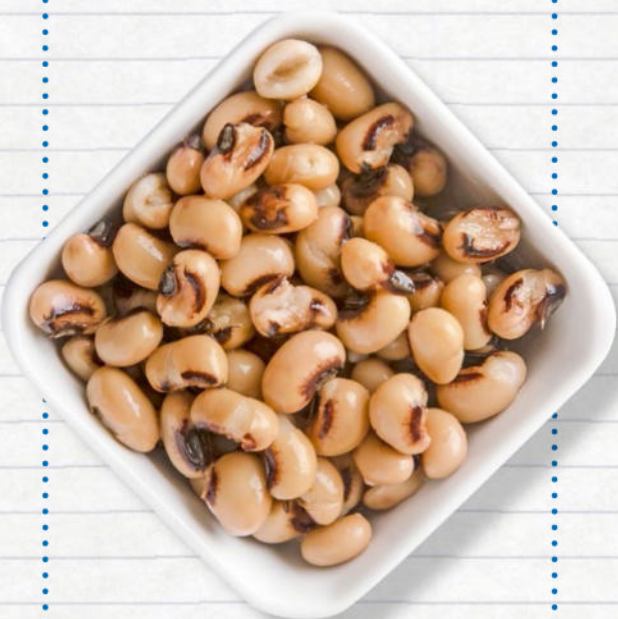
## Sevilla and Sons Sausage Co.

All Cotton Sevilla wanted to do was feed her sons delicious food. She would lovingly toil away in the kitchen to satisfy their cravings—from churning homemade ice cream to eventually making sausages from scratch. The desire to continuously whip up tasty dishes using real, whole ingredients inspired her to focus on her sausages, which her kids loved the most. Gathering inspiration from all over the world, Cotton diligently studied and practiced the craft of sausage making until she got it perfectly. Eventually, Cotton's passion for making traditional links made entirely out of meat (read: no extenders!) got the attention of food lovers, and for good reason. She now makes Spanish chorizo; Italian, andouille French, Hungarian, and American breakfast sausages; different kinds of *longganisa* and more. What started out as a small home business has steadily grown into a full-fledged store, with a lot of loyal customers eager to get their hands on the really good stuff.

Sevilla and Sons Sausage Co. is at 259-A corner Ibuna and P. Guevarra Streets, San Juan City (mobile no.: 0917-8885600).



The sour-spicy flavor of pickled green chilies (P250) is the perfect complement to the shop's juicy, meaty sausages.



## Kitchen glossary

### Temper

To temper is to blend different ingredients at different temperatures. When tempering eggs, a small amount of hot liquid is added to cooler eggs to warm them up without scrambling them, like when making custards and egg-based sauces. When tempering chocolate, the chocolate is melted then cooled on a marble slab, then heated again, resulting in a smooth, melt-in-your-mouth consistency.

PHOTOGRAPHY: ALDWIN ASPILERA (STOP BY) AND TOTO LABRADOR (INGREDIENT SPOTLIGHT). TEXT: REGINERAFAEL.



# Yummy Shopping



**Must-buy!**

**CRATE  
AND  
BARREL  
ROLLING  
PINS**

## Roll with it

Make cookie dough and pie crust with a trusty rolling pin. Whether wooden or marble, French- or roller-type, this tool will prove to be every home baker's best friend.

**NICE AND STEADY** Rolling pins are traditionally made of wood. Tapered or French rolling pins give you more control over the pressure you exert on the dough, allowing you to maintain an even thickness. Roller-type pins or those with handles, on the other hand, exert pressure unevenly, but are easier to handle and put less pressure on your wrists.

**KEEP COOL** Packing quite the weight, marble rolling pins will flatten any tough dough with ease. The cool marble is also perfect for heat-sensitive dough such as a flaky pie crust. This type of rolling pin has the tendency to chip easily, so store it properly on the wooden stand it usually comes with.

Crate and Barrel French rolling pin (P579), patisserie rolling pin (P1,963), and white marble rolling pin with stand (P909) are available at Crate and Barrel SM Megamall, SM Aura, and SM Makati.



# Here, fishie, fishie!

Once a provincial delicacy, a wide variety of dried, smoked, and bottled fish is now readily available in supermarkets across the metro. Check them out!

## BEST WITH BAGOONG

Large chunks of *bangus* marinated in shrimp paste? Pass the rice, please! **SeaKing Bangus Authentic Binagoongan**, P112, SM Supermarket

## TOMATO KICK

Chilies and other spices give this herring-and-sun-dried tomato combo a kick. Top on toasted focaccia for a gourmet take on pizza. **Gustazo Sun-dried Tomato Sardines**, P135, Market! Market!

## AWESOME APPETIZER

Smoky fish, tangy tomatoes, and creamy cheese come together in one delicious dip! **Delimondo Spicy Tinapa in Tomato Sauce**, P288.75, Pioneer Centre

## CLOVES OF FLAVOR

Chunks and flakes of boneless milkfish are adorned with a generous amount of garlic. Serve with rice or pasta for a hearty meal. **Gustazo Bangus ala Pobre**, P195, Rustan's Supermarket

## HEALTHY OPTION

A great substitute for dried shrimp or anchovies, this bottle of salted dried surgeonfish makes for a winning addition to sautéed vegetables. **Connie's Kitchen Gourmet Daing**, P187, Pioneer Centre

## SIMPLE SOLUTION

Fresh fish bottled in corn oil with pickled vegetables is classic, fuss-free comfort food. **Zaragoza Spanish-style Sardines**, P89.25, Market! Market!







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\*compared to other regular powdered drink mixes



Makes 1 Liter  
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Instant Drink Mix



# Beautiful bulbs

**1** While **shallots** are part of the onion family, they look more like garlic. Small and composed of clusters of cloves, they can be used like regular onions but are especially delicious when roasted with other vegetables. Sweet and delicate in flavor, shallots go well in French and Asian dishes. Like most onions, they keep for a month or so in a cool, dark place.

**2** **Green onions** are the young shoots of onions and are harvested before the bulbs fully develop. They have crisp, bright green tops and firm, white bulbs at the end. They have a mild onion taste that most Asian stir-fries benefit from.

**3** Characterized by their reddish-purple skin, **red onions** are relatively mild in flavor. They tend to lose their color when cooked, so they're best used raw in salads, sandwiches, and salsas. This way, they add both a punch of flavor and a splash of color to these dishes.

**4** Want some caramelized onions? **White or yellow onions** are your best bet. Cook them for 10 to 15 minutes to bring out their sweet, mellow flavor. Regarded as all-around bulbs, these onions are usually bigger than red onions. They have a strong flavor when used raw and a delicate, sweet flavor once cooked. They're great for soups, stews, and roasts.

**5** **Leeks** have a mild onion taste and are best used to add flavor to stocks. Only their white roots and fat, light green leaves are edible; be sure to trim and clean them well as dirt accumulates in the leaves.

Known for their distinct flavor, onions are the ultimate pantry staples! They can be used in a multitude of ways—read on to see what you can do with each kind.





# Home is Where the Warmth is

**Staying at home with the family on a rainy day? Warm up with a hearty meal that everyone can enjoy!**

Need a warm, soul-soothing treat for the chilly weather? Stews are your best bet. A stew is a dish usually made of up of meat and vegetables that are cooked slowly in liquid.

Add more warmth to your stewed chicken with Hunt's Pork & Beans! It makes your usual stew heartier, healthier, and more delicious. The whole family can stay warm and healthy even on the coldest of days with Hunt's Pork & Beans.



## Stewed Chicken with Hunt's Pork & Beans

1 small onion, diced  
4 cloves garlic, minced  
4 pcs chicken thigh and leg  
(2 pcs each)  
3 pcs tomatoes, diced  
1 cup chicken stock  
5 leaves basil, sliced thinly  
½ tsp oregano (dried)  
1 can Hunt's Pork and Beans 390g  
salt and pepper to taste

1. Sauté diced onion and garlic.
2. Add in chicken and continue sautéing until brown.
3. Add in tomatoes and chicken stock.
4. Put basil and oregano and simmer for 10 minutes.
5. Pour in Hunt's Pork & Beans and season with salt and pepper.

**Makes 3 to 5 servings**





# Got a winning mayo recipe?

Join the



The first recipe contest open to all cooks and chefs from different food service establishments

## The Judges



**Chef Ed Bugia**  
Whether it's comfort food at Pino Resto Bar or vegetarian fare at Pipino, the chef / cooking instructor's smart, stylish approach to food brings out the heartiest flavors in every dish.



**Chef Boy Logro**  
The dishwasher-turned-Kusina Master has cooked for sultans, queens, and heads of state. He now shares his "yumyumyum" recipes with the ordinary Filipino and proves that hard work pays off in the kitchen.



**Chef Brando Santos**  
UFS Senior Sous Chef Brando Santos brings in years of local and international experience and expertise to create the most delicious concoctions and inspire the next generation of chefs.

Find out how to join by going to [www.ufs.com/realchef](http://www.ufs.com/realchef)

Full terms and conditions apply. For inquiries, please contact (0917)8839579.  
Per DOH-FDA-CFRR Permit # 0425 series of 2015.

Submission  
of entries is until  
September 30,  
2015.  
**JOIN NOW!**



# THE REAL DEAL

Get your creative juices flowing with these one-of-a-kind recipes, made uniquely delicious by Lady's Choice Real Mayonnaise.



## MAIN DISH

Total Yield / Serving 10 • Portion Size 100 g

### CRUSTED SOLE FISH FILLET

#### Ingredients

##### Fish Spread

- ☐ 250 g Lady's Choice Real Mayonnaise
- ☐ 100 g Grated Cheddar Cheese
- ☐ 10 g Garlic, *minced*
- ☐ 5 g Knorr Lime Powder
- ☐ 30 g Knorr Mashed Potato Flakes

- ☐ 10 pcs Sole Fish Fillet, *cleaned and drained off excess water*
- ☐ 20 g Knorr Aromat
- ☐ 100 g Flour
- ☐ 2 pcs Egg, *beaten*
- ☐ 100 g Knorr Mashed Potato Flakes

#### Procedure

1. In a mixing bowl, mix ingredients for the fish spread except for the Knorr Mashed Potato Flakes. Set aside in chiller.
2. Season fish with Knorr Aromat. Dip in flour, then egg and then dredge in Knorr Mashed Potato Flakes.
3. Heat oil for deep frying. When oil is hot, deep fry fish until golden. Line fried fish fillet in baking tray.
4. Spread the **Lady's Choice Real Mayonnaise** and cheese mixture on top of fish and top with Knorr Mashed Potato Flakes, bake in oven or under a salamander until golden. Serve with Rice or Knorr Mashed Potato and side of vegetables.

## SPREADING

Total Yield / Serving 1 • Portion Size 220 g

### CHICKEN BURGER WITH STROGANOFF SAUCE

#### Ingredients

##### Stroganoff Sauce

- ☐ 7 g Butter
- ☐ 50 g Onions, white, *sliced*
- ☐ 75 g Button Mushroom, *sliced*
- ☐ 50 ml Knorr Demi Glace, *prepared*
- ☐ 75 ml All Purpose Cream

##### Burger Patty

- ☐ 200 g Ground Chicken
- ☐ 2 g Paprika Powder
- ☐ 2 g Knorr Aromat
- ☐ 10 g Bread crumbs

##### Burger assembly

- ☐ 15 g Lady's Choice Real Mayonnaise
- ☐ 1 pc Burger Bun
- ☐ 50 g Lettuce
- ☐ Burger Patty, *prepared*
- ☐ 15 g Red Onion, *sliced*
- ☐ Stroganoff Sauce, *prepared*

#### Procedure

1. In a pan, heat butter and sauté onion until translucent. Add in mushroom and sauté not more than a minute. Pour in prepared Knorr Demi Glace, and simmer. Turn off heat and add all purpose cream. Set aside.
2. Mix all ingredients for chicken burger and form them into burger patties, at least 180g per patty. Sear in pan with oil until cooked.
3. To assemble, spread **Lady's Choice Mayonnaise** on the burger buns, place lettuce, chicken patty, red onion then the stroganoff topping. Serve with side salad or potato wedges.



*"As a chef, I always try to be innovative by experimenting with old and new ingredients to come up with a new dish. I'm looking for a dish that is unique, creative, and appealing to a diverse palate."*  
—Chef Boy Logro

Inspired by these mayo innovations?  
Go to [www.ufs.com/realchef](http://www.ufs.com/realchef) to submit your own recipe!





## Family Kitchen

BY JOEY DE LARRAZABAL-BLANCO

★ My family loves Filipino food and flavors, from hearty soups like *nilaga* and *sinigang*, to dishes cooked with soy sauce and garlic like *adobo*. I'm always looking for ways to add something new to old, well-loved favorites, and for tricks to make cooking quicker and easier.

This dish is a marriage of our love for Pinoy dishes, and my quest for speedy weeknight meals. Its inspiration is the popular beef steak *a la pobre*, where you pan-fry the meat with lots of garlic. This version uses chicken and is baked in the oven instead of fried on the stovetop. Baking is generally a more hands-off cooking method and is much more fuss-free than pan-frying. You also marinate the chicken in the same dish you bake it in (and quite possibly the same dish you'll serve it in) which saves you a bit more time, too!

The secret here is the kecap manis, a thick, sweet Indonesian soy sauce. It adds just the right touch of sweetness to the chicken. As the chicken bakes, the sauce melds with the chicken's juices and makes for a really delicious sauce. My husband and children love this, and I hope you do, too!

### About the columnist

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



## BAKED CHICKEN A LA POBRE WITH ALIGUE FRIED RICE

**Serves 4 Prep Time** 10 minutes, plus marinating time **Cooking Time** 1 hour

- ✓ 3 tablespoons soy sauce
- ✓ 1 tablespoon Worcestershire sauce
- ✓ 1 tablespoon kecap manis
- ✓ 1 kilo chicken thighs
- ✓ freshly cracked black pepper, to taste
- ✓ 4 to 5 cloves garlic, peeled and smashed slightly, plus 1 head garlic, cloves peeled and chopped finely
- ✓ 2 to 3 tablespoons vegetable oil

### FOR THE ALIGUE FRIED RICE

- ✓ 6 cloves garlic, peeled and chopped finely
- ✓ 1 small red onion, peeled and chopped
- ✓ 1 to 2 tablespoons vegetable oil
- ✓ 1/3 cup plus 1 teaspoon *aligue*
- ✓ 4 cups day-old cooked rice
- ✓ salt, to taste
- ✓ 4 to 5 stalks green onion, sliced

**1** Mix soy sauce, Worcestershire sauce, and kecap manis in a bowl.

**2** Arrange chicken in 1 layer in a baking dish. Pour sauce over. Season with pepper. Turn chicken to coat completely. Add smashed garlic around the dish. Marinate for 15 to 20 minutes.

**3** Preheat oven to 375°F.

**4** When ready, turn chicken skin side up. Bake in the oven until cooked through, about 40 to 45 minutes.

**5** Meanwhile, heat oil in a wok over medium-high heat. Fry chopped garlic until golden and toasted. Drain on paper towels and set aside.

**6** Make the *aligue* fried rice: Sauté garlic and onions in oil in the same wok over medium-high heat until fragrant. Add *aligue* and sauté for 2 minutes. Add rice and toss to coat. Season with salt. Remove from heat and garnish with green onions.

**7** Sprinkle fried garlic over baked chicken. Serve with *aligue* fried rice on the side.





## The Sweet Stuff

BY CARMELA VILLEGAS-AGOSTA

Two sweet treats define my childhood. First is hot chocolate; it's ultimate comfort in a cup! Nothing beats rich *tablea tsokolate*—it reminds me of my maternal grandparents who introduced me to it. We would have it for breakfast or *merienda* with a plate of churros or a bowl of *pinipig*.

My second favorite indulgence are flaky tarts—something I discovered when I was living in France as a college student. I love that French pastry shops always offer a wide variety of them, from fruit-filled to custard-based ones. I remember looking forward to coming home from school and having dessert for dinner—anything with chocolate was usually my first choice, including warm chocolate tarts!

This month's Filipino issue inspired me to come up with a recipe that combines these two favorites: a French *tarte au chocolat* using local *tablea*. Make sure to serve it warm for the ultimate experience. Every bite will seem like you're drinking a cup of *tsokolate* with hints of toasted coconut. Yum!

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

## CHOCOLATE TABLEA TARTS

**Makes 4 (4-inch) tarts** **Prep Time** 45 minutes, plus chilling and cooling time **Baking Time** 35 minutes

### FOR THE COCONUT PIE CRUST

- ✓ 1¼ cups all-purpose flour
- ✓ ¼ cup ground coconut flakes, toasted
- ✓ pinch of salt
- ✓ ½ cup cold butter, cubed
- ✓ ¼ cup cold water, plus more if needed

### FOR THE TABLEA FILLING

- ✓ ¼ cup fresh milk
- ✓ ¼ cup coconut milk
- ✓ 120 grams *tablea* chocolate
- ✓ ⅓ cup all-purpose cream
- ✓ ½ cup coco sugar
- ✓ yolks from 2 medium eggs
- ✓ 1 teaspoon vanilla extract
- ✓ whipped cream, cacao nibs, and ground coconut flakes for garnish

**1** Make the coconut pie crust: Combine flour, coconut flakes, and salt in a large bowl. Using a pastry blender, 2 knives, or your hands, cut butter into the dry ingredients until pea-sized pieces form. Slowly add water in 2 additions and mix just until dough comes together. Add more water, if necessary.

**2** Shape dough into a disc and wrap with plastic wrap. Refrigerate for 30 minutes to 1 hour.

**3** Roll out dough on a clean, floured work surface until ¼ inch thick. Cut out 5-inch rounds from the dough. Transfer rounds to 4-inch tart pans. Pierce dough with a fork and cover with foil. Refrigerate for 15 minutes.

**4** Preheat oven to 350°F.

**5** Remove pans from refrigerator and place dried beans or rice grains on top of the foil. Bake blind in the preheated oven for 10 minutes. Remove foil and rice. Bake for 10 more minutes. Let cool for 5 minutes.

**6** Make the *tablea* filling: Combine milk, coconut milk, *tablea*, cream, and sugar in a medium saucepan over low heat. Cook, whisking continuously, until *tablea* is melted. Let cool for 5 minutes. Beat eggs until frothy then add vanilla. Mix and pour into *tablea* mixture.

**7** Pour *tablea* filling into tart shells. Bake for 10 to 15 minutes. Garnish with whipped cream, cacao nibs, and coconut flakes.







## Make it at Home

BY AILEEN ANASTACIO

★ White Rabbit candies remind me so much of my childhood. On a recent grocery run, I purchased a bag not only because I missed it, but also because I wanted my daughter Sabrina to taste the treat I loved when I was her age.

She said I was so lucky to have had candy that tasted really good when I was young. She then suggested that I make desserts with them, “What about putting them in cookies, Mom?” I thought it was a clever idea—one that would put an interesting twist on a classic baked treat—so we experimented with a batch.

While I was busy making the dough, Sabrina was busy unwrapping the candies and crushing them to bits. She was both my hardworking assistant and trusty taste tester. We loved how the candy gave the dough a pleasant crunch and a buttery caramel taste that wasn’t too sweet. It was hard to stop at just one bite!

This month, I’m sharing with you the recipe that we lovingly made together. You can make the cookies in one-tablespoon-sized scoops or even smaller if you want nibblers. Serve them with milk for the kids, and English breakfast tea for the kids at heart. Happy baking!

### About the columnist

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



## CHEWY WHITE-RABBIT COOKIES

**Makes** 30 to 40 **Prep Time** 10 minutes, plus chilling time **Baking Time** 5 to 7 minutes

- ✓ ¾ cup butter
- ✓ 1 cup sugar
- ✓ ½ cup brown sugar
- ✓ 1 large egg
- ✓ 1 teaspoon vanilla extract
- ✓ 1 tablespoon caramel-flavored syrup (optional)
- ✓ 1⅔ cups all-purpose flour
- ✓ 1 teaspoon baking soda
- ✓ ¼ teaspoon baking powder
- ✓ ¼ teaspoon salt
- ✓ 1⅓ cups White Rabbit hard candy, chopped roughly or crushed, divided

**1** In the bowl of an electric mixer fitted with the paddle attachment, combine butter and sugars, beating on low speed until soft but not creamy, about 4 minutes. Add egg, vanilla, and syrup, if using; mix continuously.

**2** Combine flour, baking soda, baking powder, and salt in a separate bowl. Mix well.

**3** Gradually add the flour mixture to the butter mixture. Mix on low speed until dough forms. Add 1 cup White Rabbit candy. Stir until well combined. Transfer dough into an airtight container. Refrigerate for at least 1 hour or overnight.

**4** Preheat oven to 375°F. Remove dough from the refrigerator and bring to room temperature, about 15 to 20 minutes. Scoop 1 tablespoon of the dough and roll into a ball; top with remaining White Rabbit candies. Place on a parchment paper-lined baking sheet, 2 inches apart.

**5** Bake for 5 to 7 minutes or until cookies are soft in the center but firm on the sides. Remove from oven and allow to cool for 5 minutes on the pan then 5 minutes on a rack. Store in an airtight container at room temperature for up to 4 days.

PHOTOGRAPHY: PATRICK MARTINES. STYLING: TRINKA GONZALES.  
HAIR & MAKEUP: CAIS DEL ROSARIO FOR SHU UEMURA.



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## Biz Whiz

BY SHARLENE TAN

✦ I was watching a local TV show recently that showcased three of the country's most famous *kakanin* makers. Each one had a signature rice cake, and all three now have family-run businesses, with two to three generations working to grow the brands. Their inspiring stories got me thinking: While many are already in the rice-cake biz, there's always room for more. After all, *kakanin* is uniquely Filipino and Pinoys have an affinity for anything sweet.

Some of my favorite *kakanin* are Rosalie's *suman* with *buko*, *budbud kabog* from the Salcedo Market, *tibuk-tibuk* from Susie's in Pampanga, and Kristine's *inutak*. The only thing missing? The ultimate cassava cake! (Shoot me an email if you have any recommendations.) And so I decided to make my own. Since I love *ube* in *puto* and ice cream, I thought of putting it in my cassava cake. This recipe uses a mix of fresh *ube* and ready-made *ube halaya*, and this play on the classic *kakanin* is completed by *macapuno* strips and a crunchy cheesy topping. Remember to bake your cassava cake in the oven to achieve that nice golden brown crust!

### About the columnist

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



NO OVEN? STEAM YOUR UBE-CASSAVA CAKE THEN PUT IT IN THE TOASTER OVEN TO BROWN THE TOP.

## CHEESY UBE-CASSAVA CAKE

**Makes** 1 (9-inch) cake **Prep Time** 25 minutes **Cooking Time** 35 to 45 minutes

- ✓ 2½ cups cassava, grated
- ✓ 1½ cups fresh *ube*, grated
- ✓ ¾ cup sugar
- ✓ 2 large eggs, beaten slightly
- ✓ ¼ cup butter, melted
- ✓ ½ cup condensed milk
- ✓ 1½ cups coconut milk
- ✓ ½ cup *macapuno* strips
- ✓ banana leaves for lining baking pans
- ✓ ¼ cup *ube halaya*

### FOR THE TOPPING

- ✓ 1 (300-ml) can condensed milk
- ✓ ⅓ cup coconut cream
- ✓ yolks from 3 large eggs
- ✓ 1 teaspoon vanilla extract
- ✓ ¼ cup grated cheddar cheese
- ✓ ¼ cup grated quick-melting cheese

- 1** Preheat oven to 350°F. Combine cassava, *ube*, and sugar in a mixing bowl; mix well.
- 2** Mix eggs, butter, condensed milk, and coconut milk in a measuring glass until well combined. Pour over cassava mixture and mix well.
- 3** Add *macapuno*. Pour mixture into a banana leaf-lined 9-inch round pan. Dot *ube halaya* on top.
- 4** Bake in the preheated oven for 20 to 30 minutes or until top is slightly firm.
- 5** Make the topping: Mix condensed milk, coconut cream, egg yolks, and vanilla in a small saucepan. Cook over very low heat until thick and creamy, stirring constantly to avoid overcooking the eggs.
- 6** Pour topping over baked *ube*-cassava cake. Sprinkle with cheeses.
- 7** Bake for another 15 to 20 minutes or until a toothpick inserted in the center comes out clean and topping turns golden brown.
- 8** Let cool for 20 to 30 minutes before slicing and serving.





## Around the World

BY SARI JORGE

★ If you're a pork-chop fan, Taiwanese-style pork chops are definitely up your alley. The meat is marinated in a mixture with Chinese five-spice powder and sake before it's fried. The result? Delicately crisp skin and tender, juicy meat.

In Taiwan, these chops, served alongside steamed rice and a soy-braised egg, are lunchbox staples. They're also sold conveniently at train stations so commuters can pick up a meal on the way to work. Many restaurants and stalls specialize in this dish and those that make the best ones develop a cult following. This popularity has made Taiwanese Pork Chop Rice a classic in the local food scene.

There's no need to hop on a plane to Taipei, however. You can easily make Taiwanese pork chops at home! They're perfect for busy weeknights or for when a craving for something fried to a crisp hits. Give this recipe a try, it's easy and family-approved—my kids gave it five stars!

### 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.



## TAIWANESE PORK CHOPS WITH GARLIC-AND-EGG RICE

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

- ✓ 4 tablespoons soy sauce
- ✓ 1½ tablespoons garlic, pounded to a paste
- ✓ 1 teaspoon sugar
- ✓ 2 teaspoons sake or rice wine
- ✓ 2 tablespoons Chinese five-spice powder
- ✓ 4 (1-inch-thick) boneless and skinless pork chops
- ✓ ⅓ cup cornstarch
- ✓ oil for frying

### FOR THE BREADING

- ✓ ½ cup cornstarch
- ✓ ¼ cup all-purpose flour
- ✓ ¼ cup potato flour
- ✓ 1 teaspoon baking powder

### FOR THE GARLIC-AND-EGG RICE

- ✓ 4 eggs
- ✓ 2 tablespoons canola oil
- ✓ 1½ tablespoons minced garlic
- ✓ 4 cups day-old rice
- ✓ 1 teaspoon Thai fish sauce
- ✓ 1 teaspoon sesame oil
- ✓ salt and pepper, to taste

**1** Combine soy sauce, garlic, sugar, sake, 2 tablespoons water, and five-spice powder in a large bowl. Set aside.

**2** Using a kitchen mallet or a rolling pin, pound pork chops until ⅛ inch thick. Score near the edges to prevent curling when fried. Marinate pork in soy sauce mixture, covered, in the refrigerator for 30 minutes.

**3** Massage cornstarch into pork, coating each piece well. Refrigerate for another 15 minutes.

**4** Make the breading: Combine all ingredients on a plate. Set aside.

**5** Make the garlic-and-egg rice: Beat eggs in a bowl. Cook in a pan over medium-high heat. Transfer to a plate and set aside. In the same pan, heat oil and sauté garlic until fragrant. Mix in rice. Add eggs and fish sauce; mix until combined. Add sesame oil; season with salt and pepper. Set aside and keep warm.

**6** Fill a large frying pan over medium heat halfway with oil. Dredge cornstarch-coated pork in breading mixture. Cook until golden brown, about 4 minutes per side. Drain on a paper towel-lined wire rack. Serve with garlic-and-egg rice.





## Healthy Approach

BY MARIE GONZALEZ

✦ I have fond childhood memories of beef steak Tagalog, not because of the meat but because I loved the sweet and salty flavors from the caramelized onions and soy-based sauce. Sometimes, I would make a meal out of just the onions and sauce with freshly cooked rice. In my book, the more caramelized onions, the better!

When I became vegan, my palate adapted to more international flavors and I grew to love beans, salads, and fresh herbs. Occasionally, I would miss that oniony dish, so I set out to make a healthier, meat-free version of it: tofu steak Tagalog! I'm happy to say I've served this to meat eaters and they love it as much as I do. The flavor comes from the sauce—it's the salty-sour kick and the sweet, mellow onions that make it mouthwatering. It's an easy dish that requires only pantry staples, so it's perfect for busy weeknights. Just make time to press the tofu to help it absorb the marinade. If you're an onion fan like I am, go ahead and double up on the caramelized onions!

### About the columnist

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

## TOFU STEAK TAGALOG

**Serves** 3 to 4 **Prep Time** 45 minutes, plus marinating time

**Cooking Time** 17 minutes

- ✓ 500 grams firm tofu, sliced into 1/2-inch-thick pieces
- ✓ 3 tablespoons vegetable oil or more as needed, divided
- ✓ 2 to 3 red onions, sliced into thin rings
- ✓ 4 cloves garlic, sliced thinly
- ✓ steamed rice and vegetables, to serve (optional)

### FOR THE MARINADE

- ✓ 1/4 cup soy sauce
- ✓ 1/4 cup plus 2 tablespoons water
- ✓ 4 teaspoons calamansi juice
- ✓ 2 teaspoons sugar
- ✓ 1/4 teaspoon black pepper

**1** Lay tofu slices on a clean kitchen towel and cover with another towel. Place a tray on top of the tofu and weigh down with canned goods or plates for 20 to 30 minutes.

**2** Make the marinade: Mix together all ingredients in a bowl. Add tofu and marinate for 15 minutes.

**3** Heat 1 tablespoon oil in a pan over medium-high heat. Sauté onions until soft and browned, about 4 to 5 minutes. Set aside.

**4** In the same pan, heat 1 more tablespoon oil over medium-high heat. Drain tofu and fry in batches until dark brown, about 4 minutes on each side. Add more oil as needed. Transfer tofu to a plate.

**5** In the same pan, heat remaining oil over medium-high heat. Sauté garlic until golden brown, about 2 minutes. Pour in marinade and boil for 1 minute. Adjust seasoning as needed, adding water by the tablespoon if the sauce is too salty.

**6** Remove from heat and pour sauce over tofu. Top with onions. Serve with steamed rice and vegetables, if desired







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## COMFORTS OF HOME

Pay homage to Pinoy home cooking by mastering these recipes from Tony Boy Escalante of Antonio's and the newly opened Balay Dako. The celebrated chef, one of the best in Asia, demonstrates how local ingredients and techniques make our cuisine stand out.

PHOTOGRAPHY: MIGUEL NACIANCENO. PROP STYLING: IDGE MENDIOLA.

RECIPES THIS WAY ➔





## TUESDAY

### SIZZLING BULALO NA BAKA

Enjoy *bulalo* in a new way by serving it on a sizzling platter and dousing it in a creamy mushroom sauce.

**Serves** 6 to 8 **Prep Time** 10 minutes **Cooking Time** 2 hours

- ✓ 2 kilos bone-in beef shank (*bulalo*)
- ✓ ¼ cup sliced carrots, boiled
- ✓ ¼ cup sliced sayote, boiled
- ✓ ¼ cup sliced potatoes, boiled
- ✓ chopped green onions for garnish

#### FOR THE MUSHROOM CREAM SAUCE

- ✓ 3 cloves garlic, chopped
- ✓ 2 tablespoons chopped white onion
- ✓ 1 tablespoon butter
- ✓ 250 grams fresh button mushrooms, chopped
- ✓ 250 grams fresh shiitake mushrooms, chopped

- ✓ 2 cups beef stock
- ✓ 1 tablespoon dried thyme
- ✓ 2 teaspoons black pepper
- ✓ salt, to taste
- ✓ 1 cup whipping cream

**1** Place beef and enough water to cover meat in a heavy-bottomed pot. Bring to a boil. Lower heat to simmer until beef is tender, about 1 to 1½ hours.

**2** Make the mushroom cream sauce: Sauté garlic and onion in butter. Add mushrooms and sauté for 5 minutes. Add stock, thyme, and pepper. Simmer for 15 to 20 minutes. Season to taste. Add cream and stir.

**3** Place *bulalo* on a preheated sizzling plate. Arrange vegetables around beef. Pour half of the mushroom cream sauce over. Garnish with green onions. Serve immediately with remaining mushroom cream sauce on the side.



## MONDAY

### INIGANG ADOBONG MANOK AT BABOY

This *adobo* is less saucy compared to the traditional recipe. The meat is fried after simmering, locking in all the glorious flavors.

**Serves** 4 to 5 **Prep Time** 10 minutes **Cooking Time** 35 to 45 minutes

- ✓ 500 grams pork belly, sliced into 2-inch pieces
- ✓ 500 grams chicken, sliced into serving pieces
- ✓ ¼ cup soy sauce
- ✓ ½ cup vinegar
- ✓ 1½ teaspoons black peppercorns
- ✓ 1 bay leaf
- ✓ 3 to 4 cloves garlic, crushed
- ✓ salt and pepper, to season
- ✓ vegetable oil for sautéing
- ✓ fried garlic and bird's eye chilies (*siling labuyo*) for garnish (optional)

- 1** Combine pork, chicken, soy sauce, vinegar, peppercorns, bay leaf, and garlic in a heavy-bottomed pot or casserole. Bring to a boil. Lower heat and simmer until meat is tender, about 20 to 30 minutes. Transfer meat to a plate. (Remove chicken from pot after about 20 minutes as it cooks faster than pork.)
- 2** Continue simmering sauce in the pot until reduced to half and slightly thick. Season with salt and pepper. Set aside.
- 3** Heat oil in a frying pan over medium heat. Fry pork and chicken until browned.
- 4** Transfer pork and chicken to a serving plate. Pour sauce over. Garnish with fried garlic and bird's eye chilies, if desired. Serve warm.





## WEDNESDAY

### PANCIT NI ANTONIO

**No Filipino celebration is complete without *pancit*! Using annatto oil turns the noodles into a beautiful backdrop for a medley of colorful toppings.**

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

**Cooking Time** 20 to 25 minutes

- ✓ vegetable oil for sautéing
- ✓ ½ tablespoon annatto oil
- ✓ 1 tablespoon chopped garlic
- ✓ 2 tablespoons chopped white onion
- ✓ 8 shrimp, peeled and deveined
- ✓ ½ cup sliced carrots

- ✓ ½ cup sliced sayote
- ✓ ¼ cup snow peas (*sitsaro*)
- ✓ ½ cup sliced cabbage
- ✓ ¼ cup wood ear mushrooms (*tainga ng daga*), sliced
- ✓ 30 grams chorizo Bilbao, sliced into rounds
- ✓ 100 grams ground pork
- ✓ 1 to 2 cups vegetable stock
- ✓ 150 grams dry egg noodles (*pancit canton*)
- ✓ salt and pepper, to taste
- ✓ sliced hard-boiled egg and cucumbers for garnish

**1** Heat vegetable and annatto oils in a wok over high heat. Sauté garlic and onion until fragrant. Add shrimp and cook until pink. Set shrimp aside.

**2** Add carrots, sayote, snow peas, cabbage, mushrooms, chorizo, and ground pork to the same pan. Sauté for 3 to 4 minutes. Add stock and cook for 3 more minutes.

**3** When vegetables are almost cooked, add noodles and toss to combine.

**4** Add shrimp back to the wok. Stir-fry until noodles are tender and liquid is absorbed, about 15 to 20 minutes. Season with salt and pepper. Transfer to a platter. Top with egg and cucumbers. Serve hot.



# THURSDAY

## PATA TIM

This classic stewed pork-leg dish exemplifies how Chinese cooking has influenced our local cuisine. Make sure you're not in a hurry when preparing this dish—slow cooking results in tender, fall-off-the-bone meat.

**Serves** 4 to 5 **Prep Time** 10 minutes  
**Cooking Time** about 2½ hours

- ✓ 1 (1-kilo) pork knuckles (*pata*), cleaned
- ✓ ¼ cup soy sauce
- ✓ 1½ teaspoons black peppercorns
- ✓ 2 bay leaves
- ✓ 2 pieces star anise
- ✓ ¾ cup brown sugar
- ✓ salt and pepper, to taste
- ✓ grilled fresh shiitake mushrooms and Baguio *pechay*, to serve (optional)

- 1** Place *pata* and enough water to cover meat in a heavy-bottomed pot. Bring to a boil. Remove any impurities that rise to the top.
- 2** Drain and rinse *pata* then return to the pot and fill again with water.
- 3** Add soy sauce, peppercorns, bay leaves, and star anise. Bring to a boil. Lower heat and simmer until pork is tender, about 1½ hours. You can add more water, if necessary, to keep the *pata* submerged.
- 4** Add brown sugar and continue simmering for another 30 minutes.
- 5** When *pata* is cooked, remove from pot and transfer to a plate. Cook sauce until reduced and slightly thick, about 15 to 20 minutes. Season with salt and pepper.
- 6** Pour sauce over *pata*. Garnish with mushrooms and *pechay*, if desired. Serve hot.



## FRIDAY

### KALDERETANG TADYANG NG BAKA

Usually fried to a crisp as bar chow, short ribs (*tadyang ng baka*) is one of the most flavorful cuts of beef. Here it becomes the highlight of a rich, tasty *kaldereta*.

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

**Cooking Time** about 2 hours

- ✓ vegetable oil for sautéing
- ✓ 1 tablespoon chopped garlic
- ✓ 1½ tablespoons chopped white onion
- ✓ 1 red bell pepper, sliced into squares
- ✓ 1 green bell pepper, sliced into squares
- ✓ 1 carrot, sliced into 1-inch cubes
- ✓ 1 potato, sliced into 1-inch cubes
- ✓ 2 bird's eye chilies (*siling labuyo*), sliced

- ✓ 1 kilo beef short ribs, sliced into 1½-inch pieces
- ✓ 1 tablespoon tomato paste
- ✓ 1 cup beef stock
- ✓ ½ cup tomato sauce
- ✓ 2 bay leaves
- ✓ 1 tablespoon black peppercorns
- ✓ 2 tablespoons soy sauce
- ✓ salt and pepper, to taste
- ✓ 1 stalk green onion for garnish (optional)

**1** Heat oil in a heavy-bottomed pot over medium-high heat. Sauté garlic and onion until fragrant. Add bell peppers, carrots, potatoes, and chilies. Sauté for 5 minutes. Remove bell peppers, carrots,

and potatoes from the pot; set aside.

**2** Add beef to the same pot and cook until lightly browned, about 5 minutes. Add tomato paste and sauté for another 5 minutes.

**3** Deglaze pot with beef stock. Add tomato sauce, bay leaves, peppercorns, and soy sauce. Bring to a boil. Lower heat and simmer until beef is tender and sauce has slightly thickened, about 1 to 2 hours. Add carrots and potatoes back to the pot and cook until tender.

**4** Season with salt and pepper. Remove from heat and top with bell peppers. Garnish with a green onion stalk, if desired. Serve hot.







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### THE MENU

Pomelo  
and Kale  
Salad

Hinalang

Davao  
Humba

Durian at Pilit  
(Durian Jam over  
Sticky Rice)

RECIPES THIS WAY ➔



## DAVAO HUMBA

A popular dish served during fiestas and special occasions, *humba* is a stew of pork knuckles, aromatics, herbs, vinegar, and soy. The name is taken from *humot nga baboy*, which translates to soft, fragrant pork.

**Serves** 4 to 5 **Prep Time** 15 minutes  
**Cooking Time** 3 hours

- ✓ 1 stick cinnamon
- ✓ 3 pieces star anise
- ✓ 4 cloves native garlic, peeled
- ✓ 1 tablespoon black peppercorns
- ✓ 1 teaspoon minced cilantro root

- ✓ ¼ cup cilantro leaves and stems (*wansoy*)
- ✓ 1 liter cola (we used Coca-Cola), left out until flat
- ✓ ¼ cup oyster sauce
- ✓ 1 (1.2-kilo) pork *pata*
- ✓ salt, to taste
- ✓ 1 to 2 bunches Chinese broccoli or Taiwan *pechay*, steamed or blanched
- ✓ 2 hard-boiled eggs, peeled and halved
- ✓ ⅓ cup *pinakurat*, to serve

- 1 Toast cinnamon and star anise in a dry pan over low heat until fragrant. Set aside.
- 2 Using a mortar and pestle, pound garlic,

peppercorns, cilantro root, and cilantro leaves and stems together until paste-like in consistency.

3 Heat a heavy-bottomed pot or casserole over medium-high heat. Add 4 cups water, cola, oyster sauce, garlic mixture, cinnamon, and star anise. Bring to a boil.

4 Add pork. Season with salt. Lower heat and simmer until pork is tender, about 2½ to 3 hours. (The meat will become juicy and sticky.) Add more water, if necessary.

5 Transfer pork to a serving plate. Serve with *pechay*, eggs, and *pinakurat* for dipping.







## HINALANG

**Considered comfort food among locals, *hinalang* is a spicier version of *nilagang baka*. Enjoy it after a long, hard day at work.**

**Serves** 4 to 5 **Prep Time** 15 minutes  
**Cooking Time** 2 to 3 hours

- ✓ cooking oil for sautéing
- ✓ 1 medium white onion, quartered
- ✓ 3 cloves garlic, chopped
- ✓ 1 (2-inch) piece native ginger, sliced thinly

- ✓ 1 medium native red bell pepper (*atsa*), chopped
- ✓ 1½ tablespoons chopped green onions, plus extra for garnish
- ✓ salt and pepper, to season
- ✓ 3 to 4 native chilies (*kolikot*) or bird's eye chilies (*siling labuyo*), chopped and pounded
- ✓ 1 kilo beef shank, sliced into 2-inch pieces
- ✓ 1 medium bunch Baguio *pechay*, chopped
- ✓ steamed rice, to serve

- 1** Heat oil in a large, heavy-bottomed pot or casserole over medium heat. Sauté onions, garlic, ginger, red pepper, and green onions until lightly browned and fragrant. Season with salt and pepper.
- 2** Add chilies and stir. Add beef in one layer. Add 8 cups water and season with salt. Lower heat and simmer until beef is tender, about 2 to 3 hours. Add more water, if necessary. Remove impurities that rise to the surface. Add *pechay* and cook for 2 minutes.
- 3** Serve hot with steamed rice.





## POMELO AND KALE SALAD

**Buongan (pomelo) is one of the most popular fruits in the region. Toss it with fresh local kale, cultivated in the northern province of Bukidnon.**

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

### FOR THE DRESSING

- ✓ 3 tablespoons fish sauce (*patis*)
- ✓ 3 tablespoons calamansi juice
- ✓ 1 tablespoon sugar
- ✓ pinch of *dumang* or cayenne pepper
- ✓ cooking oil for pan-frying
- ✓ 1 small native shallot, sliced thinly
- ✓ 2 to 3 bunches kale, washed, spun dry, and torn

- ✓ 1 medium pomelo (*buongan*), peeled, segmented, and broken into pieces
- ✓ chicken-skin *chicharon* for garnish
- ✓ microgreens for garnish (optional)

- 1 Make the dressing: Whisk all ingredients in a bowl. Set aside.
- 2 Heat oil in a pan. Fry shallots until crisp. Drain on paper towels. Set aside.
- 3 Place kale in a large bowl. Drizzle with some of the dressing and toss to combine. Let stand for 3 to 5 minutes.
- 4 Transfer kale to a serving platter. Top with pomelo and fried shallots. Drizzle with more dressing or serve on the side. Garnish with *chicharon* and microgreens, if desired.

## DURIAN AT PILIT (DURIAN JAM OVER STICKY RICE)

**Turn yourself into a durian fan with this sweet, creamy jam. Top it over steamed *malagkit* for a hearty *merienda* or meal-ender.**

**Serves 6 to 10 Prep Time**  
10 minutes **Cooking Time**  
2 hours

### FOR THE DURIAN JAM

- ✓ 1½ cups durian meat (use *puyat* variety, if available)
- ✓ 2 cups milk
- ✓ 1 cup coconut milk
- ✓ 1 cup sugar
- ✓ pinch of salt

### FOR THE STICKY RICE

- ✓ 250 grams *pilit* or *malagkit* rice, soaked in water overnight
- ✓ 1 cup coconut milk
- ✓ ½ cup sugar

- ✓ toasted sesame seeds and mint leaves (optional) for garnish

- 1 Make the durian jam: Combine durian, milk, coconut milk, sugar, and salt in a heavy-bottomed pot over low heat. Cook, stirring constantly, until smooth, thick, and sticky, about 45 minutes.
- 2 Make the sticky rice: Cook *pilit* or *malagkit* in a steamer or bamboo basket according to package directions, about 1 hour.
- 3 Mix coconut milk and sugar in a large bowl until sugar is dissolved. Add rice and mix to combine.
- 4 Divide sticky rice among serving plates. Top with durian jam. Garnish with sesame seeds and mint leaves, if desired.






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## HEALTHIER RICE COOKING CHALLENGE 2015

(A Fun Cook-Off featuring BROWN RICE)

### I. MECHANICS

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

### II. CRITERIA FOR JUDGING

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

### III. Prizes

- 1st Place = Php 25,000\* + Trophy  
2nd Place = Php 20,000\* + Trophy  
3rd Place = Php 15,000\* + Trophy  
4th Place = Php 10,000\* + Trophy  
5th Place = Php 5,000\* + Trophy  
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Bahay kubo,  
kahit munti

ang halaman doon  
ay sari-sari.

Singkamas  
at talong.

sigarilyas at mani,  
sitaw, bataw, patani.

# Folk to fork

Music allows for many possibilities—a look into the past, a bridging of generations, and even a movement to cook good food. Here, we listen to five Filipino folk songs and find inspiration to whip up dishes in tune with the times.

PHOTOGRAPHY BY Lilen Uy  
RECIPES AND FOOD PREPARATION BY  
Happy Ongpauco-Tiu  
STYLING BY Idge Mendiola  
ILLUSTRATIONS BY Lorra Elena Angbue-Te



# Pakbet Ilocano with Chicharon

The Ilocano *pinakbet* uses *bagoong balayan* instead of *alamang*, which is used in Pakbet Tagalog. *Kamote* also figures in this version, giving the dish a delightful hint of sweetness.

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

**Cooking Time** 20 minutes

- ✓ 3 medium sweet potatoes (orange *kamote*), peeled and sliced into 1-inch cubes
- ✓ 1/4 kilo squash, peeled and cubed
- ✓ 3 tablespoons vegetable oil
- ✓ 2 cloves garlic, minced
- ✓ 1 medium red onion, minced
- ✓ 2 medium tomatoes, chopped
- ✓ 5 to 6 shrimps
- ✓ 4 medium native eggplants, sliced into half-moons

- ✓ 3 medium native *ampalaya*, seeded and sliced into half-moons
- ✓ 1/4 kilo yard-long beans (*sitaw*), cut into 3-inch pieces
- ✓ 4 winged beans (*sigarilyas*), sliced into 1/2-inch pieces
- ✓ 8 okra, sliced into 1-inch pieces
- ✓ 3 *bunga ng malunggay*, sliced into 1-inch pieces
- ✓ 4 tablespoons *bagoong balayan*
- ✓ 1 cup crushed *chicharon* for topping

**1** Boil sweet potatoes and squash in a pot of water until tender. Drain and set aside.

**2** Heat oil in a pan over medium heat. Sauté garlic, onion, and tomatoes for 1 minute.

**3** Add shrimps and cook until they turn pink. Add remaining vegetables and stir.

**4** Add *bagoong balayan* and 1 1/2 cups water. Lower heat and simmer until vegetables are cooked and tender but still slightly crisp.

**5** Add sweet potatoes and squash. Transfer to a serving platter. Top with crushed *chicharon*.





# Bringhe with Crispy Adobo Flakes

This rice dish, though closely influenced by Spanish paella, finds its origins in Pampanga. Our take is topped with crisp *adobo* flakes, providing a nice contrast to the tender, sticky grains.

**Serves** 6 to 8 **Prep Time** 45 minutes

**Cooking Time** 1½ hours

- ✓ 2 tablespoons vegetable oil
- ✓ 1 clove garlic, minced
- ✓ 1 medium white onion, chopped
- ✓ 1 medium tomato, chopped
- ✓ 3 tablespoons minced ginger
- ✓ 1 green bell pepper, diced
- ✓ 1 red bell pepper, diced
- ✓ 2 cups glutinous rice (*malagkit*)
- ✓ 1 cup Jasponica rice
- ✓ 2 teaspoons ground turmeric

- ✓ 1 teaspoon annatto oil
- ✓ 4½ cups coconut milk

## FOR THE ADOBO FLAKES

- ✓ 500 grams pork *pigue*, sliced
- ✓ 2 cups soy sauce
- ✓ 2 cups vinegar
- ✓ ¼ head garlic, chopped
- ✓ ½ teaspoon black peppercorns
- ✓ cooking oil for deep-frying

**1** Heat oil in a large pan over medium heat. Sauté garlic, onion, and tomato for 1 minute.

**2** Add ginger and bell peppers. Sauté for another minute.

**3** Add glutinous and Jasponica rice, turmeric, and annatto oil. Mix and sauté for 2 minutes.

**4** Add 3 cups water. Bring mixture to a boil. Add coconut milk and mix to combine.

Lower heat and simmer, covered, until rice is cooked, about 30 minutes. Transfer to a serving platter. Set aside and keep warm.

**5** Make the *adobo* flakes: Combine pork, soy sauce, vinegar, garlic, peppercorns, and 4 cups water in a casserole. Bring to a boil and cook until meat is tender, about 45 minutes. (Alternatively, you can also use leftover *adobo*.) Drain and shred meat. Heat oil in a deep pan. Deep-fry shredded pork until crisp and golden.

**6** Serve *bringhe* topped with crispy *adobo* flakes.

Magtanim  
ay di biro,  
maghapong  
nakayuko.  
Di naman  
di makatayo  
di naman  
makaupo.





# Tinanglarang Manok (Chicken in Lemongrass Soup)

Love the comforting goodness of a warm bowl of *tinola*? Here's another chicken soup you can try. It highlights the refreshing flavors of *tanglad*.

**Serves 4** **Prep Time** 15 minutes **Cooking Time** 30 minutes

- ✓ 2 tablespoons cooking oil
- ✓ 3 cloves garlic, minced
- ✓ 1 medium white onion, minced
- ✓ 2 tablespoons chopped ginger
- ✓ 1 kilo chicken pieces
- ✓ 6 stalks lemongrass (*tanglad*), trimmed, stalks pounded, and leaves tied in a knot
- ✓ 1 teaspoon fish sauce (*patis*)
- ✓ salt and pepper, to taste
- ✓ 1 cup *dahon ng sili*

- 1** Heat oil in a pan over medium heat. Sauté garlic, onion, and ginger until fragrant.
- 2** Add 4 cups water and bring to a boil.
- 3** Add chicken and lemongrass. Lower heat and simmer until chicken is completely cooked, about 15 to 20 minutes.
- 4** Season with fish sauce, salt, and pepper.
- 5** Transfer to a serving bowl. Add *dahon ng sili* before serving. Serve hot.

Sitsiritsit,  
alibangbang  
Salaginto't  
salagubang.  
Ang babae  
sa lansangan  
Kung gumiri'y  
parang tandang.



# Papaya-Calamansi Sorbet

This frozen treat features the tasty union between sweet, creamy papaya and zesty calamansi. Serve it as a palate cleanser or a dessert to cap your Pinoy meal.

**Serves 8 Prep Time** 15 minutes, plus freezing time **Cooking Time** 5 minutes

- ✓ 8 cups diced papaya
- ✓ ½ cup sugar
- ✓ ¼ cup coconut milk
- ✓ 2 tablespoons calamansi juice
- ✓ 1 teaspoon calamansi zest
- ✓ pinch of salt
- ✓ calamansi slices for garnish (optional)

**1** Arrange diced papaya in 1 layer on a parchment paper-lined baking sheet. Freeze overnight.

**2** Combine ½ cup water and sugar in a saucepan over high heat. Bring to a boil, stirring continuously, until sugar is dissolved and mixture is syrupy, about 3 to 5 minutes. Let cool for 15 minutes.

**3** Place frozen papaya in the bowl of a food processor. Add syrup, coconut milk, calamansi juice and zest, and salt. Process until smooth. Transfer to a freezer-friendly container and freeze until ready to serve.

**4** Using a metal spoon, scrape papaya sorbet and transfer to dessert bowls. Garnish with calamansi slices, if desired. Serve immediately.

Leron, Leron, sinta  
buko ng papaya.  
Dala dala'y buslo  
sisidlan ng sinta.







# Alimango sa Aligue Sotanghon

**Decadent crab fat takes center stage in this hefty noodle dish. Can't find good quality crab? You can make this recipe with prawns, too.**

**Serves 4 Prep Time** 20 minutes  
**Cooking Time** 30 minutes

- ✓ cooking oil for deep-frying
- ✓ 2 (300-gram) crabs (*alimango*), cleaned and each cut into 4 pieces, top shell reserved and cooked for presentation if desired
- ✓ ¼ cup plus 1 tablespoon olive oil
- ✓ 3 tablespoons minced garlic, divided
- ✓ ¼ cup crab fat (*aligue*)
- ✓ salt and pepper, to season
- ✓ 250 grams vermicelli noodles (*sotanghon*)

- ✓ sliced green finger chilies (*siling pangsigan*) for garnish (optional)

**1** Heat oil in a deep-fryer or heavy-bottomed pot. Deep-fry crabs until cooked, about 5 minutes on each side.

**2** Heat ¼ cup olive oil in a wok over high heat. Add 2 tablespoons garlic and stir-fry until fragrant and golden. Add crabs and crab fat; toss to combine. Season with salt and pepper. Set aside and keep warm.

**3** Cook vermicelli according to package directions; drain. Heat remaining olive oil in a wok. Add remaining garlic and fry. Add noodles, crabs, and sauce. Transfer to a platter. Garnish with chilies and top shells.

Tong,  
tong,  
tong,  
tong.

pakitong-kitong.  
Alimango  
sa dagat.  
malaki at  
masarap!



# a Creamy Pinoy Treat

Try out these classic Pinoy meriendas with a twist, made more delightful and exciting with the help of **NESTLÉ All Purpose Cream**.



## Layered Pancit Palabok

**PREPARATION TIME:** 40 minutes

**COOKING TIME:** 30 minutes

**SERVINGS:** 6-8

### INGREDIENTS

300g pancit palabok noodles, cooked al dente, soaked in cold water, drained

#### For Caldo/Sauce:

1/4 cup annatto oil  
4 pcs tofu, mashed  
1 tbsp patis  
1 sachet 8g **MAGGI MAGIC SARAP**<sup>®</sup>  
2 packs **NESTLÉ ALL PURPOSE CREAM** 250ml  
1/2 cup chopped kinchay

#### For Topping:

2 tbsp cooking oil  
2 tbsp minced garlic  
1 small onion, sliced  
1/4 kg diced pork  
1/4 kg shrimp, shelled and deveined, chopped  
1/2 cup tinapa flakes  
1/2 sachet 8g **MAGGI MAGIC SARAP**<sup>®</sup>  
1 tbsp patis (or to taste)  
2 pcs hard boiled eggs, sliced

### PROCEDURE

1. In a clear big bowl, arrange 1/2 of cooked noodles at the bottom. Set aside and prepare caldo.
2. To prepare caldo, heat annatto oil. Stir-fry mashed tofu. Season with patis and **MAGGI MAGIC SARAP**. Pour in **NESTLÉ ALL PURPOSE CREAM** and simmer for 2 minutes. Add kinchay. Set aside.
3. To prepare topping, on a different pan, heat cooking oil. Sauté garlic and onions until limp.
4. Add in pork and cook until brown in color and slightly crispy in texture. Add shrimps and cook until pink. Add in tinapa flakes.
5. Season with **MAGGI MAGIC SARAP** and patis.
6. To assemble, pour in caldo on top to cover noodles. Sprinkle with the topping. Repeat procedure until bowl is 3/4 full. Put a generous amount of toppings and garnish with hard boiled egg slices before serving.



## Creamy Biko Espesyal

**PREPARATION TIME:** 20 minutes

**COOKING TIME:** 1 hour

**SERVINGS:** 8-10

### INGREDIENTS

2 packs  
3/4 cup  
2 cups

1 cup

*For topping:*

2 tbsp  
2 tbsp  
1 pack  
1/2 cup  
1/2 cup

**NESTLÉ® ALL PURPOSE CREAM** 250ml  
condensed milk  
malagkit rice (glutinous rice), soaked for 20  
minutes  
water

butter  
flour  
**NESTLÉ® ALL PURPOSE CREAM** 250ml  
condensed milk  
brown sugar

### PROCEDURE

1. In a pan, combine **NESTLÉ ALL PURPOSE CREAM** and condensed milk. Cook drained malagkit rice in the pan, adding water if necessary. When malagkit rice is cooked and fluffy, remove from pan and transfer into a large rectangular baking pan lined with slightly greased foil.
2. To prepare topping, heat butter and blend in the flour. Pour in **NESTLÉ ALL PURPOSE CREAM** and condensed milk. Add brown sugar and stir occasionally until mixture thickens.
3. Pour prepared topping onto the prepared rice. Bake uncovered in a pre-heated 350° F oven for 30-45 minutes or until topping turns golden brown.
4. Remove from the oven and let rest for 10 minutes before slicing.

Find another way to enjoy your favorite meals with **NESTLÉ All Purpose Cream**. Family dining becomes a brand new experience when your dish is prepared with the creamy goodness of the No. 1 cream.

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





# CRAZY FOR COCONUT

A photograph of a coconut on a dark wooden surface. The coconut is cut open, and the white flesh has been removed, leaving a hollow shell. A pile of shredded coconut is scattered on the surface next to the shell. The background is a dark, textured wood.

Each part of this palm tree's fruit can be used to add a distinct tropical flavor and an interesting texture to both sweet and savory dishes. These recipes will show you just how versatile the coconut is.

**PHOTOGRAPHY BY** Patrick Martires  
**RECIPES AND STYLING BY** Rachelle Santos





## BEEF RIBS ADOBO SA GATA

Here's an idea: Add coconut cream to tender, fall-off-the-bone beef ribs *adobo* to make it richer and creamier. And for a delicious contrast, serve *atchara* or *ensaladang mangga* on the side.

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

**Cooking Time** 2 hours 30 minutes

- ✓ 1½ tablespoons coconut or vegetable oil
- ✓ 1 kilo beef short ribs, sliced into 2-inch pieces and trimmed of fat
- ✓ 2 cups water
- ✓ 1 head garlic, peeled and smashed
- ✓ ⅓ cup soy sauce
- ✓ ⅓ cup vinegar (we used *sukang* Paombong)
- ✓ 1 tablespoon Worcestershire sauce
- ✓ 12 black peppercorns
- ✓ 3 pieces star anise (optional)
- ✓ 2 bay leaves
- ✓ 1 cup coconut cream
- ✓ salt, to taste

- ✓ cilantro (*wansoy*), and fried shallots or garlic for topping (optional)
- ✓ steamed rice, to serve

**1** Heat oil in a wok or frying pan. Sear beef ribs in batches.

**2** Place all beef pieces back into the pan. Add remaining ingredients except coconut cream and salt.

**3** Bring to a boil then reduce heat to simmer. Cook, covered, for 1½ to 2 hours or until beef is fork-tender. Remove excess fat that rises to the top.

**4** Add coconut cream and simmer for 20 minutes. Adjust seasoning, adding salt if necessary. Remove star anise and bay leaves.

**5** Top with cilantro and fried shallots or garlic, and serve hot with steamed rice.





## GUINATAANG MONGGO GUISADO

Stewed *monggo* beans, smoky *tinapa*, and rich coconut cream—this satisfying dish is comfort in a bowl!

**Serves** 2 to 3 **Prep Time** 15 minutes **Cooking Time** 1 hour

- ✓ 1 cup *monggo* beans, washed
- ✓ 1 tablespoon vegetable oil
- ✓ 1 medium red onion, chopped
- ✓ 1½ teaspoons minced garlic
- ✓ 1 native tomato, chopped
- ✓ 1½ tablespoons flaked smoked fish (*tinapa*)
- ✓ 1 shrimp bouillon cube
- ✓ 1 cup fresh coconut cream
- ✓ salt, to taste
- ✓ ¼ cup *malunggay* leaves
- ✓ fried pork belly slices or *chicharon* (optional)

**1** Place *monggo* and 2 cups water in a medium saucepan. Bring to a boil and reduce heat to simmer. Cook for about 40 minutes or until *monggo* is tender.

**2** Heat oil in a medium stockpot. Sauté onions until tender. Add garlic and sauté until fragrant. Add tomatoes and sauté until tender. Add *tinapa* flakes and sauté until fragrant.

**3** Add boiled *monggo*, 1 cup water, and bouillon cube. Bring to a boil then lower heat to simmer for 10 minutes. Add coconut cream and simmer for 10 to 15 minutes. Season with salt.

**4** Turn off heat and add *malunggay* leaves. Mix well.

**5** Transfer to a serving bowl and top with fried pork belly or *chicharon*, if desired.





## COCONUT-TUYO FRIED RICE

Make fried rice even more flavorful by cooking the grains in coconut milk. Pair it with your favorite grilled dishes like *inihaw na liempo* or *bangus* for a hearty lunch spread.

**Serves 2** **Prep Time** 20 minutes **Cooking Time** 30 minutes

- ✓ 1 cup jasmine rice
- ✓ ½ cup coconut milk (second press)
- ✓ ½ tablespoon vegetable oil
- ✓ 1 teaspoon minced garlic
- ✓ 2 teaspoons flaked salted fish (*tuyo*)

- ✓ 1 medium egg
- ✓ 1 tablespoon chopped cilantro (*wansoy*), plus extra leaves for garnish
- ✓ ¼ cup finely crushed *chicharon*
- ✓ ¼ cup shredded green mangoes

**1** Place rice, 1 cup water, and coconut milk in a rice cooker. Cook until rice is tender. Let cool completely. Fluff rice with a fork and set aside.

**2** Heat oil in a wok. Sauté garlic until fragrant. Add *tuyo* and cook for a few seconds until aromatic. Add cooled rice and toss to mix.

**3** Make a well in the center of the pan and add egg. Scramble egg and cook until set. Toss egg into rice and mix well.

**4** Turn off heat and add chopped cilantro; toss to mix well.

**5** Transfer rice to a serving dish. Top with *chicharon* and green mangoes. Garnish with cilantro leaves.





# CRISPY POMPANO STRIPS WITH COCONUT SAUCE AND PINEAPPLE RELISH

Fried fish is served with a winning combination of rich coconut sauce and tangy pineapple relish.

The result? Layers of flavor, texture, and temperature.

**Serves 4** **Prep Time** 30 minutes **Cooking Time** 25 minutes

## FOR THE PINEAPPLE RELISH

- ✓ 1 (234-gram) can crushed pineapple, drained
- ✓ 1/2 cup finely chopped tomatoes
- ✓ 2 tablespoons minced shallots
- ✓ 2 tablespoons chopped cilantro (*wansoy*)
- ✓ salt and fish sauce (*patis*), to taste

## FOR THE COCONUT SAUCE

- ✓ 1 tablespoon vegetable oil
- ✓ 1 1/2 tablespoons thinly sliced red onions
- ✓ 1 (2-inch) piece ginger, sliced into thin rounds

- ✓ 1 tablespoon minced garlic
- ✓ 5 lemongrass bulbs, pounded
- ✓ 2 cups coconut cream
- ✓ 1/2 cup water or fish stock
- ✓ salt and fish sauce (*patis*), to taste

## FOR THE CRISPY POMPANO STRIPS

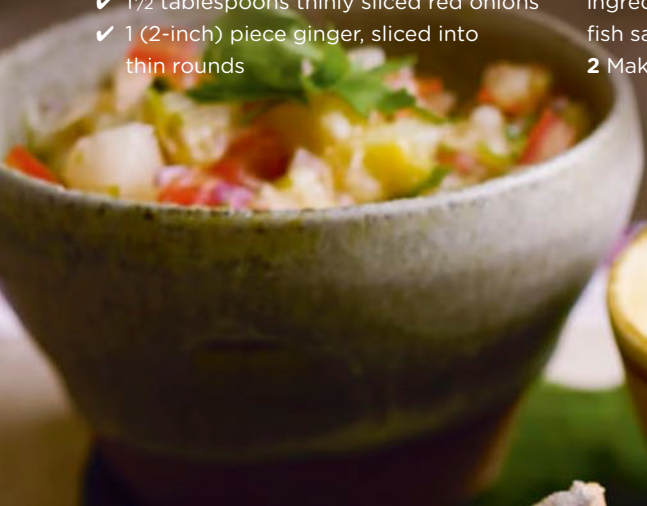
- ✓ vegetable or canola oil for deep-frying
- ✓ cornstarch for coating
- ✓ salt and pepper, to season
- ✓ 2 medium pompano, filleted and sliced into 2-inch strips

- 1** Make the pineapple relish: Combine all ingredients in a bowl. Season with salt and fish sauce. Refrigerate, covered, until ready.
- 2** Make the coconut sauce: Heat oil in a

saucepan. Sauté onions and ginger until fragrant. Add garlic and sauté until soft. Add lemongrass bulbs and cook for a few seconds. Add coconut cream and water. Bring to a boil then reduce heat to simmer. Cook until sauce has reduced by half. Season with salt and fish sauce. Remove lemongrass. Set aside and keep warm.

**3** Make the crispy pompano strips: Preheat oil in a deep, heavy-bottomed pot. Season cornstarch with salt and pepper; mix well. Dredge pompano in cornstarch. Deep-fry in hot oil until golden and crispy. Drain on a paper towel-lined rack.

**4** Arrange fish on a serving platter. Serve warm coconut sauce and pineapple relish on the side.





## MANGO-LYCHEE COCONUT COOLER

This quick, refreshing, no-fuss icy dessert makes for a great meal ender to an Asian feast. Try it with other fruit combinations like pineapple and pomelo.

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

### FOR THE PANDAN SYRUP

- ✓ ½ cup sugar
- ✓ ¼ cup water
- ✓ 1 pandan leaf, washed and tied into a knot

- ✓ crushed ice
- ✓ 1 cup coconut milk
- ✓ 1 large ripe mango, sliced into small cubes
- ✓ 8 pieces canned lychees, drained and quartered
- ✓ ½ cup drained *nata de coco*
- ✓ ½ cup cooked tapioca (*sago*)
- ✓ pandan leaves for garnish

**1** Make the pandan syrup: Place all the ingredients in a small saucepan. Cook over medium heat until sugar dissolves and mixture thickens into a syrup. Remove pandan leaf. Set syrup aside and let cool.

**2** Portion crushed ice among 4 small bowls. Pour coconut milk into each bowl. Top with mangoes, lychees, *nata de coco*, and tapioca. Add pandan syrup according to taste. Garnish with pandan leaves, if desired. Serve immediately.





## TIP

AFTER EXTRACTING THE COCONUT CREAM, YOU MAY ADD ANOTHER CUP OF WARM WATER TO THE COCONUT AND SQUEEZE FOR A SECOND TIME TO EXTRACT COCONUT MILK, ALSO KNOWN AS THE SECOND PRESS. RESERVE IT FOR ANOTHER USE.



## HIPON AT KALABASA SA PINAUSUKANG GATA

Give the all-time favorite a unique twist by smoking the coconut cream. Go ahead and add other seafood—crab, squid, or mussels will work well in this dish.

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

### FOR THE SMOKED COCONUT CREAM (PINAUSUKANG KAKANG GATA)

- ✓ 2 mature coconuts (*niyog*), shredded
- ✓ 1 cup warm water
- ✓ 1½ tablespoons coconut or vegetable oil
- ✓ 1 kilo prawns or large shrimp, shelled and deveined with tails left on
- ✓ 1 medium red onion, sliced thinly
- ✓ 1 (2-inch) piece ginger, sliced into thin rounds
- ✓ 3 cloves garlic, minced
- ✓ ½ tablespoon shrimp paste (*bagoong alamang*) or to taste
- ✓ 2 cups smoked coconut cream (*pinausukang kakang gata*)
- ✓ 2 tablespoons vinegar or to taste

- ✓ ½ shrimp bouillon cube
- ✓ 2 cups (about 300 grams) peeled and cubed squash (*kalabasa*)
- ✓ 5 yard-long beans (*sitaw*), sliced into 2-inch lengths
- ✓ 1 finger chili (*siling pangsigang*)
- ✓ salt and fish sauce (*patis*), to taste
- ✓ steamed rice, to serve

**1** Make the smoked coconut cream: Preheat a charcoal grill to medium-high heat. Place shredded coconut in a colander or on a flat strainer. Place colander or strainer on top of preheated grill. Smoke shredded coconut until brown and lightly toasted.

**2** Transfer smoked coconut to a bowl and pour in warm water. Place a strainer on top of another bowl. Squeeze the shredded coconut over the bowl and

strainer to yield 2 cups smoked coconut cream. Set aside.

**3** Heat oil in a wok or medium stockpot over medium-high heat. Cook prawns in batches just until pink. Set aside.

**4** In the same pan, sauté onions and ginger until tender. Add garlic and sauté until fragrant. Add shrimp paste and cook for about 30 seconds.

**5** Add smoked coconut cream, 1 cup water, vinegar, bouillon cube, and squash. Bring to a boil then reduce heat to simmer.

**6** After 8 minutes, add beans and chili. Continue cooking for about 10 to 12 minutes, or until squash and beans are tender and sauce is thick.

**7** Add prawns and mix well. Season with salt and fish sauce. Cook for 1 to 2 minutes. Transfer to a serving dish and serve with steamed rice.



## CALAMANSI-COCONUT BARS

Love lemon squares? Give this Pinoy version a try! Shredded coconut is added to the crust and *calamansi* juice is used instead of lemons, lending this dessert a delightful local flavor.

**Makes 16** **Prep Time** 20 minutes **Cooking Time** 40 to 45 minutes

### FOR THE COCONUT CRUST

- ✓ 1½ cups all-purpose flour
- ✓ 1 cup desiccated coconut
- ✓ ½ cup confectioners' sugar
- ✓ ½ teaspoon salt
- ✓ ¾ cup cold butter, cubed, plus more for greasing

### FOR THE CALAMANSI FILLING

- ✓ ½ cups sugar
- ✓ ½ cup fresh *calamansi* juice
- ✓ 4 large eggs
- ✓ 1 teaspoon baking powder

- ✓ confectioners' sugar for dusting

- 1** Preheat oven to 350°F. Lightly grease an 8-inch square baking pan with butter; set aside.
- 2** Make the coconut crust: Combine flour, desiccated coconut, confectioners' sugar, and salt in a large mixing bowl. Cut in butter using 2 knives. Press dough onto the bottom of the prepared pan. Bake in the preheated oven for 20 minutes or until lightly golden.
- 3** Meanwhile, make the *calamansi* filling: Whisk together all ingredients in a large mixing bowl.
- 4** Remove crust from oven and pour filling into crust.
- 5** Bake for 20 to 25 minutes or until filling is set. Cool on a wire rack. Slice into 2-inch squares and dust top with confectioners' sugar just before serving.



# THE 'NUT KNOWS NO LIMIT

These products prove that the coconut is a kitchen must-have.

### COCONUT CREAM

is the rich first-pressed liquid extracted from shredded mature coconut, while **COCONUT MILK** is the second-pressed liquid from the same meat. Want to try extracting at home instead of buying the canned or powdered variety? Turn to page 83 for the guide.

### COCONUT MEAT

is the soft flesh from young, green coconuts. Tender and nutty in flavor, you can use it in pies and *kakanin*, and as a topping for beverages and iced desserts. You can also add it to savory dishes like *pancit sa buko*, *binakol*, and even *sinigang*.

### COCONUT WATER

is the juice from young, green coconuts. Use it instead of water when making shakes, popsicles, and sorbets. You can use it in savory dishes like chicken *binakol*.

Made from the sap of the coconut palm's flower buds, **COCO SUGAR** tastes like brown sugar with a hint of caramel. It's a healthy alternative to processed sugar.

Extracted from the meat of mature coconuts, **COCONUT OIL** can be used for sautéing. You can also use it when baking instead of butter, margarine, or shortening.

### COCONUT FLOUR

is dried coconut ground to a fine powder. It's gluten-free and is used as a substitute for wheat flour in baked goods. You can also use it as a breading for meats and fish.

**NATA DE COCO** is sweet, chewy, jelly-like cubes made by fermenting coconut water. Aside from mixing it into *halo-halo*, use it to top coolers, puddings, and ice cream.



### Bacon Barbecue Skewers

Season **500 grams** pork belly (bacon cut) with **salt** and **pepper**; thread onto skewers. Set aside. Make the Pinoy barbecue sauce: In a saucepan over medium-high heat, combine **2 cups banana ketchup**,  **$\frac{2}{3}$  cup calamansi juice**, **2 tablespoons Worcestershire sauce**, **3 tablespoons apple cider vinegar**, **1 tablespoon minced garlic**, and **2 bay leaves**. Boil until sauce becomes syrupy; set aside. Grill pork belly skewers for 3 to 4 minutes on each side, basting often with the Pinoy barbecue sauce. Garnish with **green onions** and serve with **spiced vinegar**, if desired. **Serves 6 to 8.**

# Street Eats

Pinoys will always have a soft spot for local street food. Here, Locavore's chef Mikel Zaguirre adds a fun twist to the familiar favorites.

### Flavored Squid Balls

Preheat oil in a deep frying pan to 350°F. Deep-fry **30 squid balls** for 5 to 7 minutes or until golden brown. Drain on a paper towel-lined plate. Toss **1 tablespoon barbecue powder** into 10 squid balls, **1 tablespoon cheese powder** into the next 10, and **1 tablespoon sour cream powder** into the remaining balls. Make the aioli: Mix together  **$\frac{1}{2}$  cup mayonnaise**, **2 cloves garlic** (grated), and **2 teaspoons lemon juice**. Season with **salt** and **pepper**; mix until well combined. Serve with squid balls. **Makes 30.**

### Sweet Corn with Aligue Butter and Cheese

Place **10 cobs** Japanese sweet corn, **2 tablespoons salt**, and **5 tablespoons sugar** in 4 liters water. Boil for 20 to 25 minutes or until cooked; set aside. Make the *aligue* butter: In a sauté pan over medium heat, sauté **2 tablespoons minced garlic**, **1 tablespoon unsalted butter**, **2 tablespoons chopped green onions**, **2 tablespoons chopped parsley**, and **3 tablespoons aligue** until garlic is cooked; let cool. Add **2 tablespoons Japanese mayonnaise**; season with **salt** and **pepper**. Mix *aligue* mixture into **200 grams unsalted butter** (softened). Chill *aligue* butter, covered, in the refrigerator for 30 minutes or until butter is solid. Spread *aligue* butter on hot corn, dust with **cheese powder**, and sprinkle with **chili salt**, if desired. **Makes 10.**







### **Buko-Pandan Ice Candy**

Boil **1 pandan leaf** in **1½ cups water** until leaves soften and water turns green; discard leaves. Mix **1 tablespoon sugar** and **10 grams (1 packet) gelatin powder** into pandan water; pour into a square mold. Let set. Slice into ½-inch squares; set aside. Portion **¼ cup diced nata de coco**, **¼ cup shredded coconut meat**, pandan gelatin, and **2 cups coconut juice** among 8 to 10 ice-candy bags; seal. Freeze overnight. **Makes 8 to 10.**

### **Mangoes and Cream Ice Candy**

Combine **1 cup diced mango flesh**, **2 tablespoons sugar**, and **¼ cup water** in a blender; pulse until smooth. Portion **2 tablespoons minced dried mango**, **½ cup coconut cream**, and **1 cup mango purée** among 8 to 10 ice-candy bags; seal. Freeze overnight. **Makes 8 to 10.**

### **Grape-Mint Ice Candy**

Combine **½ cup grape juice**, **1 cup seedless red grapes**, **1 cup seedless green grapes**, **1 tablespoon sugar**, and **1 teaspoon mint** (chopped) in a blender; pulse until smooth. Portion mixture among 8 to 10 ice-candy bags; seal. Freeze overnight. **Makes 8 to 10.**

### **Honeydew Ice Candy**

Combine **2 cups chopped honeydew**, **2 teaspoons sugar**, and **½ cup water in a blender**; pulse until smooth. Bring a large pot of water to a boil. Submerge **1 can condensed milk** (label removed) in water. Boil can for 4 hours. Portion ½ cup cooked condensed milk among 8 to 10 ice-candy bags then pour in honeydew mixture; seal. Freeze overnight. **Makes 8 to 10.**



### **Nilakong Popcorn ATBP.**

Make the strawberry-caramel sauce: Combine **¼ cup sugar** and **½ cup water** in a saucepan; boil until temperature reads 295°F on a candy thermometer. Add **¼ cup store-bought strawberry syrup**, **6 tablespoons butter**, and **½ cup heavy cream**; cook, stirring, until pink and shiny. Let cool. Preheat oven to 400°F. Place **about 8 cups cooked plain popcorn** on baking pans and toss in strawberry-caramel sauce. Bake for 15 to 20 minutes; let cool. (Caramel should harden, forming a glaze.) Mix **chopped dried mangoes** and **mixed nuts** (we used Ding Dong and salted peanuts) into popcorn. **Serves 4 to 8.**





# Slices of Paradise

A great perk of living in the tropics? The year-round bounty of mouthwatering fruits! Here, we play up the unique flavors of the local harvest with a collection of pies. From the sweet and tangy to the rich and indulgent, these desserts will leave you pining for more.

**PHOTOGRAPHY BY** Patrick Martires  
**RECIPES BY** Carmela Villegas-Agosta  
of CSL Pastries by Carmela  
**FOOD STYLING BY** Mel Jimenez  
**PROP STYLING BY** Trinkia Gonzales





# Pineapple-Mint Tarte Tatin

**Serve this pineapple number with coconut ice cream to evoke lazy summer days.**

**Makes 1 (9-inch) tart** **Prep Time** 1 hour, plus chilling time **Baking Time** 35 minutes

- ✓ 1⅓ cups all-purpose flour
- ✓ 1 teaspoon salt
- ✓ ⅓ cup unsalted butter, chilled and cubed, plus more for greasing
- ✓ 1 medium egg
- ✓ 1 tablespoon cold water

#### FOR THE MINT SYRUP

- ✓ ¼ cup water
- ✓ ¼ cup sugar
- ✓ ¼ cup fresh mint

#### FOR THE PINEAPPLE TOPPING

- ✓ ½ cup sugar
- ✓ 2 tablespoons unsalted butter
- ✓ pinch of salt
- ✓ 1 medium pineapple, sliced into 1-inch-thick rounds

**1** Preheat oven to 350°F.

Grease a 9-inch pie plate or cake pan well with butter.

**2** Combine flour, salt, and butter in a large bowl. Using 2 knives or a pastry cutter, cut in butter until mixture resembles wet sand. Add egg and water; mix until dough

comes together. Form into a disc and wrap in plastic wrap. Refrigerate for 30 minutes to 1 hour. Roll out dough on a clean, floured work surface until ½ inch thick and 10 inches in diameter. Transfer to a baking sheet, cover with plastic wrap, and set aside in the refrigerator until ready to use.

**3** Make the mint syrup:

Combine water, sugar, and mint in a saucepan; bring to a boil. Remove from heat and let flavor infuse for 30 minutes to 1 hour. Strain syrup.

**4** Make the pineapple topping:

Combine sugar and half the mint syrup in a shallow pan over medium heat. Cook, without stirring, until sugar turns light caramel in color. Add butter and salt; mix well. Add pineapple rounds to pan and cook for 5 minutes on each side.

**5** Pour half of the caramel into the prepared pie plate or cake pan. Arrange pineapple slices at the bottom. Cover with prepared crust, tucking the edges under. Bake for 30 to 35 minutes or until golden brown.

**6** Cool for 20 minutes before turning over. Drizzle with remaining mint syrup and brush with remaining caramel syrup before serving.



**DON'T FLIP THE TART WHEN IT'S PIPING HOT! LET IT COOL FOR EASIER, SAFER HANDLING.**





DON'T HAVE A BLOWTORCH? BROIL THE TARTS IN YOUR OVEN INSTEAD.

## Guava Crème Brûlée Tarts

Guavas are covered in honey and sit atop guava-infused pastry cream—they're as delicious as they are pretty!

**Makes** 6 (4-inch) tarts **Prep Time** 1 hour **Baking Time** 40 to 45 minutes

### FOR THE CRUST

- ✓ 1½ cups all-purpose flour
- ✓ ½ cup confectioners' sugar
- ✓ ¾ cup unsalted butter, chilled and cubed
- ✓ 2 medium eggs

### FOR THE FILLING

- ✓ ½ cup milk
- ✓ ½ cup all-purpose cream
- ✓ 4 medium guavas, quartered, divided
- ✓ 2 teaspoons vanilla extract
- ✓ yolks from 3 medium eggs
- ✓ ¼ cup sugar
- ✓ ½ cup honey
- ✓ 2 tablespoons brown sugar

**1** Make the crust: Combine flour, sugar, and butter in the bowl of a food processor. Pulse until mixture resembles wet sand. (Alternatively, you can use 2 knives or a pastry cutter to cut in butter.) Add eggs and mix well. If the dough is crumbly, add up to 3 teaspoons water, 1 teaspoon at a time. Form dough into a disc, wrap with plastic wrap, and refrigerate for 30 minutes.

**2** Preheat oven to 350°F. Roll out dough on a clean, floured work surface until ¼ inch thick. Using a knife or cookie cutter, cut out 5-inch circles. Press dough onto the bottoms and up the sides of 4-inch tart pans.

**3** Prick the bottom of the tart shells with a fork and cover with parchment paper. Fill shells with rice or dried beans and bake for 10 minutes. Carefully remove rice or beans and parchment paper. Return tart shells to the oven and bake for another 10 minutes. Let cool slightly. Lower oven temperature to 325°F.

**4** Make the filling: Combine milk, cream, and 4 guava quarters in a pot. Bring to a boil, remove from heat, and allow to steep for 30 minutes. Strain mixture into a bowl and add vanilla extract; set aside.

**5** Whisk together egg yolks and sugar in a large bowl. Add milk mixture and mix well. Pour mixture into prepared tart shells and bake in the preheated oven for 30 to 35 minutes, or until custard is firm on the sides but jiggles in the middle. Let cool and refrigerate until ready to serve.

**6** Toss together remaining guava quarters and honey in a bowl. Right before serving, top tarts with guava and sprinkle brown sugar evenly on top. Using a blowtorch, melt sugar until it forms a crispy top.



No key lime? No problem! Use *calamansi*—it'll give you a similar sweet-tangy flavor.

**Makes** 1 (9-inch) pie **Prep Time** 1 hour  
**Baking Time** 25 minutes

#### FOR THE CRUST

- ✓ 2 cups crushed graham crackers
- ✓ 1 teaspoon sea salt
- ✓ ¼ cup brown sugar
- ✓ ½ cup unsalted butter, melted

#### FOR THE CALAMANSI CURD

- ✓ yolks from 3 large eggs
- ✓ ½ cup *calamansi* juice
- ✓ 1½ cups condensed milk
- ✓ 2 teaspoons *calamansi* zest

#### FOR THE MERINGUE

- ✓ whites from 3 large eggs
- ✓ ¼ cup sugar
- ✓ ½ teaspoon cream of tartar

**1** Preheat oven to 350°F. Line the bottom of a 9-inch springform pan with foil and line the sides with parchment paper, leaving a 1-inch overhang. Set aside.

**2** Make the crust: Combine graham cracker crumbs, salt, and brown sugar in the bowl of a food processor; pulse until very fine. Pour in melted butter and pulse until mixture resembles coarse sand. Press graham mixture onto the bottom and up the sides (at least ½ inch up) of the prepared pan. Smooth out crust using the back of a spoon. Refrigerate until ready to use.

**3** Make the *calamansi* curd: Whisk together egg yolks and *calamansi* juice in a large bowl until pale yellow in color, about 2 to 3 minutes. Add condensed milk and *calamansi* zest; mix until well combined. Pour into the prepared crust. Bake in the preheated oven for 15 minutes. Let cool.

**4** Make the meringue: Pour water into a medium saucepan until ⅓ full and bring to a boil. Lower heat to simmer. In the bowl of an electric mixer fitted with the whisk attachment, combine egg whites, sugar, and cream of tartar. Detach bowl from mixer and place bowl on top of the simmering pot of water. Continue to whisk eggs until frothy and sugar is melted. Once temperature reads 55 to 65°C on a candy thermometer, remove mixing bowl from heat. Attach bowl to mixer and whip until stiff peaks form.

**5** Spread meringue over *calamansi* curd and use a spatula to create peaks, if desired. Using a blowtorch, torch the top of the meringue until nicely browned.

## Calamansi Curd Pie





# Chocolate-Hazelnut Banana Cream Pie

**Chocolate and bananas is a match made in heaven—rich, creamy, and perfect any time of the year!**

**Serves 8 Prep Time** 1 hour, plus chilling time

## FOR THE CRUST

- ✓ 1 cup chocolate cookies  
(we used Oreos), filling removed
- ✓ 2 tablespoons brown sugar
- ✓ 1 teaspoon sea salt
- ✓ ½ cup unsalted butter, melted

## FOR THE FILLING

- ✓ 1 cup chopped dark chocolate
- ✓ 1½ cups all-purpose cream, divided
- ✓ ¾ cup chocolate-hazelnut spread  
(we used Nutella)
- ✓ ¼ teaspoon vanilla extract

## FOR THE TOPPING

- ✓ ¼ cup brown sugar
- ✓ 2 tablespoons unsalted butter
- ✓ pinch of sea salt
- ✓ 4 medium bananas (*lakatan* variety), sliced lengthwise then halved

**1** Make the crust: Combine cookies, sugar, and salt in the bowl of a food processor. Pulse until very fine. Pour in melted butter and pulse until mixture resembles coarse sand. Press crumbs onto the bottom and up the sides of a 4x14- or 9-inch greased pie mold. Even out the crust using the back of a spoon. Set aside.

**2** Make the filling: Combine chocolate and ½ cup cream in a small saucepan over low heat. Whisk together until the chocolate melts. Remove from heat. Add chocolate-hazelnut spread and vanilla; mix well. Transfer to a medium bowl.

**3** Whip remaining cream in a medium bowl until stiff peaks form. Mix ⅓ of the whipped cream into the chocolate mixture, then fold in the rest of the whipped cream. Pour into prepared crust and refrigerate for 30 minutes to 1 hour.

**4** Make the topping: Melt brown sugar and 2 tablespoons water in a pan over medium heat. Add butter, sea salt, and bananas. Toss to coat bananas with caramel. Remove from heat and let cool. Arrange bananas on top of the pie. Refrigerate for 1 to 2 hours before serving.



**Light and refreshing, this tart is a celebration of our citrus bounty. Pair with a cup of tea for a great afternoon with the girls.**

**Makes** 1 (9-inch) pie

**Prep Time** 1 hour 30 minutes

**Baking Time** 35 minutes

#### FOR THE CRUST

- ✓ 1½ cups all-purpose flour
- ✓ ½ cup confectioners' sugar
- ✓ ¾ cup unsalted butter, chilled and cubed
- ✓ 2 medium eggs

#### FOR THE FILLING

- ✓ yolks from 3 large eggs
- ✓ ¼ cup sugar, divided
- ✓ 2 tablespoons cornstarch
- ✓ 1 cup milk
- ✓ 2 tablespoons fresh *dalandan* juice

- ✓ 2 tablespoons unsalted butter
- ✓ 2 tablespoons *dalandan* liqueur (we used Manille Liqueur, optional)

- ✓ ¼ cup apricot jam
- ✓ ½ cup water
- ✓ 1 medium pomelo, peeled and sectioned
- ✓ 2 *dalandan*, peeled and sectioned

**1** Make the crust: Combine flour, sugar, and butter in a bowl. Using a pastry cutter or 2 knives, cut in butter until mixture resembles wet sand. Add eggs and mix until dough comes together. If the dough is crumbly, add up to 3 teaspoons water, 1 teaspoon at a time. Form dough into a disc, wrap with plastic wrap, and refrigerate for 30 minutes.

**2** Preheat oven to 350°F. Roll out dough on a clean, floured work surface until ¼ inch thick and 10 inches in diameter. Press dough onto the bottom and up the sides of a 9-inch tart pan.

**3** Prick the bottom of the tart shell with a fork and cover with parchment paper. Refrigerate for 15 minutes then fill shell with rice or dried beans. Bake for 10 minutes in the preheated oven. Carefully remove rice or beans and parchment paper. Return tart shell to the oven and bake for another 10 minutes. Let cool slightly.

**4** Make the filling: Whisk together egg yolks and half of the sugar in a large bowl. Add cornstarch and mix well; set aside. Combine milk and remaining sugar in a medium pot; bring to a boil. Remove from heat.

**5** Pour ⅓ of the milk mixture into the egg mixture and whisk vigorously, being careful not to cook the eggs. Pour the egg-milk mixture into the remaining milk mixture in the pot; add *dalandan* juice. Place pot over medium-low heat and mix continuously until mixture thickens and coats the back of a wooden spoon, about 5 minutes. Remove from heat and strain into a clean bowl. Add butter and *dalandan* liqueur, if using. Place plastic wrap directly on the surface and refrigerate for 1 hour.

**6** Combine jam and water in a saucepan; bring to a boil. Set aside.

**7** Spoon filling onto prepared tart shell. Top with pomelo and *dalandan* segments; brush with apricot mixture.

## Dalandan-Pomelo Tart





**Philippine mangoes are among the world's best, so it's easy to turn them into an impressive dessert. Using readily available puff pastry makes this treat a cinch to make!**

**Makes 8** Prep Time 20 minutes  
Baking Time 30 minutes

- ✓ 1 (400-gram) pack frozen puff pastry (available at Rustan's and Santis)
- ✓ 8 teaspoons orange marmalade
- ✓ 2 large mangoes, peeled and sliced
- ✓ 2 tablespoons lemon juice
- ✓ ¼ cup brown sugar
- ✓ 1 tablespoon cornstarch
- ✓ yolk from 1 small egg
- ✓ ¼ cup milk
- ✓ ¼ cup sugar

**1** Preheat oven to 350°F. Line a baking sheet with parchment paper.

**2** Thaw frozen puff pastry for 15 minutes before rolling it out. Cut pastry into 8 (4x4-inch) squares. Using a knife, score each square to make a smaller square, about ½ inch from the edge.

**3** Place puff pastry on prepared baking sheet and spread 1 teaspoon marmalade on each small square. Set aside.

**4** Combine mangoes, lemon juice, brown sugar, and cornstarch in a bowl. Place mango slices on the center of the small squares.

**5** Whisk together egg yolk and milk in a small bowl to make an egg wash. Brush the border of each square with egg wash, then sprinkle with sugar. Bake for 25 to 30 minutes or until golden brown.

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## Mango Galette

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## SWEET SENSATION

Sure, eating them on their own is great, but there are other ways to take advantage of our local bounty! Check out our ideas.

### BANANA

Caramelizing bananas takes them a step further, and adding dark rum further still. Serve over freshly baked bread pudding or with ice cream, à la bananas foster.

### CALAMANSI

Wondering what to do with leftover calamansi curd? Serve it with biscuits for an afternoon snack, or over pound cake topped with fresh strawberries and kiwi.

### GUAVA

Guava jam is a cinch to make! (Check out the recipe on [Yummy.ph](http://Yummy.ph).) Serve it on toast or make peanut butter-and-jelly bars for dessert.

### MANGO

The ultimate summer fruit makes for amazing granitas. When paired with basil or mint, you get the perfect summer cooler!

### PINEAPPLE

What's the easiest dessert to prepare for a barbecue? A grilled pineapple split! Because it's sturdy, a pineapple holds well to grilling. Serve with vanilla ice cream and toasted slivered almonds for a real treat.

### POMELO

If you ever find yourself with a crate of sweet Davao pomelo, give mango-pomelo sago a try! It's a sweet-tangy twist to the timeless favorite.





# GRAIN EXPECTATIONS

*Adlai*, an ancient crop grown by indigenous people in Mindanao, has found its way to Manila and to the rest of the archipelago. What's up with this new/old grain?

TEXT BY **KRISTINE FONACIER**  
PHOTOGRAPHY BY **LILEN UY**





To us Filipinos, rice is irreplaceable. Sure, there are other staples that can provide that starchy backdrop to our robustly flavored *ulam*—corn is one; and root crops like *kamoteng kahoy* are found on tables in the provinces where rice isn't easy to plant. But for the most part, we're all greatly loyal to rice, and when substitutes are called for, they're just that: poor substitutes. Didn't celebrated food writer Doreen Fernandez call rice "our deepest comfort food," and say that without it, we'd "probably feel less Filipino?"

Enter *adlai*. The "new" grain was the quiet little darling of the Pinoy food scene at the start of this year, finding early champions in Undersecretary Berna Romulo Puyat of the Department of Agriculture (DA), and Cibo and Grace Park's chef Margarita Forés. At last April's Madrid Fusión Manila, a gastronomic congress attended by food lovers from here and abroad, *adlai* was roundly hailed as "the next quinoa" by the media.

This isn't news to the Subanen of Zamboanga, or even to the Bagobo of Davao and the Talaandig of Bukidnon. For these indigenous peoples, *adlai* had always been around, and it has always had a special place in their traditional cuisine, regarded not as a staple, but as a grain brought out during celebrations. Gathered in the wild or cultivated in the fields, it was a special food reserved for special occasions. It may even have been an important crop before rice and corn became staples.

*Adlai is a grain that grows throughout the world, and is prized as a food crop in Mindanao. The Department of Agriculture is championing adlai as an alternative to rice. Above: A farmer tends to newly planted adlai crops at the DA's Southern Tagalog Integrated Research Center in Lipa, Batangas.*

To the DA, a grain like *adlai*—native to the land, robust and relatively easy to grow, resistant to pests, and high in nutrition—is a godsend. Rice being such a staple has a downside: The country is unable to produce enough supply for domestic consumption, making the Philippines one of the biggest importers of rice in the world. An alternative crop like *adlai* would make us less dependent on foreign traders, for one thing; for another, it can help ensure adequate nutrition and help fight hunger where there are rice shortages.

The Subanen already knew *adlai* as the ideal alternative to rice, especially in places where rice couldn't be grown. Sloping terrain, lack of irrigation, and absence of proper soil may not be suitable for rice, but *adlai* produces high yields in highlands, thrives even in barren soil, is pest-resistant, and can even tolerate flooding. *Adlai* (scientific name: *Coix lacryma-jobi*) is pretty common throughout Southeast Asia, where it is also known as *adlay*, Chinese pearl barley (although it isn't related to barley), coixseed, tear grass, or by its common English name, Job's Tears. In China, it's known as *yemi ren* or *ye yi ren*; in Indonesia, it's called *jali betul*. In Japan, it's known as *juzudama*, and in Thailand as *maduai*. But it also has names in Arabic (*badrang*, *dam'ayub*, and *amadrayan*), in French (*larmilles*), and in German (*Hiobstränengras*), which should tell you how wide its reach has been.





## Time to grow

Even if you haven't tried any of them as food yet, you may have run into its hard-shelled, wild variety, whose hardy grains are made into necklaces and other ornaments. Among the edible, soft-shelled kind, there are different varieties, too, including five in the country, known as *gulian* (known by its white grains), *tapol* (purple), *ginampay* (brown), *pulot* (white and glutinous), and *kiboa* (also brown). *Gulian* is the most common variety in Zamboanga, while *ginampay* is also a popular type, thanks to its bigger grain size and ability to produce higher yields.

Belonging as it does to the grass family—along with corn, rice, and wheat—*adlai* in the wild might look like any other tall grass, but its tear-shaped grains could give it away. The Subanen had been cultivating the edible varieties for generations, however, and it's from their traditional practices that the rest of the country has learned how to grow *adlai*. "We learned the methods the Subanen used in planting, like the number of seeds and the distance between plants," says Digna Narvacan, center manager for the DA's Region IV Southern Tagalog Integrated Agricultural Research Center (STIARC) in Lipa, Batangas. Digna was among those sent to Mindanao in 2010 to study the potential of *adlai* as a crop. "*Pinagbaunan kami ng mga seeds, very few lang talaga*," she laughs.

Here, as in many of the DA's other research centers around the country, *adlai* is grown in experimental lots for observation, and in order to produce seeds for distribution

**Above, left to right: Four edible soft-shelled varieties of adlai. Farmers sow two to three seeds per planting, giving adequate space for the tall, grass-like plants to grow. Opposite: Adlai grains ready for the harvest.**

among farmers. The yield is studied, and the produce either shipped to expos and other showcases, or sent to the test kitchens. Of the different varieties they planted in the Lipa farm, it was *tapol* and the glutinous *pulot* that took to the soil best, though it was the latter that had the best reception among the Batangueños.

Here, they found that *adlai* could grow to maturity from five to six months after planting, though a method called ratooning, which leaves the roots and lower parts of the plant in the ground after harvesting, can speed up the maturity of the harvest. The *adlai* grains are harvested from the stalks, after which they undergo a process similar to what rice goes through: The grains are threshed and winnowed to separate the edible grain from the chaff, and then milled to remove the bran. The result is delicately rounded grains, a bit larger than rice, with a clean, warm smell reminiscent of popcorn. Compared to corn, however, *adlai* is softer in texture, with more body. It's a versatile grain that can be boiled or steamed—"Cook it with a little bit more water than when you cook rice," advises Digna—and can be used in a wide variety of recipes.

## High and low

At the regional lunches leading up to Madrid Fusión Manila, *adlai* proved to be a hit, being adopted by local celebrity chefs for some stunning applications. Juan Carlos de Terry of Terry's made *adlai*-and-cheese béchamel croquettes, for example, while Tippi Tambunting of









Masseto used it as a side to a chicken *satti*; Jackie Laudico of Patisserie Filipino made *suman* panna cotta with it; and Mecha Uma's Bruce Ricketts made "dirty rice" with *adlai*, offal, and pig's blood. In Spain, the Philippine delegation included the grain in their presentation, showcasing *adlai* "rice" along with rich dishes such as prawns in crab fat.

"During Madrid Fusión Manila, I asked the chefs of the Mindanao regional lunch to use *adlai* since it originated from there. I also made sure it was available at the Philippine booth because I wanted to show our foreign guests that we had all these ingredients available in the Philippines that could only be found in our country; that we were not only limited to just mangoes, pineapples, and bananas," says Usec. Berna. "*Adlai* became popular because our local rock-star chefs started using it."

Because it shares many properties with rice, including its mild taste and versatile texture, there are many ways *adlai* can be used, and it can take the place of rice in traditional *kakanin* and other dishes. It's also a fairly straightforward process to make *adlai* flour, which can then be made into bread, pasta, and congee or porridge. Like pearl barley, it also makes a good ingredient in soups.

In China, they make tea from the seeds, while a type of liquor can be made from the fermented grain. At the STIARC test kitchen, they've made it into everything from *buchi* to sushi. And while Digna has great memories of the *adlai* risotto also presented at Madrid Fusión, she points to the humble *arroz caldo* they make here, or—the runaway

favorite—the instant *chamorado* made from *adlai*.

Thankfully, *adlai* is also very nutritious, stacking up better than its counterparts in many aspects. One hundred grams of *adlai* gives you 356 calories of energy, as compared to white rice's 110 calories and corn's 135. *Adlai* also delivers more protein (13 grams versus rice's 3 grams), and more carbohydrates (74 grams compared to 23 grams in rice). It doesn't stop there: *Adlai* is also packed with calcium, phosphorus, iron, and other minerals.

While scientific research to prove its health benefits is still ongoing, *adlai* has been traditionally used in folk medicine around the world. In the Philippines, tea from boiled seeds is used to treat a wide range of ailments, while the same thing is used to alleviate diabetes in Mexico. In Chinese traditional medicine, *adlai* is considered as a treatment for cancer and tumors, and for painful and stiff joints.

So, is *adlai* a miracle grain? To be honest, the uptake among commercial farmers has been rather slow since the first seeds were disbursed in 2011. But then again, introducing a new grain to a population that is greatly loyal to rice is quite a feat, and the publicity of the past few months has greatly boosted the status of *adlai* to an otherwise indifferent public.

Nutritious, versatile, and, yes, comforting, *adlai* might never take the place of rice, but it does offer a very satisfying alternative, one that shouldn't at all feel like a poor substitute.

**Above, left to right: *Adlai* is harvested by farmers at the Lipa farm five to six months after planting. Like rice, *adlai* grains are separated by threshing, winnowing, and then milling to remove the husk.**



# ADLAI IDEAS

With its mild flavor and pleasant texture, *adlai* is a welcome addition to the pantry. It's a versatile grain with a stable shelf life; away from moisture and direct light, it will keep for months. Resistant to overcooking, *adlai* keeps its shape and texture, making it great for stews and porridges. A cup of dried *adlai* makes three cups when cooked. It makes for a tasty, protein-packed addition to dishes.

## HEARTY VEGETARIAN SOUP

- ✓ 4 large dried shiitake mushrooms
- ✓ ½ medium white onion, diced finely
- ✓ 3 tablespoons finely diced celery
- ✓ olive oil for sautéing
- ✓ ¾ cup *adlai*
- ✓ 500 ml vegetable stock
- ✓ 1 small carrot, diced
- ✓ 1 small bunch bok choy, sliced into 1-inch ribbons
- ✓ salt and freshly cracked pepper, to taste
- ✓ green onions for garnish

**1** Soak mushrooms in hot water. Squeeze dry and dice finely.  
**2** Sauté onions and celery in olive oil. Add *adlai*; stir. Add stock; bring to a boil. Lower heat and simmer for 15 to 20 minutes, or until grains are plump and tender.  
**3** Add carrots, mushrooms, and white part of the bok choy. Simmer for 8 minutes.  
**4** Before serving, add bok choy leaves; cook until leaves are bright green. (Do not overcook.) Season with salt and pepper. Garnish with green onions.

## RED CURRY ADLAI RISOTTO

### FOR THE RED CURRY PASTE

- ✓ 20 red Thai chilies, chopped
- ✓ 4 teaspoons grated galangal
- ✓ 3 lemongrass stalks, chopped
- ✓ 6 kaffir lime leaves, chopped
- ✓ 2 tablespoons chopped cilantro
- ✓ 5 small shallots, chopped
- ✓ 6 cloves garlic, chopped
- ✓ salt and sugar, to taste

- ✓ 2 cloves garlic, chopped
- ✓ 1 onion, chopped
- ✓ 3 tablespoons grated ginger
- ✓ ¼ cup vegetable oil
- ✓ 1 to 2 tablespoons red curry paste
- ✓ 1 cup *adlai*, soaked in water for 15 to 20 minutes, drained
- ✓ 4 to 5 cups vegetable or chicken stock
- ✓ 1 cup shiitake mushrooms, sliced
- ✓ 1 to 1½ cups coconut milk
- ✓ fish sauce (*patis*), salt, and pepper flakes, to season
- ✓ cilantro, fried wonton strips, lemon wedges, and *adobo* flakes (optional) for garnish

### 1 Make the red curry paste:

Using a mortar and pestle, pound all ingredients together until a smooth paste forms. (Yields about 1 cup; store in the freezer for up to 1 month.)

**2** Sauté garlic, onions, and ginger in oil in a heavy-bottomed frying pan until caramelized. Add 1 to 2 tablespoons red curry paste and cook for 1 to 2 minutes.

**3** Mix in *adlai*, making sure all grains are coated with the curry. Pour in stock, ½ cup at a time, and cook until liquid is absorbed.

**4** When *adlai* starts to become tender, add mushrooms and coconut milk. If the mixture is too dry, add more stock or water and cook until creamy. Adjust seasoning with fish sauce, salt, and pepper.

**5** Before serving, top with cilantro, fried wonton strips, lemon wedges, and *adobo* flakes, if desired.

## BUCHI

- ✓ 500 grams glutinous *adlai* (*pulut*), ground
- ✓ 250 grams sweet potatoes, boiled and mashed
- ✓ ½ cup sugar
- ✓ boiled and mashed *monggo* or *ube* for filling
- ✓ 250 grams white sesame seeds
- ✓ 1 liter peanut oil for deep-frying

**1** Combine *adlai*, sweet potatoes, and sugar. Knead together.

**2** Take 2 tablespoons of dough and form a ball using your hands. Repeat with the rest of the dough.

**3** Flatten each ball and place 1 tablespoon *monggo* or *ube* at the center. Pinch edges to enclose filling. Roll into balls and coat with sesame seeds.

**4** Heat oil in a deep pan. Deep-fry balls in batches until golden brown.





# GOING to MA

You can easily get lost in the chaos of a *palengke*. But once you're willing to traverse its corridors, you'll find that countless culinary treasures await!

**Text by** Jing Lejano  
**Illustrations by**  
Jon Tolentino





## If I HAD ALL THE TIME in the WORLD,

I would go to the *palengke* every single day like my Lola Saleng used to. At the break of dawn, off she'd go with her itty-bitty purse and big, roomy *bayong*. Because I was too young to accompany her then, all I knew of her daily excursions were the treasures she'd eventually lay out on the table: a variety of fish and seafood like *bangus*, *alumahan*, and *hipon*; green, leafy vegetables like they were just picked from someone's garden; a bunch of my favorite *kamatis*; as well as some *sapin-sapin* and *sumang malagkit*. I thought then that the *palengke* was some magical, mystical place. It was when I grew up that I found out how much of a haven it truly is, especially for chefs and home cooks who want to make magic in every single homemade pot of food.

The *palengke* is a labyrinthian place, filled with men hauling crates and vendors shouting out their specials, oblivious to the dangers of the wet, slippery floors. But these elements only add to its charm.

### Why go?

Shopping at the *palengke* offers a number of benefits—and a couple of perks, too. For one, you get the freshest items. Jajie Maullon, owner and managing chef of catering company Golden Palate Asia, says, “Fresh produce? They have it all there. Salad fanatics will find fresh lettuce of all kinds, from lollo rosso and romaine to iceberg and even hard-to-find arugula! When it comes to fish and seafood, you're guaranteed a fresh catch daily.”

More than having the freshest food, you also get to pinpoint and take home the pieces that you want. Plastic wrap, foil, cartons—there's absolutely no packaging between you and the food. That means you can press, smell, and even poke to your heart's content, purchasing only those that pass your standards.

“Another reason to go over to the *palengke* is to get personal with your ingredients. I go there sometimes asking, ‘*Saan po galing 'yan? Matamis ba?*’” Joseph Salvosa, chef and restaurateur behind JoChef's, adds.



# GOING - to the - PALENGKE?



## Do

✓ Go to the market at daybreak, around five to six in the morning. You'll find the freshest ingredients then. You'll also get first pick since you'll be one of the first to arrive. Plus, there's a big chance you'll get a *buena mano* discount!

✓ Get organized, keeping your menu and budget in mind. It's important to have a shopping list, but don't let that stop you from exploring. Keep an eye out for anything new you can use on your next culinary adventure!

✓ Wear comfortable, appropriate clothing. Stay away from thick fabrics as well as clothing that exposes too much skin. You want to stay cool and be able to move as freely as possible.

✓ Go for covered footwear that will protect your feet and allow you to walk comfortably. That means rubber boots, sneakers, and sturdy walking shoes.

✓ Bring two separate bags for wet and dry goods. If possible, bring a trolley along so you can shop with ease.

✓ Bring coins and small bills.

✓ Bring a cooler to keep meat and seafood from spoiling on the trip back home. Don't forget to store meat, seafood, and produce separately in the cooler.

✓ Watch your step. Most *palengke* floors are wet and slippery, and have bins and boxes that block your path.

✓ Be prepared to be pushed and shoved on occasion, especially when the market is busy and crowded. The people at the *palengke* don't mean to be rude; they just want to get to where they're going fast.

✓ When choosing what to buy, employ all your senses: look, smell, taste, feel, listen. Your observations will help you choose the best items.

✓ Don't be afraid to haggle! The vendors allow it and enjoy it, too.

✓ Scout for the best vendors and make them your *suki*, then establish a relationship and build rapport. They can point you to the best cuts, and offer discounts, too.

## Don't

✗ Overdress or wear makeup and jewelry.

✗ Buy from the first stall you see.

Visit each stall, keeping an eye out for the freshest and best-priced products.

✗ Purchase too much fruits and vegetables. Because everything's so affordable, you might be tempted to get as much as you can carry, but keep in mind that fruits and vegetables have limited shelf life.

✗ Buy meat or seafood that don't smell fresh. Watch out for meat that has been treated with food coloring to make them reddish, or chicken injected with water to make them look fatter.

✗ Squirm. If you do, you're better off in the grocery. The *palengke* is for serious hagglers who don't mind the noise and smell.



Moreover—and this is a big one—it's cheaper to buy vegetables, meat, and seafood at the *palengke* as opposed to getting them at the supermarket, and you can even get a substantial discount if you're willing and patient enough to negotiate. "At the wet market, you can still haggle despite the already cheap prices," says Enid Viaña, mompreneur behind catering company Viaña's Kitchen. "For example, a kilo of medium-sized shrimps at the grocery will cost me anywhere from P485 to P765. At the wet market, it would cost less than P300."

And there are even more draws: If you get a big bunch of vegetables, for instance, your *tindera* might give you a handful of *siling pangsigang* or an extra potato. If you want your *bangus* deboned, your fishmonger will offer you the service at no extra cost.

If you've spent all your life shopping at the supermarket, a trip to the *palengke* is definitely a must-try. Joseph says, "Get out of your comfort zone. Chances are, you'll get dirty, but that's okay. *Palengke* trips are fun, not to mention gastronomically enlightening!"

## Fabulous food finds

There are so many food items to see, smell, and taste at the *palengke*. Sabrina Go, blogger behind Sinfully Sabrina, says, "I buy most of my seafood at the market because I'm assured of their freshness. I also scout for local fruits and vegetables in season. When I was a kid, I'd always find guava, *sinaguelas*, and *duhat*, and when I see them now, I make sure to grab a bunch. I'm always on the lookout for what's new and not typically found at the supermarket so that I can challenge myself with dishes I've never cooked before."

Jajie chimes in. "You can now find asparagus, dill, lemon, and fennel at the *palengke*! When we started our paella Valenciana delivery business, fresh asparagus and parsley were so hard to find. We had to go to three different supermarkets to source them. I'm so happy they're now readily available any time of the day."

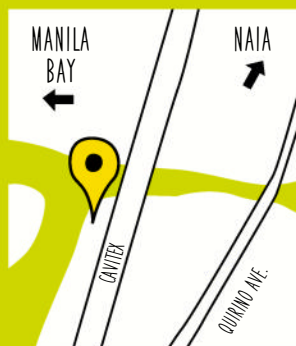
"Go to the *palengke* when you need local ingredients for traditional meals," says Joseph. "For example, if you want to whip up *kare-kare*, the wet market will have real, nutty

peanut butter for you, sans the sugar and preservatives, or you can also go ahead and get a batch of freshly ground peanuts. If you need ground *malagkit* for *sampelot* (*guinataang halo-halo*), chances are the *palengke* will have it, maybe even shaped into balls already!"





# SOME OF THE METRO'S *Best* MARKETS



## BULUNGAN SEAFOOD MARKET, COASTAL ROAD

If you're a fan of seafood, a trip to Bulungan is a must. It's where fishermen drop off the day's catch, so you're assured that everything is absolutely fresh and well priced, too. It's best to go at around 3 a.m. Be sure to bring a cooler to keep your market haul fresh.



## FARMER'S MARKET, CUBAO

It's one of the cleanest wet markets in the metro, with a good selection of quality seafood and produce. Joseph Salvosa, chef and restaurateur, says, "It's not too big, so it's easy to navigate. And there's a store I go to there that sells restaurant supplies at cheaper prices." A bonus: ample parking space.



## GUADALUPE PUBLIC MARKET, MAKATI

One of the biggest in the city of Makati, this *palengke* is also one of the busiest. Though the structure is quite old, caterer Enid Viaña says, "I love the reasonably priced meat and vegetables. Plus, when buying greens, the vendors give me a handful of beans or *togue* for free!"



## MUNTINLUPA CITY PUBLIC MARKET

It's a well-organized market with just about everything—meat, produce, dry goods. Blogger Sabrina Go says, "I grew up going to this market with my mom. They have everything you need, from flowers to fabric to even craft items. It's like a little Divisoria in the south."

"I THOUGHT THEN THAT THE *PALENGKE* WAS SOME MAGICAL, MYSTICAL PLACE. IT WAS WHEN I GREW UP THAT I FOUND OUT HOW MUCH OF A HAVEN IT TRULY IS, ESPECIALLY FOR CHEFS AND HOME COOKS WHO WANT TO MAKE MAGIC IN EVERY SINGLE HOMEMADE POT OF FOOD."



While the *palengke's* seafood section is wildly exciting—with offerings such as tuna, blue marlin, *lapu-lapu*, crabs, *talaba*, *tulya*, and seaweed—its dry goods section is just as interesting. You can find all sorts of nuts, beans, rice (from white to brown to red), and dried seafood there, alongside *sago*, *gulaman*, and *pinipig*.

### Plan of attack

There is rhyme and reason when it comes to traversing a *palengke's* many alleys. If you're visiting a market that's entirely new to you, it's best to first get a feel of the place. Scout the area, taking note of the location of the produce, meat, chicken, seafood, and dry goods sections.

Joseph says, "Go to the dry goods section first—think pantry items like rice, *atsujete*, *paminta*, and things that don't go bad easily."

A trip to the vegetable section is up next, then hop over to the fruit section afterwards. Jajie says, "Immediately after that, we go to the areas where they sell meat and fish. This is to ensure that the perishable items don't spoil before we get home."

### Of childhood memories and culinary inspiration

Enid goes to the *palengke* because it brings back many pleasant memories. She shares, "There was a time I'd go to the wet market with my grandmother, and she would linger and talk and exchange life stories with her *suki*. Before going home, she'd bring me to the *carinderia* and buy me spaghetti or *halo-halo*. That treat was my motivation to wake up early and go with my grandma to the smelly *palengke*."

"I go to the market with nothing in particular in mind," Sabrina says. "I let the fresh seasonal produce inspire me and, more often than not, I round up organic goods that go into two or three dishes that I cook on the weekend. The outcome is as much a surprise to my family as it is to me."



# RESTAURANTS

Balay Dako / Kafé Batwan / Alab / Dish



☆☆☆  
FILIPINO  
EDITION  
★



# Dining at the big house

Award-winning chef Tony Boy Escalante opens the doors of **Balay Dako** and takes a crack at local classics.

REVIEW BY CHINKEE CLEMENTE-KOPPE

**E**xpectations always run high when an establishment is associated with Tony Boy Escalante, chef and owner of Antonio's, the homegrown fine-dining restaurant that has arguably single-handedly put the Philippines on the culinary map, being the only one in the country to make it to San Pellegrino's list of Asia's 50 Best Restaurants. So when a chef of this caliber opens a Filipino restaurant, people expect to be bowled over. They want their grandmother's cooking, yet a hundred times better. These are unrealistic expectations, but this doesn't rattle the chef one bit—he goes about preparing the classics the best way he knows: traditionally, and served in a refined setting.

His Balay Dako (Ilonggo for “big house”) sits on prime Tagaytay real estate, offering the best vantage point of Taal Lake and its famous volcano. With its muted sage façade, the mansion both stands out and blends in. Inside, it is given the full Tony Boy treatment: high ceilings, chandeliers, hardwood floors, and floor-to-ceiling windows.

The menu is extensive and reads like a list of Filipino all-time favorites. Among the *ulam*, a Batangas classic stands out—*bulalo*. Either swimming in soup or smothered with creamy gravy on a sizzling plate, you can expect the meat from the beef shank to be fall-off-the-bone tender,

the tendon gelatinous. Bring the family, plus a few friends—the *bulalo* is massive. Decadence is not exclusive to meat-eaters; seafood indulgence comes in the form of Piniritong Sugpo at Sarsang Itlog na Pula. The tender prawns are a good size, while the salted egg sauce is rich yet tempered.

The colonial influences in Filipino cuisine are well represented and Tony Boy's versions are kept homey and traditional. His Callos is obviously given the proper attention—the tripe is clean-tasting and soft, while the addition of tender pork belly adds even more richness to the sauce. Pancit ni Antonio is not your usual Chinese birthday noodles, but the flavors from the chorizo and coloring from the annatto oil keep things festive.

After a hearty Filipino meal, it is best to finish simply. Opt for the Dulce Gatas at Manticado or the Turon con Langka at Saging—two dependable sweet closers.

At a time when chefs are trying to elevate Filipino cuisine, Balay Dako skips the gimmicks. Instead, it tries its best to reconcile the guests' expectations with the chef's understanding of good Filipino food. Lucky for us, Tony Boy knows exactly what he's doing.



Piniritong Sugpo at Sarsang Itlog na Pula



Bulalo na Baka



Turon con Langka at Saging

## in a nutshell

**BALAY DAKO** Tagaytay-Nasugbu Highway, Tagaytay City; tel. no.: (046) 483-4847; mobile no.: 0943-2641680

**MUST-TRIES** Bulalo na Baka (P840), Sizzling Bulalo na Baka (P920), Callos (P600), Piniritong Sugpo at Sarsang Itlog na Pula (P660), Pancit ni Antonio (P390), Dulce Gatas at Manticado (P130), Turon con Langka at Saging (P160)

**THUMBS UP** Enjoy all-time Filipino favorites at their weekend breakfast buffet. You're going to want that AYCE (all-you-can-eat) *chamorado*!



# Nouveau Pinoy

Sarsa's JP Anglo serves playful Pinoy dishes at **Kafé Batwan**.

REVIEW BY SASHA LIM UY

**A**ny food lover who enters Kafé Batwan has high expectations. It seems like everyone who has eaten here loves it, and the proof is scribbled on the walls: An esteemed magazine editor already deems the recently opened restaurant his favorite, while another describes it as "love at first taste." Chef JP Anglo drops flavors like glorious bombs, and his dishes detonate to create lasting impressions.

This hip hangout is no rehashed Sarsa, which already has three branches around the city. It's Filipino, yes, but cheekier in approach and bolder in effect. For instance, the *kansi*, which sizzles in Sarsa, arrives instead as four little empanadas with a side of creamy, tart gravy. The *batchoy* here has a sweet-salty, umami profile. It's a dish he served at the Madrid Fusión Manila gastronomy congress last April and he wowed the international culinary scene with the local favorite prepped ramen style.

The menu is short and sweet, but JP manages to create enough drama with a well-curated list: reliable but unpredictable dishes that all sound exciting. Choosing becomes an exercise in critical decision-making, and you'll find yourself planning second and third excursions right after you spot the enticing Inasal Burrito on the menu.

The Twice-cooked Liempo Sandwich delivers like no other sammie. The truly tender pork belly (braised then grilled, another echo from Sarsa)—blessed with shiny layers of dissolving fat and peppered with exact amounts of tomatoes, *ginamos gata*, *kesong puti*, and roasted bell peppers—is the best thing yet to be stuffed between two slices of bread. It's juicy—something you'd never think to describe a sandwich—and heavy on the flavor but not overwhelming. The Grilled Kurobuta Belly is marvelously agreeable: It's melt-in-your-mouth tender with a sweetish finish. This *liempo* upgrade deserves a cup of their tasty garlic coconut rice. In the Sinigang Fried Chicken, the two all-time Pinoy favorites fuse into one impressive dish. The Filipino-style golden chicken quarter is textbook—the skin is thin and crispy, and the flavor modest—but it's reinforced by a yellow coating with a taste profile reminiscent of the tangy soup broth.

Twice-cooked  
Liempo Sandwich



JP puts up contemporary fare, but you'll realize (after a bite or two of the Arroz Caldo Parcel) that his success isn't about the originality of his plates, but about the honesty in how he presents and understands Filipino flavors.



Madrid Fusión  
Super Batchoy

## in a nutshell

### KAFÉ BATWAN

122 Joya Lofts and Towers, Amorsolo Drive, Rockwell Center, Makati City; tel. no.: 625-5166

**MUST-TRIES** Twice-cooked Liempo Sandwich (P295), Inasal Burrito (P250), Madrid Fusión Super Batchoy (P450), Arroz Caldo Parcel (P250), Grilled Kurobuta Belly (P550), Sinigang Fried Chicken (P295)

**THUMBS UP** Try their all-day breakfast menu: The crisp, tangy Kansi Corned Beef is a must-try!





Crispy Pata

Tatung  
Fried Rice

## Ablaze with flavor

**Alab** is bright with passion and taste.

REVIEW BY ANDREA Y. SEE

**A**lab serves straightforward Filipino food—sans the sometimes confusion of fusion—from the heart. Their menu, a selection of 24 mains (evenly split between classic favorites and regional specialties), is a study in what drives the restaurant forward: the focus on Filipino food and the passion to explore beyond the usual. Its interiors are bright, contemporary, and chic, with elements of Filipino architecture, while service is friendly and knowledgeable without being obtrusive. This youthful feel, combined with its thoughtful take on Filipino food, makes Alab current and relevant.

To warm up, start with some old-school favorites done right—and done well. The star is Alab's outstanding take on the ubiquitous *crispy pata*: tender pork stuffed with lemongrass and leeks, roasted just so to create juicy, oh-so-tender meat and excellent, crowd-pleasing crispy skin with an ethereal crunch.

Explore further the diverse culinary roots of Filipino cuisine with their thoughtful repertoire of regional offerings. Bicol is represented by the creamy, savory Tinumok. Reminiscent of *laing*, it features coconut noodles and chopped shrimp wrapped in taro leaves, smothered in rich coconut cream and kissed with *bagoong alamang*. From

Mindanao comes Sugpo sa Palapa, a dish with wonderful complex flavors that calls for steaming white rice. Plump prawns are cooked with *palapa*, the Maranao spice mix made with *sakurab*, a shallot indigenous to the area. Made spicy and enriched with crab fat, the sweet shrimp comes together with the rich, savory paste to make a divine forkful.

If one seeks a heartier accompaniment beyond plain rice, turn to the Tatung Fried version. This signature preparation is a meal in itself: fragrant grains flavored with ginger and lemongrass, chock-full of shrimp, scrambled egg, and vegetables, then garnished with peanuts. The Okoy, deep-fried shrimp and greens with a garlic-ginger sauce, and the Monggo with its delightful addition of *gata* also make for tasty sides.

End the meal with the homemade *pichi-pichi*. Its supreme softness allows for bite after delightful bite. Melted sauce and *queso de bola* on top take the flavor of this dessert to new heights.

As we sipped on our *dalandan*, *calamansi*, *dayap*, and fresh mint coolers and savored the noontime turn into afternoon, we reveled in the good company and, even more, in the heartfelt, passionate meal of beautiful Filipino flavors that we had.

### in a nutshell

**ALAB** 67 Scout Rallos Street, Quezon City; tel. no.: 364-9631

**MUST-TRIES** Tinumok (P150), Sugpo sa Palapa (P550), Crispy Pata (P580), Tatung Fried Rice (P180), Pichi-pichi (P90), Lemonada (P110)

**THUMBS UP** Chef Tatung's innovative ice cream flavors (in fun variants like Kamote Q, Queso de Bola, and Laing) are worth sampling!



## Dish

RESTAURANT NEWS, SERVED HOT!

CHECK  
OUT

## Lazy Bastard

As you drive along Jupiter Street, keep your eyes peeled for a black-and-red sign that reads “Bacon & Burgers This Way.”

When you find it, follow the huge red arrow down to the basement. Inside you'll find the tiniest nook filled with people chowing down on burgers and bacon-wrapped hotdogs. It's a hidden gem, and one that's worth sharing. Inspired by New York pubs, Lazy Bastard serves up unpretentious, no-frills eats—the stuff you'd crave for after a stressful day or when you want genuinely delicious grub. The sweet-salty Honey Parmesan Dog is an instant standout—a Nathan's Famous beef frank wrapped in bacon, drizzled with a bit of honey, and adorned with hefty shards of Parmesan. The classic Bacon Cheeseburger is worth paying attention to—100 percent ground chuck, crisp bacon, lettuce, tomatoes, and onions in a potato bun. There are all-day breakfast sandwiches, too, which you can mix and match. Try sausage patties sandwiched between French toast, or *longganisa* patties and eggs between pancakes. At Lazy Bastard, leave your diet at the door and come in with an open mind and a hearty appetite. You'll end up having the best time.

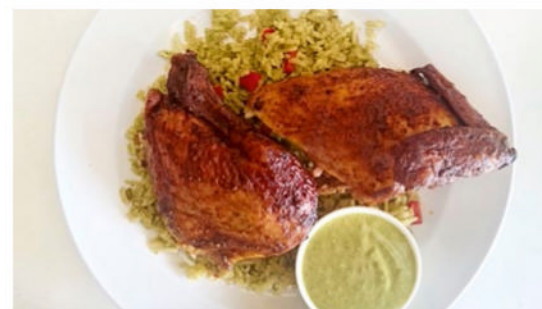
**Lazy Bastard is at the Basement Floor, 22 Jupiter Street, Makati City (tel. no.: 832-5330).**

HOT  
PLATE

**EVERYONE'S TALKING ABOUT...** Bono Gelato's Cereal and Milk Cookie. The slow-churned gelato tastes exactly like milk steeped with cornflakes, and is sandwiched between crunchy crushed cornflake cookies. It's dessert perfection, and if you like slurping up the leftover sweet milk after finishing a bowl of cereal, you'll absolutely love this cool concoction.

JUST  
OPENED

The arrival of British import Costa Coffee has been creating quite a buzz, and for good reason. While staying true to its British roots, it incorporates a few special items for its Filipino clientele, too: Calamansicle Shortbread Cake, Ube Custard Cake, and Mango Sago Mousse, to name a few. Costa Coffee also introduces the Frostino, an ice-blended shake in flavors like Strawberry Pavlova and Caramel Shortbread, which launched first in the Philippines, then in branches worldwide. Check it out!

JUST  
OPENED

Die-hard Mexican food lovers swear by El Chupacabra, the no-fuss Mexican joint known for delicious, authentic soft tacos. Its sister restaurant, El Hijo de Cabra, sits in the Greenfield

District in Mandaluyong and is a more relaxed version of its Makati counterpart. Sure, the vibe might be a little different—El Hijo has air conditioning and the table next to you isn't centimeters away—but you can bet the food is just as good. Get the Peruvian Roasted Chicken, which is only available at El Hijo. This alone (paired with an *aji verde* sauce) is worth the visit.

PHOTOGRAPHY: TOTO LABRADOR (LAZY BASTARD) AND COURTESY OF BONO GELATO AND SPOT PH (COSTA COFFEE AND EL HIJO DE CABRA).  
TEXT: REGINE RAFAEL. SEE DIRECTORY FOR RESTAURANT ADDRESSES.



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# GOT LUNCH?



Whether you're preparing baon for a youngster heading out for his first day of school, a teen studying for a week of exams, or a grown-up working on a pitch, Yummy's Lunch To Go! book will guide you every step of the way. Over 70 baon ideas await you and your family inside.

Get the lunchbox ready and dig in!

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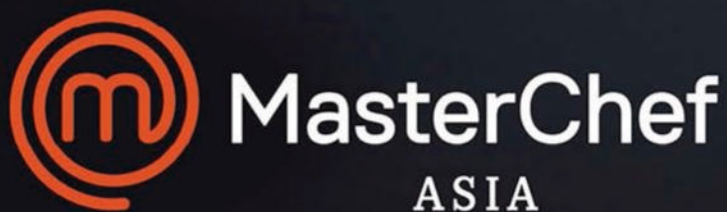


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2008 Asian Chicken Industry Award






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# Yummy Lessons



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

Master the  
classic **FRESH LUMPIA**



Whip up **TINOLA  
PAELLA** at home



Make **BIBINGKA  
MUFFINS** with the kids



Try 10 new  
and exciting  
**SAWSAWAN**

## Freshly squeezed

Making something that calls for coconut milk? Sure, canned and powdered ones are readily available, but freshly extracted milk gives better flavor. The good news? It's easy to do at home! To extract coconut cream, also known as the first press, take  $4\frac{3}{4}$  cups freshly grated mature coconut (*niyog*), add  $\frac{1}{2}$  cup warm water, squeeze directly over a bowl to yield about 1 cup, then strain using a fine mesh strainer. To extract coconut milk or the second press, pour 1 cup warm water over the squeezed coconut meat. Squeeze over a bowl to yield about  $\frac{1}{3}$  cups then strain. You can repeat for a third extraction.

If you don't have a strainer, you can also use a piece of muslin or cheesecloth. Simply wrap the grated coconut with the cloth and squeeze to extract the cream or milk. Store in the refrigerator, covered, for 1 to 2 days or in the freezer for up to 2 weeks.

PHOTOGRAPHY: PATRICK MARTINES. TEXT & STYLING: RACHELLE SANTOS.



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



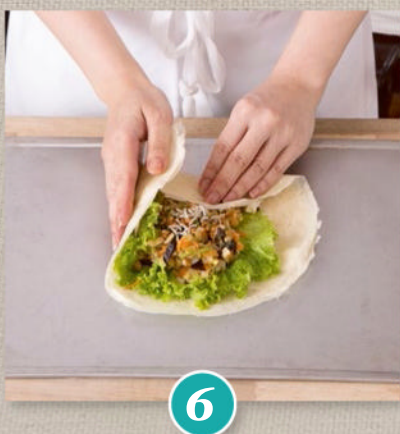
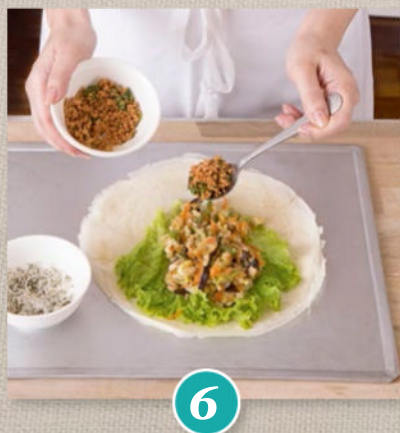
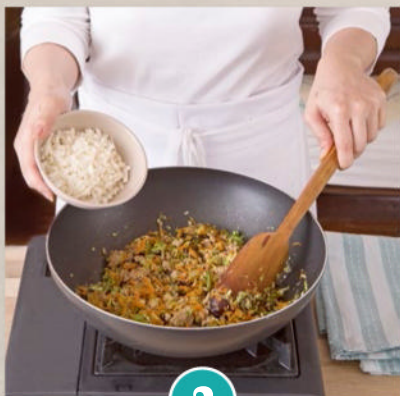
Food director **RACHELLE SANTOS** shares a classic recipe every cook should master.

When I'm looking for a wholesome yet hefty starter or afternoon snack, I often turn to fresh *lumpia*. It's packed with vegetables and embellished with crushed peanuts, seaweed, and a sweet soy-based sauce. I sometimes like to go vegetarian by adding more tofu and doing away with the pork and shrimp. If I'm craving for seafood, on the other hand, I substitute the pork with crabmeat. Isn't it so versatile? Whatever kind you choose to make—meat, seafood, or vegetable—one thing's for sure: *Lumpia* is definitely a bundle of flavors and textures!



PHOTOGRAPHY: DARLENE DARTAG AND PATRICK MARTINEZ (EDITOR)  
RECIPE, TEXT, AND STYLING: RACHELLE SANTOS; MAKEUP: NINA NON JAUCIAN





## Chinese Fresh Lumpia

**Serves** 6 to 8 **Prep Time** 50 minutes **Cooking Time** 30 minutes

### WHAT YOU NEED

#### For the filling

- ✓ 3 tablespoons vegetable oil, divided
- ✓  $\frac{1}{4}$  kilo medium shrimp, peeled and chopped
- ✓  $\frac{1}{2}$  cup chopped white onions
- ✓ 2 tablespoons minced garlic
- ✓  $\frac{1}{4}$  kilo ground pork
- ✓ salt and pepper, to season
- ✓ 1 cup grated carrots
- ✓ 1 cup thinly sliced green beans
- ✓ 1 cup thinly sliced jicama (*singkamas*)
- ✓  $\frac{1}{3}$  cup chopped rehydrated wood ear mushrooms (*tainga ng daga*)
- ✓  $\frac{1}{2}$  head cabbage, shredded
- ✓  $\frac{1}{2}$  cup firm tofu, chopped
- ✓  $\frac{1}{4}$  cup water or chicken stock

#### For the sauce

- ✓ 1 cup water
- ✓ 3 tablespoons soy sauce
- ✓ 2 tablespoons sugar
- ✓ 2 tablespoons brown sugar
- ✓ 1 teaspoon vinegar
- ✓ 2 tablespoons cornstarch, dissolved in 2 tablespoons water
- ✓ salt and freshly ground black pepper, to taste
- ✓  $\frac{1}{2}$  cup ground peanuts
- ✓ 2 tablespoons sugar
- ✓  $\frac{1}{2}$  cup chopped deep-fried vermicelli (*sotanghon*)
- ✓  $\frac{1}{4}$  cup *hoti*, toasted on a dry pan (available at Wei Wang or Little Store)
- ✓ 6 to 8 large lumpia wrappers
- ✓ 6 to 8 trimmed lettuce leaves

### WHAT TO DO

- 1** Make the filling: Heat 1 tablespoon oil in a large wok. Sauté shrimp until pink. Transfer to a platter and set aside.
- 2** Heat remaining oil in the same wok. Sauté onions until translucent. Add garlic and sauté until fragrant. Add ground pork and cook until browned. Season lightly with salt and pepper. Add carrots and green beans; cook for 1 minute. Add jicama and mushrooms; cook for another minute. Add cabbage and tofu; toss to mix well. Add water or stock. Cover wok partially and let vegetables steam for 1 minute, or until water or stock has evaporated.
- 3** Add shrimp and mix well. Season with salt and pepper. Transfer to a platter and set aside.
- 4** Make the sauce: Place water, soy sauce, sugars, and vinegar in a small saucepan. Boil and cook until sugar dissolves and the vinegar's acidity has mellowed. Add dissolved cornstarch and let mixture thicken. Season with salt and pepper. Set aside.
- 5** Mix together peanuts and sugar in a small bowl. In another bowl, combine *sotanghon* and *hoti*.
- 6** Lay a lumpia wrapper on a flat surface. Place a lettuce leaf on the center. Top with 2 to 3 tablespoons filling. Sprinkle with 1 tablespoon peanut mixture and 1 tablespoon *sotanghon* mixture. Drizzle with 1 tablespoon sauce. Fold the bottom of the wrapper then the sides to enclose the filling. Wrap tightly. You can wrap the lumpia with foil, wax paper, or parchment paper, if desired. Repeat with remaining ingredients. Serve warm with extra sauce on the side.





## ABOUT THE COLUMNIST

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

When I'm craving for comfort food, I turn to a piping hot bowl of *tinola*. I love its straightforward flavors so much that I decided to turn it into something more special: paella! It's cooked slowly, with stock added in batches, similar to how risotto is made. For the best flavor, I suggest using native chicken and good quality fish sauce. This dish takes some time and effort, but I promise that you'll be rewarded with a delicious and truly memorable meal.





# Tinola Paella

**Serves** 8 to 10 **Prep Time** 20 minutes,  
plus marinating time **Cooking Time** 3 to  
4 hours

## WHAT YOU NEED

### For the stock

- ✓ 1 tablespoon minced garlic
- ✓ 1 (2-inch) piece ginger, sliced thinly
- ✓ 2 medium white onions, quartered
- ✓ 200 to 300 grams chicken back bones, chopped into 3-inch pieces
- ✓ 2 tablespoons fish sauce (*patis*)
- ✓ 1/2 tablespoon whole black peppercorns
- ✓ 2 liters rice washing
- ✓ 1 (1.2-kilo) whole chicken, chopped into serving pieces
- ✓ 2 tablespoons fish sauce (*patis*)
- ✓ 1/4 cup minced garlic, divided
- ✓ 1 tablespoon minced ginger, plus 3 tablespoons sliced ginger
- ✓ 3 tablespoons canola or vegetable oil
- ✓ 3/4 cup sliced white onions
- ✓ 3 cups Japanese rice
- ✓ 1 sayote, sliced into 8 to 10 wedges and blanched
- ✓ 1/2 cup *dahon ng sili*, washed and soaked in water until ready to use

## WHAT TO DO

**1** Make the stock: Place all ingredients in a large stockpot. Bring to a boil then lower heat to simmer for 2 to 3 hours. Skim surface to remove impurities. Strain stock and set aside.

**2** Marinate chicken in fish sauce, 2 tablespoons garlic, and minced ginger for 1 to 2 hours, covered, in the refrigerator.

**3** Preheat oven to 350°F.

**4** Heat oil in a 15-inch *paellera* over medium-high heat. Sear chicken in batches until brown. Set aside.

**5** In the same pan, sauté onions, remaining garlic, and sliced ginger until tender and fragrant. Add 1/4 cup stock to loosen the brown bits on the pan.

**6** Add rice and toss to coat grains. Add 1/2 to 2/3 cup stock and mix well. Once stock is absorbed by the grains, add another 1/2 to 2/3 cup stock. Repeat, cooking rice for 20 minutes.

**7** Add chicken to pan. Continue mixing and adding the rest of the stock.

**8** When rice is almost tender, add sayote and drained *dahon ng sili*. Add stock again, if necessary. Taste and adjust seasoning, if needed. Cover with foil and finish cooking in the oven for 20 minutes.

**9** Remove foil and check if the rice is tender but not mushy. Serve hot.



4



6



7



8



## Bibingka Muffins

Give the all-time favorite a fun makeover! Mix in bacon, salted eggs, or *queso de bola* for a sweet-savory treat.

### WHAT YOU NEED

- ✓ 1 cup rice flour
- ✓  $\frac{3}{4}$  cup sugar
- ✓ 3 medium eggs, beaten
- ✓ 1 cup coconut milk
- ✓  $\frac{1}{4}$  cup evaporated milk
- ✓  $\frac{1}{4}$  cup melted butter
- ✓  $\frac{1}{3}$  cup (about 100 grams) diced *kesong puti*, plus extra for garnish
- ✓ 4 slices sweet ham, diced, plus extra for garnish

### WHAT TO DO

- 1** Preheat oven to 350°F. Line a 12-cup muffin pan with muffin liners.
- 2** Combine rice flour and sugar in a bowl.

Combine eggs, coconut milk, evaporated milk, and butter in another bowl.

**3** Add wet ingredients to dry ingredients and whisk until smooth.

**4** Pour batter into muffin cups until  $\frac{3}{4}$  full. Top each cup with *kesong puti* and ham.

**5** Bake in the oven for 12 to 15 minutes until center is set but moist, or until a toothpick inserted in the center comes out clean with a few crumbs.

**6** Remove muffins from pan and let cool on a wire rack for a few minutes. Top with extra *kesong puti* and ham. Serve warm. **Makes 12.**



3



4



4





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

**1 Cucumber concoction**  
Having fried fish for lunch? Make your meal more exciting by pairing it with cucumber doused in vinegar. Peel and slice a cucumber into half moons. Combine vinegar, coconut water, sugar, and pepper in a bowl. Toss in cucumber slices and serve cold or at room temperature.

**2 Choose chutney**  
*Adobo* gets better with time, but it becomes even better when paired with green-mango chutney! Make it at home by simmering together chopped green mangoes, water, sugar, salt, chilies, and ginger. You'll have comfort food at its finest.

**3 Mayo magic**  
Kick up plain mayonnaise and make the perfect creamy dip. Make *calamansi* aioli by mixing together mayonnaise, chopped garlic, *calamansi* juice, hot sauce, chopped *wansoy*, salt, and pepper. Pair with fries, chicken nuggets, or seared fish fillets.

# Sawsawan

A myriad of sauces and sides makes Filipino cuisine interesting. These 10 new ideas will make your Pinoy favorites stand out.



**4 The heat is on**  
It only takes five ingredients to make chili sauce. Pound garlic with a mortar and pestle. Add chopped chilies (try cayenne peppers); pound to release the juices. Heat vegetable oil in a saucepan. Add garlic and chilies; cook until brown and fragrant. Season with salt and lime juice.

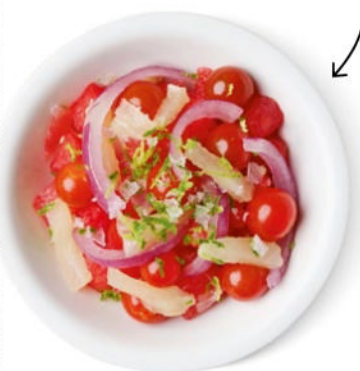


**5 Santol sensation**  
The next time you eat *santol*, save the brown flesh and use it for your next meal's *sawsawan*. Slice it up into small cubes then toss them into a spoonful of *bagoong*. This sour-salty combination is best enjoyed with grilled seafood like *bangus*, *hito*, or squid.

**6 Have a ball**  
The best thing about street-food favorites? You can make them at home! Deep fry store-bought fish or squid balls then complete the experience by making your own sauce. It's as simple as combining vinegar, soy sauce, brown sugar, cornstarch, and water in a saucepan. Simmer the mixture until thick then add chopped garlic, onions, and chilies.

**7 Kamias road**  
Having a barbecue this weekend? Make sure to lay out a variety of dips and sauces, including sour-salty *kamias* with *ginisang alamang*. Sauté fresh *alamang* with garlic and onions; let cool. Slice *kamias* into thin rounds, then toss with *alamang*, chopped tomatoes, and sliced red onions.

**8 Tropical hut**  
Enjoy the fruity flavors of summer all year round with a refreshing *ensalada*. Toss together chopped watermelon, pineapple tidbits, cherry tomatoes, and sliced onions; drizzle with a dressing of *patis*, *calamansi* juice and zest, and brown sugar. Serve it alongside *inihaw na liempo*, *longganisa*, or *tapa*.



**9 Fine and fresh**  
Let the fresh flavor of lemongrass amp up grilled tofu, steamed shrimp, or *sinigang*. The easy recipe for Lemongrass Dipping Sauce is on [Yummy.ph](http://Yummy.ph).

**10 Mash up**  
Hearty dishes like *pochero* are best with a light side that provides a refreshing flavor contrast. Try this: Boil eggplants until tender; peel skin and mash flesh; mix with smashed garlic, vinegar, and ground pepper.



## INDEX

This Month's Recipes  
by Category

### SALADS AND VEGETABLES

- 50 Guinataang Monggo Guisado
- 41 Pakbet Ilocano with Chicharon
- 38 Pomelo and Kale Salad

### FISH AND SEAFOOD

- 45 Alimango sa Alique Sotanghon
- 52 Crispy Pompano Strips with Coconut Sauce and Pineapple Relish
- 56 Flavored Squid Balls
- 54 Hipon at Kalabasa sa Pinausukang Gata

### MEAT AND POULTRY

- 56 Bacon Barbecue Skewers
- 20 Baked Chicken a la Pobre with Alique Fried Rice
- 49 Beef Ribs Adobo sa Gata
- 36 Davao Humba
- 37 Hinalang
- 30 Inigang Adobong Manok at Baboy
- 33 Kalderetang Tadyang ng Baka
- 07 Lechon Manok Oats Caldo
- 32 Pata Tim
- 30 Sizzling Bulalo na Baka
- 25 Taiwanese Pork Chops with Garlic-and-Egg Rice
- 43 Tinanglarang Manok (Chicken in Lemongrass Soup)
- 87 Tinola Paella

### NOODLES AND RICE

- 45 Alimango sa Alique Sotanghon
- 20 Baked Chicken a la Pobre with Alique Fried Rice
- 42 Bringhe with Crispy Adobo Flakes
- 51 Coconut-Tuyo Fried Rice
- 38 Durian at Pilit (Durian Jam over Sticky Rice)
- 31 Pancit ni Antonio

- 71 Red Curry Adlai Risotto
- 25 Taiwanese Pork Chops with Garlic-and-Egg Rice
- 87 Tinola Paella

### DESSERTS AND SWEET SNACKS

- 88 Bibingka Muffins
- 71 Buchi
- 57 Buko-Pandan Ice Candy
- 61 Calamansi Curd Pie
- 55 Calamansi-Coconut Bars
- 08 Cheese Puto
- 24 Cheesy Ube-Cassava Cake
- 22 Chewy White-Rabbit Cookies
- 21 Chocolate Tablea Tarts
- 62 Chocolate-Hazelnut Banana Cream Pie
- 63 Dalandan-Pomelo Tart
- 38 Durian at Pilit (Durian Jam over Sticky Rice)
- 57 Grape-Mint Ice Candy
- 60 Guava Crème Brûlée Tarts
- 57 Honeydew Ice Candy
- 10 Mango and Basil Cream Waffles
- 64 Mango Galette
- 53 Mango-Lychee Coconut Cooler
- 57 Mangoes and Cream Ice Candy
- 08 Palitaw
- 44 Papaya-Calamansi Sorbet
- 59 Pineapple-Mint Tarte Tatin
- 08 Ube-Banana Turon

### OTHERS

- 85 Chinese Fresh Lumpia
- 71 Hearty Vegetarian Soup
- 57 Nilakong Popcorn ATBP.
- 09 Strawberry-Taho Shake
- 56 Sweet Corn with Alique Butter and Cheese
- 26 Tofu Steak Tagalog

## DIRECTORY

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

### SUPERMARKETS

#### Metro Market! Market!

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

#### Pioneer Centre

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

#### Rustan's Supermarket

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

#### SM Supermarket

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

### RESTAURANTS

#### Bono Gelato

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

#### Costa Coffee

Eastwood Citywalk 1, Libis, Quezon City

#### El Hijo de Cabra

The Hub, Greenfield District, Highway Hills,  
Mandaluyong City (tel. no.: 696-2495)

### OTHERS

#### Bleach

2/F Greenbelt 5, Legaspi Street, Makati City;  
[www.facebook.com/bleachstore](http://www.facebook.com/bleachstore)

#### The Cookery Place

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

#### Cornerstone Pottery Farm

B1084 Balubad 1st (near Aguinaldo Highway),  
Silang, Cavite (mobile nos.: 0919-9552022,  
0919-2384435); [www.facebook.com/cornerstonepotteryfarm](http://www.facebook.com/cornerstonepotteryfarm)

#### CSL Pastries by Carmela

To order, contact mobile no. 0916-6448522  
or email [casanluispastries@gmail.com](mailto:casanluispastries@gmail.com).  
For information, visit [www.facebook.com/casanluispastries](http://www.facebook.com/casanluispastries).

#### ECHOstore and ECHOmarket

G/F Serendra Piazza, McKinley Parkway,  
Bonifacio Global City, Taguig City (tel. nos.:  
901-3485, 576-3703); [www.echostore.ph](http://www.echostore.ph)

#### Lucina Home

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





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

### Enjoy Life with the Ideal Credit Card

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\*Based on a 2014 study by Sheng et al.

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## EARTH DESSERTS BY AV GAWTEE

For something so sweet—and coming from such a sweet young woman—the concept for Earth Desserts didn't originate from completely optimistic beginnings. When Adrienne “AV” Gawtee graduated from university with a degree in Community Nutrition, she didn't find a job market ready to embrace her passion for nutrition and wellness. “I couldn't find a job,” she says with a giggle.

In the meantime, the young nutritionist and home baker was expanding her range of recipes for good, healthy sweets. She did this originally at the request of her father, who was diabetic, but soon she found herself fielding more and more requests from friends and family.

AV figured out that she'd hit upon a product that she was uniquely poised to deliver: nutritious, delicious treats that let people indulge without the guilt. And so she started building a repertoire of goodies including red velvet crinkles, chocolate chunk cookies, peanut butter chip cookies,

and fudgy brownies—all completely vegan. Applesauce takes the place of eggs, for example, and olive or canola oil is used instead of butter. You can also find nondairy dark chocolate chips, flaxseed, and whole-wheat flour among the ingredients.

At weekend markets, customers invariably remark on the way her cookies don't have the cloying taste of refined sugar, or how moist everything is and how fudgy the brownies are. (“They're not boring!” goes one overheard review. “It doesn't taste healthy,” says another.)

Now, Earth Desserts is found regularly at the Greenfield Weekend Market on Saturdays in Ortigas,

and at the Good Food Sundays market in Quezon City. Magpie Café in Teacher's Village also carries a signature Earth Desserts green tea cookie, and the sweets carried by the Diet Diva delivery service are, of course, Earth Desserts. AV also accepts custom orders, and fields requests for things like vegan banana oatmeal bread. AV is pleased that customers are embracing the brand, as more and more people are beginning to understand that a healthy diet doesn't have to feel like punishment. “Eating better doesn't have to mean sacrificing good taste, because after all, eating is something that should be enjoyed,” she says.



For orders, call EARTH DESSERTS at 0927-7434414 or email [earthdesserts@gmail.com](mailto:earthdesserts@gmail.com). Visit [www.facebook.com/EarthDessertsPH](http://www.facebook.com/EarthDessertsPH) for more information.





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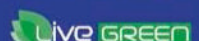
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