

DELICIOUS MUSHROOM RECIPES * FARM-TO-TABLE DINING

Yummy



EASY MEALS EVERY DAY

JANUARY-FEBRUARY 2014

healthy new year!

EAT MORE
FRUITS &
VEGGIES!

START JUICING

WHIP UP TASTY
SALAD DRESSINGS

MAKE GREEN
SMOOTHIES

Cooking with
HERBS

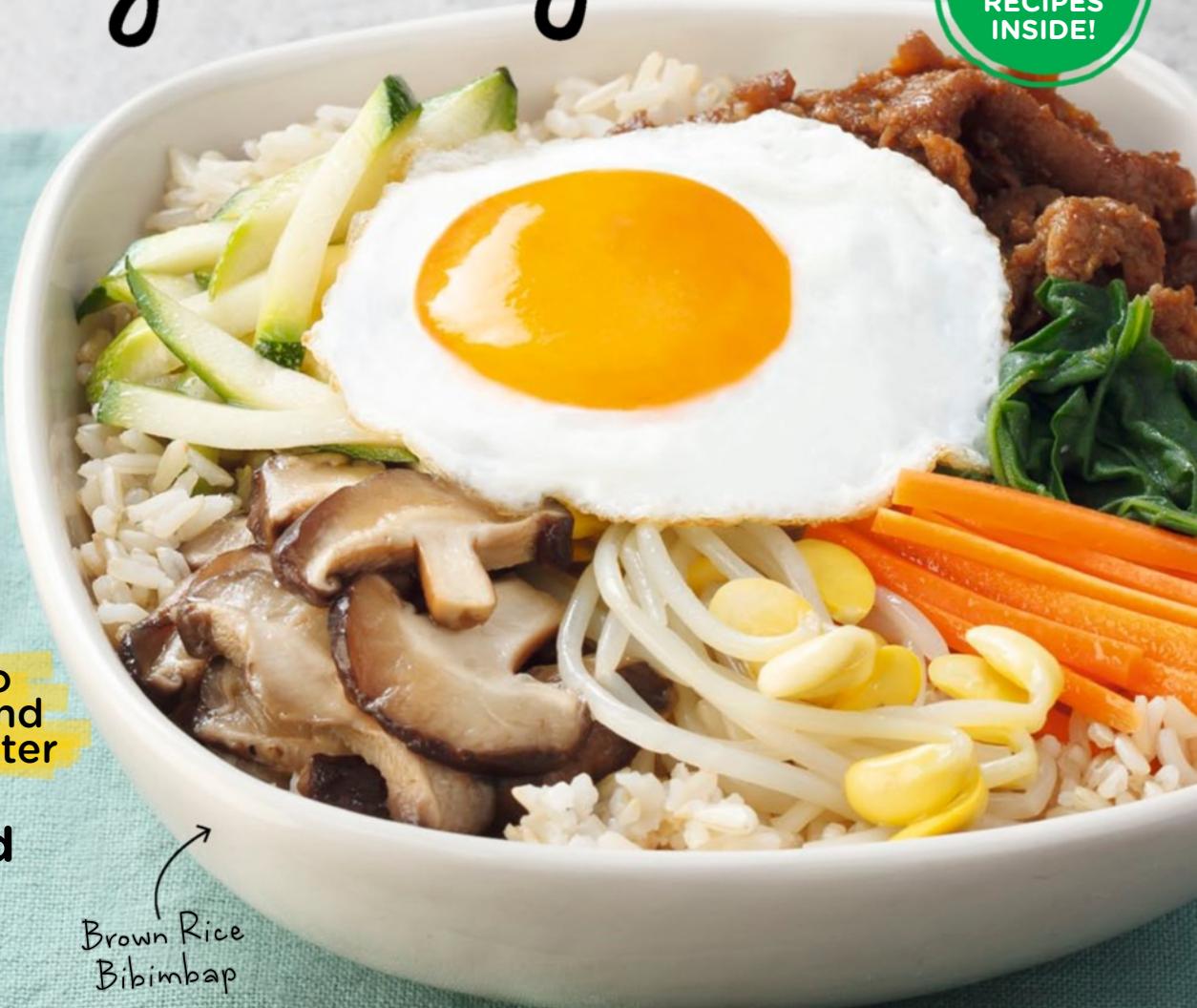
50 ways to
cook and
eat better

Comfort food
made lighter

Vegetable Lasagna,
Black Bean Burgers,
Baked Salmon with
Cilantro Pesto

→
Brown Rice
Bibimbap

73
RECIPES
INSIDE!



GUILT-FREE DESSERTS

SATISFY YOUR
SWEET TOOTH
ON PAGE 29



ISSN 1908-5869



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Your new best friend

Find out why beans are a must-have ingredient for your home



Never underestimate a can of beans, there are actually many reasons for you to love them. They can be cooked in many ways; they're good for you, and they're delicious too. Not only do you have a hearty meal, you have something that's good for the heart too. Just one cup of beans can provide a good portion of your ideal nutritional needs, as they fit into many different food groups. It's definitely an undervalued must-have ingredient for your home. Here are some tasty ways you can spice up that can of beans for you and your family.

SURPRISING STARTERS

Add texture to your dips and appetizers, and your guests will appreciate the personal twist you have made to a classic snack. Add Hunt's Pork and Beans to your salsa, or serve it straight up as a dip for tortilla chips or vegetable sticks. Your guests should be pleased to know that beans are cholesterol-free and contain very little saturated fat, making it friendly to the heart.

SALAD INGREDIENT

Spruce up your salads by using beans as part of the ingredient. Paired with greens, this healthy dish is packed with nutritional benefits. The high dietary fiber content of the beans will be enough to keep you filled

for the night, as it has the same amount of fiber found in wheat bread and brown rice.

MAIN DISH

Who says beans can't be the stars of the show? Replace your meats with beans for your main protein dish. Beans are protein-packed and provide the same benefits of meat without the unwanted fats, promoting body growth, and ensuring healthy muscles, skin and organs.

SIDE DISH

When the beans are so good, you wouldn't mind eating it on its own. Simply serve Hunt's Pork and Beans in a bowl as a side dish, or pour it over your rice. It is filled with minerals that are important to help reduce risks of coronary artery disease, diabetes and osteoporosis, as they are high in potassium and magnesium.

When choosing beans, go for the brand that's been trusted for generations - Hunt's Pork & Beans.

Get inspired by more Hunt's Pork & Beans recipes at www.yummyhunts.com and www.facebook.com/YummyHuntsPH

Did you know that...

Rich in Fiber. You can already obtain 16% of fiber that your body needs in a day with a serving of a 175g can of Hunt's Pork and Beans.

Low in Calories. A 175g can of Hunt's Pork and Beans only has 98 calories giving you enough reason to enjoy your meal without worrying that it would add inches to your waist.

Natural Source of Lycopene. Its thick tomato sauce is high in Lycopene which is a powerful antioxidant that helps prevents illnesses like cancer, diabetes, and heart diseases.

Hunt's Menudo

- ✓ 1/4 kilo ox tripe
- ✓ 2 tbsp butter
- ✓ 2 cloves garlic, minced
- ✓ 1/2 pc white onion, finely chopped
- ✓ 1 pack Hunt's Pork & Beans 230g
- ✓ 1 pack Hunt's Tomato Sauce with Lycofiber 115g
- ✓ 1/2 tsp paprika
- ✓ 1 pc roasted red bell pepper, peeled and sliced
- ✓ 1/4 cup canned garbanzos, peeled
- ✓ 1/4 tsp salt
- ✓ 1/4 tsp pepper

1. Soften ox tripe using pressure cooker for 1 hour and 30 minutes.

2. Once cooked, cut into 1 and 1/2 inch cubes. Set aside.

3. Sauté garlic and onion in butter. Add the ox tripe, Hunt's Pork & Beans, Hunt's Tomato Sauce, bell pepper and paprika. Simmer for 3 minutes.

4. Season with salt and pepper. Add garbanzos. Serve.

Makes 3 to 4 servings. Costs approximately P125.00 per recipe.

Hunt's
Pork & Beans

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Spruce Cold-Pressed Juices



Cover recipe



BROWN RICE BIBIMBAP

This version of the Korean favorite uses brown rice as a healthier alternative. This dish was created to consume leftovers in the fridge, so you can substitute leftover grilled meat (like pork barbecue or *liempo*) in a pinch.

Serves 4 Prep Time 25 to 30 minutes

Cooking Time 10 to 15 minutes

FOR THE BEEF

- ✓ 500 grams sukiyaki beef
- ✓ 1 small pear, peeled and puréed
- ✓ 3 tablespoons low-sodium soy sauce
- ✓ 2 tablespoons brown sugar
- ✓ 1 tablespoon sriracha hot sauce or gochujang (Korean hot pepper paste)

- ✓ 2 tablespoons canola oil

- ✓ 6 tablespoons sesame oil

- ✓ 3 tablespoons minced garlic

- ✓ 2 teaspoons soy sauce

- ✓ 3 cups water

- ✓ 1 cup zucchini, sliced into rounds then into strips

- ✓ 1 cup bean sprouts, cleaned, washed, and drained

- ✓ 1 cup fresh shiitake mushrooms, julienned

- ✓ 1 cup carrots, peeled and julienned

- ✓ 1 cup packed spinach leaves

- ✓ 4 cups brown rice, freshly cooked

- ✓ 4 fried eggs

- ✓ extra gochujang, to serve

1 Prepare the beef: Combine all ingredients in a medium bowl. Marinate the meat for at least 20 minutes or in the refrigerator overnight.

2 When ready to serve, heat canola oil in a large frying pan. Cook beef until slightly caramelized. Set aside.

3 Combine sesame oil, minced garlic, and soy sauce in a large bowl. Set aside.

4 Pour water into a pot and bring to a boil. In separate batches, blanch zucchini, bean sprouts, mushrooms, carrots, and spinach. Toss blanched vegetables and mushrooms in the prepared garlic and soy sauce mixture. Set aside.

5 Place 1 cup of rice in a serving bowl. Arrange vegetables, mushrooms, and cooked beef on top. Top with a fried egg. Repeat with remaining ingredients to make 4 bowls. Serve with gochujang on the side.

New Year! New You!



Breville Philippines

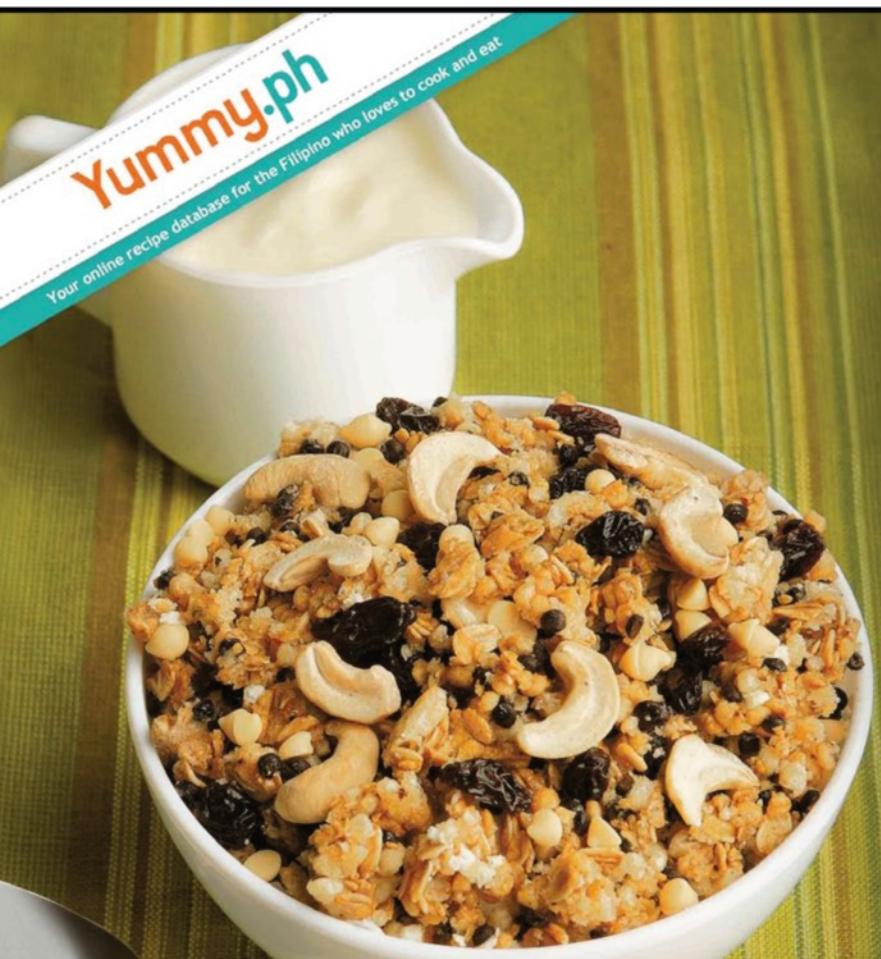
One of the best ways to shed off the extra pounds gained over the holidays is replacing a meal or two with fresh vegetable & fruit juice.

Find out more visit
www.breville.com.ph/juiceon

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We are Food Thinkers.

www.breville.com.ph

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Eat-and-run Breakfast Yogurt Crunch



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Get back on
TRACK
after all the
BINGEING!

Reward your belly by eating healthy—and still keeping it yummy.



Scan this QR code to launch Yummy.ph!

Yummy at a glance

Want to start 2014 on a healthy note? Looking for lighter recipes? Want to learn new ways to prepare shrimp? Need healthier snacks to munch on? Here's your guide to planning yummy meals.

Healthy options

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MINDFUL MUNCHING

Recipes on Yummy.ph



Baked Chicken Nuggets



Homemade Sweet Potato Chips with Lime Salt



Cocoa Apple Crisps



Tofu Fries



FRESH MUSHROOM, COCONUT, AND CILANTRO SOUP

The lighter side



ZUCCHINI SPAGHETTI AND MEATBALLS [PAGE 54](#)



WARM VEGETABLE NOODLES IN NUTTY SAUCE [PAGE 48](#)



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SHIITAKE AND PRAWN PASTA [PAGE 51](#)



STEAMED EGG AND SHRIMP PUDDING [PAGE 33](#)

THE WEEKEND CREW

Decade, Nothing But The 90s and Turn of the Century, Hits from 2000-2007



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**mellow
94.7**

ounds good!

editor's note



People often ask me how challenging it is to stay fit and healthy when you're the editor of a food magazine. The short answer? It is incredibly tough, but I'm learning that it's all about balance and making sensible choices. In the words of Alton Brown, "There are no bad foods, only bad food habits." There's nothing wrong with treating myself to a slice of cake or a scoop of ice cream once in a while, but a scoop of ice cream after every meal is going to have serious consequences. If I've indulged for one too many meals in a row,

I know that I need to cut down on the indulgent stuff and eat more whole grains and vegetables.

Admittedly, I am not a paragon of health—I'm a stress-eater (the Ministop in our office building has benefited greatly from my stress-eating tendencies) and I don't exercise as often as I should. But last year, I made an effort to eat a healthier diet: less carbs, more greens, less sweets, more fruits and veggies. One of the best investments we've made is a juicer. Ours sits permanently on the kitchen counter because we use it daily. I've found that drinking a glass of green juice each morning makes me feel lighter and more energized, and it helps me make better food choices during the day. (Do I really want to eat that cronut for merienda after I had a glass of green juice for breakfast? Probably not.)

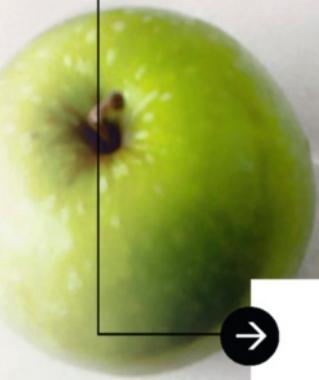
In this issue, we've put together a guide to juicing for anyone who's always wanted to start but just didn't know where to begin. From understanding the benefits of juicing (did you know that it can help prevent cancer?) to choosing the right machine, it's all here on page 64. We've included five simple and easy juice recipes to help you get started, too. The start of each year means a clean slate, and there's no better time to try something new.

Speaking of trying new things, we added new sections to our lineup! Starting this month, check out Pantry Basics for a primer on essential ingredients (in this issue, we discuss cooking oils), read about what we're loving now in Yummy Picks, and master classic recipes in Back to Basics. Cheers to new beginnings and a happy, healthy 2014!

liezl
Liezl
Editor in chief



We're kicking off 2014 with a giveaway! Congratulations to Instagram user **@eughani**, who wins a **Breville Juice Fountain Max** for posting a photo of her homemade *tantanmen*. (She got the recipe from our August 2013 issue, of course!) Follow us on Instagram at **@yummyp** and keep posting your food photos with the hashtag **#yummyp** to win prizes.



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meet our friends



Melanie Jimenez
FOOD STYLIST

What I did for this issue Developed and styled this month's cover recipe for Brown Rice Bibimbap.

Currently busy with... "Road-testing some recipes with my sister using our new oven. There's going to be a lot of baking in the next few weeks!"

New year, new plans "I want to learn how to manage my time better! And hopefully, I'll also sleep through the night soon, along with our new baby."

Go-to healthy eats "Lots and lots of vegetables, mainly crunchy salads dressed in extra-virgin olive oil and lemon juice or red wine vinegar."

Favorite meal of the day "Breakfast! I can eat oatmeal with cinnamon and milk every day. I also love eggs prepared in any way and of course, the typical *silog* meals."

Baby love "I love everything about being a mom! Before becoming a mother, I had absolutely no idea how incredible life was going to be. I never realized that every little thing your child did would be so adorable, amazing, and touching all at the same time! If I had to choose one single moment, it would be watching him waking up slowly and seeing his sleepy, toothless smile appear as soon as he sees me."

Best thing about food styling

"Getting to know how food behaves in different settings and how each project is different from another, even if you're shooting with the same ingredients. I also enjoy meeting people who love food as much as I do, like the awesome *Yummy* team."

EJ Espiritu
POTTER AND OWNER, CORNERSTONE POTTERY FARM

What I did for this issue Created the rustic plates and bowls used in "From the earth."

Currently busy with... "Finishing up orders for clients and creating dinnerware for a restaurant called The Black Pig."

New year, new plans "I'm looking forward to working with more clients and meeting more people at my pottery workshops. I want to conceptualize and develop new, exciting designs and colors for my pottery. I'd love to do some sculptural work, too."

Pottery story "I graduated from Adamson University with a degree in ceramic engineering and worked for various ceramic producers for 10 years. In 1998, my wife Eva and I started developing our own product line made of stoneware clay. Two years later, we launched our stoneware pottery at a local trade show. Thanks to

my wife's encouragement, I started taking pottery lessons from John Pettyjohn to tap into my artistic side. Since then I realized that I am a potter, not just an engineer, and I discovered my true passion for pottery."

What I love most about pottery is...

"Pottery making at the potter's wheel and molding the clay with my hands. It's very therapeutic. Being able to channel my energy and emotions into creating a piece feels incredible. The process helps me realize that just like clay, which needs to be centered on the wheel, I also need to be centered in God's will, to be able to learn what God has intended me to do. As the potter transforms a lump of clay into something special and specific, I am also being transformed into something special and specific."



Eva Espiritu
CULINARY ARTIST

What I did for this issue Shared recipes highlighting different kinds of mushrooms in "From the earth."

Currently busy with... "Developing healthy snacks for my family and creating healthy, clean dishes for my café—no instant seasoning, artificial colors, or preservatives used. My kids are homeschooled too, so that keeps me busy."

New year, new plans "In 2014, I'd like to grow more spiritually. I believe that our faith is a reflection of how we live. I want to pray more intentionally, meditate on God's word more, and slow down the pace of my life. I also want to live a healthier life. Since 2010, I've gone down 4 dress sizes, and I want to maintain this through healthier food choices and exercise."

Yummy experience "I've been an avid reader of the magazine since it came out

in 2007. It was such a dream to be working with the *Yummy* team! I learned so much from them and I'm inspired to do more with my passion for food."

Favorite food memory "I visited my sister in Seattle last September and it was a food paradise! I visited the famous Pike Place Market and tried an amazing Merlot jam. I also enjoyed trying farm-made cheddar, which I used for the best mac 'n' cheese I've ever made."

Go-to healthy drink "I drink lemon water when I want to feel healthier. It detoxifies, it's refreshing, it clears the mind, and the scent of lemon is energizing."

Favorite ingredient "Garlic. It is a natural antibiotic and adds depth to any dish. When garlic is roasted, it has a certain nuttiness. When it's sautéed, it lends a mild spiciness."

Yummy Ideas



Garlicky Mac 'n' Cheese Cups

CHEESY BITES

Mac 'n' cheese lovers will go crazy over their favorite pasta dish in cupcake form!

TO MAKE: Grease a regular 6-cup muffin tray with softened butter. Sprinkle breadcrumbs all over. Sauté 3 tablespoons minced garlic in a saucepan until soft but not browned. Add 3 cups fresh milk, 1 cup water, 200 grams grated quick-melting cheese, 1/2 cup cream cheese, and 1 teaspoon mustard. Mix in 2 cups uncooked macaroni. Season with salt and pepper. Simmer for about 15 to 20 minutes or until pasta is cooked and has absorbed the sauce. Let cool, then scoop into muffin cups. In a bowl, combine 2 tablespoons melted butter, 1 tablespoon minced garlic, and 1/4 cup breadcrumbs. Spoon on top of each mac 'n' cheese cup. Bake in a 400°F oven for 10 minutes or until tops are golden. Let cool for a few minutes. Serve warm. **Makes 6.**

GOING BANANAS

TAKE ADVANTAGE OF OUR COUNTRY'S BANANA BOUNTY AND WHIP UP ANY OF THESE FRUITY DELIGHTS.



Butter up

BANANA AND PEANUT BUTTER TOASTIES

Spread softened butter on 2 slices of white or whole wheat bread. Spread peanut butter on the unbuttered side of 1 slice. Top with raisins and sliced bananas. Cover with the other slice of bread, buttered side up. Heat in a toaster oven for 4 to 5 minutes or until crisp and golden. Slice into squares or cut into shapes using cookie cutters. Repeat to make 4 sandwiches. **Makes 4.**



BANANA PANCAKES

Sift together 1 cup all-purpose flour and 2 teaspoons baking powder in a bowl. Stir in 1 tablespoon sugar. In a separate bowl, whisk together 1 cup buttermilk, $\frac{1}{3}$ cup ricotta cheese, and 1 egg. Make a well in the center of the dry ingredients. Gradually whisk in buttermilk mixture until smooth. Fold in 1 peeled and chopped banana. Set aside for 15 minutes. Heat a large nonstick frying pan on medium heat. Spray with oil. Working in batches, pour $\frac{1}{4}$ cup batter into the pan. Cook for 2 to 3 minutes or until bubbles appear on the surface and break. Flip pancake and cook for another 1 to 2 minutes or until cooked through and golden. Serve pancakes with sliced bananas on top. Drizzle with honey before serving. **Makes 8.**

Much ado about muffins



MINI BANANA AND CARROT MUFFINS

Sift together $1\frac{1}{4}$ cups all-purpose flour, $2\frac{1}{2}$ teaspoons baking powder, and 1 teaspoon ground cinnamon in a large bowl. Stir in $\frac{1}{3}$ cup brown sugar, 100 grams finely chopped dark chocolate, and $\frac{1}{2}$ cup raisins. Make a well in the center. In a separate bowl, stir together 1 cup mashed ripe bananas, 1 cup grated carrots, $\frac{3}{4}$ cup vegetable oil, and 2 beaten eggs. Pour into dry ingredients and mix well. Spoon mixture into greased mini muffin pans. Bake for 20 to 25 minutes in a preheated 375°F oven or until cooked when tested with a skewer. Cool in pan for 5 minutes before transferring to a wire rack. Dust confectioners' sugar on top. **Makes 8.**

STRAWBERRY FRUIT WHIP

GET YOUR DAY OFF TO A HEALTHY START WITH THIS FRUITY DRINK.

Combine 2 cups chilled apple juice, 1 cup sliced strawberries, 1 ripe banana (sliced), and 1/2 cup low-fat yogurt in a blender. Process until smooth. Pour into chilled glasses and serve. **Serves 2.**



→ TERRIFIC TOOL

BAKING SHEET

This baking must-have can be useful in more ways than you'd expect!



Baking sheet,
available at
department stores

● **PREP STATION** To keep your counter tidy, use a baking sheet for your mise en place. You can also use it to easily transport ingredients over to the stove.

● **SIDE SHOW** Make delicious side dishes by slicing up your choice of vegetable. Lay out veggies like zucchini or carrots on the greased baking sheet and roast until cooked through. Drizzle balsamic vinegar or honey on top!

● **SAY FREEZE** Spread fruits or veggies in a single layer on a small baking sheet and place in the freezer.

Once frozen, the individual pieces won't stick together so you can easily transfer them to sealable bags and containers. Enjoy mango slices for a shake, or broccoli for a stir-fry any time you want!

● **COVER UP** Missing a lid for your pot? Use a sturdy baking sheet instead!

The TRY-IT TASTE-IT Row



CHEERS TO 160 YEARS

Australian wine brand Hardys celebrates its 160th anniversary with the launch of its newest range, the William Hardy. Choose between the full-bodied Shiraz with plum, blueberry, blackberry, and vanilla notes or a delicate Chardonnay with flavors of peach and lemon zest. For more information, contact 828-1067, email orders@forthtay.com, or visit www.forthtay.com.



INSTANT BUZZ

All it takes is one capsule and one touch of a button to kick-start your morning. Introducing the Desto and Office One, Coffee Bean and Tea Leaf's newest additions to their single-serve beverage system. Perfect for small to medium businesses, these easy-to-use machines look sleek and make great coffee—we couldn't be happier with the results! Available at all Coffee Bean and Tea Leaf branches and in select retailers.



DONUT DELIGHTS

One of the original doughnut pioneers in the Philippines, Go Nuts Donuts marks their 10th anniversary with 10 creative flavors to match every craving: green tea, strawberry sunshine, peanut butter caramel, hazelnut crunch, chocolate mint, white chocolate glaze lite, sea salt caramel, mocha lite, and lemon curd. Available at all Go Nuts Donuts branches nationwide.

Yummy Ideas

about us | recipes

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AVOCADO & POMEGRANATE CROSTINI

— 09



RECIPES

the latest:

creamy polenta & mushroom
rosemary maple corn muffins
stuffed acorn squash
skillet apple crisp

MORE

ABOUT US



BOOKSHELF

WHAT WE'RE
READING
THIS MONTH

■ **Kinfolk**, the quarterly journal from Portland, Oregon, has captured readers all over the world with its brilliant essays, enthralling photographs, and recipes that focus on rediscovering the joy of casual entertaining and sharing meals with friends. Taking it one step further is **The Kinfolk Table: Recipes for Small Gatherings** (P1,685, National Book Store).

THE
KINFOLK
TABLE

RECIPES FOR SMALL GATHERINGS



Gatherings (P1,685, National Book Store). In this book, founding editor Nathan Williams takes us to Brooklyn, Copenhagen, England, and Portland and into the homes of chefs, artisans, writers, and artists. All of these people have one thing in common: a desire to spend moments and make memories with loved ones over genuinely good food. Get lost in the photos, immerse yourself in each individual's story, and discover what it means to create beauty and meaning in everyday life.



Bookmark it!

{ Love and Lemons }

Meet Jeanine and Jack. She's a typography-loving food stylist and he's a video game programmer. Besides sharing a love for their two Shiba Inu puppies, the couple is also crazy over food. While many of the recipes on Love and Lemons are vegan and gluten-free, Jeanine emphasizes that they're less about being vegetarian and more about the many delicious ways vegetables can be prepared. Scour through the recipe archives and learn that healthy veggie dishes can taste seriously amazing. Visit their blog at www.loveandlemons.com.

Yummy FOOD ADDITION

Chicken Sotanghon Soup with Malunggay

Give the classic soup a healthy update!

Soak 200 grams Sapporo vermicelli noodles (*sotanghon*) in warm water until soft, about 10 minutes; drain and set aside. Heat oil in a pot over medium heat. Cook 400 grams sliced chicken breast until meat turns white. Add 1 liter water

and 2 Knorr chicken cubes. Mix until cubes dissolve, cover, and bring to a boil. Season with salt and pepper. Add *sotanghon* and ½ cup *malunggay* leaves, cover for 1 minute, and remove from heat. Serve immediately. **Serves 4.**



Yummy LESSON

HOW TO MAKE DELICIOUS SCRAMBLED EGGS

THE DILEMMA You love how your favorite restaurant makes scrambled eggs—fluffy and creamy! You tried making your version at home but they always come out way too dry. Is there a trick to achieving delicious scrambled eggs?

WHAT TO DO Gradual heat is key to glorious scrambled eggs. To achieve this, use a double boiler instead of a frying pan. Fill a pot with water, bring to a simmer, and place another saucepan on top, making sure the bottom of the pan does not touch the water. Crack fresh eggs in a bowl and beat until well combined. Melt butter in the pan, pour in the eggs, then stir and fold continuously with a spatula. This trick allows you to cook the eggs without drying it out too much and without binding its proteins too tightly, which results in hard and rubbery eggs. Remove the pan from heat while the eggs are still a bit wet—it should look like it is bathed in thick sauce. Season with salt and pepper, then serve immediately. Another secret to the best scrambled eggs? Mayonnaise! Adding a dollop or two to the eggs will make them extra creamy.



We asked:

WHICH HEALTHY INGREDIENTS WOULD YOU LIKE TO COOK MORE OFTEN WITH THIS YEAR?

- "Quinoa! I can steer clear of rice and use quinoa as a substitute. Plus, it has a low glycemic index and is a great source of protein. Soups and salads become more interesting whenever I add a generous amount of quinoa."—**Janesa Ramirez**
- "Two ingredients I'm planning to cook more often with are tofu and oats. Tofu will help me reduce my meat intake, and oats always give me enough energy to get through a tiring day."—**MicMic Bangcoro-Tubay**
- "2014 will be the year I choose the good kind of fat, like those found in avocados! We usually use avocados in many of our homemade desserts. This time, I plan on using this fruit in salads, soups, and even main dishes. I'd also love to come up with my own guacamole, perfect for Mexican nights at home!"—**Nicole Francisco**
- "I'd like to cook with couscous more. It's light and can be a great substitute to rice. I usually cook couscous in homemade stock, then I add tuna, spinach, minced carrots, and a splash of milk. It's great paired with other light proteins such as steamed fish or chicken."—**Wendy Yu**
- "This year, fish and vegetables will take over my kitchen! I'm excited to come up with unique and interesting combinations. One dish that I want to try is fish fillet with wintermelon. It's a healthy alternative to the traditional Chinese soup of wintermelon and pork."—**Cathy Uy Ng**
- "Our local leafy greens like *malunggay*! The leaves are packed with vitamins A and C, protein, and potassium. There are so many ways it can be prepared—in pasta, in soup, or even in desserts and pastries."—**Maridel Pacleh**
- "I'd like to cook more often with kale, and I hope that there will be more suppliers of this vegetable this year. There are so many things you can do with it and I'm excited to come up with recipes taking advantage of this glorious green leaf. It's a great source of iron and omega-3 fatty acids."—**Manny Vergara**
- "I noticed how a lot of restaurants started cooking with tea last year. Some even infuse tea in their savory dishes. I'd love to give this same technique a try and come up with interesting infusions of my own."—**Marilou Chen**

Next question: HOW DO YOU KEEP YOUR REFRIGERATOR AND PANTRY ORGANIZED?

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

Yummy Ideas



Down To Earth

Located in the outskirts of Makati, Down To Earth is a gold mine for anyone looking for organic produce. Enter the cozy store and revel in its rustic setting, while scanning the shelves and freezers for items like sage sea salt, fresh mozzarella, grass-fed beef sweet *tapa*, and so much more.

Each product found in Down To Earth's store is freshly harvested and humanely raised by hard-working farmers in Bukidion. The grass-fed meats are raised entirely on pasture, without any hormones or antibiotics. Use grass-fed meats to make your favorite dishes like beef *sinigang* or *bulalo*, and you'll immediately taste the difference in quality and flavor. You can find organic beef hearts, ox tongue, ox tail, beef kidneys, and beef liver at the store, too—and you'll undoubtedly know that everything is clean.

The wide variety of microgreens offered is one of a kind, grown with care and attention to ensure that the flavor and quality are preserved. Choose from mesclun, arugula flowers, micro radish, sweet basil, and more! Culinary diversity and flavor will surely find its way to your plate.

Eating sustainably and organically is a lot less complicated, thanks to Down To Earth. With their wide variety of meats, veggies, dairy products, and bottled products, your pantry and refrigerator will be well-stocked. They conveniently deliver, too! You can order a box of five to six different kinds of vegetables that will be delivered to you weekly or order a variety of items for a minimum of P1,000. Organic shopping just became so much easier.

Down To Earth is at Unit J, G/F Makati Curb Holdings Building, 7433 Yakal St., San Antonio Village, Makati City (mobile nos.: 0922-8165147, 0906-2392773); info@downtoearth.ph; www.downtoearth.ph.



Slather Garlic Herb Butter (P250 for 200 grams) on roasted chicken or baked salmon, or enjoy fresh Salted Butter (P120 for 150 grams) on a flaky croissant.

Start your mornings with fresh kefir (P150 for a 500-ml bottle). This tangy drink is perfect in smoothies.

The Grass-Fed Beef Sweet Tapa (P200 for 250 grams) is traditionally smoked using mango wood.

INGREDIENT SPOTLIGHT

KOREAN SEASONING PASTES

Don't get confused the next time you see these color-coded tubs at the supermarket! These seasoning pastes have distinct flavor profiles and uses. In the red tub is the popular *gochujang*, a hot pepper paste used to add heat to sauces, marinades, and dishes like *bibimbap*. The light brown tub contains *doenjang*, a thick, fermented soybean paste. Similar to Japanese *miso*, this earthy paste is best used to add flavor to soups and stews. The green tub combines *gochujang* and *doenjang* with other flavorings like sesame oil, garlic, and onion. The result is a sweet, peppery, slightly spicy *ssamjang*, which is perfect as a dipping sauce for lettuce wraps and *samgyeopsal*.



Kitchen glossary

Chiffonade

The word "chiffon" is French for little rag, and that's precisely what your leafy vegetables and herbs will look like when you slice them using this technique. To chiffonade herbs like basil or vegetables like spinach, stack the leaves on top of each other, roll tightly into a log, and slice the leaves vertically. The result? Thin strips of herbs and veggies, perfect as a garnish for soup or pasta.

Here are 180 reasons to dine out this 2014.



Get those hungry tummies ready! Your best selling restaurant guide is back, featuring 180 must-visit restaurants in Manila and Cebu!

Grab your copy of **Eat Out Now**. Available in leading bookstores and newsstands nationwide for only **P295**.

PRESENTED BY



Maggi



Make mornings egg-citing, with **Magiclog!**

Waking up to a nutritious and delicious breakfast lets your family face each day with a smile. For mornings to be magical, what you simply need is "diskarte". Sprinkle your trusted MAGGI MAGIC SARAP® to turn the simple but favorite egg into a more delicious, leveled-up MAGICLOG delight. Make everyday breakfast more exciting by cooking MAGICLOG in different ways. Here are easy, quick and budget-friendly egg recipes that you can try at home! Let MAGGI MAGIC SARAP® fill up the happiness of your family every morning.

Magic Fried Eggs

INGREDIENTS

6 pcs	fresh medium eggs
6 tbsp	vegetable oil
1/2 sachet	8g MAGGI MAGIC SARAP®

PROCEDURE

1. Heat 1 tbsp of oil in a non-stick pan. Crack a fresh egg in a small bowl and carefully place in the pan.
2. Season with a pinch of MAGGI MAGIC SARAP® and cook for 2-3 minutes over medium heat.
3. Slide out of the pan into a plate and serve.

SERVINGS: 4-6



Magic Tortang Hotdog

INGREDIENTS

4 tbsp	margarine
4 cloves	garlic, minced
1 pc	medium onion, juliened
4 pcs	hotdog, cut into 1/4 inch diagonally
1/4 cup	water
1/2 sachet	8g MAGGI MAGIC SARAP®
8 pcs	fresh medium eggs, beaten

PROCEDURE

1. Sauté garlic and onion in margarine using a wide non-stick pan.
2. Add hotdog and water. Cook until water has evaporated. Season with MAGGI MAGIC SARAP® and pour eggs.
3. Gently stir and cook over medium heat until barely set. Cover with a plate, flip and slide back to the pan to cook the other side for another minute. Remove from the pan and rest for 5 minutes. Transfer into a plate and serve.

SERVINGS: 4-6



Magic Onion and Tomato Omelet

INGREDIENTS

2 tbsp	vegetable oil
6 cloves	garlic, minced
1 pc	medium onion, small diced
3 pcs	tomato, small diced
1 sachet	8g MAGGI MAGIC SARAP®
6 pcs	fresh medium eggs
1 cup	catsup

PROCEDURE

1. Sauté garlic, onion and tomato in oil for 2 minutes. Season with 1 1/2 tsp MAGGI MAGIC SARAP®. Remove from the pan and set aside.
2. Beat 2 eggs and season with 1/2 tsp of MAGGI MAGIC SARAP®.
3. Heat a non-stick pan and add 2 tbsp of the onion and tomato mixture. Pour the beaten egg and stir while cooking over low heat until barely set. Let it cook for another 30 seconds. Slide halfway into a plate and fold. Serve with catsup.

SERVINGS: 4-6



For more Magical recipes, log on to www.maggi.ph

Yummy Shopping



Must-
buy!

CUPPOW CANNING JAR
DRINKING LIDS FROM
GREEN SELECTIONS



Put a lid on it

The Cuppow can turn any mason jar into a portable mug.

Mason jars are everywhere these days, used as serving glasses at restaurants or repurposed as centerpieces at birthday parties. With these rubber lids from eco-friendly company Cuppow, your beloved jars can now do double-duty as travel mugs. Pop it on top of the jar, screw on the metal ring, and drink away! We love using our mason jar travel mugs to hold cold drinks like green smoothies and iced coffee, though they would work equally well for hot liquids—just make sure to get a mason jar cozy or sleeve as the glass gets too hot to touch.

Cuppow canning jar drinking lids are available from Green Selections for P475. To order, email greenselections@gmail.com or call 0905-6677001.



Good cups

YOGURT packs a one-two punch: It's delicious and it's good for you! Stock up on these healthy cups for breakfast or a wholesome snack.

1 CLEAN AS A WHISTLE

This new yogurt from Nestle is packed with special fiber that's been scientifically proven to help ease digestive problems.

Nestle Acti-V strawberry yogurt, P28, The Landmark

2 DON'T PANIC, IT'S ORGANIC

For breakfast, mix this organic yogurt with a little cereal or granola. The bright flavors of orange and passionfruit will put a little skip in your step! **Wallaby Organic low-fat orange passionfruit yogurt, P157, Rustan's Supermarket**

3 VANILLA SKY

Craving for ice cream? Have a cup of this low-fat vanilla yogurt instead! Mix in raw honey or chopped fruits if you want it sweeter. **Nancy's low-fat yogurt, P139, Rustan's Supermarket**

4 IT'S ALL GREEK TO ME

This thick and creamy Greek yogurt is locally produced in Laguna! Have it plain or try the strawberry, blueberry, and honey variants. **Hacienda Macalauan plain Greek yogurt, P135, Rustan's Supermarket**

5 BERRY HEALTHY

This nonfat yogurt has a special compartment with raspberry pomegranate syrup, so you can swirl in as little or as much of it as you like. **Fage 0% raspberry pomegranate Greek yogurt, P209, Rustan's Supermarket**

Cooking oils

Wondering what makes vegetable oil different from canola? Here's a guide to the different kinds of oil you'll find at the supermarket.



→ Different cooking oils have different uses and react in their own way to heat. When selecting an oil to use, always consider its smoke point, which is an indicator of how high a temperature the oil can take before smoking and breaking down. Here's what you need to know.

CANOLA Canola oil is made from any of several varieties of the rapeseed plant. It is considered healthier compared to other oils because of its low saturated fat content. It has a smoke point of 400°F, which makes it a good choice for sautéing and medium-high heat frying.

CORN Corn oil is extracted from the germ of corn. The refined variety has a high smoke point of 450°F, making it suitable for stir-frying and deep-frying at high heat.

OLIVE Extracted from olives, olive oil is high in monounsaturated fatty acids, which makes it a healthier choice. Extra virgin olive oil is considered superior in quality and taste, and is best used for salad dressings, dips, and for drizzling. Refined olive oil is more suitable for sautéing and pan-frying.

PALM OLEIN Palm olein is a refined oil derived from the palm kernel. It has a

smoke point of 450°F. It is solid at room temperature due to its high saturated fat, making it an inexpensive substitute for butter in baked goods.

SOYBEAN Soybean oil is oil extracted from the seeds of soybeans. With its very high smoke point of 495°F, the refined type is an excellent choice for high-heat deep-frying and baking.

VEGETABLE Vegetable oil is a blend of several oils like corn, sunflower, soybean, and palm. Due to its neutral flavor, it can be used for baking and frying at medium-high heat.



Here's what Team Yummy can't stop raving about this month.

Clockwise from right:

Truffle Honey and Sea Salt Petit Chocolat from Dominique Chocolat Artisanal (P600 for a 200-gram jar)

"These chocolate truffles are so wickedly good, I can't get enough! One bite reveals velvety smooth dark chocolate oozing with luxurious truffle honey. For the finishing touch, fine sea salt is delicately sprinkled on top for a burst of salty goodness."—Rachelle Santos

Gougères from Gourmet Finds (P420 for a box of 12)

"These incredible gougères are a godsend for cheese lovers like me! Made out of delicate choux pastry and filled with Gruyère, these cheese puffs are light and airy, yet satisfyingly rich and packed with flavor. They're so addicting and if I'm not careful, I can finish an entire box of 12 in one sitting!"—Regine Rafael

Inner Peas from Trader Joe's (P160)

"These days, I'm addicted to Trader Joe's Inner Peas! It's a healthier

substitute for the usual potato chips—these are made with real peas and they're baked, not fried! Plus points for the cute packaging and witty name, too."—Liezl Yap

Placemats from Barrio Chic (P200 each)

"I'm a fan of anything that playfully combines function and design, like these pretty placemats from Barrio Chic. Printed with illustrations showing the parts of the pig and the chicken and the dishes you can turn them into, this set of ramie linens is a favorite whenever I feel like dining, entertaining, or cooking in style."—Idge Mendiola

Edamame from New Hatchin (P180 for a 1-kilo bag)

"I always have a couple of bags of edamame stored in the freezer! When the craving hits, I boil the pods for a few minutes, drain them, and sprinkle sea salt on top. Nutritious and delicious!"—Zee Castro-Talampas



Everyday Recipes

20 MINUTES
OR LESS

Scrambled Egg Burritos

No need to rush out on an empty stomach every morning! Start your days energized and satisfied with this quick and tasty breakfast fix.

Makes 4 Prep Time 5 minutes

Cooking Time 5 minutes

- ✓ 6 eggs
- ✓ 1/2 cup milk
- ✓ 1/4 cup crumbled feta cheese
- ✓ 2 teaspoons butter
- ✓ 1 (400-gram) can kidney beans, rinsed and drained
- ✓ 1/2 cup tomato salsa
- ✓ 1 cup arugula leaves
- ✓ 4 jumbo tortillas, warmed
- ✓ 1 avocado, peeled and sliced
- ✓ hot sauce, to season (optional)

1 Whisk eggs, milk, and feta cheese together in a bowl. Season to taste.

2 In a large frying pan, melt butter on medium heat. Add egg mixture, gently stirring set edges into the center with a spatula until firm.

3 Meanwhile, combine beans and salsa in a small microwave-safe bowl. Microwave on medium power for 1 minute, until hot.

4 Arrange arugula leaves on the center of each tortilla, leaving some space at one end. Top evenly with beans, egg mixture, and avocado. Season with hot sauce, if desired.

5 Fold over end and wrap in sides to enclose, leaving top open. Wrap in paper or foil. Eat burrito warm or keep chilled.

Tip

TO WARM
TORTILLAS, WRAP
IN PAPER TOWELS
AND MICROWAVE
FOR 30 SECONDS
ON HIGH POWER.





B.Y.O. BAON



Chicken, Apple, and Candied Pecan Salad

The flavors of sweet fruit, crunchy pecans, sharp cheese, and savory chicken come together in this refreshing salad.

Serves 4 Prep Time 15 minutes

Cooking Time 10 minutes

- ✓ 1/2 cup pecans, roughly chopped
- ✓ 2 tablespoons maple syrup
- ✓ 1/2 whole roasted chicken, shredded
- ✓ 1 head romaine lettuce, leaves separated
- ✓ 1 bunch arugula, leaves trimmed
- ✓ 1 Fuji apple, cored, quartered, and thinly sliced
- ✓ 1/3 cup blue cheese, crumbled
- ✓ 1/4 cup extra virgin olive oil
- ✓ 2 tablespoons white wine vinegar
- ✓ salt and pepper, to season

1 Preheat oven to 350°F. Line an oven tray with parchment paper.

2 Combine pecans and maple syrup in a small bowl. Spread on prepared tray. Bake for 8 to 10 minutes until golden and sticky. Let cool.

3 Combine chicken, romaine lettuce, arugula, apple, and blue cheese in a large bowl. Transfer to a platter. Sprinkle with pecans.

4 Whisk oil and vinegar together in a small bowl. Season to taste. Drizzle over salad just before serving.

Tip

YOU CAN USE ANY TYPE OF BLUE CHEESE FOR THIS SALAD, OR TRY CHOPPED BRIE OR CAMEMBERT.



**FAMILY
FAVORITE**



Bulgogi

Surprise your family with a delicious Korean favorite! We tweaked the classic *bulgogi* dish by using beef and pork.

Serves 4 to 6 **Prep Time** 25 minutes, plus marinating time
Cooking Time 5 minutes

- ✓ 500 grams beef rump (*tapadera*), thinly sliced
- ✓ 100 grams pork belly or pork loin (bacon-cut)
- ✓ 1/3 cup soy sauce
- ✓ 2 tablespoons sugar
- ✓ 2 cloves garlic, crushed
- ✓ 1 teaspoon sesame oil
- ✓ 1 teaspoon toasted sesame seeds
- ✓ 2 leaves romaine lettuce, separated
- ✓ 1 Asian pear, thinly sliced

FOR THE PICKLED VEGETABLES

- ✓ 2 carrots, thinly sliced
- ✓ 1 bunch radish, trimmed and sliced
- ✓ 1/4 cup rice-wine vinegar
- ✓ 1 1/2 tablespoons caster sugar
- ✓ 1 bird's eye chili, thinly sliced

1 Place beef and pork in separate bowls. Combine soy sauce, sugar, garlic, and oil in a small bowl. Pour evenly over beef and pork. Marinate for at least 2 hours.

2 Make the pickled vegetables: Combine carrots and radishes in a bowl. Combine vinegar, sugar, and chili in a small saucepan. Stir over low heat to dissolve sugar. Pour over vegetables; set aside to cool.

3 Heat a grill on high. Cook pork for 2 to 3 minutes each side and beef for 1 to 2 minutes each side. Sprinkle with sesame seeds.

4 Arrange lettuce cups on platter with beef, pork, pickled vegetables, and pear. Fill lettuce cups as desired.



Your One-Stop Urban Lifestyle Guide to the Best of Manila

In a year that saw an amazing expansion in the city's restaurant landscape,
we picked out 50 new restaurants that stood out.

Read all about it in Best of Manila: 50 Great Restaurants of 2013



Check out SPOT.ph for the best food in and around Metro Manila right now!

www.spot.ph



Family Kitchen

BY JOEY DE LARRAZABAL-BLANCO

About the columnist

Joey de Larrazabal-Blanco started cooking in earnest out of absolute necessity—a continent away from home with no one to feed her. She then promptly and totally flung herself into a one-woman love affair with food—procuring it, preparing it, and ultimately, consuming it. She carries no credentials except for her passion and is firm in her belief that anyone can learn to cook. She recounts her own gastronomic exploits in her blog, 80breakfasts.blogspot.com.

2013 was certainly quite a year for us. We welcomed our second child, a little boy, into our home and our hearts. His round smiley face and sunny nature never fails to make my day. Having two little people around the house is a constant source of incredible moments. Seeing my daughter take on the role of big sister fills me with such joy. I can't help but feel blessed, and I'm truly thankful.

Last year also saw the arrival of a number of natural calamities on our shores, from typhoons to earthquakes. Tragedy was seen and felt throughout the country. But out of this tragedy came compassion, selflessness, and a coming together of the whole world. From the Japanese child donating his piggy bank savings to foreign governments sending aid, help came from all corners. Now we are hopefully on our way to rebuilding what was lost.

This light and healthy noodle dish will help start the new year on

the right note. It packs a nutritious punch but does not scrimp on flavor. Cha soba noodles, the main ingredient, are made with green tea and buckwheat. Green tea is high in antioxidants, and as buckwheat is actually a kind of seed and not a grain, this soba has much more protein than other noodles. It is also rich in manganese and amino acids, and is fat-, cholesterol-, and gluten-free. You can also grill the prawns instead of pan-frying them, which will make this even healthier. I've had the leftover noodles straight out of the fridge the next day and they're just as delicious cold as they were freshly made.

As every new year brings with it a clean slate and a chance to start over, my wish for 2014 is one of rebirth—for our country and for each of us. Let's do the best we can to rebuild whatever needs to be rebuilt. A happy New Year to all of you! May 2014 usher in all kinds of hopeful new beginnings. 

PRAWNS WITH CHA SOBA

Serves 4 Prep Time 10 minutes

Cooking Time 10 minutes

FOR THE DRESSING

- ✓ 1 teaspoon grated ginger
- ✓ 1 teaspoon rice vinegar
- ✓ 1½ tablespoons honey
- ✓ 1 tablespoon sesame oil
- ✓ 1 tablespoon hoisin sauce
- ✓ 2½ tablespoons soy sauce

- ✓ 12 large prawns or 16 small prawns
- ✓ 2 tablespoons soy sauce
- ✓ 1 tablespoon sesame oil
- ✓ 200 grams cha soba noodles
- ✓ canola oil or other mild-tasting vegetable oil
- ✓ 2 teaspoons sesame seeds
- ✓ 4 to 5 green onions (white and light green parts only), sliced
- ✓ 1 small bunch cilantro, leaves picked
- ✓ chili oil, if desired

1 Prepare the dressing: Whisk all ingredients together in a bowl until thoroughly combined. Set aside.

2 Peel and devein the prawns; save the shells and heads for making shrimp stock. Place peeled prawns in a bowl. Add soy sauce and sesame oil; toss to combine. Leave to marinate while you prepare the rest of the dish.

3 Prepare the noodles according to package directions. Drain and place in a bowl with cold water. Toss a few times in cold water to stop the cooking process. Drain again and set aside.

4 Heat a large frying pan over high heat. When hot, add enough oil to slick the bottom of the pan thinly. When the oil is hot, add the prawns in one layer. Do not overcrowd the pan. Cook prawns for about a minute on each side or until bright orange. Do not overcook. Set aside.

5 Toss noodles in a large bowl with the dressing. Divide dressed noodles among 4 bowls. Top noodles with prawns, then sprinkle with sesame seeds, green onions, and cilantro. Drizzle some chili oil on top if you want your dish to be a little spicy.

Tip

TO MAKE THIS VEGETARIAN, YOU CAN USE TOFU INSTEAD OF PRAWNS, MARINATED AND FRIED THE SAME WAY.



Hey, Home Baker!

BY AILEEN ANASTACIO



Happy new year, everyone! Now that the festivities are over, I'm back to healthy cooking and eating. I've been experimenting in the kitchen lately, creating new recipes to teach and share in my kitchen studio, Marmalade Kitchen, located at Bonifacio Global City.

Upon numerous requests from friends, I've decided to make more gluten-free baked goodies. One of the recipes that I've made is for gluten-free chocolate cookies. In this recipe, I used a combination of rice, tapioca, and almond flours. You can also replace the other ingredients with healthier substitutes, like brown sugar for white sugar and so on. Don't worry—no matter how healthy this sounds, it still tastes really good! One thing I love about these cookies is the nutty flavor that comes from the almond flour.

These cookies are especially great for people who are allergic to gluten, but they can also be good for people who are trying to lose weight. Just make sure to limit portions and don't overindulge. If you're ever at the health food store, there are a variety of starches to choose from. Commonly used gluten-free starches are brown rice, quinoa, and sweet potato flours.

These cookies are best eaten a few minutes after they come out of the oven. They soften as they cool to room temperature. Store them in an airtight container and they will keep for about four days.

About the columnist

Aileen Anastacio is best known as the chef and president of bakeshop-café Goodies N' Sweets. She is also the author of *Home Café*, a book on desserts and coffee, and *Home-made for the Holidays*, co-authored with Angelo Comsti. For more of Aileen's recipes and to read about her culinary adventures, visit gourmetgoodies.blogspot.com.

GLUTEN-FREE CHOCOLATE COOKIES

Makes 24 pieces

Prep Time 15 minutes

Baking Time 7 to 9 minutes

- ✓ 1/2 cup almond meal
- ✓ 1/4 cup tapioca flour
- ✓ 1/4 cup rice flour
- ✓ 3/4 cup unsweetened cocoa powder
- ✓ 1 teaspoon baking soda
- ✓ 1/2 teaspoon baking powder
- ✓ 1/4 teaspoon salt
- ✓ 1/2 cup white sugar
- ✓ 1/2 cup butter
- ✓ 1 large egg
- ✓ 1/3 cup milk

1 Preheat oven to 375°F.

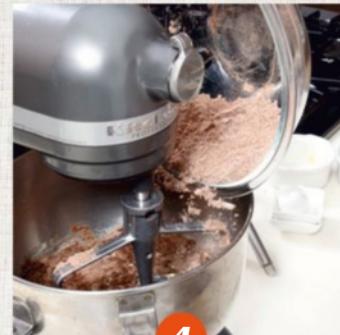
2 In a bowl, combine almond meal, tapioca flour, rice flour, cocoa powder, baking soda, baking powder, and salt. Mix well.

3 In the bowl of an electric mixer fitted with the paddle attachment, cream sugar and butter together on medium-high speed.

4 Turn down speed to low and add the egg. Add half of the flour mixture, then add the milk. Add the rest of the flour mixture. Mix until well-combined.

5 Line a baking sheet with parchment paper or a silicone mat. Scoop out 1/2 ounces of dough and form into rounds. Space rounds 2 inches apart on the baking sheet. Bake in the preheated oven for 7 to 9 minutes.

6 Remove from the oven. Transfer to wire racks and let cool. Serve slightly warm.





Chef at Home

BY JUN JUN DE GUZMAN

Traveling has always been a big part of my life. These past few years have brought me to Italy, France, Spain, Switzerland, Austria, and Czech Republic—and each trip has only strengthened my love for food.

I recently had the opportunity to visit five different cities in Spain and it was absolutely magical. One of Spain's original sauces, which I found quite versatile, is the recipe I am sharing with you this month.

My first taste of romesco sauce was on freshly picked asparagus at one of my favorite restaurants in Barcelona, a place called Luzia along La Rambla. It is similar in taste to regular tomato sauce, but roasted bell peppers and ground almonds boost its flavor. Breadcrumbs are also added to enhance its texture. Romesco sauce is simple and elegant, but definitely sophisticated. In this recipe, I serve it with blanched asparagus spears to replicate my experience in Spain, but the sauce also works well with seafood, chicken, and pasta.

About the columnist

A graduate of the Peregrine School of Cordon Bleu London, Jun Jun de Guzman has spent years as a popular chef instructor at the Center for Asian Culinary Studies in San Juan. In his spare time, he loves traveling around the world with his family, having recently visited Spain and Austria. These days, Chef Jun Jun is busy teaching culinary students at CACS branches in Cavite, Davao, and Subic, as well as doing consultancy for resorts in Boracay and Siargao. Follow Chef Jun Jun on Instagram at @chefelise.



BLANCHED ASPARAGUS IN ROMESCO SAUCE

Serves 4 Prep Time 20 minutes

Cooking Time 30 minutes

- ✓ 2 bundles asparagus spears, cleaned and trimmed
- ✓ salt and freshly ground pepper, to taste

FOR THE ROMESCO SAUCE

- ✓ 3 tablespoons extra virgin olive oil, plus extra for drizzling
- ✓ 1 tablespoon minced garlic
- ✓ 1/2 to 2 cups canned tomatoes, cubed
- ✓ 3 tablespoons Japanese breadcrumbs, toasted
- ✓ 1 red bell pepper, roasted, skinned, and cubed
- ✓ 1/3 cup ground almonds, toasted until light brown
- ✓ dash of red pepper flakes
- ✓ 1/4 cup extra virgin olive oil

1 Season asparagus spears with salt

and pepper. Bring a pot of water to a boil and blanch the asparagus spears. Immediately plunge asparagus in an ice bath to stop the cooking process. Drain water and transfer asparagus to a platter; set aside.

2 Make the romesco sauce: Heat oil in a saucepan and sauté garlic until aromatic. Add cubed tomatoes, including juices. Bring to a boil, then lower heat and simmer for 20 minutes. Season with salt and freshly ground pepper.

3 Add breadcrumbs and red bell peppers, then bring to a boil again. Lower heat and simmer for another 10 minutes. Add ground almonds and red pepper flakes. Continue simmering for another 5 minutes. Remove from heat; pour in extra virgin olive oil.

4 To serve, pour the romesco sauce over asparagus, but make sure not to cover the asparagus tips.



Biz Whiz

BY SHARLENE TAN

Have you all made your New Year's resolutions yet? As I do every year, I resolve to live and eat even healthier in 2014. However, I know there is one thing I cannot give up on—desserts! I always need to cap off a meal with something sweet, so I've been experimenting with easy-to-make, no-baking-required, low-calorie desserts.

My most recent discovery is white chocolate yogurt cups! I love dipping strawberries in melted chocolate or yogurt for dessert, and I thought they would go nicely together in dessert form. As I was playing around with these ingredients in the kitchen one day, I discovered this delicious creation, which is the recipe I'm sharing this month. I added some fresh fruits and chopped nuts for texture and crunch, and I also tried it with other fruit combinations. This is the easiest and simplest dessert recipe you can make. It's fairly light in calories and packed with a lot of healthy vitamins. I suggest slightly toasting the nuts in a pan or toaster oven to release the aroma and to get more flavor. This recipe also works well with dark or milk chocolate. Try it at home!

About the columnist

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

WHITE CHOCOLATE YOGURT CUPS

Makes 4 cups

Prep Time 5 minutes

Cooking Time 5 minutes

- ✓ 100 grams white chocolate, chopped
- ✓ 250 grams plain yogurt

FOR THE TOPPING COMBINATIONS

- ✓ chopped mangoes and toasted pistachio nuts
- ✓ chopped fresh strawberries, toasted almond slivers, balsamic vinegar reduction
- ✓ sliced bananas and chopped pecans
- ✓ chopped fresh apples and walnuts tossed in cinnamon
- ✓ granola or cereal
- ✓ chopped fresh pears and chopped macadamia nuts

1 Melt white chocolate over a double boiler or in a microwave.

2 Combine with yogurt and mix well. Transfer mixture to individual glasses or bowls and top with your preferred topping combination. Serve immediately.





Around the World

BY SARI JORGE

For this issue, I want to share a classic, traditional recipe that is easy to prepare yet enticingly delicious for kids and adults alike. Chicken is everybody's favorite, which is why it's such a hit all year round. So let's start the year right by preparing a dish everybody will love—chicken parmigiana.

This well-loved recipe provides a burst of flavors that is truly appetizing and mouthwatering. The secret to this sumptuous meal is the tenderness of the chicken and the melted cheese on top. It's perfect for special occasions, but since it's easy to make, you can make ordinary days seem extraordinary with this recipe.

You don't have to visit Italian cafes or order from fancy restaurants. As long as you use the right ingredients and know the proper way of cooking, you can transform your kitchen into a cozy Italian restaurant in an instant.

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.



CHICKEN PARMIGIANA

Serves 4 to 6 Prep Time 45 minutes

Cooking Time 25 minutes

FOR THE SAUCE

- ✓ 2 tablespoons extra virgin olive oil
- ✓ 1/4 cup onion, chopped
- ✓ 1 tablespoon chopped garlic
- ✓ 1 bay leaf
- ✓ 2 cups canned crushed tomatoes
- ✓ 1 cup chicken broth
- ✓ 1 tablespoon sugar, or to taste
- ✓ dash of red pepper flakes
- ✓ salt and freshly ground black pepper, to taste
- ✓ 1/4 cup fresh basil leaves, torn by hand
- ✓ 1/4 cup sliced black olives

FOR THE BREADED CHICKEN

- ✓ 1/4 cup all-purpose flour
- ✓ kosher salt and freshly ground black pepper, to season
- ✓ 1 large egg, lightly beaten
- ✓ 1 cup breadcrumbs
- ✓ 1 teaspoon garlic powder
- ✓ olive oil, for frying
- ✓ 4 skinless chicken breast fillets
- ✓ 1/2 cup freshly grated Parmesan
- ✓ 1 cup grated mozzarella cheese
- ✓ 400 grams spaghetti, cooked according to package directions

1 Preheat the oven to 350°F.

2 Make the sauce: Heat olive oil in a sauté pan over medium heat. Add onions, garlic, and bay leaf. Add tomatoes and broth; cook for about 10 minutes. Season with sugar, red pepper flakes, salt, and pepper. Add basil and olives. Remove from heat and keep warm.

3 Make the breaded chicken: Place seasoned flour in a shallow platter. Place beaten egg in a wide bowl. Transfer breadcrumbs to a plate and add garlic powder. Season with salt and pepper. Mix well.

4 Heat olive oil in a skillet. Lightly dredge both sides of the chicken in seasoned flour, dip in beaten egg to coat completely, then dredge in breadcrumbs. When the oil is hot, add cutlets and fry for 4 minutes on each side until golden and crusty, turning once. Transfer chicken to a baking dish.

5 Ladle the tomato-olive sauce over the chicken. Add Parmesan and mozzarella cheeses on top. Bake for 15 minutes or until cheese is bubbly. Serve with spaghetti.

WEEKDAY Cooking

FULL STEAM AHEAD

Want something light
and simple, yet tasty?
Just **steam it!**



PHOTOGRAPH: MIGUEL NACIANENO. RECIPES: MIKE "TATUNG" SARTHOU OF CHEF TATUNG. STYLING: RACHELLE SANTOS.

RECIPES THIS WAY ↗

NOT A FAN OF LEMON BUTTER SAUCE? SERVE THE SEAFOOD WITH DIJON MUSTARD AND MAYONNAISE INSTEAD.



MONDAY

STEAMED SEAFOOD PLATTER WITH LEMON BUTTER SAUCE

When you have fresh seafood on hand, there's no need for complicated flavors. Keep it simple and highlight the natural goodness of your fresh catch.

Serves 5 Prep Time 5 minutes
Cooking Time 20 minutes

FOR THE SEAFOOD PLATTER

- ✓ 2 large mud crabs (*alimango*)
- ✓ 1½ cups marble potatoes, scrubbed
- ✓ 5 cobs Japanese sweet corn
- ✓ ½ kilo mussels, scrubbed and de-bearded or 1 kilo fresh oysters, shucked

- ✓ 10 medium prawns

FOR THE LEMON BUTTER SAUCE

- ✓ ½ cup unsalted butter
- ✓ juice of 1 lemon
- ✓ 2 teaspoons chopped parsley
- ✓ salt and freshly cracked black pepper
- ✓ lemon wedges, to serve

1 Preheat a large steamer. Place crabs, potatoes, and corn in the steamer basket and steam for 15 to 20 minutes, depending on the size of the crabs.

Set aside.

2 In the same steamer basket, place mussels and prawns. Steam for 5 to 7 minutes.

3 Make the lemon butter sauce: Melt butter in a saucepan and let it brown a bit. Add lemon juice and parsley. Season to taste with salt and pepper. Transfer to a serving dish.

4 Remove husks from corn and slice each cob into 3 pieces. Arrange seafood, potatoes, and corn on a platter. Serve with lemon butter sauce and lemon wedges on the side.

WEDNESDAY

STEAMED EGG AND SHRIMP PUDDING

This savory custard is inspired by *chawanmushi*, a Japanese dish. Light and delicate, it makes for a delicious appetizer or side dish.

Serves 4 **Prep Time** 3 minutes
Cooking Time 12 minutes

- ✓ 8 medium eggs
- ✓ 1 cup chicken or *dashi* soup stock, cooled
- ✓ 2 teaspoons sake
- ✓ 1 teaspoon light soy sauce
- ✓ 1 teaspoon sugar
- ✓ 12 medium shrimps, peeled, deveined, and chopped
- ✓ sea salt

✓ chopped green onions for garnish

1 Preheat a steamer. Stir eggs; do not beat. Add stock, sake, soy sauce, and sugar.

2 Divide shrimps into 4 portions. Arrange on the bottom of 4 individual baking dishes.

3 Strain egg mixture and portion equally among the baking dishes.

4 Steam for 8 to 10 minutes or until the pudding is almost firm yet still jiggles when shaken. Top with a sprinkling of sea salt and green onions.



TUESDAY

STEAMED FISH FILLETS WITH HAM

Ham, whether smoked or sweet, is a wonderful complement to the subtle flavors of white fish. Feel free to add some veggies to this dish such as mushrooms, carrots, or asparagus.

Serves 2 to 3

Prep Time 10 minutes

Cooking Time 12 minutes

- ✓ 1/2 kilo white fish fillets (such as *lapu-lapu*, *apahap*, *maya-maya*, or *cream dory*), about 1/4-inch thick and sliced into 2x3-inch pieces
- ✓ 1 teaspoon fish sauce (*patis*)
- ✓ 1 tablespoon Chinese rice wine
- ✓ 1 tablespoon minced garlic
- ✓ dash of white pepper
- ✓ 3 tablespoons cornstarch
- ✓ 200 grams sweet or smoked ham slices, sliced into four pieces
- ✓ sesame oil, for drizzling
- ✓ chopped green onions and toasted garlic for garnish

- 1** Season fish fillets with fish sauce, rice wine, garlic, and pepper. Add cornstarch and toss to coat the fillets.
- 2** Preheat the steamer. Arrange fish fillets alternately with ham on a heatproof platter. Cover with foil.
- 3** Steam for 8 to 12 minutes. Drizzle with sesame oil. Garnish with chopped green onions and toasted garlic.

CHICKEN PECHAY ROLLS WITH STEAMED CHICKEN LEG QUARTERS

Wrapped in these delightful bundles is a tasty mix of chicken and mushrooms. Serve these as a starter or pair them with Chinese fried rice to round out your meal.

Serves 4 Prep Time 20 minutes
Cooking Time 15 minutes

FOR THE CHICKEN LEGS

- ✓ 4 chicken leg quarters (about 1 kilo)
- ✓ 2 cups water
- ✓ 2 tablespoons salt
- ✓ 1 tablespoon rice wine
- ✓ 3 cloves garlic, sliced
- ✓ 1 (1-inch) piece ginger, sliced
- ✓ 1 stalk leek, sliced

FOR THE ROLLS

- ✓ 24 large Baguio pechay leaves (choose whole leaves without holes)
- ✓ 1/2 kilo chicken breasts, deboned and sliced into strips
- ✓ 1 (1-inch) piece ginger, cut into matchsticks
- ✓ 6 fresh shiitake mushrooms, cut into strips
- ✓ 1 clove garlic, minced
- ✓ 3 tablespoons cornstarch
- ✓ 1 tablespoon fish sauce (*patis*)
- ✓ 1 tablespoon Chinese rice wine
- ✓ dash of white pepper

FOR THE DIPPING SAUCE

- ✓ 1/2 cup light soy sauce
- ✓ 1 tablespoon white sugar
- ✓ 1 teaspoon ginger juice (squeeze 2 tablespoons grated ginger to extract the juice)
- ✓ 1 teaspoon sesame oil
- ✓ chopped fresh chives or green onions

1 Prepare the chicken legs: Combine chicken with the rest of the ingredients in a bowl. Marinate for at least 1 hour or overnight.

2 Preheat the steamer.

3 Make the rolls: Blanch pechay leaves in a pot of boiling water. Wipe dry and remove the thick white stems.

4 In a bowl, mix chicken breasts with the other ingredients.

5 Take a spoonful of the chicken mixture and place it in the center of a pechay leaf. Wrap like you would a spring roll. Repeat with remaining ingredients.

6 Drain marinated chicken leg quarters and discard soaking liquid.

7 Arrange chicken rolls and leg quarters in a steamer basket. Steam for 15 minutes or until chicken is cooked through.

8 Make the dipping sauce: Mix all the ingredients in a bowl until sugar dissolves. Transfer to a serving bowl.

9 Serve chicken rolls and steamed chicken with prepared dipping sauce.





FRIDAY

STEAMED STICKY RICE WRAPPED IN PORK

This dish is packed with bold flavors! It's best paired with steamed vegetables or lightly seasoned meat such as steamed chicken, fish, or pork.

Serves 4 Prep Time 10 minutes, plus soaking time for the rice

Cooking Time 2 hours

FOR THE PORK BELLY

- ✓ ½ kilo pork belly, sliced very thinly like bacon
- ✓ 2 tablespoons dark soy sauce
- ✓ 4 tablespoons light soy sauce
- ✓ 1 (1-inch) piece ginger, grated
- ✓ 1 clove garlic, minced
- ✓ 2 tablespoons sugar
- ✓ 1 tablespoon Chinese rice wine
- ✓ black pepper, to season

FOR THE STICKY RICE

- ✓ 2 cups glutinous rice, soaked in 2 cups water for 6 hours
- ✓ 6 dried shiitake mushrooms, washed and rehydrated with the rice
- ✓ 2 tablespoons corn oil
- ✓ 1 medium onion, minced
- ✓ 4 cloves garlic, minced
- ✓ 6 tablespoons canned salted black beans (*tausi*)
- ✓ 1 tablespoon dried shrimp (*hibi*)
- ✓ 2 pieces Chinese chorizo (chorizo Macau), chopped

1 Prepare the pork belly: Combine all ingredients in a bowl. Marinate pork for an hour in the refrigerator. Line a baking dish with a 6x4-inch banana leaf. Arrange marinated pork slices on the banana leaf in

an overlapping manner; set aside. Reserve the marinade.

2 Prepare the rice: Drain the rice and mushrooms. Cut mushrooms into strips.

3 Heat oil in a small frying pan. Sauté onions and garlic until fragrant. Add mushrooms, black beans, dried shrimp, and chorizo. Cook until mushrooms are tender and chorizo has rendered its fat.

4 Add chorizo mixture and reserved pork marinade to the rice. Season with a bit of salt and pepper.

5 Arrange rice on the prepared baking dish and cover with the loose ends of the pork. Wrap with banana leaves and secure with twine.

6 Steam for 2 hours. Let cool for a few minutes and transfer to a serving platter. Slice and serve hot.

*She was the girl with a small voice
but with big dreams!*



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Small plates, big flavor

Entertaining at home? With these simple but elegant recipes for Spanish tapas, you'll spend less time in the kitchen and more time enjoying the company of your guests.



THE MENU

Baked
Mussels with
Manchego
Sauce

Patatas
Bravas y
Chorizo

Chicken
and Olives
with
Sherry

White
Wine
Sangria

RECIPES THIS WAY ↗



BAKED MUSSELS WITH MANCHEGO SAUCE

Here's an appetizer that will get wiped out in seconds: mussels blanketed in a creamy Manchego cheese sauce, sprinkled with breadcrumbs, and baked to golden perfection.

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

- ✓ 1 kilo mussels, cleaned and debearded
- ✓ 3/4 cup coarse breadcrumbs
- ✓ 1 medium green bell pepper, cored and diced

FOR THE MANCHEGO SAUCE

- ✓ 1/2 tablespoons butter
- ✓ 1/2 tablespoons all-purpose flour
- ✓ 1 cup warm milk
- ✓ salt and freshly ground white pepper, to taste
- ✓ pinch of nutmeg
- ✓ 1/4 cup grated Manchego cheese

- 1 Cook mussels in a preheated steamer until they open. Remove the empty half and place the other halves with mussels on a tray; set aside.
- 2 Make the Manchego sauce: Melt butter in a small saucepan over medium heat. Add flour and cook for 1/2 minutes.
- 3 Whisk in milk until smooth. Season with salt and pepper. Add nutmeg. Cook for 5 to 6 minutes or until it thickens slightly.
- 4 Remove from heat and add Manchego cheese. Stir until cheese melts.
- 5 To assemble, place a teaspoon of Manchego sauce on each mussel. Top with breadcrumbs and bell peppers. Bake in a preheated 300°F oven until breadcrumbs are golden. You can also use a toaster oven or turbo broiler set at 150°C for about 2 to 3 minutes.
- 6 Transfer to a serving platter and serve hot.

PATATAS BRAVAS Y CHORIZO

Tired of the ordinary french fries? Serve this Spanish-inspired dish instead. The bold and smoky flavor of the chorizo is a perfect match to the crisp, pan-fried potatoes.

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

- ✓ 4 tablespoons olive oil, divided
- ✓ 150 grams Spanish chorizo (such as *chistorra* or Pamplona), sliced into 1/2-inch pieces
- ✓ 2 medium potatoes, cut into 1/2-inch cubes
- ✓ salt, to taste

FOR THE SAUCE

- ✓ 1/2 cup tomato sauce
- ✓ 1 teaspoon mustard
- ✓ 2 tablespoons hot sauce
- ✓ 1 teaspoon Spanish paprika

1 Heat about 1/2 tablespoons oil in a pan or *cazuela*. Fry chorizo until cooked through. Remove and set aside.

2 Add remaining oil and fry potatoes until golden brown. Remove from heat and season with salt.

3 Make the sauce: Combine all ingredients in a small bowl.

4 To serve, combine chorizo and fried potatoes in a serving bowl. Drizzle sauce on top or serve on the side.



CHICKEN AND OLIVES WITH SHERRY

Complement this chicken and olive *pica-pica* with a crisp white wine or a cold bottle of light beer.

Serves 3 to 4 **Prep Time** 15 minutes, plus marinating time **Cooking Time** 6 minutes

- ✓ zest of half an orange
- ✓ salt and ground black pepper, to season
- ✓ 4 boneless and skinless chicken thighs, each piece sliced into 4
- ✓ 4 tablespoons olive oil
- ✓ 4 large cloves garlic, thinly sliced
- ✓ 8 pitted green olives

- ✓ 2 tablespoons dry sherry

- 1 Combine orange zest, salt, and black pepper. Rub all over chicken pieces and set aside to marinate for at least 2 hours.
- 2 Heat olive oil in a pan and fry garlic until golden. Remove from pan and set aside.
- 3 Using the same pan and oil, fry chicken for about 2 to 3 minutes or until golden brown.
- 4 Return garlic to the pan and add olives.
- 5 Add sherry and flambé, if possible. Otherwise, cook for about 2 more minutes. Transfer to a serving dish and serve hot.

WHITE WINE SANGRIA

Sangria is always a welcome addition to any party. Make it light and refreshing by mixing in white wine instead of the usual red.

Serves 4 to 6 **Prep Time** 20 minutes, plus chilling time

- ✓ 1 (750-ml) bottle white wine (we used Beringer Chardonnay)
- ✓ 2 cups ginger ale
- ✓ 2 tablespoons sugar
- ✓ 1 shot cognac
- ✓ 1 lemon, sliced
- ✓ 1 orange, sliced
- ✓ 1 green apple, cored and cubed
- ✓ 10 seedless green grapes, sliced in half
- ✓ ice cubes

1 Combine wine, ginger ale, sugar, and cognac in a large pitcher. Mix until sugar dissolves.

2 Add fruits and mix. Chill for 4 to 6 hours. Serve with ice cubes.



green for good

Herbs are an easy way to instantly punch up the flavors of any dish. These recipes will show you 6 different ways to use this flavorful bunch.



PHOTOGRAPHY BY
Miguel Nacianceno

**RECIPES AND FOOD
PREPARATION BY**
The Cookery Place

STYLING BY
Idge Mendiola



Thyme-infused Olive Oil

A bottle of infused oil can give dishes an extra dimension of flavor. Pair it with flatbread or toast as a starter, or drizzle it over salads before serving.

Serves 4 Prep Time 30 minutes
Cooking Time 10 minutes

- ✓ 1 cup olive oil
- ✓ 3 sprigs fresh thyme
- ✓ juice from $\frac{1}{4}$ piece lemon
- ✓ 2 cloves garlic, chopped
- ✓ $\frac{1}{4}$ teaspoon red pepper flakes

- ✓ 1 shallot, chopped
- ✓ flatbread, lavash, or pita triangles, to serve

1 Combine oil, thyme, lemon juice, garlic, red pepper flakes, and shallots in a saucepan.

2 Warm the oil over medium heat until it reaches 130°F. Remove from heat.

3 Set aside to infuse for 10 minutes. Let cool before transferring to a sterilized container or bottle.



Tabbouleh with Roasted Bell Peppers

Herbs in salads, like this Middle Eastern classic, can bring freshness to a whole new level. Perfect even without a heavy dressing!

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

- ✓ 1/2 cup water (or chicken or vegetable stock)
- ✓ 1/2 cup instant couscous
- ✓ 1/2 yellow bell pepper
- ✓ 1/2 red bell pepper
- ✓ 1/2 green bell pepper
- ✓ 6 cherry tomatoes, quartered

- ✓ 1/2 cucumber, diced
- ✓ 1/2 cup chopped flat-leaf parsley
- ✓ 2 tablespoons chopped mint
- ✓ 2 tablespoons chopped green onions
- ✓ 1 red onion, minced
- ✓ 1/2 cup raisins
- ✓ juice from 1 lemon
- ✓ salt and pepper, to taste

- 1 Bring water or stock to a boil. Remove from heat and add couscous. Stir to evenly moisten the couscous. Cover the pan and let sit for 10 minutes. Gently break grains apart and fluff with a fork.
- 2 Meanwhile, roast the bell peppers by

placing them on an open gas flame. Turn frequently using tongs until all sides are blackened and charred, about 6 to 8 minutes. Transfer to a container, cover with plastic wrap or foil, and set aside to cool for 10 minutes.

3 Peel roasted bell peppers, remove seeds and stems, and dice. Set aside.

4 Transfer the cooked couscous to a bowl. Add tomatoes, cucumber, parsley, mint, green onions, red onions, raisins, roasted bell peppers, and lemon juice. Mix well and season to taste.

5 Cover the bowl and refrigerate for 1 to 2 hours. Serve chilled.

Baked Salmon with Cilantro Pesto

Turn herbs into sauces which you can use in a number of ways—as a spread, marinade, or a dip. This cilantro pesto is great as a pasta sauce, too.

Serves 2 **Prep Time** 1 hour **Cooking Time** 15 to 20 minutes

- ✓ 1/2 cup light soy sauce (we used Kikkoman)
- ✓ 1/2 cup mirin
- ✓ 1/2 tablespoon chopped ginger
- ✓ 1 tablespoon sesame oil
- ✓ 1 cup chopped green onions
- ✓ 1/2 tablespoon red pepper flakes
- ✓ 2 cloves garlic, minced
- ✓ 2 salmon fillets (approximately 250 grams each)
- ✓ oil for greasing

FOR THE CILANTRO PESTO

- ✓ 1 clove garlic, crushed
- ✓ 2 tablespoons cashews, toasted
- ✓ 1 cup cilantro (wansoy), chopped, plus extra for garnish
- ✓ 3 tablespoons grated Parmesan cheese
- ✓ 1/2 cup olive oil
- ✓ salt and pepper, to taste
- ✓ cherry tomatoes, cubed feta cheese, and lemon slices, to serve

1 Mix together soy sauce, mirin, ginger, sesame oil, green onions, red pepper flakes, and garlic in a bowl. Add salmon fillets and marinate for 30 to 45 minutes.

2 Preheat oven to 350°F. Grease a baking pan with oil.

3 Remove salmon from the marinade and transfer to the prepared pan. Bake for 10 to 12 minutes or until salmon is cooked through.

4 Make the cilantro pesto: Place garlic, cashews, cilantro, Parmesan, and oil in a food processor; process until combined. Season with salt and pepper.

5 Transfer salmon fillets to serving plates. Pour pesto over and garnish with cilantro leaves. Serve with cherry tomatoes, cubed feta cheese, and lemon slices, if desired.





Herb-crusted Pork Loin with Tomato Sauce

This pork loin gets its flavor from a rub of thyme, basil, rosemary, and oregano. Experiment by making your own rub and trying different combinations of herbs.

Serves 4 Prep Time 45 minutes

Cooking Time 1 hour

- ✓ 500 grams boneless pork loin
- ✓ salt and pepper, to taste
- ✓ 2 tablespoons olive oil
- ✓ 2 cloves garlic, minced
- ✓ 1 teaspoon minced fresh thyme
- ✓ 1 tablespoon minced fresh basil
- ✓ 1 teaspoon minced fresh rosemary
- ✓ 1 teaspoon minced fresh oregano

FOR THE TOMATO SAUCE

- ✓ 1/2 cup olive oil
- ✓ 1 medium onion, chopped
- ✓ 2 cloves garlic, minced
- ✓ 1 stalk celery, chopped
- ✓ 1 carrot, chopped
- ✓ 900 grams crushed tomatoes (we combined 1 800-gram can and 1 100-gram can)
- ✓ 4 fresh basil leaves

- ✓ 2 dried bay leaves
- ✓ blanched green beans, to serve

1 Preheat oven to 400°F. Place a rack on a baking sheet and arrange pork loin on top. Season with salt and pepper.

2 Combine olive oil, garlic, and herbs in a bowl. Rub mixture on the pork loin, covering the meat all over.

3 Roast pork for 30 to 45 minutes. Use a thermometer to test the doneness of meat. Once the internal temperature reaches 155°F, remove pork loin from the oven. Let meat rest for 5 to 10 minutes before slicing.

4 Make the tomato sauce: Heat oil in a saucepan. Sauté onions and garlic until onions are soft and translucent, about 2 minutes. Add celery and carrots; season with salt and pepper. Sauté vegetables until soft, about 5 minutes.

5 Add tomatoes, basil, and bay leaves. Simmer, covered, for 1 hour or until thick. Remove bay leaves and taste to adjust seasoning. Transfer tomato sauce to a blender and process until smooth.

6 Serve sliced pork loin with tomato sauce and blanched green beans.

Strawberry-Basil Panna Cotta

Elevate classic desserts by adding herbs. The trick is to find ingredients that complement each other—strawberry and basil both have a grassy flavor profile that works well together.

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

- ✓ 1 3/4 cups whipping cream
- ✓ grated zest from 1 lemon
- ✓ 1 teaspoon vanilla extract
- ✓ 1/2 cup chopped Thai or lemon basil, plus extra for garnish
- ✓ 5 tablespoons milk
- ✓ 2 teaspoons unflavored gelatin (we used Knox)
- ✓ 1/2 tablespoons confectioners' sugar
- ✓ 1 cup chopped fresh strawberries

1 Combine whipping cream, lemon zest, vanilla extract, and basil leaves in a saucepan over medium heat. Bring to a boil, then remove from heat. Cover and let steep for 20 minutes.

2 Strain cream to remove basil leaves. Pour mixture back into the saucepan and reheat over medium heat until mixture steams. Turn off heat.

3 Meanwhile, place milk in a bowl. Sprinkle gelatin over and let bloom for 3 to 5 minutes.

4 Add bloomed gelatin to the warm cream mixture and stir until it completely dissolves. Divide mixture among 4 serving glasses and chill in the refrigerator for 4 hours or overnight. Top panna cotta with chopped strawberries before serving.



Rosemary Shortbread

Fruits and herbs are always a good match. Try this recipe with pairings like lemon and thyme or pineapple and tarragon, too.

Serves 6 **Prep Time** 30 minutes **Cooking Time** 12 to 15 minutes

- ✓ 1/4 cup sugar, plus extra for dusting
- ✓ 2 teaspoons chopped rosemary
- ✓ 1/2 cup butter, softened, plus extra for greasing
- ✓ grated zest from 1 orange
- ✓ 1 cup and 3 tablespoons all-purpose flour, sifted

1 Preheat oven to 300°F. Grease a baking sheet with butter.

2 Place sugar and rosemary in a food processor; process until well combined. Add butter and orange zest; process until mixture is pale and creamy. Transfer to a bowl.

3 Add flour and mix using your hands until it forms a stiff dough.

4 Place the dough on a floured tabletop. Gently press down with a rolling pin and roll out until about 1/4-inch-thick. Cut out biscuits using a round cookie cutter with a 3-inch diameter. Use a spatula to carefully transfer the biscuits to the prepared baking sheet.

5 Prick biscuits with a fork and bake for 12 minutes or until pale brown in color. Use a spatula to transfer baked cookies to a wire rack. Dust with sugar and serve once cooled and crisp.

FROM THE EARTH

Mushrooms add a delicious earthiness and a natural *umami* flavor to any dish. Try any of these easy, flavorful recipes.

PHOTOGRAPHY BY At Maculangan

RECIPES BY Eva Espiritu of Cornerstone Pottery Farm

STYLING BY Rachelle Santos

CERAMICS BY EJ Espiritu of Cornerstone Pottery

Farm (www.cornerstonepotteryfarm.com)

FRESH MUSHROOM, COCONUT, AND CILANTRO SOUP

Reminiscent of Thai flavors, this tasty soup will instantly bring comfort to anyone feeling under the weather.

Serves 4 Prep Time 20 minutes

Cooking Time 15 minutes

- ✓ 2 tablespoons virgin coconut oil
- ✓ 500 grams mixed fresh mushrooms (we used shiitake, oyster, portobello, and white button), cleaned and chopped
- ✓ 1 medium white onion, finely chopped
- ✓ 1 stalk celery, finely chopped
- ✓ 3 cloves garlic, minced
- ✓ 1 large tomato, peeled, seeded, and chopped
- ✓ 3 tablespoons cilantro, chopped and divided
- ✓ 4 cups chicken or fish stock
- ✓ 1 cup coconut milk (second press)
- ✓ juice of 1 lime
- ✓ salt, to taste
- ✓ cilantro sprigs (wansoy) for garnish (optional)

- ✓ hot chili oil and lime wedges, to serve (optional)

- 1 Heat oil in a medium stockpot over low heat. Sauté mushrooms until tender.
- 2 Add onions, celery, and garlic. Cook until onions are translucent.
- 3 Add tomatoes and half of the cilantro; cook for 2 to 3 minutes.
- 4 Add stock. Bring to a boil, then lower heat and simmer for 5 minutes.
- 5 Add coconut milk. Simmer on very low heat for 5 minutes until slightly thick. Add a little more stock or water if soup is too thick.
- 6 Before serving, stir in lime juice and remaining cilantro. Season to taste with salt.
- 7 Serve with chili oil and lime wedges on the side, if desired.



WARM VEGETABLE NOODLES IN NUTTY SAUCE

Instead of the typical pasta, this dish uses a mix of thinly sliced vegetables, sprouts, and enoki mushrooms.

Tossed in a flavorful nut sauce, it's wonderful enjoyed as is or served as a side dish for grilled meats.

Serves 4 to 6 **Prep Time** 40 minutes

Cooking Time 5 minutes

FOR THE NUTTY SAUCE

- ✓ 3/4 cup almond butter, sunflower seed butter (sunbutter), or peanut butter
- ✓ 1 to 1 1/2 tablespoons fresh lime juice or to taste
- ✓ 1/4 cup liquid aminos or soy sauce (preferably preservative-free)
- ✓ 4 tablespoons raw honey, agave syrup, or muscovado sugar
- ✓ 1 tablespoon minced garlic
- ✓ 1/2 cup hot water
- ✓ 2 tablespoons vegetable oil
- ✓ 4 cloves garlic, minced

- ✓ 1 medium red onion, sliced into thin strips
- ✓ 1 (1-inch) piece *galangal* or ginger, minced
- ✓ 2 cups Chinese cabbage (Baguio *pechay*), shredded thinly
- ✓ 2 medium carrots, sliced into thin strips
- ✓ 2 large zucchinis, sliced into thin strips
- ✓ 1 medium radish (*labanos*), sliced into thin strips
- ✓ 3 stems green onion, thinly sliced
- ✓ 1/2 cup fresh cilantro (*wansoy*), chopped
- ✓ 1/2 cup fresh basil, chopped
- ✓ 1/3 cup toasted almond slivers or roasted, unsalted peanuts, chopped
- ✓ 2 to 3 bunches enoki mushrooms, rinsed and dried

- ✓ 2 to 3 cups bean sprouts (*togue*)
- ✓ cilantro leaves (*wansoy*) for garnish

1 Make the nutty sauce: Mix all ingredients in a food processor or blender. Pulse until smooth. Set aside.

2 Heat oil in a wok over medium heat. Sauté garlic, onions, and ginger. Set aside.

3 In the same pan, quickly sauté cabbage and carrots over high heat, about 2 to 3 minutes. Set aside.

4 Mix together sautéed garlic, onion, ginger, cabbage, carrots, zucchini, radish, green onions, cilantro, basil, and nuts in a large serving bowl. Add the sauce; toss to coat. Garnish with enoki mushrooms, bean sprouts, and cilantro.





MUSHROOMS AND SEAWEED WITH PICKLED GINGER DRESSING

This chilled mushroom dish is light and refreshing, perfect as an appetizer or as an accompaniment to rich Asian dishes.

Serves 4 Prep Time 20 minutes

Cooking Time 5 minutes

FOR THE PICKLED GINGER DRESSING

- ✓ 3 tablespoons rice wine vinegar
- ✓ 2 tablespoons minced pickled ginger
- ✓ 1/2 cup virgin coconut oil
- ✓ 1 tablespoon honey
- ✓ 1 teaspoon salt
- ✓ 1 stick kombu (Japanese seaweed), soaked in hot water until soft
- ✓ 2 tablespoons virgin coconut oil
- ✓ 2 cups shiitake or portobello mushrooms (gills removed), cut into 1-inch cubes
- ✓ 2 tablespoons Japanese light soy sauce (*shoyu*)
- ✓ 1 teaspoon sesame oil
- ✓ toasted sesame seeds for garnish

1 Make the pickled ginger dressing: Mix together all ingredients in a bowl. Set aside until ready to use.

2 Drain *kombu* and slice into thin strips.

3 Heat coconut oil in a pan over low heat. Sauté *kombu* and mushrooms for 3 minutes or until tender.

4 Mix mushroom mixture with soy sauce and sesame oil. Chill for 1 hour, covered, in the refrigerator.

5 Transfer chilled mushroom mixture to a serving bowl. Top with sesame seeds. Serve pickled ginger dressing on the side.

KNOW YOUR MUSHROOMS

Can you tell shiitake apart from enoki? Boost your mushroom IQ with this primer on the 4 kinds of 'shrooms most commonly used in the Asian kitchen.

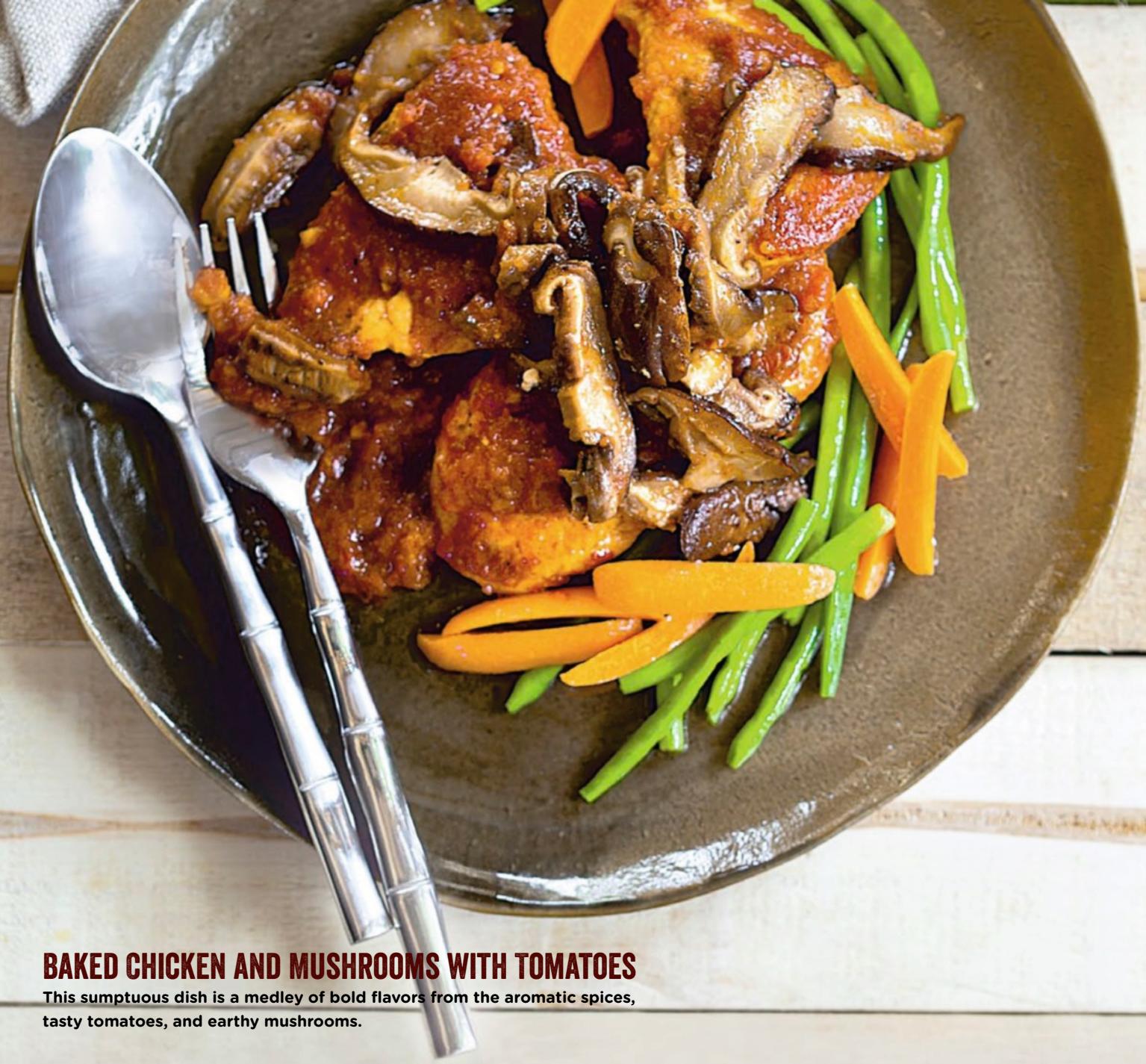
WHITE BUTTON Fresh or canned, this mushroom is widely used in different cuisines. It is also called the table mushroom, common mushroom, or champignon mushroom. Rich in vitamin B, it also contains sodium, potassium, phosphorus, and antioxidants. Button mushrooms are often sautéed, baked, and added to soups, sauces, and stews.

SHIITAKE Shiitake is a brown, edible mushroom native to East Asia. It is also called the black forest mushroom, sawtooth oak mushroom, or oakwood mushroom. It is available in both fresh and dried forms and is widely used in Japanese, Korean, and Chinese cuisines.

OYSTER The oyster mushroom is one of the commonly cultivated mushrooms in the world. This soft, thin, gilled mushroom is also called the abalone or tree mushroom. In cooking, it is often used whole or torn up instead of sliced because it is soft and thin. Oyster mushrooms are typically sautéed, but it may also be deep-fried, grilled, or roasted.

ENOKI Also known as the golden needle or lily mushroom, enoki is a long, thin, white mushroom that's popular in East Asian cooking. It is used in soups, salads, and stir-fries and is available fresh or canned. It contains antioxidants and helps in the regulation of the immune system.





BAKED CHICKEN AND MUSHROOMS WITH TOMATOES

This sumptuous dish is a medley of bold flavors from the aromatic spices, tasty tomatoes, and earthy mushrooms.

Serves 4 Prep Time 15 minutes

Cooking Time 35 minutes

- ✓ 2 tablespoons virgin coconut oil
- ✓ 250 grams fresh shiitake mushroom caps (stems discarded), cleaned and sliced
- ✓ 5 to 7 pieces sun-dried tomatoes, soaked in hot water for 10 minutes and drained
- ✓ 1 (8-ounce) can whole or diced tomatoes, drained
- ✓ 1 (2-inch) piece ginger, peeled and grated
- ✓ 3 to 4 cloves garlic, minced
- ✓ 2 tablespoons soy sauce

- ✓ juice of 1 lemon
- ✓ juice of 1 lime
- ✓ 1/2 to 1 teaspoon cayenne pepper
- ✓ 1/2 teaspoon ground cardamom
- ✓ 1/2 teaspoon ground cinnamon
- ✓ 1/4 teaspoon ground clove
- ✓ 1/2 teaspoon ground cumin
- ✓ 1/2 teaspoon ground coriander
- ✓ 2 to 2 1/2 teaspoons brown sugar
- ✓ 8 chicken breast fillets
- ✓ cooked green beans and carrots, to serve (optional)

- 1 Preheat oven to 400°F.
- 2 Heat oil in a large frying pan. Sauté mushrooms until fragrant. Set aside.

3 Place sun-dried tomatoes, canned tomatoes, ginger, and garlic in the bowl of a food processor. Pulse until finely chopped. (If you don't have a food processor, you can also use a knife to finely chop the ingredients.)

4 Add soy sauce, lemon juice, lime juice, spices, and brown sugar. Pulse to mix.

5 Arrange chicken on a baking dish.

6 Add sautéed shiitake mushrooms to the tomato mixture. Pour this mixture over the chicken.

7 Bake in the preheated oven for 25 minutes or until chicken is cooked through.

8 Transfer to a serving platter and serve with green beans and carrots, if desired.

SHIITAKE AND PRAWN PASTA

The key to achieving the rich and intense flavor of this pasta dish?

Simmer the mushroom stems and prawn shells together with the wine.

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

Cooking Time 25 minutes

- ✓ 350 grams prawns
- ✓ 3½ tablespoons virgin coconut oil, divided
- ✓ 4 to 6 cloves garlic, minced
- ✓ 1 (2-inch) piece ginger, grated
- ✓ 500 grams fresh shiitake mushrooms (stems reserved), cleaned and sliced
- ✓ ¼ teaspoon ground turmeric
- ✓ salt and pepper, to taste
- ✓ ½ cup white wine, water, or apple juice
- ✓ 1 (250-ml) can tomato sauce
- ✓ ¼ cup basil leaves, sliced into thin strips
- ✓ 1 cup cherry tomatoes, sliced in half
- ✓ 1 to 2 teaspoons brown sugar

- ✓ 1 to 2 minced bird's eye chilies, chopped, or chili flakes (optional)
- ✓ 400 grams fettuccini or spaghetti noodles, cooked according to package directions
- ✓ basil leaves for garnish

- 1 Remove heads, shells, and veins of the prawns. Set aside heads and shells.
- 2 Heat 1½ tablespoons oil in a large frying pan. Sauté garlic, ginger, prawn meat, mushrooms, and turmeric for 5 minutes. Be careful not to overcook the mixture. Season with salt and pepper; set aside.
- 3 In the same pan, heat 1½ tablespoons oil. Sauté shrimp shells, shrimp heads, and shiitake stems. Add wine (or water or apple

juice). Simmer on medium heat until liquid is reduced by half. Scoop out the shrimp shells and shiitake stems; discard.

4 Add tomato sauce and half of the basil. Simmer on medium-low heat for 10 minutes or until thickened.

5 Heat ½ tablespoon oil in a small frying pan. Quickly sauté cherry tomatoes just until the skins break. Add to the tomato sauce mixture.

6 Season with brown sugar, salt, and pepper. Add chilies or chili flakes, if using.

7 Place cooked pasta on a large serving platter. Pour tomato sauce over pasta and top with the prawn-shiitake mushroom mixture. Garnish with basil and cilantro.



lighten up!

Who says comfort food can't be healthy? With a few smart ingredient substitutions, you can have your hearty favorites and eat them, too.

PHOTOGRAPHY BY
David Hahn

RECIPES BY
Teresa Cutter

STYLING BY
Ingrid Sant



Ribollita (Italian Vegetable Hot Pot)

Potatoes, cabbage, and beans add heft to a lovely vegetable stew. Bookmark this recipe for rainy nights!

Serves 6 **Prep Time** 30 minutes
Cooking Time 25 to 35 minutes

- ✓ 1 onion, diced
- ✓ 1 stalk leek, trimmed, washed, and sliced
- ✓ 2 cloves garlic, smashed
- ✓ 2 stalks celery, sliced
- ✓ 1 tablespoon olive oil
- ✓ 1/4 head cabbage
- ✓ 1 bunch kale or spinach
- ✓ 350 grams potato (regular or sweet), cut into chunks with skins left on
- ✓ 250 grams chopped tomato (fresh or canned)
- ✓ a few sprigs of thyme
- ✓ 250 grams cooked beans (use borlotti or cannellini beans)
- ✓ 750 ml vegetable stock
- ✓ sea salt and black pepper, to taste
- ✓ 1 cup chopped parsley
- ✓ store-bought pesto and finely grated Parmesan cheese, to serve (optional)

- 1 In a large pot, sauté onions, leeks, garlic, and celery in olive oil for 2 to 3 minutes until softened.
- 2 Roughly chop cabbage and kale leaves or spinach. Add them to the pot together with the potatoes.
- 3 Add tomatoes, thyme, beans, and enough stock to cover the vegetables.
- 4 Bring to a boil, then cover and simmer over low heat for 20 to 30 minutes until potatoes are tender. Season with a little sea salt and pepper. Add parsley. Divide among serving bowls. Top with pesto and finely grated Parmesan cheese, if desired.



Mushroom and Quinoa Risotto

Quinoa is a whole grain that is rich in protein and so easy to cook. Here, we used it instead of Arborio rice in a lovely risotto that's low in fat but high in flavor.

Serves 4 **Prep Time** 15 minutes
Cooking Time 35 minutes

- ✓ 30 grams dry porcini mushrooms
- ✓ 1 onion, finely diced
- ✓ 1 tablespoon olive oil
- ✓ a few sprigs of thyme
- ✓ 1 cup raw quinoa, washed
- ✓ 500 to 750 ml vegetable or chicken stock
- ✓ 2 tablespoons finely grated Parmesan cheese
- ✓ 1 small bunch parsley, chopped
- ✓ sea salt and black pepper, to taste

1 Soak the mushrooms in 1/2 cup boiling water for 10 minutes or until soft.

2 Sauté diced onions in olive oil in a large pan until golden. Break up the mushrooms with your fingers to get rustic pieces.

3 Add mushrooms to the browned onions in the pan; sauté for a few minutes. Add thyme, quinoa, and 500 ml stock. Mix well, cover, and cook over low heat for 15 to 20 minutes or until stock has been absorbed and quinoa is tender.

4 Add another cup of stock along with Parmesan and parsley. Mix well. Season with salt and pepper. Divide among serving bowls.



Almond-crusted Chicken Schnitzel with Cauliflower Mash

Chicken schnitzel gets a healthy makeover in this one! Instead of breadcrumbs, we used ground almonds to recreate the golden crust everyone loves.

Serves 4 **Prep Time** 40 minutes
Cooking Time 20 minutes

FOR THE CAULIFLOWER MASH

- ✓ 1 medium-sized head cauliflower, finely chopped
- ✓ 1 onion, chopped
- ✓ $\frac{1}{4}$ cup water or vegetable stock
- ✓ 1 to 2 tablespoons olive oil
- ✓ sea salt and pepper, to season

- ✓ 1 cup ground almonds
- ✓ zest from 1 lemon
- ✓ 2 tablespoons finely chopped parsley
- ✓ 2 chicken breast fillets (preferably organic)
- ✓ 1 tablespoon cornstarch
- ✓ 1 egg (preferably organic or free-range), beaten
- ✓ olive oil for pan-frying
- ✓ lemon wedges, to serve

1 Make the cauliflower mash: Combine

chopped cauliflower, chopped onions, and water or stock in a large saucepan. Cover and simmer for about 10 minutes, stirring occasionally until just tender and the liquid has evaporated. Remove from heat and transfer to a high-speed blender with olive oil. Season with sea salt and pepper, if necessary, and blend until smooth and creamy. Set aside and keep warm until ready to serve.

2 In a bowl, combine almonds, lemon zest, and parsley. Slice each chicken breast in half lengthwise. Place between sheets of parchment paper; flatten using a meat mallet or rolling pin until thin.

3 Coat the chicken in cornstarch, then dip each piece in the egg. Dredge in the almond mixture.

4 Using a little olive oil, cook the schnitzel in a pan over low to medium heat for 2 to 3 minutes or until lightly golden. Serve with lemon wedges and cauliflower mash.

Zucchini Spaghetti and Meatballs

Go low-carb and try having zucchini noodles in place of the usual spaghetti! Combined with lean, grass-fed beef and baked meatballs, it's a lighter take on a beloved classic.

Serves 6 **Prep Time** 30 minutes
Cooking Time 30 minutes

- ✓ 500 grams beef (preferably lean and grass-fed), minced
- ✓ 1 onion, browned
- ✓ 125 grams ricotta cheese, drained
- ✓ 200 grams baby spinach, chopped and sautéed
- ✓ $\frac{1}{2}$ cup chopped parsley, plus extra for garnish
- ✓ 1 egg (preferably organic or free-range)
- ✓ a pinch of nutmeg
- ✓ sea salt and pepper, to taste
- ✓ 1 tablespoon olive oil
- ✓ 4 cups store-bought Neapolitan-style tomato sauce (or any tomato-based pasta sauce)
- ✓ 6 pieces zucchini
- ✓ 2 tablespoons basil pesto
- ✓ grated Parmesan cheese, to serve

1 Preheat oven to 400°F. Combine beef, onion, ricotta, spinach, parsley, egg, nutmeg, salt, and pepper in a large bowl. Shape into balls with your hands and coat in a little olive oil, then place in a deep tray lined with parchment paper. Don't squish the balls together; make sure to properly space them apart. Bake for 10 minutes. Add tomato sauce to meatballs and toss.

2 Bake meatballs for another 20 minutes until the sauce bubbles. Slice each zucchini into thin strips using a vegetable peeler. Sauté with pesto and then divide into bowls. Top with baked meatballs, Parmesan cheese, and parsley.





Garden Vegetable Lasagna

Roasted zucchini and pumpkin take the place of ground beef in this meatless lasagna. It satisfies the craving for something hearty, but it's completely vegetarian and oh-so-good for you.

Serves 6 Prep Time 45 minutes
Cooking Time 1 hour and 20 minutes

FOR THE TOMATO SAUCE

- ✓ 1 onion, chopped
- ✓ 1 teaspoon olive oil
- ✓ a pinch of chili powder or chili flakes
- ✓ $\frac{1}{4}$ teaspoon smoked paprika
- ✓ 1 tablespoon tomato paste
- ✓ 600 grams canned crushed tomatoes
- ✓ 1 large butternut pumpkin, peeled and thinly sliced
- ✓ 2 large pieces zucchini, thinly sliced
- ✓ 1 tablespoon olive oil
- ✓ $\frac{1}{2}$ teaspoon ground cinnamon
- ✓ sea salt, to taste
- ✓ 1 to 2 tablespoons basil pesto
- ✓ 250 grams baby spinach
- ✓ 500 grams ricotta (preferably reduced fat)
- ✓ 1 egg
- ✓ $\frac{1}{4}$ cup finely grated Parmesan cheese

1 Preheat oven to 400°F.

2 Make the tomato sauce: Sauté onions with olive oil in a pot over medium heat until lightly golden. Add a pinch of chili, smoked paprika, tomato paste, and

crushed tomatoes. Cook for 10 minutes over medium heat until thickened. Set aside until ready to use.

- 3** Place pumpkin and zucchini onto separate lined baking trays in a single layer.
- 4** Brush the pumpkin lightly with olive oil. Sprinkle cinnamon and sea salt on top. Bake zucchini in the preheated oven for a few minutes until softened. Bake pumpkin in the oven for 30 minutes or until tender and caramelized, then remove.
- 5** Spread half of the tomato sauce into a lasagna dish. Add half the pumpkin, covering the base of the dish completely. Layer the zucchini on top and spread pesto over the zucchini.
- 6** Cook the spinach in a pan just until wilted, then lay over the top of the pesto zucchini. Add the last layer of roasted pumpkin, then thinly spread over just enough tomato sauce to cover the pumpkin. Beat ricotta and egg until smooth and creamy, then spread over pumpkin.
- 7** Sprinkle cheese on top and bake for 30 minutes until heated through. Serve hot.

Apple Crumble

The crowning glory of these fruity desserts? A crunchy crumble made with rolled oats. You can serve these alone or with some organic yogurt on the side.

Serves 8 Prep Time 45 minutes
Cooking Time 1 hour

- ✓ 6 medium red sweet apples
- ✓ 1 cup 100% apple juice
- ✓ 1 teaspoon vanilla extract
- ✓ $\frac{1}{4}$ teaspoon ground cinnamon
- ✓ zest from $\frac{1}{2}$ orange

FOR THE CRUMBLE TOPPING

- ✓ $\frac{1}{2}$ cups rolled oats
- ✓ $\frac{1}{2}$ cup desiccated or flaked coconut
- ✓ $\frac{1}{2}$ teaspoon ground cinnamon
- ✓ 1 teaspoon vanilla extract
- ✓ 3 tablespoons maple syrup
- ✓ 3 tablespoons coconut oil
- ✓ $\frac{1}{2}$ cup walnuts (optional)

1 Cut apples into wedges.

Remove the cores but leave the skin on. Place in a large pot; add apple juice, vanilla, cinnamon, and orange zest.

2 Cook over low-medium heat, covered, for about 20 to 30 minutes, stirring occasionally until apples have completely softened and collapsed. Remove lid for the last 10 minutes of cooking, if necessary, to help some of the excess moisture evaporate.

3 Make the crumble: Combine all ingredients in a food processor. Process for a few seconds or until mixture is crumbly. Taste and adjust, if necessary.

4 Preheat oven to 320°F. Place apple mixture in a baking dish or in individual ramekins. Scatter crumble on top and bake for 30 minutes or until golden. Serve hot.



NEW
YEAR

NEW BEGINNINGS

START THE YEAR RIGHT!



50 WAYS

to have a healthy (but just as yummy!) 2014.

BY REGINE RAFAEL • ILLUSTRATIONS BY JON TOLENTINO

EATING OUT

When ordering salads, try to skip fried toppings, bacon bits, and creamy dressings. Load up on fresh vegetables (especially leafy greens!), fruits, and nuts instead.

Check out the menu before heading out! Websites like munchpunch.com or zomato.com have full menus of most dining establishments, so you can make a healthy decision well in advance.

Be careful when seeing these words while dining out: **creamy, breaded, crisp, sauced, or stuffed.** These items are loaded with hidden fat. Steer clear from menu items that also have the words buttery, pan-fried, au gratin, cheese sauce, scalloped, and a la mode.

THESE WORDS GET THE GO SIGNAL WHEN DINING OUT: BROILED, STEAMED, BLACKENED, BAKED, ROASTED, POACHED, LIGHT, FRESH, AND GRILLED.

Enjoy the company! Engage in conversation, chew mindfully, and eat slowly. It takes your stomach about 20 minutes to tell you that it's full. When you inhale your dinner, you're more likely to overeat.



**Skip the bread basket!
Munch on fiber-rich salads
and appetizers instead.**

COOKING ~~AT~~ HOME

BY NOW, YOU ALREADY KNOW THAT BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY. MAKE SURE YOU DON'T SKIP IT! TRY INCORPORATING FRESH FRUIT, WHOLE GRAINS, LOW-FAT DAIRY, AND PROTEIN INTO YOUR MORNING MEALS.

Watch your sides! White rice is tempting, but try to expand your culinary horizons. If you're craving for a satisfying carb to go with your meat, why not try a baked potato (easy on the toppings!) or a baked *kamote*?

Ditch the tortilla wraps and make lettuce wraps instead. Crisp lettuce wraps filled with chicken, beans, and salsa are refreshing and just as tasty!

Love cooking fried chicken at home? Instead of deep-frying, **bake it instead.** Dredge your chicken in breadcrumbs and spray with olive oil. Bake in the oven at 425°F to 450°F until crispy. You'll get the same fried chicken flavor with less calories.

Swap bad fat for good fat by replacing butter with olive oil. Butter has seven times more saturated fat than olive oil, so it wouldn't be a bad idea to replace your butter with olive oil once in a while.

Try sautéing your veggies in low-sodium vegetable broth. It'll be healthier, and your veggies will still taste crisp and seasoned.

A yummy way to get your protein is by eating banana pancakes! Make the batter by mixing together 2 ripe bananas, 2 eggs, and $\frac{1}{8}$ teaspoon baking powder. Cook as you would regular pancake batter.

Herbs are a great way to add flavor to any dish, sans the fat. Make the most out of your fresh herbs by storing them in a jar of water. Change the water every day and your herbs will last longer than they normally would. See page 40 for a few recipes and ideas!

Why not try making your own marinade? Vinegar and citrus combos are a great option, or try a simple soy-mirin marinade, too.



Chili peppers are the perfect kick your body needs to boost its metabolic burn. Load up on the spices to burn more calories.



Labels can be misleading. Be a smarter consumer! Read what's written on each bottle or package to make sure that what you're getting is truly healthy and good for you.

Before going to the supermarket, make a list of what you need to buy and stick to it. Also, don't go shopping when you're hungry—you'll be tempted to buy all sorts of things you don't actually need!

Don't bring your kids grocery shopping with you! They'll keep reaching for the sugar-laden snacks.

Avoid long lines at the cash register. The longer you wait in line, the more tempted you'll be to grab a few snacks at the check-out counter.

WHEN YOU'RE AT THE SUPERMARKET, KEEP IN MIND THE RULE OF THE PERIMETER! FRESH FRUITS AND VEGETABLES, DAIRY, AND MEATS ARE USUALLY FOUND AROUND THE PERIMETER OF THE STORE. THESE ARE THE FOODS YOU'D WANT TO BUY INSTEAD OF THE PROCESSED FOODS TYPICALLY FOUND IN THE INNER AISLES.

5 COMMON FOOD MYTHS

Myth: Eating eggs raises cholesterol levels.

Truth: The cholesterol found in eggs is actually the good kind—the type that removes bad cholesterol from artery walls. As long as it's in moderation, eating eggs rather than animal protein (which contains saturated fat and bad cholesterol) can lower your chances of heart disease.

Myth: Fried food is too fatty and should be avoided at all costs.

Truth: Fried food should be eaten in moderation, but that doesn't mean it should be avoided completely. There are proper ways to fry food. Make sure the oil you use is low in saturated fat (use peanut, soybean, or canola oil) and maintain the proper oil temperature (between 325°F and 400°F) while cooking; otherwise, the food will begin to absorb excess oil. Don't forget to drain the cooked food on paper towels after cooking.

Myth: Red wine is the only type of alcohol that's heart-friendly.

Truth: Beer, wine, and liquor also have the same benefits red wine does. Alcohol increases levels of good cholesterol, which can help prevent clogged arteries. Any beverage that has alcohol—when consumed in moderation, of course—can help decrease heart risk. Drink responsibly!

Myth: Gluten-free foods are healthier.

Truth: This really depends on your body type. If you have celiac disease or an intolerance to gluten, then gluten is a problem. If you aren't, your body should be able to process gluten just fine. Just because a type of food is gluten-free doesn't automatically make it healthier. While gluten-free diets are beneficial for those who are actually allergic to it, it can restrict the amounts of fiber, vitamins, and minerals one can actually consume if you aren't allergic.



MYTH: COOKING OLIVE OIL MAKES IT LOSE ITS NUTRIENTS.

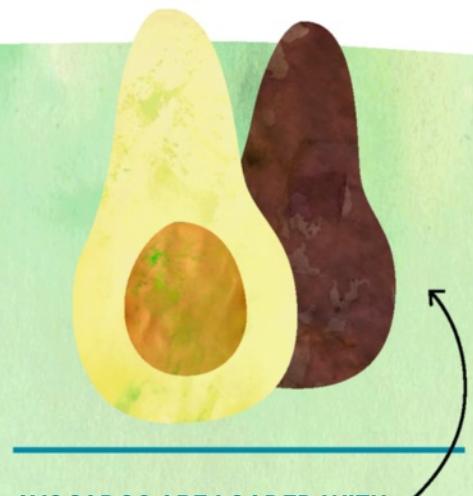
TRUTH: AS LONG AS OIL IS NEVER COOKED PAST ITS SMOKING POINT OF 405°F, ITS FLAVOR AND NUTRITION WILL REMAIN INTACT. WHAT ACTUALLY AFFECTS OLIVE OIL IS HOW IT'S STORED. OLIVE OIL IS BEST STORED AT ROOM TEMPERATURE AND CONSUMED WITHIN SIX MONTHS.

10 HEALTHY SNACKS

Skip the junk food and snack smarter with these 10 ideas.



Popcorn is the perfect go-to healthy snack, but hold the butter! Try other toppings like nori, nutritional yeast, or a combination of toasted sesame oil and sesame seeds.



AVOCADOS ARE LOADED WITH HEALTHY FAT, MAKING THEM GOOD FOR YOU! MIX BROWN RICE WITH MASHED AVOCADO, THEN SPRINKLE BLACK PEPPER AND PAPRIKA ON TOP FOR A FILLING SNACK.

Spread goat cheese on tomato slices, sprinkle chopped parsley or basil on top, and you instantly have a refreshing afternoon treat.

Whole wheat pretzels are always a good thing! Make them taste even better with spicy mustard and a dash of sea salt.

Skip the pita bread. Instead, enjoy your hummus with celery sticks and olives.

Have a little bit of sweet, salty, and spicy all in one go: Cut up a watermelon, sprinkle a little bit of cayenne pepper and lime juice on top, and add chopped pistachios for an extra crunch.

Add a little zest to a plain bag of almonds. Soak the nuts in lemon juice for 30 minutes, bake them at 350°F for 15 minutes, toss with salt and extra virgin olive oil, and you've got a fun snack to munch on.

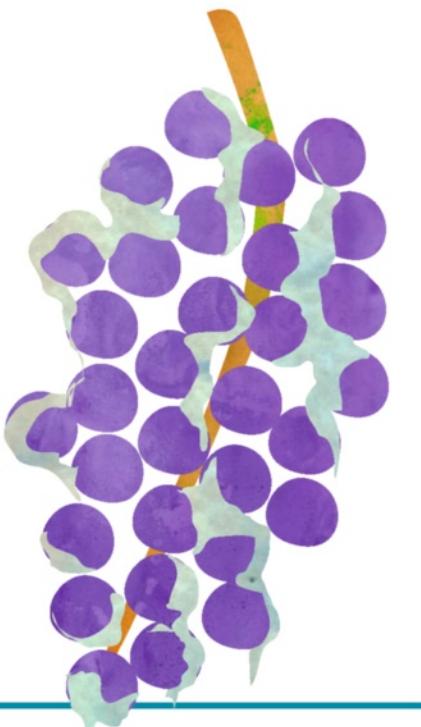
Here's an easy twist on the classic banana cream pie: Spread vanilla-flavored Greek yogurt on top of graham crackers and top with sliced bananas. Yum!

Sprinkle cacao nibs on canned pears or apricots. The sweetness of the fruit paired with the bittersweet cacao nibs is the perfect energy boost!

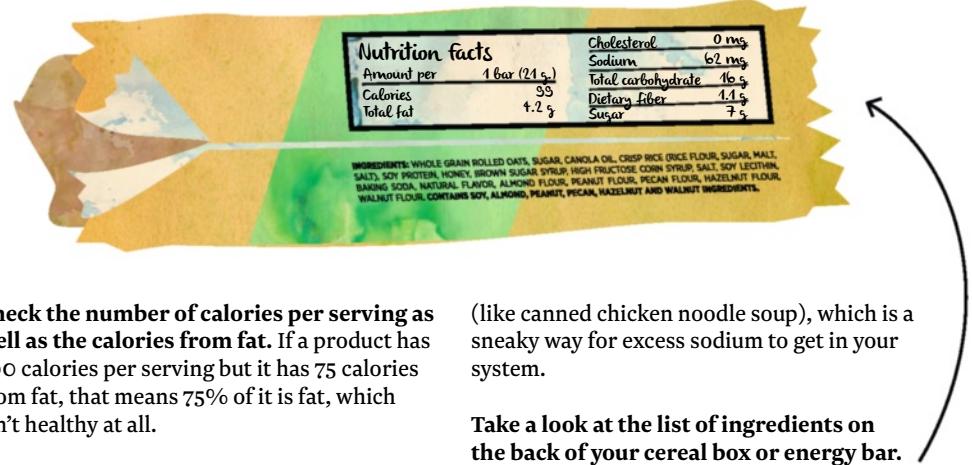
Cinnamon-spiced apples are an ideal snack for when you get the munchies! Sprinkle some cinnamon, nutmeg, and brown sugar on apple wedges, toss it all up, microwave for a few minutes, and you're good to go.

THE NUTRITION FACTS OF LIFE

Reading the nutrition facts and ingredient list on anything you buy is crucial. Here's what you need to keep in mind and what you should take note of before you open that bag of chips.



FROZEN FRUITS ARE GREAT FOR SATISFYING YOUR SWEET TOOTH! INSTEAD OF REACHING FOR THE CANDY, TRY FROZEN GRAPES FOR A SWEET SNACK THAT'S JUST AS SATISFYING. SIMPLY TAKE THE GRAPES OFF THE STEM, STORE IN ZIP-TOP BAGS, AND FREEZE.



Check the number of calories per serving as well as the calories from fat. If a product has 100 calories per serving but it has 75 calories from fat, that means 75% of it is fat, which isn't healthy at all.

When looking at nutritional facts, check how many servings are in one package. Understand that one pack doesn't automatically mean one serving! Based on the serving size of each package, look at how many calories you're actually consuming. If you double the serving size, that means you double the calories, too.

Too much sodium is never a good thing. Watch out for sodium-packed canned foods

(like canned chicken noodle soup), which is a sneaky way for excess sodium to get in your system.

Take a look at the list of ingredients on the back of your cereal box or energy bar. Ingredients are listed in order, from the greatest to the least amount. The fewer the ingredients, the better. And if there are many ingredients that are difficult to pronounce, those probably aren't too good for you either.

Keep an eye out for the cholesterol content on labels of processed foods. This fat-like chemical only comes from animal products (think lamb, cheese, and shellfish) and too much of it can put you at risk for heart disease.

HEALTHY FOOD SUBS

Take baby steps toward healthy eating by swapping out one ingredient for a more nutritious option.

Another way to steer clear from sodium: Swap out salt for flavor boosters like spices, lemon juice, lime juice, or chopped herbs.

Got a craving for something sweet? Make a smoothie using only 3 ingredients. Blend together a few slices of ripe mango, 1/2 cup coconut milk, and a tablespoon of chia seeds. Pour into a glass and drink up!

Never look for sugar-loaded sodas again! Enjoy a fresh zero-calorie soda by drinking seltzer and adding fresh mint or lemon juice.

Did you know that beans can replace flour in brownie recipes? One cup of puréed black beans is equivalent to one cup of flour—try this sub the next time you bake a batch!

Instead of crackers, use cucumber slices. Slather olive tapenade or cheese spread on top and get that satisfying, savory crunch with a refreshing twist.

Replace the typical greasy potato chip with something light that still gives you that crunch. Why not try baking kangkong chips, plantain chips, apple chips, or taro chips?

Hold the cream or milk! To thicken stews and soups, use a mixture of puréed cauliflower and white beans. You'll still get that yummy, creamy consistency!

Want more texture in your pasta? Replace breadcrumbs with finely chopped nuts. Try almonds or walnuts!

FRESH START

Squeeze the most out of 2014 by upping your fruit and vegetable intake! Here's everything you need to know to start a juicing habit.

BY RYAN FERNANDEZ

PHOTOGRAPHY BY Miguel Nacianceno

STYLING BY Liezl Yap



Let's begin

Choosing the right juicer for your purposes can make your daily routine easier and more convenient. Here are some of our picks.



BREVILLE JUICE FOUNTAIN ELITE

Providing two speed options, this stainless steel workhorse is efficient and relatively low-noise. P8,370, Rustan's



HUROM SLOW JUICER

The Hurom squeezes fruits instead of grinding them, so nutrients are well preserved. P14,975, Gourdo's and Living Well



JACK LALANNE POWER JUICER DELUXE

This whisper-quiet juicer is affordable and easy to maintain. P9,975, Gourdo's and Living Well



PHILIPS ALUMINUM COLLECTION JUICER

Its large feeding tube can fit whole fruits and veggies, which means less prep required. P12,000, Rustan's



MATSTONE 6-IN-1 JUICER

The Matstone's unique extraction process keeps juices fresh for up to 48 hours. P14,000, Rustan's

We've all heard it before: An apple a day keeps the doctor away. It certainly sounds nice, but is anyone really keeping track? After the Christmas food binge (admit it, you practically inhaled half of that *lechon*), now's the perfect time for a healthy makeover. Not surprisingly, it's going to take more than a few apples.

Welcome to juicing 101, one of the most effective ways to nourish yourself back to the pink of health. Juicing fruits and vegetables enables you to get potent nutrients that the body can readily absorb. "Although you might already include fruits and vegetables in your daily diet, juicing can be beneficial for you," says sports nutritionist Harvie de Baron. "For example, in one 16-ounce glass of juice, you can pack in the vitamins, minerals, and live enzymes of two apples, one cup of pineapple, one cup fresh coconut water, one cup of greens like *malunggay* or *alugbati*, and one *calamansi*." You can consume more portions of vegetables and fruit through juicing than you would normally be able to consume in a regular meal.

Of course, the benefits are many: Regular intake promotes clearer skin, reverses the signs of aging, boosts energy levels, and even encourages healthy weight loss. It's also a natural way to detoxify, according to Kat Azanza, who runs Juju Cleanse, a juicing service designed for busy urbanites. "Just about all green leafy vegetables can be juiced, and can be paired with a local fruit to add sweetness and blend flavors," says Azanza. "We're lucky to live in a tropical country where fruit is fresh and in abundance."

Juicing's most salient feature, however, is how it can help prevent cancer. According to nutritional oncologist Dr. Romula de Villa, "Fruits and vegetables have phytonutrients that have anti-cancer properties. Juicing, on top of eating meals with fruits and vegetables, will increase the potency of anti-cancer phytonutrients consumed." Formulated drinks might be too sugary, while sticking to just orange or apple juice is limiting, he adds. "The key to consuming healthy fruits and vegetables is variety."



Q&A: JOE CROSS

At 40 years old and 310 pounds, Joe Cross decided to consume nothing but fruit and vegetable juices for two months. His 60-day reboot, as he calls it, was chronicled in the 2010 documentary *Fat, Sick, and Nearly Dead*. He sat down with *Yummy* to talk about what he learned from his juicing experience.

What made you decide to try juicing?

I was overweight and I had an excruciatingly painful autoimmune disease called urticaria. I began to suspect that what I was putting into my body, which was a ton of alcohol and junk food, had caused the disease and the solution might be equally straightforward. If you are what you eat, then I'd better commit to healing my body in the best way I knew I could—getting back to the basics and eating the healthy whole foods our bodies are designed to ingest. So, I decided to drink only the freshest juice from fruits and vegetables for 60 days. It was a real last ditch attempt for me to get well.

How has juicing changed your life?

The end of my 60-day reboot was just the beginning. It has changed my life forever. I still juice every single day. I'm able to make much better food choices, I have a smaller physique, I enjoy exercise, I'm no longer taking any medications, my mind is clearer. I'm a happier, healthier person overall.

What's your favorite juicing combination?

I stick to a rule of 80% vegetables and 20% fruit. My favorite juice consists of 1 cucumber, 4 celery stalks, 2 apples, 6 to 8 kale leaves, half a lemon, and a 1-inch piece of ginger. When you drink juice, all the phytonutrients are readily absorbed through the intestinal wall, immediately providing immense health benefits. However, the natural sugars in fruit juice will also have an immediate effect. It's important not to consume too much juice with a high volume of fruit as it may disrupt blood sugar levels.

Any juicing tips that you'd like to share?

Start slow. You don't always have to jump into a full-on reboot. Start by making small changes to your diet. Try replacing your morning toast and coffee with a large green juice for a few days and observe how you feel. No matter what, juicing and eating more fruits and vegetables can make you feel better mentally and physically.

Learn more about Joe Cross and his 60-day reboot at www.rebootwithjoe.com and watch the documentary *Fat, Sick, and Nearly Dead* at www.fatsickandnearlydead.com.



JUICING 101

Have you always wanted to start juicing but just didn't know where to begin? Here are the answers to your most commonly asked juicing questions.

I maintain a fairly balanced diet—I do my best to include fruits and veggies in each meal. Why should I still juice?

Juicing is the most effective way to give your body the enzymes and nutrients it needs, in their purest form. "For the most part, the vegetables that we eat with our meals are often cooked, and therefore they no longer contain much of their enzymes and nutrients," says Azanza. "By juicing the vegetables, you receive all these in the best possible way. You are circumventing the digestive process and going straight to absorption, which means less work for the body."

Is it okay to drink freshly made juice on an empty stomach?

According to Azanza, drinking juice on an empty stomach is actually ideal. The juices can immediately be absorbed into the blood stream, where it benefits you immediately. If you drink the juice after a meal, your stomach will also be busy digesting the food you've eaten along with the juice. This is also why you are encouraged to eat fruits before the meal rather than after.

Some juice recipes incorporate hard-to-find ingredients like chard and kale. What local vegetables can I use instead? These ingredients are popular in juicing recipes because of their benefits. De Baron's

advice is to look for local produce like *pechay*, *alugbati* leaves, *ampalaya* tops, *saluyot* leaves, *malunggay*, or *ashitaba* leaves, which have antioxidants, vitamins, minerals, and live enzymes in amounts that are comparable to chard and kale.

How important is it to choose organic produce over the regular kind?

"Organic produce always wins over the non-organic variety, because pesticides are poison," says Azanza. "However, if your budget or the availability of organic produce is an obstacle, non-organic is better than nothing. You just have to make a more concerted effort in cleaning or peeling the vegetables properly." De Baron advises cleaning non-organic vegetables and fruits through natural methods like a vinegar bath—simply add a tablespoon of natural vinegar to a bowl of water and use this to wash the produce.

Will I feel different immediately after I drink several glasses of fresh juice?

Juicing is not a quick fix. "Some people make the mistake of just adding juicing to their rich, cholesterol-laden diets. Sure, juicing will provide vitamins and minerals, but they won't be able to experience the maximum benefits of juicing," says De Baron. Make it a long-term habit and you'll see the difference.



DRINK UP!

Get started with these five simple and easy juicing recipes.

CUCUMBER REFRESHER

By Marie Gonzalez

1 large cucumber, peeled if not organic
• 1/2 lemon or 4 pieces calamansi

Juice the cucumber. Squeeze in lemon or calamansi juice.

RED REVITALIZER

By Harvie de Baron

1 Fuji apple • 1 stalk celery • 1 thumb-sized piece ginger • 1/2 thumb-sized piece *luyang dilaw* or turmeric • 1 thumb-sized piece red beet, peeled • 1 carrot (about 150 grams) • 1 tablespoon *malunggay* leaves

Juice everything together and drink immediately on an empty stomach.

GREEN GIANT

By the Yummy test kitchen

1 small green bell pepper, seeded and sliced • 1 green apple, chopped • 1 (1-inch) piece cucumber, peeled • 1 stalk celery, chopped • 1 (2-inch) piece *ampalaya* (optional)

Juice everything together. Drink on an empty stomach.

IMMUNITY ELIXIR

By Marie Gonzalez

1 (1/2-inch) piece ginger, peeled • 4 slices pineapple • 3 tablespoons water • 2 oranges, peeled • 2 slices papaya

Juice ginger and pineapple. Flush through with water. Follow with oranges and papaya.

DIGESTIVE AID

By Marie Gonzalez

1 (1-inch) piece ginger • 1 bunch mint • 1 thick slice cabbage • 1/2 pineapple, peeled and chopped into chunks

Juice the ginger, followed by the mint, cabbage, and pineapple.

Malunggay has 25 times more iron than spinach and 17 times more calcium than dairy milk.

Feeling under the weather? Drink this!

The bromelain in pineapple is great for digestion, and cabbage soothes the stomach lining.



RESTAURANTS

Earth Kitchen

The Farm Resto

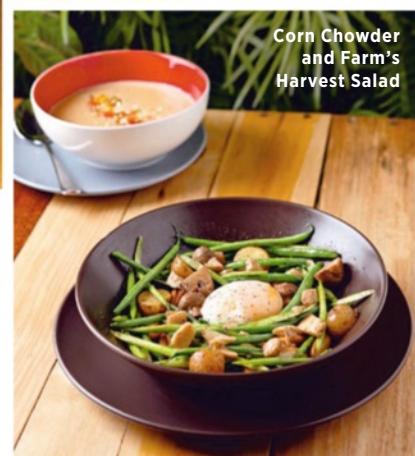
Green Pastures

Q&A

Jessie Sincioco

Dish





Good food, good cause

Local ingredients sourced from all over the country get their chance to shine at **Earth Kitchen**.

REVIEW BY SASHA LIM UY

Inside the unassuming concrete structure along White Plains Avenue that houses Earth Kitchen, the food is twice as delicious as one would expect. It's all local, too. Owner Melissa Yeung, who also started the Got Heart Foundation, tapped chefs JR Trani and David Hizon to develop recipes that highlight produce harvested by the organization's partner communities. Here, *pili* replaces walnuts, Ifugao rice colors the pilaf, carabao milk enhances the ice cream—all driving home the point that local is delicious.

Dishes like the Spring Rolls and the Farm's Harvest Salad emphasize the freshness of the vegetables used. In the Corn Chowder, you can taste the flavor of each ingredient—corn kernels, scallions, bell peppers, and bits of bacon—in every spoonful. The chefs pay extra attention to presentation: Edible flowers, homemade bacon, and *pili* nuts paint a mouthwatering display around the Goat Cheese Pacherri, where roasted pumpkins are blanketed by square sheets of pasta and topped with rich cheese.

Skewered grilled vegetables and boneless beef ribs create a stunning, knock-you-off-your-feet ensemble in the Beef Kebabs. The meat is juicy and perfectly seasoned, with zucchini slices and

onions adding punch. The skewers come with either a rice pilaf or tortillas, but the former is a savory foil to the smoky ribs. The menu isn't strong on seafood, but the Fish Tacos are a good enough representation. Flaky parrot fish (*loro*) is fried until crunchy and served as a trio of open-faced tortillas with cucumber, lettuce, *nori*, and radish elevating its subtle flavors.

Earth Kitchen's desserts are as impressive as everything else on the menu. The homemade vanilla ice cream is made rich with carabao milk and crowned with peanut butter *turon*, making it extra delightful. The same luscious effect is produced by the nutty *tablea* version, which is the kind of sinful that doesn't leave you feeling guilty.

When Earth Kitchen opened last July, the restaurant was very simply decorated but full of promise. Now, Yeung's commitment to supporting their provincial partners manifests in the details. An old trunk in the restroom is reincarnated as a medicine cabinet; chairs are made of recycled wood. She's also hung paintings by residents of their partner communities. The restaurant was established with a single-minded goal, and the full house this Friday evening confirms that they've succeeded in making it happen.

in a nutshell

EARTH KITCHEN Lot 10-B-10, White Plains, Katipunan Avenue, Quezon City; tel. nos. 961-0572 and 577-9138; mobile no. 0917-5843278

MUST-TRIES Corn Chowder (P170), Pumpkin and Goat's Cheese Pacherri (P310), Fish Tacos (P240), Beef Kebabs (P355), Vanilla Peanut Butter Crunch (P165), Tablea Ice Cream (P165)

DON'T MISS Visit the Got Heart shop next door to buy fresh produce from the foundation's partner communities.



Beefed up

Through its outstanding burgers and steaks, **The Farm Resto** makes a strong case for grass-fed beef.

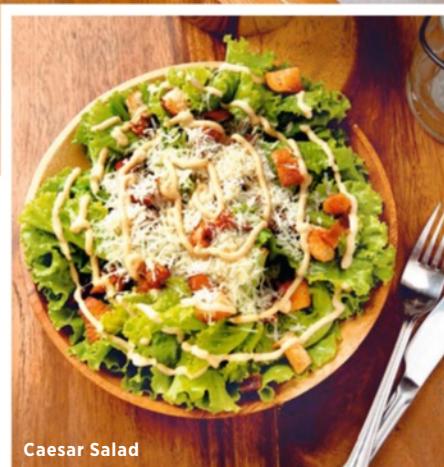
REVIEW BY MIGUEL NACIENCENO

Good food takes time. The Favis family established their farm in Masbate in the mid-'70s, and while their competitors were growing livestock at a faster rate with the aid of chemicals and growth hormones, the Favises had to wait while their own herd's genetics improved over time. With organically fed, free-range beef currently in high demand, the tradeoff is proving beneficial and the Favises' business, simply named The Farm Organics, is going strong.

Today, Tom Favis has expanded the business beyond the farm and opened a restaurant by the same name. It's a natural offshoot of their earlier business, which was the first company to offer locally raised, free-range beef to the market in 2011. While one can get The Farm Organics brand of beef from some supermarkets and stores, the restaurant is simply a great place for a carnivore to have his burger, steak, and maybe even a salad.

Let's start with that salad. Even an avowed meat eater knows the importance of fiber in one's diet. The Farm's version of the classic Caesar Salad is a hearty serving topped with a generous amount of fresh cheese.

The salads are good and so are the brick oven pizzas (try the four-cheese or the prosciutto), but the rest of the menu is decidedly centered on red-blooded protein. The Beef Salpicao is cooked just



Caesar Salad

Double Cheeseburger
and The Farm Burger

in a nutshell

THE FARM RESTO
G/F, One Legacy Place, Don Jesus Blvd., Muntinlupa City; tel. no. 828-2896

MUST-TRIES Rib Eye Steak (P790 to P895), Bacon Cheeseburger (P340), Steak Fried Rice (P300), Kesong Puti Burger (P280)

DON'T MISS After your meal, buy The Farm's organic products (steaks, bacon, even beef jerky) to enjoy at home.

right and comes with a serving of garlic fried rice. Together with an organic fried egg, this makes a great breakfast—or a hangover meal.

The rib eye steak could be thicker, but is tender as is. It's also lightly seasoned to show off the natural taste of organic beef. The Farm Resto adds a nice touch by stripping some of the fat, cooking it to a crisp, and serving it on the side. But the stars of the menu are easily the burgers. The Bacon Cheeseburger is flavorful and juicy, and the bacon and cheese add only a hint of saltiness and tang that doesn't overpower the beef. There are also other burgers worth trying, like the Avocado Burger (available when the fruit is in season) or the Paleo Burger for health buffs, which is served without the bun.

The Farm Resto lies past Sucat, and this restaurant may be a bit of a drive for the usual city folk. But for people looking for a place that does burgers and steaks right, it's worth the trip.



Fresh from the farm

Organic, farm-to-table dining is made exciting at **Green Pastures**.

REVIEW BY ANDREA Y. SEE

Exiting" and "organic" aren't words usually used together, but this was only so before Green Pastures—and the long lines outside the groundbreaking restaurant prove it.

This is total commitment to back-to-basics, farm-to-table cooking, done with a touch of whimsy and humor. Green Pastures may be all it claims—organic, sustainable, local—but the crowds are here because the food that chef Robby Goco (of Cyma fame) turns out is simply delicious.

The Housemade Cheeses are light and creamy, showcasing the deft hand of the kitchen: hand-pulled shreds of buffalo milk cheese with extra-virgin olive oil and arugula, and cow's milk ricotta with a scrumptious onion jam and roasted garlic.

Hearty eaters need not worry that the evening will end at the drive-through. Burgers at Green Pastures are gratifyingly made with Kitayama wagyu-based patties in brioche buns. The crispy fries come with a delectable cumin mayo, but you should try the homemade ketchup as well. The substantial Porchetta Sandwich is a more flavorful rendition of the traditional Italian roast pork, seasoned assertively and melt-in-your-mouth good. There is a beautiful Cioppino of incredibly

fresh, line-caught seafood in a tomato-fennel bisque-like broth, the richness of which is further enhanced by the sweet brine of the oysters.

For dessert, the juicy Roasted Pineapple, glazed with Don Papa rum and served alongside a delightful ginger crème brûlée, was an enjoyable medley of sweet, tart, spiced, creamy, and crisp. Another interesting option is the MilkEggsHoney, citrus curd and homemade Greek yogurt atop organic honeycomb. For drinks, try the housemade Kombucha, a fermented iced sweetened tea reminiscent of a gentler, rounded apple cider vinegar. It's a refreshing digestif that boasts endless health benefits.

There were dishes that could be better, like a too-lean Roast Organic Young Pig and an out-of-balance Tarte Tatin. These are overshadowed, however, by the desire to return to try more of the exhilarating menu, such as the Octopus and Bone Marrow Fusilli or the Pork Shoulder Ssam. And the crowds seem to feel the same way.

Farm-to-table dining is not new to Manila, but Green Pastures has redefined the concept, turning the tide to drive greater interest in sustainable dining. Chef Robby's newest restaurant might just be his best.



Porchetta Sandwich



Housemade Cheeses

in a nutshell

GREEN PASTURES

4/F, Shangri-La Plaza East Wing, Mandaluyong; tel. no. 654-3219

MUST-TRIES

Housemade Cheeses (P455), DIY Salad Bar (P385), Cioppino (P595), Roasted Pineapple (P255), Kombucha Green Pastures Style (P145)

THUMBS UP The restaurant goes the extra mile—even condiments like mayonnaise and ketchup are made in-house.

Q&A

Jessie Sincioco

With two successful restaurants and over 20 years of experience under her belt, chef Jessie Sincioco isn't stopping now. The culinary icon talks to us about her latest venture, the 100 Revolving Restaurant.



What sets 100 Revolving Restaurant apart from your other restaurants?

It is a very special place because it's the only restaurant of its kind in the country. It is the only revolving restaurant in the Philippines and it has a magnificent view of the city, which guests can see as the platform turns 360 degrees.

Tell us more about the menu.

The menu consists of signature dishes

that a lot of our regular clients look for, plus new comfort food dishes like my favorite sushi. I also included dishes that use ingredients from our farm in Bulacan. I like to develop dishes using ingredients we grow or make ourselves, because I can get them exactly how I want them to be. Many of our guests have already asked why the *alugbati* leaves we use in our salad are not that slimy or thick. It's because we control its growth and therefore we are able to

produce nice leaves. Since these come from our farm, I know that they are grown very well. The *kesong puti* is also homemade, so we have more control over its flavor and texture.

What's your favorite dish on the menu?

I like the grilled lamb chops. This dish is available in all three of my restaurants, although it is presented differently at each one. In Rockwell, it comes with gratin potatoes and Mediterranean vegetables. In Top of the Citi, it is served with couscous. In 100, we present it with vegetable roulade and potato wedges.

You currently run three big restaurants and a catering company. How do you divide your time?

I go where I'm needed. Everything is manageable especially since I have a good team behind me. Sometimes, I'm at 100 at 7 p.m., then I'll be in Rockwell by 8. It's manageable, and I'm already used to this lifestyle. I thrive and work better when I'm under pressure.

What's the greatest lesson you learned in all your years in the industry?

Never use an ingredient you're in doubt of. Only work with something if you're 100% sure of it and you're confident using it. If there's even the slightest hesitation, don't go for it because it won't come out right and you won't be happy.

What's the most rewarding part about being a chef and running a restaurant?

It's rewarding when you are recognized for your efforts, and when people keep coming back and bringing their family and friends with them. And of course, the ultimate reward is the fact that I'm providing a decent source of income for my employees.

100 Revolving Restaurant is located at the 33rd Floor, MDC 100 Building, C5 corner Eastwood Drive, Quezon City. For reservations, call 962-1016 or email 100@chefjessie.com.

Dish

RESTAURANT NEWS, SERVED HOT!



CHECK OUT

Yummy Soy

Craving for a midday snack but still want to keep things light and healthy? Yummy Soy has you covered! This Singaporean franchise offers dairy-free, soymilk-based desserts, making them the go-to stop for anyone counting calories. Their chilled bean curd is one of the best we've ever had—so silky, smooth, and delicious! The melt-in-your-mouth treat comes in flavors like hazelnut, blackberry, or dark chocolate, too. Refreshing thirst-quenchers like soy milkshakes are also available in fun blueberry, guyabano, or melon variants. Kids can enjoy these drinks with coffee jelly, pearl, or strawberry pop add-ons, while the adults will certainly appreciate the option to choose their preferred sugar level. Plus, Yummy Soy makes it easy for you to get your dessert fix—you can place your order in advance and just drop by to pick it up!

Yummy Soy is at The Fort Strip, 5th Ave. corner 28th St., Bonifacio Global City, Taguig (tel. no.: 553-8334) and 3rd Floor Robinsons Place Manila (tel. no.: 481-6193).



Eating healthy starts with making the right choices. At world-renowned fried chicken chain BonChon, you can choose from the lighter options available, like the bulgogi noodle soup, seafood platter, fish tacos, sweet potato fries, or Ko-yo Korean yogurt—all of which promise satisfaction sans the guilt.



EVERYONE'S TALKING ABOUT... Early Bird Breakfast Club's Tiramisu Pancakes! Cap off your Valentine's date with a stack of fluffy, moist chocolate pancakes smothered with a rich mascarpone cheese-brandy sauce. It's the sweetest ending to an unforgettable night!

GOTTA TRY



The Peninsula Manila has tied up with The Farm at San Benito to offer hotel guests healthy and delicious vegetarian options. In-house restaurants Escolta, Old Manila, Spices, and The Lobby now have lighter and healthier dishes on the menu, which all use natural herbs, spices, and only the freshest produce available.



spread the sweetness

Serendra. Glorietta. Rockwell. Shangri-La Plaza.
Greenhills Promenade. Robinsons Galleria. TriNoma.
SM North Edsa*. Ayala Fairview Terraces*.
Robinsons Magnolia*. SM MegaMall*. *opening soon

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What's YUMMY?

NEW PRODUCTS TO ADD ON YOUR
PANTRY, KITCHEN AND HOME

A Taste of Mexico

Margarita fans rejoice! **Agave Mexican Cantina** is now open at Venice Piazza, McKinley Hill, Taguig City. **Agave** has become known for having an active bar scene with the tastiest margarita selection in town - from their classic *House Margarita* to their *Strawberry-Mango Margarita* to their newest concoctions like the *Chambord Raspberry Margarita* or the *Mexican Flag Margarita*. Bottomless margaritas and premium *Bacardi Mojitos* are also offered daily starting at Php295.

When it comes to food, **Agave** also serves Mexican favorites during lunch and dinner as well as unique offerings like the *Crispy Pork Belly Grande*. Or, opt to sample a bit of everything by trying any of their three *Fiesta Platters*.



Agave Mexican Cantina has four locations: Venice Piazza, McKinley Hill, Taguig City; City Walk 1 in Eastwood City, Quezon City; Bonifacio High Street, Taguig City; and Food Street at SM Southmall, Las Piñas City. For more details, reservations or delivery, call (02)556-7369 or (02)843-3596 or visit www.agavecantina.com or facebook.com/agavecantina.



January's Most Delicious

A Big, Hearty Breakfast

Nothing says "Good morning" like **Naci Comfort Food**'s recently opened **Big Breakfast Buffet**. It serves the best breakfast and brunch food favorites like tapa, tocino, breakfast sausages, crispy bacon, mini buttermilk pancakes and butter-golden homestyle hash browns. There are also specials like the *Hubad Na Longganisa ala Naci*, their very own sweet and garlicky longganisa recipe and their *Hefty n' Hearty Baked Marble Potatoes*. Breakfast-diners will also enjoy freshly-baked bread and sweet rolls, fruits in season, cereals, and select cold cuts served daily. At only Php295+, this is sure to delight BGC's hungry early birds and night owls.



Early birds and late risers enjoy the lavish **Big Breakfast Buffet**, open weekdays from 8:00am to 10:30am everyday, including weekends & holidays. **Naci Comfort Food** is located at G/F Unit 3, Two Parkade Bldg., 7th Avenue, Bonifacio Global City, Taguig.

Magical Meals Everyday

Delicious, home-cooked meals bring warmth to the home and make any family feel happy and loved. With **Maggi Magic Sarap**, it's even easier to bring smiles to the dining table! Each granule of Magic is packed with a complete combination of seasonings, making any dish yummy and satisfying in an instant. Now, you can cook more happiness when you avail of the **Maggi Magic Sarap Wellness Bonus pack**. For every two dozen 8g packs, you also get two 50g packs free! Grab a pack today in supermarkets so you can cook more magical dishes and more happiness for the family.



Yummy Lessons



Paper chase

When using a stand mixer, adding dry ingredients like flour and confectioners' sugar can be a little tricky due to the tight space between the mixer and the bowl. Here's a trick to avoid making a mess: Place the dry ingredients on a paper plate. It is sturdy enough to hold the dry ingredients but still flexible, so you can simply lift the sides of the plate when transferring the ingredients to the mixing bowl. Now, isn't that neat?

PHOTOGRAPHY: PATRICK MARTIRE, TEXT AND STYLING: RACHELLE SANTOS



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

Make a basic
and versatile
BOLOGNESE SAUCE

•
Make delicious
**VEGETARIAN
BURGERS**

•
Whip up **RAINBOW
FRUIT PARFAITS**
with the kids

•
Prepare 10 different
SALAD DRESSINGS



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

Bolognese sauce

Also known as *ragu alla bolognese*, bolognese sauce is a classic, versatile meat sauce that originated from Bologna, Italy. Traditionally, it is tossed in tagliatelle and used as the base for *lasagne alla bolognese*. The secret to achieving a rich and complex sauce lies in the unhurried, gentle cooking process, which draws out the flavors of the ingredients until they meld harmoniously. Making homemade *ragu* is well worth the effort, and you'll know why once you've tried this recipe.



Classic Bolognese Sauce

Serves 6 to 8

Prep Time 20 minutes

Cooking Time 2½ to 3 hours

WHAT YOU NEED

- ✓ 1 medium carrot
- ✓ 1 medium onion
- ✓ 1 stalk celery
- ✓ ¼ cup olive oil
- ✓ 6 cloves garlic, minced
- ✓ ½ teaspoon chili flakes
- ✓ ½ cup chopped pancetta or rindless bacon
- ✓ 450 grams ground beef or ground round, ground twice
- ✓ 450 grams ground pork, ground twice
- ✓ salt and freshly ground black pepper, to taste
- ✓ 2 tablespoons tomato paste
- ✓ 1 bay leaf, torn
- ✓ ½ teaspoon dried thyme
- ✓ ½ teaspoon dried oregano
- ✓ ½ cup dry red wine
- ✓ 1 (400-gram) can crushed tomatoes
- ✓ 2 cups beef or chicken stock (or ½ beef or chicken bouillon cube dissolved in 2 cups hot water), plus extra as needed
- ✓ liquid seasoning, to taste (optional)

- ✓ 450 grams pasta, cooked according to package directions
- ✓ freshly grated Parmesan cheese

WHAT TO DO

- 1 Finely chop carrots, onions, and celery using a food processor or with a knife.
- 2 Heat oil in a large, heavy-

bottomed saucepot or Dutch oven. Add carrots, onions, celery, garlic, and chili flakes. Cook vegetables over medium heat until very tender and slightly caramelized, about 8 minutes. It is important to cook the vegetables slowly to bring out their sweetness, juices, and flavor.

3 Add bacon and cook for 2 minutes or until the fat has rendered. Add ground beef and ground pork, breaking up the meat using a wooden spoon to avoid clumps. Season with salt and pepper. Cook for 10 minutes or until the juices have evaporated and the meat is browned.

4 Add tomato paste, bay leaf, thyme, and oregano. Mix to incorporate and cook for 2 to 3 minutes.

5 Turn heat to high and add wine. Cook until reduced by half, about 3 minutes. Add tomatoes and stock. Bring to a boil, then reduce heat to a simmer. Cook, stirring occasionally, for 2½ to 3 hours. Add more stock if the meat sauce is becoming too dry. It is crucial to cook the sauce long and slow to tenderize the meat, to cook the tomatoes fully, and to let the flavors come together.

6 Taste to adjust seasoning. Add liquid seasoning (if using) and continue to cook for 2 to 3 minutes.

7 Toss with pasta of choice and sprinkle with freshly grated Parmesan cheese. If not serving immediately, let meat sauce cool and store, covered, in the refrigerator for up to 3 days to let the flavors meld.



Tip

MAKE A BIG BATCH OF SAUCE FOR FUTURE USE, THEN POUR INTO A MUFFIN PAN AND FREEZE. ONCE FROZEN, TRANSFER THE BLOCKS OF SAUCE TO A ZIPTOP BAG. IT'LL KEEP FOR A MONTH IN THE FREEZER.



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

ABOUT THE COLUMNIST

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

RECIPE FILE

Green Smoothie

If you've fallen off the healthy bandwagon over the holidays, now's the time to hop back on. We have a tendency to overeat the unhealthy but yummy stuff, which unfortunately makes our body acidic and prone to sickness, fatigue, headaches, and indigestion. You know what you need to do: Eat less junk and eat more vegetables. Here's a recipe that makes it easy to eat more greens without even thinking about it. The secret is to blend them into a smoothie that tastes like a fruit smoothie or milkshake. You only need 3 to 4 ingredients and a blender. Make this the night before and have it for breakfast or merienda. It's full of fiber, vitamins, and—if made with non-dairy milk—protein. Try drinking it several times throughout the week and you'll definitely feel the difference.

Blend together **2 cups packed leafy greens** (try spinach, lettuce, pechay, kangkong, Chinese broccoli, or camote tops), **3 bananas** (preferably frozen), **1 cup cold non-dairy milk or water**, and **1/2 cup ice** in a blender until smooth. Pour into a glass and drink slowly.

Makes 3½ cups or 2 large servings.



WONDERING WHICH LEAFY GREEN TO USE? START WITH LETTUCE OR COMBINE WITH HEALTHIER GREENS LIKE PECHAY. THE DARKER THE GREEN, THE MORE NUTRITIOUS IT IS. INSTEAD OF BANANAS, TRY PINEAPPLE, MANGO, PAPAYA, OR WATERMELON.

Carrots



BIG DIPPER

For a healthy snack, skip the potato chips and serve thinly sliced carrots with your fave dip instead! Store the carrot chips in water in the fridge to keep them sweet and crisp.

GET SAUCY

Add a large diced carrot to 4 cups of your favorite tomato sauce. Simmer until cooked through, about 10 minutes.

ROASTED AND READY

Toss carrots in olive oil, sliced garlic, thyme, cumin, thinly sliced oranges, and salt. Roast at 400°F for 20 minutes or until tender.

Q

I LOVE TO COOK, BUT I TEND TO USE TOO MUCH OIL. ANY TIPS ON LOWER-FAT OR FAT-FREE COOKING?

A

Oil definitely gives dishes flavor, but it also adds additional and unnecessary calories—a tablespoon of oil has 120 calories and 14 grams of fat! There are ways to cut down on fat without losing flavor altogether.

The next time a recipe calls for sautéing ingredients in oil, try using water or broth. If the pan dries up, just splash in a bit of water to keep things moist. Baking food instead of frying is another option—you can grease the baking sheet with a smidge of oil or none at all. If you're skipping the oil completely, just

remember to line the baking sheet with parchment paper.

To add fat-free flavor to dishes, I love using citrus juice and zest (oranges, lemons, and calamansi) or vinegar (cane, apple cider, and balsamic) for a sour kick. Jazz up your food with herbs (fresh or dried basil, thyme, oregano, cilantro, parsley, and mint) or spices (I'm loving cumin, coriander, paprika, and anise seeds). Adding more garlic and onions definitely makes food taste better, too.

For baked goods, substitute $\frac{1}{3}$ cup applesauce for $\frac{1}{2}$ cup butter or $\frac{1}{3}$ cup oil called for in a recipe.



Cacao de Davao cacao nibs

Attention, chocoholics! Instead of chocolate, try these roasted cacao nibs—they're less processed and much healthier, too. It gives a great energy boost, increases happy hormones, and prevents clogged arteries. **Cacao de Davao's cacao nibs are available at P160 for a 150-gram pack at ECHOStore in Serendra or Cocogreen on Yakal Street in Makati City.**

Healthify This!

PILI NUT MILK

If you'd like to cut dairy out of your diet, try making a homemade nut milk and use it in place of regular milk. To make pili nut milk, soak 1 cup raw and unsalted pili nuts in water for 4 hours or overnight. Rinse and drain. Peel the skins. Add the nuts to a blender with 4 cups water and $\frac{1}{4}$ cup coconut sugar (optional). Blend until smooth. Mix well before serving. Store in the refrigerator for up to 5 days. Makes 4 cups.



4



6



7



8

Black Bean Burgers with Spicy Tofu Mayonnaise

The next time you're craving for good, juicy burgers, don't settle for fast food. Whip up these black bean burgers instead!

Makes 6 to 8 patties

Prep Time 30 minutes

Cooking Time 20 to 30 minutes

WHAT YOU NEED

- ✓ 1 onion, diced
- ✓ 2 cloves garlic, minced
- ✓ 1 red bell pepper, diced
- ✓ 1 (450-gram) can black beans, divided
- ✓ 2 tablespoons water
- ✓ 1 cup whole wheat breadcrumbs
- ✓ 1 cup corn kernels, roasted
- ✓ 1/2 cup chopped parsley or cilantro
- ✓ 1/2 teaspoon cumin
- ✓ 2 teaspoons chili powder
- ✓ salt and pepper, to taste
- ✓ 6 to 8 burger buns, lettuce leaves, and sliced tomatoes, to serve

FOR THE SPICY TOFU MAYONNAISE

- ✓ 120 grams soft tofu
- ✓ 2 tablespoons white wine vinegar
- ✓ 1 teaspoon Dijon mustard
- ✓ 2 tablespoons sriracha hot sauce
- ✓ 3/4 cup canola oil

WHAT TO DO

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

2 Sauté onions, garlic, and bell peppers in a pan. Set aside to cool.

3 Rinse and drain black beans. Place 3/4 of the beans in a bowl; mash until it turns into a thick paste. Add a little water if it becomes too thick.

4 Add remaining beans, breadcrumbs, corn, parsley or cilantro, and vegetables.

5 Add cumin and chili powder. Season with salt and pepper. Mix well to combine.

6 Form mixture into 6 or 8 patties and arrange on the prepared baking sheet. Bake for 20 to 30 minutes.

7 Meanwhile, make the spicy tofu mayonnaise: Combine tofu, vinegar, mustard, and sriracha in a blender. Blend until smooth. Add canola oil in a slow, steady stream while blending. Chill for 30 minutes.

8 Assemble the burgers: Place patties in burger buns with lettuce, tomatoes, and tofu mayo. Serve immediately.

Tip

YOU CAN ALSO BAKE THE PATTIES IN A TOASTER OVEN. SINCE ALL INGREDIENTS ARE ALREADY PRE-COOKED, YOU JUST NEED TO BAKE THE PATTIES UNTIL HEATED THROUGH.



Rainbow Fruit Parfaits

Looking for an easy way to get the kids to eat their fruits? Make these super fun layered treats!

WHAT YOU NEED

- ✓ 1 cup strawberries, cubed
- ✓ 1 cup mandarin orange slices
- ✓ 1 cup chopped pineapples
- ✓ 1 cup sliced kiwi
- ✓ 1 cup blueberries
- ✓ blueberry yogurt and cornflakes or granola, for topping

WHAT TO DO

- 1 Prepare 5 clear serving glasses or bowls. Place strawberries at the bottom of each glass.
- 2 Layer oranges, pineapples, kiwi, and blueberries on top of each other, following the order of the colors of the rainbow. Chill until ready to serve.
- 3 Before serving, spoon yogurt on top of the blueberries. Top with cornflakes or granola. **Serves 5.**

TIP

FOR A DIFFERENT PARFAIT, YOU CAN ALSO LAYER PLAIN OR VANILLA YOGURT IN BETWEEN EACH KIND OF FRUIT.



2

3

3



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

1 Local sensation

Enjoy the country's produce in its most refreshing form! Pair local greens with a bright mango-calamansi dressing. To make, purée mangoes, calamansi zest and juice, honey, and salt in a food processor or blender. Transfer to a bowl. Whisk in coconut vinegar and olive oil. Try adding some cilantro leaves, too.

2 Roasted and ready

Everyone enjoys their grilled meats with a side of roasted garlic. Why not turn it into a dressing to match a salad with steak or grilled seafood? Roast garlic heads in an oven, let cool, and peel cloves. Blend together garlic, mayonnaise, soy sauce, and parsley, and you're good to go.

3 Dressed in five

Impress your guests with this simple oregano dressing that you can whip up with just 5 ingredients. Oregano and feta is a winning combination every time! Look up the recipe on Yummy.ph.

4 All bases covered

A base vinaigrette comes in handy for days when you want to eat light but still feel like experimenting in

Salad dressings

Give ordinary greens a tasty lift with these delicious salad dressings. From vinaigrettes to creamy sauces, these 10 ideas will make sure your salads are dressed to impress!



the kitchen. For the base, simply whisk together olive oil, red wine vinegar, salt, pepper, and a bit of mustard. For variations, you can add blue cheese, puréed berries, or orange zest to the mix.

5 Classic Caesar

The next time you're planning to serve Caesar salad at home, skip the store-bought bottles and prepare the dressing yourself. It's as easy as blending together garlic cloves, mustard, vinegar, mayonnaise, and salt. Add olive oil in a slow, steady stream and continue to blend until thick. Stir in some grated Parmesan or minced anchovies if you want a deeper flavor.

6 Out of the blue

Craving for something spicy, sweet, and salty all at the same time? Just whisk together crumbled blue cheese, sour cream, milk, honey, salt, and some sriracha for good measure. Serve with

a bowl of apples or a plate of grilled veggies for a perfectly light snack.

7 Warm and fuzzy

Ever tried a warm dressing for your salad? Try this recipe and become a convert! Toast walnuts or macadamia nuts in a pan; set aside. Add olive oil and rosemary sprigs to the same pan; warm over very low heat. Add nuts and balsamic vinegar; cook until warmed through. Serve immediately.

8 Going green

Known for its many health benefits, avocados should be something you eat more of this year. This superfruit is amazing not only for desserts, but also for salad dressings!

Purée avocados with rice vinegar, ginger, water, and salt in a blender. Slowly add olive oil until the mixture becomes smooth and creamy. Use immediately or transfer to a container and chill.

9 Hit the ranch

Find ranch dressing too thick and heavy? Here's a lighter and healthier version you'll enjoy. Combine nonfat yogurt, buttermilk, red wine vinegar, chopped parsley, chopped green onions, salt, and pepper in a bowl; whisk until smooth and chill until ready to use.

10 Bacon to the rescue

Bacon makes anything better—salads included. To make, fry bacon in a pan until crisp. Keep bacon in the pan but drain half of the rendered fat. Add honey, apple cider vinegar, and lemon juice; mix thoroughly until warm. Serve immediately drizzled over greens or fresh tomatoes.

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Barrio Chic

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Dominique Chocolat Artisanal

To order, contact 0920-9778505, email dominique.
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domiquepetitchocolat.tumblr.com

Gourmet Finds

To order, contact 0921-7622240 or visit www.
facebook.com/GourmetFinds

New Hatchin Japanese Grocery

7602 Sacred Heart St., Makati City (tel. no.: 897-
7207)

Taste Central

To order, visit www.tastecentral.com.

SUPERMARKETS

The Landmark

Ayala Center, Makati (tel. no.: 810-9990); www.landmark.com.ph

Rustan's Supermarket

At leading malls nationwide; for a list of all
branches, see www.rustansfresh.com.

SM Supermarket

At all SM malls nationwide; for a list of all
branches, see www.smsupermarket.com.

RESTAURANTS

BonChon

For a list of all branches, visit www.bonchon.com.ph.

Chef Tatung

Acacia Estates, Brgy. Ususan, Taguig City (tel.
no.: 661-7703, 466-5390; mobile no.: 0915-2901001)

Early Bird Breakfast Club

Century City Mall, Kalayaan Ave., Makati
City; Unit C, Ground Floor, Fort Pointe 2 Bldg.,
The Fort Complex, 28th St., Bonifacio Global
City, Taguig City (tel. no.: 880-9269); www.earlybirdbreakfastclub.com

Tapeo

The Fort Strip, 7th Ave., corner 28th Ave.,
Bonifacio Global City, Taguig City (tel. no.: 556-
2668); www.facebook.com/Tapeo.ph

OTHERS

Cornerstone Pottery Farm

B1084 Balubud 1st (near Aguinaldo Highway),
Silang, Cavite (mobile no.: 0919-9952022,
0919-2385535); www.facebook.com/pages/cornerstone-pottery-farm

The Cookery Place

2GH Kensington Place, Bonifacio Global
City, Taguig City (tel. no.: 775-4161); email
thecookeryph@gmail.com or info@thecookeryph.com
; www.thecookeryph.com

The Peninsula Manila

Corner of Ayala and Makati Avenues, Makati City
(tel. no.: 887-2888); www.peninsula.com

making it

by Kristine
D. Fonacier

SPRUCE COLD-PRESSED JUICES BY MARISSA, CARISSA, AND VANESSA CHAN

There was a time when sisters Marissa, Carissa, and Vanessa Chan were each living in a different continent—but the dream of starting a business together was always there.

Carissa, then based in New York, noticed that Metro Manila did not have any of the fresh juice bars that she frequented in the US. And when she brought the idea to her sisters, it clicked: Between Carissa's sense for trends, Vanessa's culinary degree from Le Cordon Bleu in Sydney and Paris, and Marissa's experience in marketing consumer goods for a

multinational in Singapore, they made the perfect team.

Launched in July last year, Spruce Cold-Pressed Juices has managed to make a splash in the small-but-growing juice market, becoming a fast favorite among customers. "The formulas and the taste make us different," says Marissa, who now works full-time on Spruce.

Claiming to make the "best-tasting cold-pressed juices in the metro," Spruce offers nine flavors so far. Fruity blends, green juices, even a savory drink—there's at least one to suit every mood or preference.



Marissa recommends the popular Formula 1 (spinach, apple, carrot, cucumber, celery, and a dose of spirulina) or personal favorites Apple of My Eye (apple and lemon) and Lady Luck (carrot, orange, pear, pineapple, beet, lemon, and ginger).

Spruce's success has meant that the Chan sisters have had to expand quickly but cautiously. "We're expanding our coverage in Metro Manila so customers can easily and conveniently get their Spruce. We're also launching new formulas soon!" says Marissa. But while the health-conscious, business-minded sisters are happy about Spruce taking off, Marissa says the greatest joy is still "seeing the delight on our customer's faces the moment they experience Spruce, and discovering they love our juices as much as we do. It's rewarding to see that all our hard work has paid off."



For orders and inquiries, call SPRUCE COLD-PRESSED JUICES at 0917-8972108 or email contact@drinkspruce.com. Visit their Facebook page at www.facebook.com/drinkspruce or follow them on Instagram at @drinkspruce.

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