

SINIGANG NA BANGUS

Ingredients:

- 1 piece large bangus, cleaned and sliced into serving pieces
- 5 cups water
- 2 pieces tomatoes, quartered
- 1 medium onion, sliced
- 100 gm pods green sampaloc (tamarind)
- 2 pcs. green hot pepper (siling panigang)
- 2 medium eggplants, cut into serving pieces
- 5 pieces string beans, cut into serving pieces
- 2 cups kangkong leaves
- 1 teaspoon salt

Procedure:

1. In a casserole, bring water to a boil with tamarind until tender.
2. Remove tamarind, mash and strain, set aside
3. Add green hot pepper, tomatoes, and onion and simmer for 10 minutes.
4. Add the bangus, eggplant, string beans, sampaloc stock and salt and simmer for another 5 minutes.
5. Remove from heat, add the kangkong leaves, and let stand covered for 2 minutes.

SINIGANG NA BANGUS SA PUSO NG SAGING

Ingredients:

- 1 kg. Bangus (milkfish, dressed and sliced)
- 2 c Water
- 3 md Tomatoes, sliced
- 1 md Onion, sliced
- 100 gm pods green sampaloc (tamarind)
- 2 pcs. green hot pepper (siling panigang)
- 1 cn Banana heart, drained (14 oz)
- 1 ts Salt
- 1 tb Patis (fish sauce)

Procedure:

1. Wash and slice fish and cut into 4-6 pieces. Salt all over.
2. Boil water and tamarind pods until pods are tender. Remove tamarind, mash and strain, set aside.
3. Add tomatoes, onions and green hot pepper to boiling mixture and cook 15 minutes or until vegetables are almost cooked. Add fish, banana hearts, mashed sampaloc stock and patis. Bring to a boil. Lower heat and simmer 3-5 minutes. Remove from heat, and let stand for 5 minutes.
4. Serve with balaw-balaw or patis (fish sauce).

Preparation and cooking time: 30 minutes Serves 6 – 10 persons

Pesang Dalag

INGREDIENTS:

1 pound grouper, filleted
2 teaspoons salt
2 teaspoons cooking oil
1 piece fresh ginger root, peeled and sliced into julienne strips
1 small onion, quartered
3 cups water
10 peppercorns, crushed
1/2 cup leeks or scallions, sliced
1 cabbage, quartered
1 bunch Chinese lettuce, cut into 3-inch pieces
patis or salt to taste freshly ground pepper to taste

MISU-TOMATO SAUCE:

1 teaspoon cooking oil
1 teaspoon finely minced garlic
1/2 cup chopped onion
1/2 cup finely minced ripe tomatoes
2 tablespoons salted bean paste (miso)
1/2 teaspoon apple cider vinegar
1/2 teaspoon freshly ground pepper

Procedure:

Season the fish fillets with salt. In a medium saucepan, heat oil and saute ginger and onion. When onion turns transparent, add water and peppercorns. Bring to a boil. Add the fish. Bring to a quick second boil. Turn off heat. Add leeks or scallions, cabbage and Chinese lettuce. Season with *patis* or salt and pepper to taste. Serve hot with misu-tomato sauce.

MISU-TOMATO SAUCE: In a small skillet, heat oil and saute garlic until light brown, then onion until transparent and tomatoes until soft. Add bean paste. Mix and mash the whole mixture with a fork. Add vinegar and pepper. Bring to a boil. Serve with boiled fish.

SINIGANG NA KANDULI SA MISO

Ingredients:

1-1/2 k. of *kanduli* (about two whole fish), sliced into serving size pieces
4 cloves of garlic, crushed
1 onion, thinly sliced
3 tomatoes, chopped
1/2 to 3/4 c. of yellow miso (available in vegetable stalls in wet markets and in the chilled section of most supermarkets)
about 250 g. of fresh tamarind
about 200 g. of mustard leaves
patis (fish sauce), to taste
about 3 tbsps. of vegetable cooking oil

Procedure:

- Wash the *Kanduli* fish thoroughly by rubbing the salt in the skin to remove slimes and foul odor.
- Wash and boil the tamarind in about two cups of water and extract the juice.
- Heat the cooking oil in a pot and saute the garlic, onion and tomatoes.
- When the garlic, onion and tomatoes start to soften, add the miso. Cook for a few minutes until the vegetables liquefy some more and the mixture turns a bit pasty.
- Pour in the tamarind juice. Season with *patis* to balance the sourness. If you think you don't have enough liquid, or if the broth is much too sour, dilute with water.
- Add the fish. Bring to the boil. Lower the heat cover and simmer for about ten minutes.
- Add the mustard leaves and simmer for a minutes. **SERVE HOT.**

PINIRITONG DALAG

Ingredients:

- 1 large size Dalag (Mudfish) about $\frac{3}{4}$ to 1 kg. Washed and split lengthwise.
- 200 grms cooking oil
- Salt, to taste

Procedure:

- Heat large cooking pan and pour 200 grams cooking oil until heat.
- Fry fish for about 5 - 10 minutes or until the fish is lightly browned. DO NOT OVERCOOK.
- Serve with pickled papaya or some *kalamansi* juice, soy sauce and crushed chili peppers, and serve on the side as a dipping sauce.

GINATAANG HIPON

Ingredients:

- 1 /2 kilo medium size shrimps
- 1 small onion, chopped
- 1 clove garlic
- $\frac{3}{4}$ teaspoon salt
- 100 grams kamias or diced pineapple
- $\frac{1}{2}$ teaspoon ginger
- $\frac{1}{2}$ cup green and red bell pepper
- $\frac{2}{3}$ cup coconut milk

Procedure:

1. In a skillet, combine onion, kamias or diced pineapple, garlic, salt, ginger, and bell pepper with $\frac{1}{4}$ cup coconut milk bring to boil.
2. Add the remaining coconut milk. Cook stirring over low heat until it thickens, for about 8-10 minutes.
3. Add the shrimps and cook for 5 minutes.
4. Best serve when aged at least 1 day after cooking.

ESKABETSENG TILAPIA

Ingredients:

- 1 large tilapia such
- 1 large onion, sliced
- 1 each of red and green bell pepper, cut into strips
- 1 cup grated unripe papaya
- 4 cloves garlic, crushed
- 2 tablespoons ginger, cut into strips
- 1 cup vinegar
- 1 tablespoon salt
- 3 tablespoon sugar
- 1 tablespoon cornstarch, dissolved in $\frac{1}{2}$ cup water
- $\frac{1}{2}$ teaspoon MSG or vetsin
- 1 cup cooking oil

Procedure:

1. Clean the fish and rub with salt and vetsin (optional).
2. In a frying pan, heat the oil and fry the fish until golden brown.
3. Place the fish in a serving dish and set aside.
4. Remove the used oil from the pan and put in about 1 tablespoon of fresh oil.
5. Saute the garlic, ginger, and onion.
6. Add the bell peppers and grated papaya and saute until half-cooked.
7. Put this mixture on top of the fish in the serving dish.
8. Return the pan to the heat and put the vinegar, salt and sugar.
9. Bring to a boil and thicken with the dissolved cornstarch.
10. Pour this sauce over the fish and serve immediately.

Menudo

Ingredients

- 2 1/2 cups diced pork
- 1 cup diced pork liver
- 2 cups of water
- 2 tbsp. vegetable or corn oil
- 2 tbsp. minced garlic
- 1/4 cup chopped onion
- 1/2 cup cubed red ripe tomatoes
- 1/2 cup pimento
- 2 cups diced potatoes
- 1/3 cup chick peas, boiled and peeled
- Salt or patis (fish sauce) to taste

Preparation

- In a medium pot, cook the pork until tender
- Set aside pork and save 1/2 cup of broth
- In a pan, heat oil and fry garlic until golden brown, place onion until transparent, followed by tomatoes until soft
- Add pork and liver to the pan
- Sautee for 5 minutes
- Place 1/2 cup pork broth and add salt of patis (fish sauce) to taste
- Add pimento for color
- Add potatoes and chick peas
- Let simmer for 10 minutes
- Serve hot with rice!

Pansit Palabok

Ingredients

- 1 lb ground pork
- 1 large onion, minced
- 1 lb shrimp, shelled and minced
- 1 can Campbell's cream of mushroom
- 1 can cream of chicken
- 4 cans of water [to dilute the creams]
- *reserve the shrimp heads, pound 'em and obtain the juice for added flavor
- powdered atchuete
- patis to taste

Topping

- pounded chicharon [you can get this sa store]
- fried garlic [minced then fried]
- hard boiled eggs
- chopped spring onions
- sliced lemon

Preparation

- heat some oil and add enough achuete powder for color.
- saute onion, add gr. pork and cook til brown.
- add 1/2 c water, simmer til dry.
- add minced shrimp, cook til pink then add shrimp juice ... stir constantly to keep juice from
- curdling.
- Add the cream of mushroom and chicken, mix well.
- add 4 cans of water and let simmer for 20 mins.
- season with patis.
- cook noodles and drain well, then pour sauce over it and mix well.
- Top with garnishings

Pancit Molo

Ingredients

- 1 pound ground pork (can use ground turkey if watching cholesterol)
- 1 can water chestnuts (chopped)
- 1 bunch green onions (chopped) reserve half for adding to cooked soup
- 1/2 teaspoon salt
- Black pepper to taste
- 1 pack of wonton wrappers
- 2 tablespoons vegetable oil
- 6 cloves crushed garlic
- 1 sliced onion
- 6 cups chicken broth (can use canned if desired)
- 2 cups cooked chicken (flaked)
- 1/2 pound shelled and deveined shrimps (optional)

Preparation

- Mix first 5 ingredients and fill the wonton wrappers (about 1 round teaspoonful in each wrapper)
- Reserve any extra pork mixture
- Saute garlic in hot oil until golden brown
- Take out and reserve about half of garlic to add to the cooked soup later
- Add onion and continue sauteing for a couple of minutes
- Add the unwrapped extra pork mixture and continue sauteing for a minute or two
- Add chicken broth
- When it's almost boiling, add filled wrappers
- Continue cooking and add flaked, cooked chicken and shrimps
- Let boil for a few more minutes until done
- Fill bowls with the soup and garnish with cooked garlic and green onions
- Serve hot!

CHICKEN ADOBO

Serves 4 - 5

Ingredients:

*3 pounds skinless chicken breast
½ cup vinegar
1-tablespoon soy sauce
1 head garlic -- crushed
8 whole peppercorns ½ crushed*

Wash chicken. Cut chicken into serving pieces. Add vinegar to chicken in 4 quart saucepan. Add soy sauce and rest of ingredients. Do not stir chicken until it has started to boil. Cover and simmer chicken till cooked, approximately 30 to 45 minutes. Add water, if necessary. Remove chicken. Fry some garlic in butter. When browned, add chicken without liquid. Fry till browned. Add liquid and simmer for 5 to 10 minutes. Serve hot over rice.

PANCIT GUISADO

Serves 6

Ingredients:

1 pound chicken
1 pound pork -- fat removed
1 tablespoon butter or margarine
1 clove garlic -- minced
½ cup onion -- diced
1 stalk celery -- sliced
¼ head cabbage -- chopped
1 each carrot -- peeled and chopped
8 ounces vermicelli
Accent seasoning mix -- to taste
salt and pepper -- to taste

Boil the chicken and pork in small amount of water. Cook till done. Remove chicken from bones and cut into 1/2-inch cubes. Cut pork into 1/2-inch cubes. Save broth meat was cooked in. Saute garlic and onion in butter till onion is tender. Add meats to pan. Add some broth and Accent and bring to a boil. Reduce heat to a simmer and add carrots. Cook for 5 minutes then add celery and cabbage. Cook for 5 minutes more or until vegetables are tender. Boil water for the vermicelli. Cook according to package directions then add to mixture in pan. Add more broth to mixture if necessary and cook until heated through. Adjust seasonings to taste. Other noodles may be used in place of the vermicelli as long as it is thin.

LECHE FLAN

Serves 6

Ingredients:

4 egg yolks
1 cup sugar
13 ounces evaporated milk
1 teaspoon vanilla extract

Scald milk in a double boiler for 15 minutes. Blend the egg yolks with the sugar, milk, and flavoring. Pour into mold lined with caramelized sugar. Place this in a bigger pan half filled with water and bake until the mixture becomes firm. Cool before removing from mold.

MISUA AT SAYOTE

Misua (around 2 bundles will do)
1/2 onion, finely sliced into half-moons
2-3 cloves of garlic, finely chooped
Equal amount of ginger, cut in small matchsticks
sayote (chokos) atleast 2 - 3

Saute garlic in oil, add onion and ginger. When the onion turns translucent, add the stock or water along with salt/patis and pepper to taste. Bring to a boil. Add the sayote (cut in 1 squares or to your desire) and simmer soup until sayote is tender. Add the misua and stir carefully not to let the misua get stuck to each other (otherwise you get a nice sticky ricey mess). Allow to sit for a couple of minutes. Serve hot.

BULANGLANG

1 cup malunggay leaves (if not available use spinach or watercress)
1 cup pumpkin, cubed
1 cup upo (if not available use zuchinni)
1 cup tokwa (tofu), cubed and fried
1/2 onion
1 cup water
tomatoes

Mix tomatoes, onions and pumpkin in a deep sauce pan or pot. Add water and boil. After 5 minutes cooking, add tokwa and upo. When the upo is almost tender, add malunggay and cook 2 minutes longer or until malunggay leaves are wilted. Remove from heat. Salt and pepper to taste (or instead of salt, use patis). Garnish with fresh tomatoes and cilantro or kinchay (chinese celery).

PORK APRITADA

1/2 k pork, cut into small cube
1 tbsp garlic
2 tbsp oil
1/2 cup onions, sliced
8 cups rice water
2 medium sized potatoes, cut in cubes
1/4 k ox liver sliced into cubes
1 large green or red capcicum, in strips
1 tsp salt
1/4 tsp pepper (sliced like pork or ox liver)

Saute garlic in oil until brown. Add onion and tomatoes, cook until soft. Add pork and rice water; let simmer until tender. When tender, add sliced potatoes and cook until done. Add liver and capcicum. Season and cook until liver is done, 5-8 minutes. Serve hot.

ADOBONG PUSIT

Ingredients

1 lb. squid
1/2 tsp. salt
1 small bay leaf 1/4 tsp. pepper
3-4 cloves garlic, minced
1/3 cup vinegar
1 tsp. sugar
1/4 cup water
3 tbsp. cooking oil
1 small onion, thinly sliced
Ingredients - Metric / Imperial
500g / 1 lb. squid
1 1/2 tsp. salt
1 small bay leaf
1/4 tsp. pepper
3-4 cloves garlic, minced
80 ml / 3 fl oz vinegar
1 tsp. sugar
60 ml / 2 fl oz water
3 tbsp. cooking oil
1 small onion, thinly sliced

Pull out head, tentacles, and innards, taking particular care to remove all of the transparent quill from the body of the squid. Cut off tentacles just above the eyes. Discard the innards along with the quills. Wash and drain bodies and tentacles.

Make up a marinade using the salt, pepper, garlic, vinegar, water, sugar and bay leaf. Add the squid and leave the mixture for one hour.

Drain the squid, saving the marinade. Saute onions in hot oil to soften, add the drained squid, and continue to saute until the juices evaporate. Strain the marinade, add the liquid to the onion and squid. Bring to the boil and simmer for about 15 minutes.

BIBINGKA

2 1/2lbs Mochi rice (5 1/2 cups)
5 1/2 cup Water
1 can (13 oz) coconut milk
1 lbs Dark brown sugar
Banana leaves

Procedures

In a rice cooker or large saucepan, rinse rice; drain. Add water and cook rice. In a saucepan, combine coconut milk and 1 1/2 cups of the brown sugar. Cook over medium heat for about 20 minutes, stirring constantly, until the mixture thickens. Wilt banana leaves over low heat on electric surface unit or in microwave oven; line a 13 x 9 x 2-inch baking pan. Preheat electric oven to 350 1/2 F. Stir remaining brown sugar into the hot rice; mix well. Reserving 1/2 cup coconut milk mixture, stir remainder into rice. Put into prepared pan. Pour the reserved 1/2 cup coconut milk mixture over rice. Bake for 20 minutes then broil for 5 minutes to brown top. Cool and cut into serving pieces. Makes 45 servings.

CHICKEN SOTANGHON

2 Chicken backs to make stock
5 cup Water
1 Chicken breast, boneless -sliced thinly, 2" long
8 oz Bean thread noodles OR Cellophane noodles
6 large Dried mushrooms
1 tbsp Vegetable oil
2 Garlic cloves, minced
1 med Onion, sliced
1 tbsp Fish sauce (patis)
1/2 cup Annatto water (see below)
1 Carrot, sliced thinly about 2 inches long
1 cup Sugar peas
4 Stalks green onions, sliced-thinly crosswise
Salt and pepper to taste

Procedures

Boil chicken backs in 5 cups water for 25-30 minutes. Season with a little salt. Reserve chicken stock. Soak dried mushrooms in water for 20 minutes, de-stem and slice thinly when doubled in size. Set aside. Soak bean thread noodles in water until soft. Drain and cut into 6-inch length with scissors. Set aside. In a deep nonstick pan over medium heat, saute garlic, in oil until lightly browned. Add onion, cook for 1 minute. Add sliced chicken, mushrooms, carrots, annatto water, fish sauce and a little salt and pepper. Cook for about 8 minutes or until mushrooms are cooked. Add 2-3 cups chicken broth. Bring to a boil, correct seasonings, then add the drained bean thread noodles. Cook for about 8 minutes, stirring gently until liquid has been absorbed and noodles are cooked. Be careful not to mash noodles when stirring. Add sweet peas and sliced green onions just before noodles are cooked. Serve immediately. Serves 6-Annatto water: 1 tb. annatto (achuete) seeds, $\frac{1}{2}$ cup water. Soak annatto seeds in water for 15 to 20 minutes. With your fingers, squeeze color out of the seeds in water, until water turns orangy or reddish. Drain liquid into container and discard seeds. Use this liquid as a natural food coloring when the recipe calls for it

MAJA BLANCO

INGREDIENTS:

1/2 cup white sugar
1/2 cup cornstarch
1/4 cup water
1 cup coconut milk
1 cup evaporated milk
1 can Corn Cream Style

LATIK TOPPINGS

1 cup coconut milk

PROCEDURE FOR THE MAJA:

1. Mix the first 3 ingredients - sugar, cornstarch and water until smooth and set aside.
2. Meanwhile, boil coconut milk and evaporated milk until bubbly. Then lower heat and add the mixture in #1 above. Stir constantly until smooth and pasty.
3. When already smooth and pasty, stir in the corn cream style until well incorporated.
4. Pour into a dish to mold then add the toppings.

PROCEDURE FOR TOPPINGS:

Pour the coconut milk in a pan and cook until bubbly then lower heat and stir constantly until reduced and caramelized and crunchy. Be careful not to burn. Remove from heat then put on top of the maja.