

Yummy

MEATLESS MEALS FOR LENT * BAKE & SELL: DRIED MANGO BARS

* EASY MEALS EVERY DAY

MARCH 2014

BEST CHICKEN RECIPES

KITCHEN SMARTS

KEEP KNIVES SHARP

ORGANIZE YOUR FRIDGE & PANTRY

REDUCE WASTE

6 must-visit coffee shops

Cool down with these desserts!

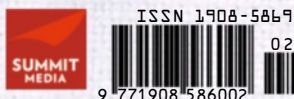
Fresh Fruits in Coconut Soup, Almond Jelly with Lychees, Mango Sago

BACON
10 fun ideas you gotta try

7th
ANNIVERSARY
SPECIAL!

OUR READERS'
BEST-LOVED
RECIPES

Spicy Grilled
Chicken with
Tomato Bread Salad



Celebrate! BUDGET-FRIENDLY DISHES FOR BIRTHDAY PARTIES



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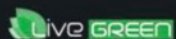
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Brewed
awakening
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Cover recipe

SPICY GRILLED CHICKEN WITH TOMATO BREAD SALAD

This Portuguese-inspired recipe gives you spicy, juicy chicken with just a few simple ingredients! Pair it with a crunchy salad for an all-in-one meal.

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

- ✓ 4 chicken leg quarters
- ✓ juice and zest of 2 lemons
- ✓ 2 tablespoons regular or smoked paprika (we used McCormick or pimentón de la Vera)
- ✓ 1 tablespoon ground cumin
- ✓ 1 tablespoon minced garlic
- ✓ salt and pepper, to season

FOR THE TOMATO BREAD SALAD

- ✓ 6 tablespoons vegetable or olive oil, divided
- ✓ 2 thick slices bread, coarsely torn or cubed (we used Village Gourmet batard)
- ✓ 1/3 cup pitted green olives, sliced
- ✓ 2 teaspoons dried chili flakes
- ✓ 1 red onion, halved, thinly sliced
- ✓ 3 tomatoes, cut into wedges
- ✓ 1/4 cup chopped flat-leaf parsley leaves
- ✓ 2 tablespoons chopped fresh dill
- ✓ 1 (310-gram) can chickpeas (garbanzos), rinsed
- ✓ 4 pieces canned artichoke, quartered
- ✓ 1 tablespoon lemon juice

- 1 Preheat oven to 450°F. Using a sharp knife, score chicken several times. Marinate chicken in lemon juice, zest, paprika, cumin, garlic, salt, and pepper in the refrigerator for 6 hours.
- 2 Heat a grill pan over moderate heat. Brush chicken with 2 tablespoons oil. Place chicken on the pan, skin-side down. Cook for 2 minutes or until browned. Turn and cook for 1 more minute. Transfer to a plate.
- 3 Make the salad: Place bread and olives in a roasting pan. Drizzle with 2 tablespoons oil; toss. Place chicken on top of the bread mixture in the pan. Sprinkle with chili. Roast for 10 minutes or until golden and cooked through. Remove from oven. Transfer chicken to a plate. Cover with foil; let rest for 5 minutes.
- 4 Add onions, tomatoes, herbs, chickpeas, and artichokes to pan with bread mixture. Add remaining oil and juice; toss to combine. Season. Divide mixture among serving plates. Top with chicken. Serve hot.

COOK
LIKE A
PRO



The goal is to have the perfect and smooth functioning kitchen and what better way to start off with that is to have really good kitchen tools. Renowned chef and restaurant owner **Fernando Aracama** shares his 6 culinary appliance that he can't live without.

Westinghouse Blender

Php 3,199.⁷⁵

Look for a blender that has multiple motor speeds and control so you can create perfect and different consistencies of your ingredients.



Cuisinart Ice Cream Maker

Php 11,989.⁷⁵

In making homemade ice cream, make sure to not overfill your ice cream maker so that it can aerate your ice cream properly.



Moulinex Super Uno Deep Fryer

Php 6,249.⁷⁵

In using your deep fryer, make sure that you use good quality liquid oil. Avoid using olive oil due to its low smoke point temperature.



Moulinex Slimforce Hand Blender

Php 5,249.⁷⁵

A useful tool in the kitchen is a hand blender. It's portable and very convenient for pureeing or mixing your ingredients in a bowl especially if these are meals for small batches.



Great kitchen appliances are perfect companions of food enthusiasts, budding young chefs & home cooks. From cooking up a storm for everyday family meals, packed lunches for your loved ones to more challenging cocktail & dinner parties with friends will make it feel like a breeze having these little helpers in the kitchen. You'll speed through recipes, finish in a flash and accomplish more when you use the right equipment for the task at hand. Best of all, with everything done & ready for the party, you can relax, join your guests & enjoy the delicious spread you've made for them.

- Chef Fernando

KitchenAid Stand Mixer

Php 25,449.⁷⁵

Make buttercream frosting using your stand mixer to give it that proper mix and fluff that it needs. Use salted butter for that extra flavor.



Breville Juice Maker

Php 9,299.⁷⁵

There is a different array of fruits and vegetables that are good for juicing like apples, grapes, pears, carrots, celeries, tomatoes and more. Soft fruits like banana and peaches are not advisable for juicing since they tend to just turn into mush.



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Yummy at a glance

Want to try new chicken recipes? Need ideas for sweet summer treats? Inspired to whip up Asian-inspired dishes? Looking to add a twist to home-cooked Pinoy favorites? Here's your guide to planning yummy meals.

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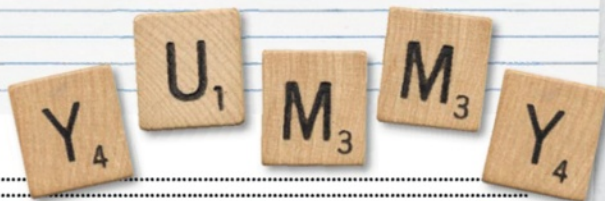
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SUMMER SWEETS Recipes on Yummy.ph

KOREAN-STYLE FRIED CHICKEN



Watermelon and Vodka Balls



Strawberry Sorbet



Easy Oreo Cheesecake



Watermelon Lemon Sorbet

Around Asia



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ALMOND JELLY
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FISH CURRY WITH DRIED
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Pinoy with a twist



WHITE ADOBO
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LONGGANISA AND KESONG PUTI
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dishes for daily meals,
special occasions,
and even your food
business!



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**SUMMIT
BOOKS**

It's our 7th birthday!

For our anniversary issue, we're taking a trip down memory lane! With the help of our readers, we compiled seven of our best-loved recipes ever in "Time after time" (page 50). White Adobo, Honey Ginger Chicken, Bacon and Egg Cups—these are a few of the easy, everyday recipes we've become known for, and we love how *Yummy* readers have made them part of their family meals. (Did we miss your favorite? Let us know!)

We always love getting letters, messages, tweets, and Facebook comments from loyal *Yummy* readers. The stories are always uplifting and inspirational—an aspiring entrepreneur who used our recipes to start her own business, a Hotel and Restaurant Management student who reads *Yummy* to stay inspired, a busy mom who credits *Yummy* for helping her prepare better meals for her family. It's so wonderful to hear from our readers, and we are grateful for these daily reminders of the reasons why we do what we do.

On our 7th year, we thank you for collecting each and every issue, for always welcoming us into your kitchen and to your family table, for making us a part of your lives. Cheers to the next seven years and beyond!



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meet our friends



Aby Nachura

FOOD STYLIST AND CO-OWNER,
STACY'S

What I did for this issue Developed party-ready recipes for this month's Weekend Entertaining

Currently busy with... "Setting up a commissary and catering kitchen for Stacy's. I'm also busy writing, developing, testing, and styling recipes for clients in publishing and advertising."

Culinary background "I'm a good mix of Chinese and Kapampangan descent, so in my family, bad food is a crime. My mom always cooks new and interesting dishes during family get-togethers. She can make anything from *adobong bayawak* to an authentic *callos*. I studied Hotel and Restaurant Management in college, took Culinary Arts after, and I also took a few short specialized courses here and abroad. I've been writing, developing recipes, and doing food styling for advertising and editorial projects for over 12 years. Before I put up Stacy's, I headed the test kitchen and culinary club of a multi-national company for 6 years."

Culinary idols "I like how Rachael Ray simplifies complicated and intimidating dishes, making them approachable for beginner cooks. Locally, I admire the culinary genius of Claude Tayag. He seems so proud of his roots; one can actually taste the rich Pampangueño twist in his dishes. He's a true Kapampangan at heart."

Go-to chicken recipe "Buttermilk fried chicken with lemon-maple honey is my favorite way to prepare chicken. I like adding a dash of Tabasco to the dip for a little kick."

Summer plans "Travel abroad, eat, and take a few short culinary classes."



David Hanson

PHOTOGRAPHER

What I did for this issue Shot the "Time after time" recipe feature and Family Kitchen, Joey de Larrazabal-Blanco's column

Currently busy with... "Putting up an organic, free-range chicken farm!"

From the farm "I recently partnered with GK Enchanted Farm to build a social enterprise for an organic, free-range chicken farm in Angat, Bulacan. These chickens will graze on organic forage in their natural habitat. We don't use commercial antibiotics and growth hormones, and even if the law allows the use of vaccines for organically raised chickens, we're doing our best to avoid that, too. Our approach to disease prevention is through the use of organic herbal concoctions that we feed the chickens with. It's so refreshing to see chickens grazing rather than trapped in a

small cage. We hope that a lot of people can benefit from our free-range chickens—both the market as well as the farmers who raise them."

Photography philosophy "The best way to learn is to keep taking photographs until you develop your personal style."

Career high "There are so many shoots that I'm proud of, it's difficult to pick just one. Many shoots for *Yummy* have been memorable ones—like a potluck shoot I did with Sharlene Tan and Chef Jun Jun de Guzman years ago. Recently, I did a series of shoots for 'Cue Modern Barbecue and their other restaurants, and I'm quite happy with how those turned out, too."

Summer plans "I haven't thought about it yet! I'd rather have my spontaneous side decide where summer will take me. I'll probably spend most of my time bonding with my girlfriend and my chickens!"



Dairy Darilag

PHOTOGRAPHER

What I did for this issue Photographed this month's "In The Kid-chen"

Currently busy with... "Working on some summer advertising campaigns and more magazine shoots. I just got married a few months ago and married life has been wonderful. Right now, I'm also helping my wife manage our small construction firm."

Photography philosophy "Preparation will always play a big role in my shoots. All shoots should definitely be fun shoots!"

Career high "A photograph I shot for *Top Gear Philippines* was awarded Best Published Photo at the most recent Henry Ford Awards. I got sunburned during that shoot, but it was totally worth it!"

Summer plans "I'm keeping myself busy with more work, but I'm also hoping to travel a little bit more, too."

Yummy Ideas

IT'S A WRAP

Celebrate the best of Filipino and Mexican cuisines in this one-of-a-kind wrap.

Chicken sisig soft tacos

TO MAKE: Boil 250 grams chicken thigh fillets and 250 grams chicken breast fillets for 8 to 10 minutes or until meat is half cooked; let cool. Make the garlic sauce: Combine $\frac{1}{4}$ cup mayonnaise, 3 cloves garlic (chopped), and 3 teaspoons liquid seasoning in a bowl; set aside. Shred chicken breasts and chop chicken thighs into cubes; combine in a bowl and set aside. Heat $\frac{1}{2}$ tablespoons oil in a pan over medium heat. Sauté 1 red onion (chopped), $\frac{1}{2}$ white onion (chopped), and 4 cloves garlic (chopped) until fragrant. Add 2 finger chilies (sliced diagonally) and cook for 1 minute. Add chicken and sauté until fully cooked. Add 2 tablespoons soy sauce, 1 tablespoon vinegar, juice from 2 pieces *calamansi*, and 2 tablespoons garlic sauce. Mix to combine, remove from heat, and transfer to a bowl. To serve, warm 6 to 8 tortilla wraps. Top with shredded cabbage or lettuce, chicken *sisig*, garlic sauce, crushed *chicharon*, and cilantro leaves; fold tortillas to close. Serve with lime wedges on the side. **Serves 6 to 8.**

MORE YUMMY IDEAS }>

PLAY IT COOL

STAY COOL IN THE SUMMER HEAT WITH THESE REFRESHING ASIAN-INSPIRED DESSERTS!

Mango madness



MANGO SAGO

Use only the sweetest mangoes to make this well-loved dessert. Chop the flesh of 4 ripe mangoes into cubes. Transfer half of the mango cubes to a bowl and set aside. Combine remaining mango cubes, 1 cup mango juice, $\frac{1}{4}$ cup coconut milk, $\frac{1}{4}$ cup milk, and 3 tablespoons sugar in a blender. Purée mixture until slightly thick; transfer to a mixing bowl. Add reserved mango cubes and 1 cup cooked small tapioca pearls (*sago*). Cover and refrigerate until ready to serve. **Serves 4 to 6.**

Nuts about you



ALMOND JELLY WITH LYCHEES

For a fun spin, add *nata de coco* to the classic almond and lychee pairing! Combine 1 cup water and 1 cup milk in a saucepan. Add 1 (90-gram) pack unflavored *gulaman* powder (we used *Alsa*) and mix until dissolved. Bring mixture to a boil while stirring continuously. Remove from heat. Add 1 teaspoon almond extract and $2\frac{1}{2}$ tablespoons sugar. Pour into a square mold and let cool until set. Meanwhile, combine 1 (567-gram) can lychees (syrup reserved) and 1 cup *nata de coco* in a bowl. Slice almond jelly into cubes and add to the bowl. Pour in $\frac{1}{2}$ cup reserved lychee syrup, cover, and refrigerate until ready to serve. Top with almond slivers, if preferred. **Serves 6 to 8.**

Fruity finish



FRESH FRUITS IN COCONUT SOUP

Welcome the summer season by paying tribute to the country's tropical bounty. Combine $\frac{1}{2}$ cup coconut juice, 1 cup coconut milk, and the zest from 1 lemon in a saucepan. Bring to a boil, remove from heat, then refrigerate. When ready to serve, divide 1 cup sliced papaya, $\frac{1}{2}$ cups sliced watermelon, 2 to 3 bananas (sliced), and $\frac{3}{4}$ cup large tapioca pearls (*sago*) among serving bowls. Pour chilled coconut soup over, top each bowl with 1 teaspoon toasted *pinipig*, and serve immediately. **Serves 4 to 6.**



Drink
OF THE MONTH

ICED MOCHA

WHEN THE WEATHER'S TOO HOT TO HANDLE, CHILL OUT WITH THIS COLD COFFEE CONCOCTION!

Mix together $\frac{1}{2}$ cup ice cubes, $1\frac{1}{2}$ cups chilled espresso, and 1 cup milk until combined. Swirl chocolate syrup into each glass to create a pattern on the base and sides. Pour coffee mixture into chilled glasses. Top with a scoop of vanilla ice cream and dust cocoa powder on top. Serve immediately.

→ GREAT GADGET

MICROWAVE

Your microwave can do more than just reheat leftovers! Try these three helpful ideas.



● RAPID ROASTER

Use your microwave to roast garlic! Slice off the top of the garlic head to reveal all the cloves. Place in a small, deep dish; season with salt and pepper, then drizzle with olive oil. Spoon 2 tablespoons water into the dish, cover, and microwave for 7 to 8 minutes.

● ODOR ZAPPER

Give an old sponge a new lease on life. Soak the old sponge in a mixture of water spiked with white vinegar or lemon juice. Heat the sponge in the microwave on high for 1 minute. This will eliminate any odors and disinfect the sponge, too.

Whirlpool Crisp and Grill Microwave, P10,998, large appliance stores

● CITRUS JUICER

Microwaving fruits like lemons, limes, or calamansi for about 20 seconds before squeezing will warm it up and yield more juice.

The TRY-IT TASTE-IT Row



FOILED AGAIN

Cheese sticking to foil after baking? Chicken skin sticking to the grill? Avoid these kitchen catastrophes with Glad Kitchen's Non-Stick Aluminum Foil. Made with a special food-safe coating that prevents food from sticking to the foil, this Glad invention helps make cooking and baking less messy. Available at leading supermarkets nationwide. For more information, visit www.facebook.com/GladKitchen and www.gladkitchen.com.

THINK BIG

Your favorite fruit juices from Del Monte are going large! Enjoy refreshing pineapple, four seasons, orange, or mango juice in upsized 1-liter tetra packs—perfectly convenient for any occasion and every summer getaway. Available at leading supermarkets nationwide. For more information, visit www.delmonte.ph.



DONUT DELIGHTS

Pinoy sweets are taken to a new level with Pan de Manila's Pan de Donut. Delight yourself in this delectable pandesal and donut combination. Reminisce favorite childhood flavors with Pan de Donut's exciting Filipino-inspired offerings: Chocnut, Polvoron, Ube, and Pili. Available at all Pan de Manila branches nationwide. For more information, visit www.pandemania.com.ph.

Yummy Ideas



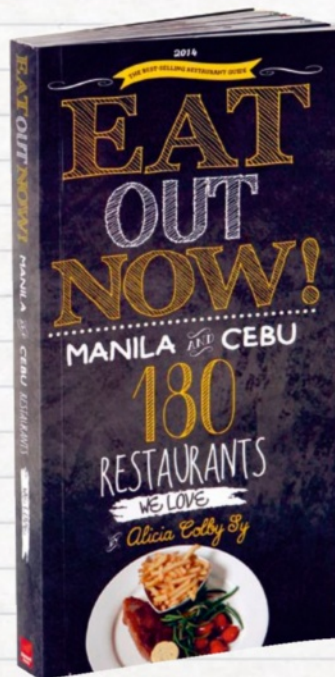
Bookmark it!

{ V.K. Rees Photography }

Brooklyn-based photographer Vanessa Rees takes photos of food that are so beautiful, they'll make you stop in your tracks. Her ability to transform food into magnificent masterpieces is a true gift—we could spend hours and hours looking at her gorgeous photographs! Her blog also features different recipes (including one for a coconut yogurt lemon cake we'd love to try) and photographs from her trips around the world. For visual inspiration, visit www.vkreessphotography.com or follow her on Instagram at @vkrees.

BOOKSHELF

WHAT WE'RE
READING
THIS MONTH



Over the past few years, the restaurant scene in the Philippines has blown up, making it impossible for even the most die-hard foodie to keep up with the influx of new establishments opening around the city and beyond. But here's a book that'll make the process of restaurant-hopping an easier one. A follow-up to last year's successful release, **Eat Out Now! by Alicia Colby Sy (P295, National Book Store)** is the

perfect restaurant guide for all food lovers. Wondering where you should eat tonight? *Eat Out Now!* has 180 delicious answers to the age-old question. This time, they've expanded coverage to include Cebu, a city bursting with delicious discoveries and food finds. Whether you're looking for the perfect brunch spot or a new place to take your visiting *balikbayan* relatives, this terrific compilation will be your ultimate go-to. The guide is extremely easy to follow, too. Categorized by area, each page features a restaurant, a detailed description of what it has to offer, its price range, and other fun tidbits like recommended dishes, sleeper hits, and off-the-menu specialties. With *Eat Out Now!*, you'll always know where to eat and what to order. It's like having your knowledgeable foodie friend on speed dial!

Yummy FOOD ADDITION

Baked Honey Butter Chicken

This delicious baked chicken is sweet, tart, and garlicky all at once. It's so easy to make, you'll have time to relax and put your feet up before dinner.

Preheat oven to 400°F and grease a shallow baking dish with 1 teaspoon garlic Magnolia Butterlicious. Pat dry 8 chicken drumsticks with paper towels, season with salt and pepper, and arrange on the prepared baking dish; set aside. Combine half a

100-gram tub garlic Magnolia Butterlicious, ¼ cup honey, and the juice of 1 lemon in a bowl; mix until smooth. Pour mixture over chicken and toss to coat. Bake in the preheated oven for 35 to 45 minutes, turning drumsticks halfway through. **Serves 4.**



PHOTOGRAPHY: NIGUEL MACJANCENO. RECIPE & FOOD PREPARATION: IDGE MENDIOLA.
TEXT: REGINE RAFAEL (BOOKSHELF AND BOOKMARK IT).

Yummy LESSON

HOW TO KEEP YOUR KNIVES SHARP

THE DILEMMA For a home cook, there's nothing more frustrating and more dangerous than a dull knife. How do you make sure your knives stay sharp?

WHAT TO DO A dull knife is a cook's worst enemy. It makes typical slicing and dicing more complicated than it should be, plus it's also an accident waiting to happen. You should sharpen your knives at least twice a year, or more frequently if you use them daily. While you can send your knives out to be sharpened by a professional, you can do the same at home with a sharpening stone or a sharpening steel. Once your knives have been sharpened, make sure you take care of them properly to help them keep their edge. Nothing ruins a knife like using it for anything other than its intended purpose, so avoid using knives for opening cans or tearing packages open. Also, avoid tossing them in a drawer along with the rest of your kitchen tools or silverware. Instead, store knives properly on a magnetic strip or in a knife block.



We asked:

HOW DO YOU KEEP YOUR REFRIGERATOR AND PANTRY ORGANIZED?

"I use a small lazy Susan or turntable to organize small bottles of condiments in the refrigerator. It's very practical because you don't have to dig through your ingredients to find what you're looking for. I have at least five in my kitchen. I use one to keep my spices organized, too."—**Patty Castelo**

"I invest in sturdy, sealable containers, and I label everything in my pantry. Aside from identifying the items, I also write down the expiration dates on the labels."—**Roderico Emmanuel F. Gayatin**

"We line our pantry shelves with mats or linens to keep items neat and organized. Bottles and containers are less prone to rolling and sliding off the shelves this way."—**Emily Francisco**

"I practice the FIFO or First In, First Out system at home. It's always annoying to find an ingredient sitting at the back of the shelf, without knowing that the item has already expired. With this system, no food is put to waste."—**Nereli Isabel Agripa**

"I prefer using clear bottles and containers to store my pantry and refrigerator staples. This way, I can

see how much of a particular ingredient I have left, as well as the state it is in, at a glance."

—**Anna Santos**

"This is how I organize my pantry: Those with later expiration dates or a longer shelf life stay at the back of the cupboard. Those that need to be consumed within the current year are always made more visible. In the refrigerator, food in bottles are placed on lower shelves so accidental drops won't be fatal. Food that easily spoils are kept up front."—**Veronica Ester Mendoza**

"I always use stackable containers in the refrigerator since it looks neater. The same goes for my pantry. I use containers with identical designs and label them accordingly. Proper grouping and segregation are also important. Dry ingredients like powders and seasonings go on one side and all the liquid ones go on the other."—**Mylene Magsino Calleja**

"Planning our household menu ahead of time has helped me become more organized. That way, I know exactly what I need to buy and where to store them. This keeps my pantry and refrigerator neat and clean."—**Conan Rafada Balaoing**

Next question: WHAT'S YOUR FAVORITE SUMMER COOLER OR FROZEN TREAT?

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

Yummy Ideas



INGREDIENT SPOTLIGHT

CACAO NIBS

Cacao nibs are roasted and hulled cacao beans that have been prepared right up to the stage before they are ground to become chocolate. These tiny, brown morsels are crunchier than coffee beans and have a nutty, bittersweet flavor profile. Known as an energy booster and mood-enhancer, they're great added to breakfast fare like oatmeal, pancakes, and smoothies. Try using them in place of chocolate chips and nuts in baked goods, too. (P75 for 150 grams, Ritual)



Vom Fass

At Shangri-La Plaza's East Wing is an unassuming store filled with casks, barrels, and bottles. Enter Vom Fass and you will find yourself transported to a whole world dedicated to premium oils, balsamic vinegars, whiskeys, and liqueurs.

Vom Fass means "from the cask" in German, and this German company offers high-quality ingredients from different parts of the world. Aside from specialty oils and vinegars, the store also offers aged single-malt whiskey blends hailing from the best distilleries around Europe, including a special whiskey that's been aged for 43 years. Its variety of liqueurs is extensive, too, with flavors like elderberry flower, vanilla dream, blood orange with vodka, and more. The ingredients on offer are priced on a 100-milliliter basis, so you can get as little or as much as you want of each one. Tasting them is also part of the process, and whether you decide to get agora oil from Greece or honey balsamic vinegar from southern Germany, the helpful staff will offer suggestions on how to use each ingredient.

Choose between the uniquely shaped bottles Vom Fass offers and have fun filling them up yourself. You can bring in your empty bottles and refill them, too! Once you get your first taste of the Vom Fass experience, you'll be back for more.

Vom Fass is located at Unit 1018, Lower Ground Level, East Wing, Shangri-La Plaza, Mandaluyong City (tel. no.: 470-55341).



Herb and spice oils are great drizzled on fresh salads or used in barbecues for grilled fish or meats. Take your pick between Tomato Oil (P230 for 100 ml) and Chili Oil (P140 for 100 ml), or just get both.

Almonds from the Moroccan argan tree are used to create this delicious argan oil (P1,960 for 200 ml), perfect for savory salads. The extraordinary creaminess of the Aceto Balsamico di Modena di Famiglia (P1,780 for 200 ml) is delicious over a refreshing caprese.



Enjoy the fruity flavors of Elderberry Flower Liqueur (P120 for 100 ml) from South Tyrol, Italy. Best served chilled!

Kitchen glossary

Roux

The classic French thickener, roux (pronounced as 'roo') is a cooking staple that makes your soups and sauces velvety rich. A roux is made by melting butter in a pot or pan and stirring in an equal amount of flour until a thick paste forms. From there, cook until you achieve your desired color. Quick sauce crash course: A béchamel sauce calls for a white roux, so only cook for a few minutes. A blonde roux, used in white velouté sauces, is darker, so cook it for a couple minutes longer. A brown roux for brown sauces is the darkest roux, so cook it for the longest amount of time and on low heat to avoid burning it.



UNIVERSAL ROBINA
CORPORATION

FLOUR DIVISION



Congratulations to the Winners!

PROFESSIONAL CATEGORY

Albert Madrilejos Berryl's Cakeshop, Cavite
Banana Chocoffee Cupcakes

NON-PROFESSIONAL CATEGORY

GMA/LUZON WINNERS

Klaudine Tuason University of Santo Tomas
Coconut Cake

Carlo Ramirez University of Santo Tomas
Moist Sapin-Sapin Cake

Maria Regina Estrada Philippine Women's University
Macho Cake (Mango Chocolate)

Stephen Adriano Philippine Women's University
Pumpkin and Orange Pound Cake

VISAYAS / MINDANAO

Joevir Abangan University of the Immaculate Conception
Veggie Bars

Job Ezra Liao Holy Cross College of Davao
Mangosteen Avocado Cake

Sarah May Ko Davao Doctors College
Triple Chocolate Durian Mousse

Luther Roquero Univeristy of Southeastern Philippines
Durian Mango Duet Cake

Darel Tacang University of Southeastern Philippines
Sampaloc Bun

OPEN CATEGORY

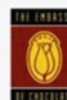
Greggie Mercado STI
Turon Cake

Marc Jonas Sera Philippine Women's College
Pomelo Chocomint Cake



Watch out for
Flourish Pilipinas 2!

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f URC Flourish Pilipinas





**Must-
buy!**

**STAINLESS
STEEL
DRINKING
STRAWS
FROM
RITUAL**

The final straw

Say goodbye to both paper and plastic—these reusable steel drinking straws are the way to go.

In an effort to be more eco-friendly, the use of anything plastic is being discouraged these days—and that includes plastic straws. Even your neighborhood coffee shop might have resorted to using the paper variety, and though these are cute for parties and celebrations, they tend to get soggy after a while. Here's a more functional and utilitarian alternative: stainless steel drinking straws. These durable, reusable straws will last a lifetime, and by choosing to use these instead of the plastic or paper kind, you'll help reduce waste in a small but effective way.

Stainless steel drinking straws are available at Ritual for P60 each. See directory for details.

Secret's in the sauce

Want to give pasta a little extra oomph? These five awesome **SAUCES** are sure to do the trick!



IN GOOD SPIRIT

Vodka is used to bring out the flavor of tomatoes in this classic Italian sauce. The result? An undeniably rich and creamy pasta that's perfect for sharing with friends and family. **Bertolli Vodka Sauce, P189.50, SM Supermarket**

BEEFED UP

Instead of the usual plain tomato sauce, go for one that's got chunky Italian sausages and bell peppers! Plus, all profits for this go to charity. **Newman's Own Italian Sausage and Peppers, P207, Rustan's Supermarket**

PRESTO, PESTO

For those days when you're craving for something filling yet fresh and light, this ready-to-eat pesto sauce is sure to satisfy. **Robo Pesto Classico, P184, The Landmark**

BAKE AND TAKE

At your next potluck party, impress all your friends with homemade baked tuna pasta! Be sure to top with lots of cheese for that perfectly crunchy, gooey topping. **Leggo's Tuna Pasta Bake, P269, Rustan's Supermarket**

SANS SALT

With no salt added, this pasta sauce is a healthy alternative to your usual red. It's made with organic tomatoes, too! **Walnut Acres Organic Olive Oil & Garlic Pasta Sauce, P227.50, SM Supermarket**

Vinegar

Used as a marinade, a condiment, or a cooking agent, vinegar is an integral ingredient in Filipino cuisine. Here's a closer look at the different varieties available on supermarket shelves.

SUKANG MAASIM OR CANE VINEGAR

VINEGAR is produced by fermenting sugarcane syrup. The sugarcane's juice and sap are extracted, cooked, and fermented into vinegar. It is almost clear in appearance and has a neutral taste with a fairly strong acidity, making it an all-purpose vinegar for pickling, marinating, and cooking.

SUKANG ILOKO OR ILOCANO

CANE VINEGAR is from the northern region of Ilocos, a by-product of Ilocano sugarcane wine known as *basi*. It is made by cooking the cane juice to reach a molasses-like state. This juice is placed in clay jars together with the bark of a *duhat* or Java plum tree, then left to ferment into *basi* wine, then eventually into vinegar. It has a deep, dark color with a mellow flavor and a hint of sweetness.

SUKANG TUBA OR COCONUT

SAP VINEGAR is derived from *tuba* or the sap of the coconut palm. It has a cloudy appearance and a smooth taste, and it is not as sour as other vinegar varieties. It has a standard 5% acidity, allowing other flavors to shine through.

Known for being very sour, **SUKANG SASA OR PALM VINEGAR** is vinegar made from the fermented sap of the *nipa* palm. It is also called *sukang Paombong* after the municipality of Paombong in Bulacan, which is known as the country's vinegar capital.

SINAMAK is *sukang tuba* mixed with black pepper, bird's eye chilies, ginger, garlic, and onions to bring a tone of spice and heat to fermented coconut sap. This spiced vinegar is often used as a dipping sauce for chicken *inasal*, grilled pork belly, or fried fish.





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

Clockwise from right:

Vanilla Paste from The Vanilla Company (P950 for a 110-ml jar)

"This vanilla paste is packed with fresh vanilla essence. With this, there's no need to split and scrape a pod. Just add a few drops of the product and you get the potent flavor, aroma, and visual appeal of fresh vanilla beans."—*Rachelle Santos*

McVitie's Dark Chocolate Digestives from Robinsons Supermarket (P120.50)

"Lately, these crumbly wheat biscuits topped with dark chocolate have been my snack of choice. I love having a couple of them with my afternoon coffee—if I can stop myself at just two!"—*Jon Tolentino*

ZAP tag from ZAP (P100)

"My friends know how much I love eating out. When one of them told me about ZAP, I signed up right away to take full advantage of its rewards program! When I use my ZAP tag at any of their partner establishments, a percentage of my bill gets converted to cash points, which I can then use as payment at stores and restaurants. It's awesome!"—*Idge Mendiola*

Marshmallow Crème from Pouf! (P300 to P350 for a jar)

"I've always been enamored by the gooey texture of roasted marshmallows. Imagine my excitement when I discovered Pouf! This

marshmallow crème is my childhood dream come true! It comes in three different flavors and it's great in sandwiches, in coffee, on apple slices, or simply enjoyed right off the spoon."—*Regine Rafael*

Matt Armendariz's Food Photography for Bloggers from Fully Booked (P974)

"This book gives easy and practical tips to significantly improve your food photos, making it perfect for food bloggers who are just starting out. Matt Armendariz's sense of humor makes it a fun read, too!"

—*Trinka Gonzales*

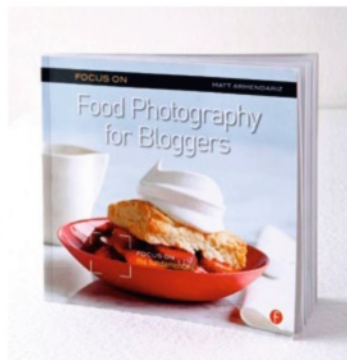
Canelés from Wildflour (P75 each)

"I love canelés, but they're pretty hard to make at home. According to a pastry chef friend, you need beeswax and copper baking pans to get them right! So I was happy to find that Wildflour, one of my favorite brunch spots, makes an exceptional canelé, with a perfectly caramelized exterior and a rich, custardy interior. Heaven!"

—*Liez! Yap*

Paper bags from Paper Chic Studio (P120 for a pack of 12)

"These paper bags are simply adorable! They're perfect for party giveaways—just fill 'em up with candies or homemade goodies. They make everyday *baon* feel extra special as well."—*Zee Castro-Talampas*



Everyday Recipes



B.Y.O. BAON

Fish in Orange-Rosemary Sauce

A savory citrus sauce brightens up ordinary fish fillets in this Mediterranean-inspired dish. If you don't have fresh rosemary, the dried kind will do, but only use half the amount required.

Serves 4 Prep Time 15 minutes

Cooking Time 30 minutes

- ✓ 1 tablespoon olive oil
- ✓ 2 red bell peppers, seeded and chopped
- ✓ 2 cloves garlic, finely sliced
- ✓ 1 tablespoon fresh rosemary leaves
- ✓ 1 (400-gram) can diced tomatoes
- ✓ 1/3 cup fresh orange juice
- ✓ 1 tablespoon red wine vinegar
- ✓ 1 teaspoon sugar

- ✓ salt and pepper, to season
- ✓ zest from 1 orange
- ✓ 4 (200-gram) skinless firm white fish fillets (*lapu-lapu*, cream dory, or *labahita*)
- ✓ 1/4 cup pitted kalamata olives

1 Heat olive oil in a large frying pan on medium heat. Sauté bell peppers, garlic, and rosemary for 5 to 10 minutes until bell peppers are tender. Add tomatoes, orange juice, vinegar, and sugar. Simmer for 5 minutes. Season to taste.

2 Rub orange zest all over fish and season well. Add fish to the pan.

3 Simmer gently, covered, for 12 to 15 minutes or until fish is cooked when tested. Add olives and serve hot.





20 MINUTES
OR LESS

Salmon and Asparagus Pasta

To cut down on prep time, the vegetables in this recipe are cooked in the microwave! How's that for a super shortcut?

Serves 4 Prep Time 10 minutes

Cooking Time 5 minutes

- ✓ 1 bunch asparagus, trimmed and chopped
- ✓ 1 cup frozen peas
- ✓ 250 grams snow peas (*sitsaro*), trimmed and halved
- ✓ 1 tablespoon water
- ✓ 250 grams elbow macaroni, cooked according to package directions
- ✓ 180 grams smoked salmon, flaked and warmed
- ✓ ¼ cup chopped parsley
- ✓ 50 grams ricotta, feta, or cottage cheese

FOR THE DRESSING

- ✓ 1 tablespoon olive oil
- ✓ juice and zest from 2 lemons

- ✓ 1 red chili, seeded and finely chopped
- ✓ 2 cloves garlic, crushed

1 Place asparagus, frozen peas, and snow peas in a microwave-safe bowl with water. Cover and microwave on high for 1 to 2 minutes or until tender. Drain well.

2 Make the dressing: Whisk all ingredients together in a small bowl. Set aside.

3 Add vegetables to pasta with salmon, dressing, and parsley. Crumble ricotta over to serve.



FAMILY
FAVORITE

Lemongrass Beef and Noodles

Here's a satisfying one-bowl meal that you can prep in less than 30 minutes. Instead of beef, shredded rotisserie chicken or even pan-fried tofu will work just as well.

Serves 4 Prep Time 15 minutes

Cooking Time 10 minutes

- ✓ 200 grams glass noodles (*sotanghon*)
- ✓ 2 tablespoons lime juice
- ✓ 1 tablespoon salt-reduced soy sauce
- ✓ 1 tablespoon fish sauce (*patis*)
- ✓ 1 tablespoon brown sugar
- ✓ 500 grams lean rump steak or beef sirloin, trimmed and thinly sliced
- ✓ 1 bird's eye chili (*siling labuyo*), seeded and chopped
- ✓ 1 stalk lemongrass (white part only), finely chopped
- ✓ 1 bunch *bok choy*, trimmed, leaves shredded, stalks halved
- ✓ 2 tablespoons water
- ✓ 2 tablespoons chopped unsalted peanuts
- ✓ lime halves, to serve

1 Place noodles in a large, heatproof bowl. Pour over enough boiling water to cover. Set aside to soak for 5 minutes. Rinse under cold running water. Drain well.

2 Mix together lime juice, soy sauce, fish sauce, and brown sugar in a bowl. Set aside.

3 Heat a wok or large frying pan on high heat. Add a few drizzles of oil. Stir-fry beef in 2 batches for 2 to 3 minutes or until browned. Transfer to a plate.

4 Return wok to high heat. Add a little more oil. Add chopped chilies and lemongrass. Stir-fry for 1 minute. Toss through *bok choy* stalks and water. Stir-fry for another 1 to 2 minutes.

5 Add noodles, beef, and sauce. Stir-fry for another 2 minutes until coated in sauce. Sprinkle chopped peanuts on top and serve with lime halves, if desired.

We waste over 2,000 tons of food every day.
What have you thrown out today?



/healthyoptionsphilippines



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healthy **options**



Family Kitchen

BY JOEY DE LARRAZABAL-BLANCO

★ Life these days seems to take on a faster pace, and like it or not, we need to adjust our steps. That's not to say that what we put on our tables should suffer the fate of the "instant meal." Not at all. Food need not be complicated or time-consuming to be good. You don't need to sacrifice flavor and quality for convenience. This baked chicken is a perfect example. The majority of the time spent preparing this dish is in the baking, time which you can spend doing other things—setting the table, taking a quick shower, playing with your kids. I find that chicken in particular lends itself quite graciously to the busy cook, which is why I always like to have some tucked away in the freezer for extra frenzied times.

I adapted this recipe from the *Barefoot Contessa at Home* cookbook by Ina Garten. She uses

chicken breasts, but as I'm not a big fan of white meat, I've switched it to legs and thighs. The one concession here to shortcuts is the herbed goat cheese. In one 110-gram pack, you have almost all the flavorings you need for your chicken (save for some salt and pepper). Just slip some under the skin and your preparations are pretty much done.

This is the recipe at its simplest, but you can alter and add to it in so many ways: Add some vegetables to the pan to roast with the chicken, use regular goat cheese or cream cheese and fresh herbs instead of the herbed cheese, or sprinkle some chili flakes and paprika with the salt and pepper to give it a bit of a kick.

No matter how harried your days may be, you are never too far from a warm homemade meal as long as you've got some chicken stashed away! →



About the columnist

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

PHOTOGRAPHY: DAVID HANSON. STYLING: JOSE MENDIOLA. HAIR & MAKEUP: TATIN YANG

BAKED CHICKEN WITH GOAT CHEESE

Serves 4 Prep Time 5 minutes

Cooking Time 45 minutes to 1 hour

- ✓ olive oil, for greasing and drizzling
- ✓ 4 chicken leg quarters, thigh and drumstick separated
- ✓ 1 (110-gram) pack goat cheese with herbs (you can also use cream cheese)
- ✓ sea salt and freshly cracked black pepper, to taste

1 Preheat oven to 350°F.

2 Grease a baking dish with

oil. If you're using a nonstick or glass baking dish, skip this step.

3 Arrange chicken pieces on the baking dish. Loosen the top skin from the meat.

4 Slice goat cheese and insert a portion between the chicken skin and the meat. Repeat with all chicken pieces.

5 Sprinkle chicken with salt and pepper. Drizzle olive oil all over.

6 Bake in the preheated oven for 45 minutes to 1 hour or until the juices run clear when the chicken is pierced. Serve immediately.



TIP
GOT LEFTOVERS? SHRED THE CHICKEN MEAT, COMBINE WITH REMAINING GOAT CHEESE AND A SMIDGE OF MAYONNAISE, AND YOU'VE GOT A GREAT SANDWICH SPREAD FOR LUNCH THE NEXT DAY!





Hey, Home Baker!

BY AILEEN ANASTACIO

★ I love mangoes, especially in the summer! Green mangoes are my favorite for fruit shakes or Thai-inspired catfish and green mango salads. Ripe mangoes, on the other hand, are the best for making desserts like mango and sticky rice, a mango cream pie, or a festive mango jubilee made out of flambéed mangoes and some vanilla ice cream.

But for something different, dried mangoes are the star of this month's recipe. I like its texture—sort of chewy and gummy at the same time. While I'm happy eating dried mangoes as is, these mango bars are a yummier alternative!

A few tips for successfully making

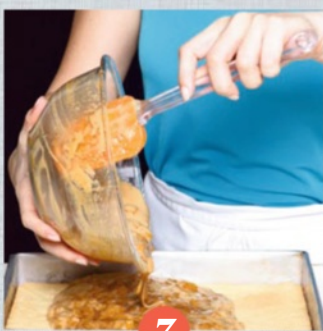
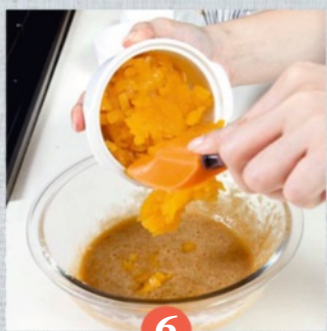
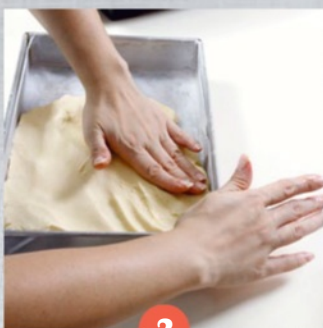
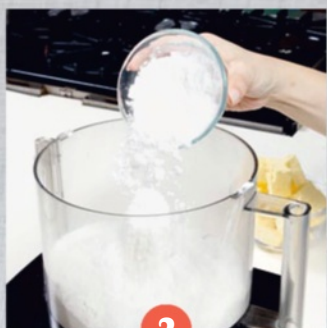
these sweet bars: If you don't have a food processor, you can use two forks to make the crust. Remember not to overmix the mixture; you want to keep your crust flaky. You can opt to add walnuts or sliced almonds for a little crunch. Cool the bars before slicing, too. To prevent the knife from getting sticky, dip the knife in hot water between slices and wipe dry with a towel before slicing again. This should give you nice, clean squares.

What's great about this recipe is that it has a long shelf life. It should keep for about 4 to 7 days. Pair it with Earl Grey tea or an iced latte and enjoy the summer sun. Happy baking!



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.



DRIED MANGO BARS

Makes 24 bars

Prep Time 20 minutes

Baking Time 1 hour

FOR THE CRUST

- ✓ 2 cups all-purpose flour
- ✓ 1/2 cup confectioners' sugar
- ✓ 1 cup butter

FOR THE FILLING

- ✓ 1 cup water
- ✓ 200 grams dried mangoes
- ✓ 1/4 cup all-purpose flour
- ✓ 1 teaspoon baking soda
- ✓ 2 large eggs
- ✓ 3/4 cup brown sugar
- ✓ 1 teaspoon vanilla extract
- ✓ confectioners' sugar for dusting

1 Preheat oven to 350°F. Grease an 8x12-inch pan.

2 Make the crust: Combine all-purpose flour and confectioners' sugar in a food processor. Pulse a few times to mix well. Add butter, mix,

and form into a soft ball of dough.

3 Transfer dough to the prepared pan. Use your fingers to spread the dough to make one even layer. Bake for 15 to 20 minutes or until golden brown.

4 Make the mango filling: Place water in a saucepan and bring to a boil. Add dried mangoes and cook for 10 minutes or until soft. Drain water; place mangoes in a food processor and pulse until roughly chopped.

5 Whisk together all-purpose flour and baking soda in a bowl; mix to combine.

6 In a separate bowl, combine eggs and brown sugar. Add vanilla, then stir in mangoes. Gradually add the flour mixture.

7 When the crust is ready, pour the mango mixture over and spread evenly. Bake for 30 to 35 minutes or until the center is set but not hard. Do not overcook.

8 Let cool before slicing into 2x2-inch squares. Dust confectioners' sugar on top before serving.





Chef at Home

BY JUN JUN DE GUZMAN

✦ Just like most children, I didn't enjoy eating vegetables when I was a child. However, there was one exception—I loved *kalabasa*. I loved its taste, a cross between chestnut and sweet potato. One of the first squash dishes I tried was a vegetarian one and a usual *carinderia* offering: *ginisang kalabasa sa gata*, which is so savory and tasty, especially when some *hibe* or dried baby shrimps are added. It was a healthy dish that I really loved.

On one visit to my *nanay* in Navotas, she made this favorite vegetable dish of mine. I was surprised when she added chicken, along with fish sauce, sautéed garlic, and onions. This is the recipe that I'm sharing with you this month. For a better stew, make sure to let the chicken render its fat and juices, which will make it more flavorful. Also, try to get good-quality fish sauce—the real kind, made with fish fermented with lots of salt. I hope this comforting dish will become a dinnertime staple in your home!

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 @chefjelise.



Tip

FOR A NUTRITIONAL BOOST,
ADD MALUNGgay LEAVES
JUST BEFORE SERVING.

MANOK SA GATA AT KALABASA

Serves 8 to 10 **Prep Time** 20 minutes

Cooking Time 45 minutes

✓ salt, to taste

✓ rice, to serve

- ✓ 2 tablespoons minced garlic
- ✓ 2 red onions, sliced
- ✓ 1/4 cup canola oil
- ✓ 1/4 cup dried shrimp (*hibe*), rehydrated in warm water and drained
- ✓ 1 whole chicken, cut into 10 to 12 pieces
- ✓ 2 teaspoons fish sauce (*patis*)
- ✓ ground pepper, to taste
- ✓ 1/4 wedge squash, peeled and cubed
- ✓ 1 cup chicken stock
- ✓ 1 cup coconut cream (*kakang gata*)

- 1** Sauté garlic and onions in canola oil. Cook until onions are translucent.
- 2** Add dried shrimp and heat for a few minutes. Add chicken pieces and cook until fat is rendered. Season with *patis* and ground pepper.
- 3** Bring to a boil, then lower heat and simmer for 5 minutes. Add squash and mix well.
- 4** Pour in chicken stock, then bring to a boil again and simmer until chicken is cooked through. Pour in coconut cream. Adjust seasoning to taste and serve with rice.

PHOTOGRAPHY: DAVID HANSON. STYLING: IDGE MENDIOLA. FOOD PREPARATION: LHAS ALVAREZ OF KUBERTOS.



Must Cook Salad Recipes

'Pretty in Pink' Vermicelli Salad

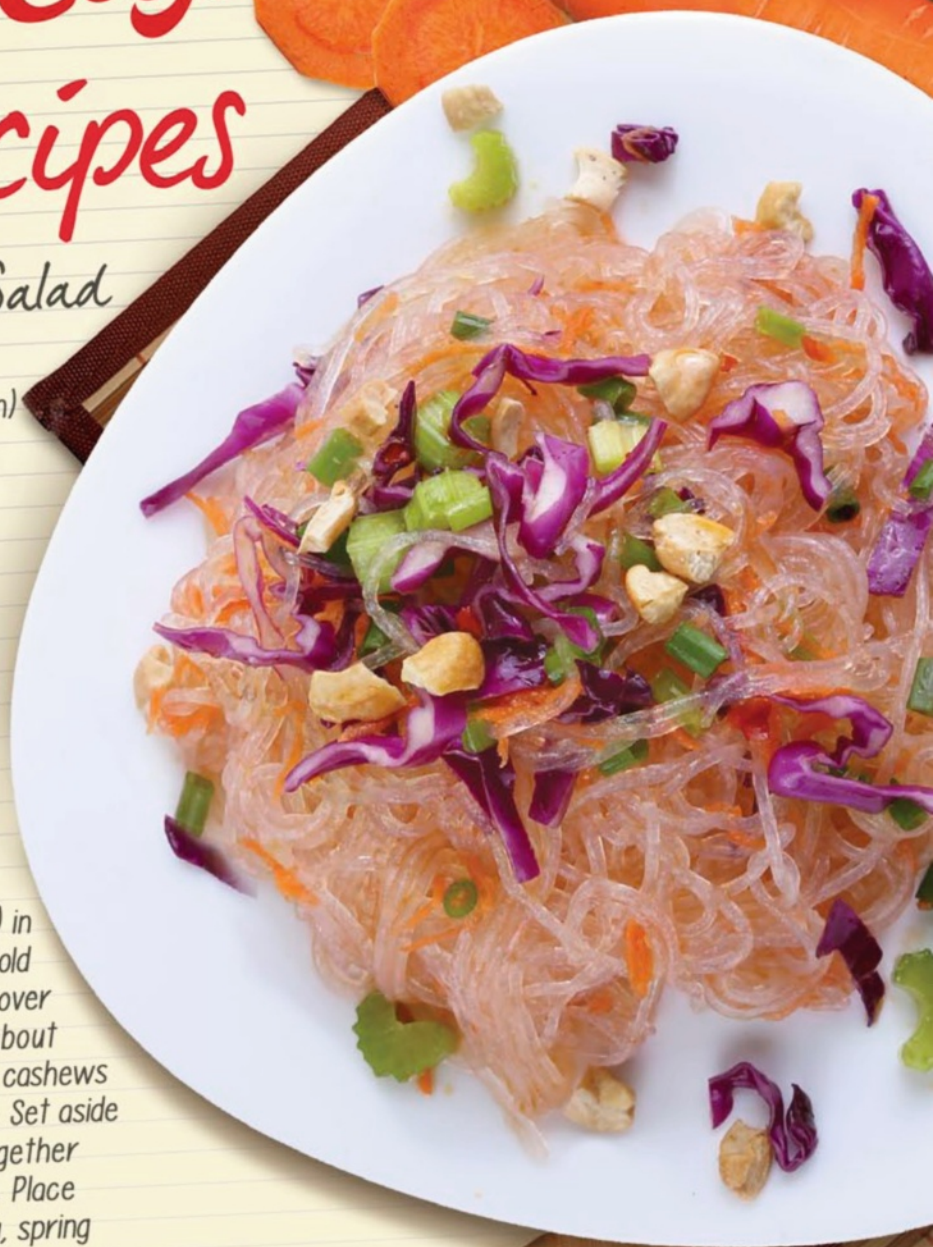
Ingredients:

- 250g Sapporo Long Kow Vermicelli (sotanghon)
- 1/2 cup purple cabbage, finely shredded
- 1 small carrot, finely shredded
- 1 stalk of celery, finely sliced
- 5 spring onions, minced (dark and light green parts only)
- 1/3 cup cashews

Sweet and Tangy Sesame Dressing:

- 2 tablespoons pure sesame oil
- 2 tablespoons mirin (sweet cooking wine)
- 1 tablespoon All Purpose Seasoning
- 2 tablespoons sambal oelek

Procedure: Soak Sapporo Vermicelli (sotanghon) in hot water for 5 minutes. Drain and rinse under cold water. Set aside. Place cashews in a small skillet over medium heat and toast until golden brown, about 5 minutes. Remove from heat and let cool. When cashews are cool enough to handle, chop into small pieces. Set aside until needed. In a medium salad bowl, whisk together dressing ingredients until thoroughly combined. Place the cooked sotanghon, cabbage, carrots, celery, spring onions and cashews in salad bowl and toss gently to combine with dressing, topping each portion with more chopped cashews. Serve.



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Tuna & Sashimi Salad



Strawberry in Vegetable Salad



Noodleliciously Healthy



Biz Whiz

BY SHARLENE TAN

✦ I recently tried a new restaurant that specializes in Japanese curry. I ordered the *katsu* curry and enjoyed it, as it was lightly spiced with a hint of sweetness. Curry seems to be a dish widely available across different cuisines, with Thai and Indian being the most popular. This saucy stew is very comforting, especially when paired with a bowl of steaming hot rice. At home, I grew up eating Pinoy-style curry, which uses curry powder as a base instead of the usual curry paste. But after tasting so many types of curries, I discovered that adding tomato sauce to it enhances its taste. It also has the added benefit of making the sauce thicker and richer, which in turn makes it an even better dish to pair with rice. And since most Filipino classic dishes make use of tomato sauce, this slightly sweet and spicy dish will definitely be a big hit among fellow Pinoyos!

About the columnist

A food stylist by profession and one of the brains behind Goodles 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.

CHICKEN TOMATO CURRY

Serves 6 to 8 **Prep Time** 15 minutes, plus 30 minutes marinating time

Cooking Time 40 minutes

- ✓ 1 tablespoon garlic paste (garlic pounded with a little salt until it turns into a paste)
- ✓ 5 tablespoons curry powder
- ✓ 1½ teaspoons salt
- ✓ 1½ kilos chicken legs and thighs, cut into parts
- ✓ 3 tablespoons corn oil
- ✓ ⅔ cup ginger, sliced into strips
- ✓ 1 cup onions, sliced into strips
- ✓ 2 pieces long chili, sliced
- ✓ 1 bird's eye chili (*siling labuyo*), chopped
- ✓ ¼ cups tomato sauce
- ✓ 1 cup water
- ✓ ½ cup coconut milk
- ✓ 2 cups potatoes, cut into chunks
- ✓ 2 cups carrots, cut into chunks

- ✓ ½ cup thick coconut cream
- ✓ ¾ cup red bell pepper, cubed

- 1** Combine garlic paste, curry powder, and salt in a small bowl. Mix until it forms a thick paste. Rub all over chicken, then set aside for at least 30 minutes in the refrigerator.
- 2** Heat oil in a saucepan. Sauté ginger, onions, and sliced chilies in oil. Add marinated chicken and cook until brown on all sides.
- 3** Add tomato sauce, water, and coconut milk. Mix well and simmer over low heat until chicken is tender.
- 4** Halfway through, add potatoes and carrots. Cook until tender.
- 5** Pour in coconut cream. Add bell peppers and simmer for another 5 minutes. Serve hot.



PHOTOGRAPHY: MIGUEL NACIANCENO. STYLING: LIEZL YAP. HAIR & MAKEUP: YIDA NON-JAUCIAN.



Must Cook Meat Recipes

Beef Skewers Vermicelli

Ingredients:

- 250 grams Sapporo Long Kow Vermicelli (sotanghon)
- 2 lemongrass stalks, trimmed, chopped
- 2 Garlic cloves, chopped
- 1 eschalot, chopped
- 1 tablespoon fish sauce
- 400g beef rump steak, cut into thin strips
- 1/4 iceberg lettuce, shredded
- 2 small carrots, peeled, grated
- 1/2 cup shredded fresh mint leaves

For the dipping sauce:

- 5 tbsps. sugar
- 1 lemon, juiced
- 1 tbsp. rice vinegar
- 1/3 cup fish sauce
- 2/3 cup water
- 1 clove garlic, minced
- Red chili flakes to taste

Procedure: Cook Sapporo sotanghon for about 3 minutes, rinse under cold water and drain. Divide the sotanghon between bowls. Top with lettuce, carrot and mint then drizzle with sauce. Set aside. Meanwhile, process lemongrass, garlic, eschalot and fish sauce until a paste forms. Combine steak and lemongrass mixture in a bowl, then toss to coat. Thread steak onto skewers. Heat a lightly greased barbecue plate or charcoal grill on high heat. Cook skewers for about 1 to 2 minutes each side until cooked. Add skewers to sotanghon mixture. Serve.



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Pata Tim with Sotanghon



Texas Braised Baby Back Ribs
on Vermicelli



Noodleliciously Healthy



Around the World

BY SARI JORGE

★ Summer is just around the corner! Add a little spice and sizzle to your summer meals with this unique recipe for Vietnamese chicken barbecue. Bursting with flavor, this authentic version is a great alternative to the standard barbecue chicken, and it's always a hit with kids and adults alike.

The dish is often served with a dipping sauce called *nuoc cham*, which is a combination of lime juice, fish sauce, and chilies. The sauce provides a mild spicy kick to the Asian chicken recipe. While it is best enjoyed with rice, this can also be eaten with lettuce, rice noodles, and salads.

This mouthwatering dish is perfect for family outings, trips to the beach, special occasions, or simple picnics in the backyard. Serve with chilled bottles of beer or soda, and you're on your way to a delicious summer experience!

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.



VIETNAMESE CHICKEN BARBECUE

Serves 4 to 6 **Prep Time** 30 minutes
Cooking Time 20 minutes

FOR THE MARINADE

- ✓ 1 tablespoon chopped garlic
- ✓ 1/4 cup finely chopped lemongrass
- ✓ pinch of salt and pepper
- ✓ 1 1/2 tablespoons soy sauce
- ✓ 1/3 cup honey, to taste
- ✓ 1 teaspoon sugar
- ✓ 2 teaspoons sesame oil
- ✓ 1 teaspoon Thai fish sauce
- ✓ 1 1/2 teaspoons five-spice powder

- ✓ 500 grams boneless chicken thighs

FOR THE NUOC CHAM DIPPING SAUCE

- ✓ 1 tablespoon vinegar
- ✓ 2 1/2 tablespoons Thai fish sauce
- ✓ 1/4 cup water
- ✓ 1 1/2 tablespoons sugar
- ✓ 1/4 cup honey, plus more if needed
- ✓ juice of 2 pieces calamansi

- ✓ 1 1/2 teaspoons chopped garlic
- ✓ 1 bird's eye chili (*siling labuyo*), chopped (optional)

1 Make the marinade: Mix together all ingredients in a bowl.

2 Add chicken to the marinade. Cover and marinate for 30 minutes in the refrigerator.

3 Preheat a charcoal grill. Drain chicken and grill until completely cooked. Slice into bite-sized pieces.

4 Make the dressing: Combine vinegar, fish sauce, and water in a saucepan. Bring to a boil. Add sugar, honey, calamansi juice, garlic, and chopped chilies. Mix until well combined. Transfer to a bowl.

5 Serve chicken with rice and dipping sauce on the side. You can also turn it into an easy Vietnamese salad with lettuce, shredded carrots, cucumber, chopped peanuts, and rice noodles.

WINNER

**CHICKEN
DINNERS
HERE!**

FRIED, WINGS, CRISPY,
AND ALL THINGS **CHICKEN!**



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CRISPY, GOLDEN, DELICIOUS

Fried chicken is always a favorite!
Here are five versions from across
the globe to try at home.



PHOTOGRAPHY: MIGUEL MACIANENO. RECIPES & STYLING: RACHELLE SANTOS.

RECIPES THIS WAY }>



MONDAY

KOREAN-STYLE FRIED CHICKEN WITH SOY-GARLIC GLAZE

No need to get in line or call delivery for this beloved Korean-style fried chicken—you can easily make it yourself!

Serves 4 Prep Time 15 minutes

Cooking Time 25 minutes

FOR THE SOY-GARLIC GLAZE

- ✓ ¼ cup light soy sauce
- ✓ 3 tablespoons mirin or Chinese cooking wine
- ✓ 3 tablespoons water
- ✓ 2 tablespoons honey
- ✓ 1 tablespoon rice vinegar (optional)
- ✓ ¼ cup brown sugar
- ✓ 1 teaspoon garlic powder
- ✓ ½ teaspoon grated ginger

- ✓ 2 teaspoons cornstarch, dissolved in ½ tablespoons water

FOR THE FRIED CHICKEN

- ✓ cooking oil for deep-frying (such as vegetable, corn, canola, or peanut oil)
- ✓ ½ kilo chicken wings or a mix of thighs and drumsticks
- ✓ salt, to season
- ✓ ½ cups cornstarch

1 Make the soy-garlic glaze: Combine all ingredients except dissolved cornstarch in a saucepan. Simmer over low-medium heat, stirring occasionally, until sugar is dissolved and vinegar has evaporated, about 6 minutes.

2 Add dissolved cornstarch and cook until mixture thickens. Turn off heat. Set aside and keep warm.

3 Preheat oil in a deep, heavy-bottomed pan until it registers 350°F on a deep-fry thermometer. Pat chicken pieces dry. Season with salt, then dredge chicken in cornstarch.

4 Deep-fry chicken for about 8 minutes. Transfer to a wire rack and let rest for 5 minutes.

5 Return chicken to the pan and fry for a second time, about 8 minutes. Drain on paper towels to remove excess oil.

6 Place warm soy-garlic glaze and chicken in a large zip-top bag. Seal bag and shake until chicken pieces are evenly coated.

CHINESE-STYLE FRIED CHICKEN

Steaming the chicken before frying is essential! This ensures that the chicken is cooked through but still moist and juicy.

Serves 4 Prep Time 20 minutes, plus marinating time **Cooking Time** 25 minutes

- ✓ 1 (1.2-kilo) whole chicken, cleaned
- ✓ 2 bundles lemongrass (*tanglad*), pounded
- ✓ 1 bundle green onions
- ✓ 1/2 cup soy sauce
- ✓ 1/3 cup brown sugar
- ✓ 1/4 cup Chinese cooking wine
- ✓ 1 tablespoon minced garlic
- ✓ 1 1/2 teaspoons five-spice powder
- ✓ 1 teaspoon salt
- ✓ 1/2 teaspoon ground white pepper
- ✓ cooking oil for deep-frying (such as vegetable, corn, canola, or peanut oil)

FOR THE GRAVY

- ✓ 1 cup chicken stock or 1/4 chicken bouillon cube dissolved in 1 cup hot water
- ✓ 1 1/2 tablespoons sugar
- ✓ 1 tablespoon soy sauce
- ✓ 3/4 teaspoon five-spice powder
- ✓ 2 pieces star anise
- ✓ salt and pepper, to taste
- ✓ 1 1/2 tablespoons cornstarch, dissolved in 2 tablespoons water

1 Stuff chicken with lemongrass and green onions; set aside.

2 Mix together soy sauce, brown sugar, cooking wine, garlic, five-spice powder, salt, and pepper in a bowl. Mix until sugar dissolves.

3 Place chicken and soy sauce mixture in a large zip-top bag. Seal and marinate in the refrigerator overnight.

4 Meanwhile, make the gravy: Combine chicken stock, sugar, soy sauce, five-spice powder, and star anise in a saucepan. Bring to a boil, then reduce to a simmer. Season to taste with salt and pepper. Add dissolved cornstarch and cook until the sauce thickens. Turn off heat and remove star anise pieces. Set aside and keep warm.

5 To cook chicken, preheat a steamer. Drain chicken, reserving the marinade. Steam chicken for 15 minutes. Remove from the steamer and brush reserved marinade all over the chicken. Refrigerate for 15 minutes.

6 Preheat oil in a deep, heavy-bottomed pan until it registers 350°F on a deep-fry thermometer. Cut chicken into quarters or into 8 pieces. Deep-fry in batches just until skin is golden and crisp. Drain on paper towels to remove excess oil.

7 Serve immediately with gravy on the side.





THURSDAY

THAI-STYLE FRIED CHICKEN

A mix of herbs and spices—cumin, coriander, and cilantro—gives this dish its distinctive Thai flavor.

- ✓ canola, or peanut oil)
- ✓ 1½ cups cornstarch
- ✓ sweet chili sauce, to serve

Serves 2 Prep Time 15 minutes, plus marinating time **Cooking Time** 20 minutes

FOR THE MARINADE

- ✓ ½ cup roughly chopped cilantro leaves and stems (wansoy)
- ✓ 6 cloves garlic, smashed and peeled
- ✓ 3 tablespoons fish sauce
- ✓ 2 tablespoons oyster sauce
- ✓ ¾ teaspoon ground cumin
- ✓ ½ teaspoon ground coriander
- ✓ ½ teaspoon dried chili flakes
- ✓ ½ teaspoon shrimp paste
- ✓ ½ teaspoon ground black pepper
- ✓ ½ teaspoon sugar

1 Make the marinade: Combine all ingredients in a food processor and process to make a paste. Alternately, you can grind all the ingredients together using a mortar and pestle.

2 Combine marinade and chicken pieces in a bowl or zip-top bag. Marinate, covered, for at least 6 hours or preferably overnight in the refrigerator.

3 Preheat oil in a deep, heavy-bottomed pan until temperature registers 350°F on a deep-fry thermometer.

Keeping as much of the marinade on the chicken pieces as possible, dredge chicken in cornstarch.

4 Fry chicken until cooked through and skin is golden and crisp, about 15 to 20 minutes. Remove from oil and drain on paper towels to remove excess oil. Serve with sweet chili sauce on the side.

- ✓ ½ kilo chicken pieces (a mix of drumsticks, wings, and thighs)
- ✓ cooking oil for deep-frying (such as vegetable, corn,

WEDNESDAY

SOUTHERN-STYLE FRIED CHICKEN

Marinating the chicken pieces in buttermilk or yogurt is the key to juicy fried chicken. For best results, remember to use a deep, heavy pan and a deep-fry thermometer.

Serves 2 Prep Time 15 minutes, plus marinating time **Cooking Time** 20 minutes

- ✓ 1 cup buttermilk or plain yogurt
- ✓ 1½ tablespoons fried chicken seasoning (we used McCormick)
- ✓ ½ kilo chicken pieces (a mix of drumsticks, wings, and thighs)
- ✓ 1 cup all-purpose flour
- ✓ 1 teaspoon fried chicken seasoning (we used McCormick)
- ✓ cooking oil for deep-frying

(such as vegetable, corn, canola, or peanut oil)

- ✓ gravy or ketchup, to serve (optional)

1 Combine buttermilk or yogurt and fried chicken seasoning. Place in a large zip-top bag or container. Add chicken pieces; mix well. Cover and marinate in the refrigerator overnight.

2 Preheat oil in a deep, heavy-bottomed pan until it registers 325°F on a deep-fry thermometer. Drain chicken pieces from yogurt marinade.

3 Combine flour and chicken seasoning on a plate. Dredge chicken in seasoned flour. Deep-fry chicken until golden and crisp. Drain on paper towels to remove excess oil.

4 Serve immediately with gravy or ketchup on the side.





FRIDAY

CHICKEN KARAAGE (JAPANESE-STYLE FRIED CHICKEN FILLETS)

Instead of the usual chicken nuggets, why not serve this popular dish from Japan?

To make these delicious chicken bites even tastier, drizzle lemon juice on top and dip each piece in mayonnaise.

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

- ✓ 450 grams boneless chicken thighs, sliced into 2-inch pieces
- ✓ pinch of salt and ground black pepper
- ✓ 2 tablespoons grated ginger
- ✓ 2 teaspoons grated garlic

- ✓ 1 tablespoon light soy sauce (we used Kikkoman)
- ✓ 1 tablespoon sake or Chinese cooking wine
- ✓ 1 teaspoon sesame oil
- ✓ 1 teaspoon sugar
- ✓ cooking oil for deep-frying (such as vegetable, corn, canola, or peanut oil)
- ✓ 1 cup cornstarch
- ✓ Japanese mayonnaise and lemon wedges, to serve


1 Season chicken with salt and pepper. Combine ginger, garlic, soy sauce, sake or

cooking wine, sesame oil, and sugar in a bowl.

2 Add chicken to the marinade. Cover with plastic wrap and marinate in the refrigerator for at least 1 hour.

3 Preheat oil in a deep, heavy-bottomed pan until it registers 325°F on a deep-fry thermometer. Drain chicken pieces from the marinade. Dredge chicken in cornstarch. Deep-fry chicken in batches until golden and crisp. Drain on paper towels to remove excess oil.

4 Serve immediately with mayonnaise and lemon wedges on the side.



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Party time!

Planning to throw a party? These new takes on beloved classics are sure to impress guests of all ages.



THE MENU

Pulled
Pork
Sliders

Mexican
Pasta
Bake

Grilled Chicken
Skewers with
Mango Sauce

RECIPES THIS WAY ➔

PULLED PORK SLIDERS

Filled with tasty shredded pork in smoky barbecue sauce, these sandwiches may be miniature in size, but they're big in flavor!

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

Cooking Time 7 hours

- ✓ 2 kilos pork shoulder
- ✓ 3 tablespoons paprika
- ✓ 1 tablespoon garlic powder
- ✓ 1 tablespoon brown sugar
- ✓ 1 tablespoon ground cinnamon
- ✓ 2 tablespoons coarse sea salt
- ✓ 2 tablespoons French mustard
- ✓ 2 cups chicken stock
- ✓ 1½ cups store-bought barbecue sauce (we used Hunt's BBQ Sauce)
- ✓ 24 to 30 mini burger buns or dinner rolls, split in half
- ✓ ¾ cup mayonnaise

- ✓ 300 grams shredded cabbage
- ✓ 3 tablespoons cider vinegar
- ✓ salt and pepper, to taste
- ✓ chips, to serve (optional)

1 Rub pork shoulder with paprika, garlic powder, brown sugar, cinnamon, salt, and mustard. Place the pork in a large, heavy casserole or Dutch oven, fat side up. Add chicken stock. Cook over low heat, covered, for 4 hours. Increase heat to medium and cook for another 2 hours until pork is fork-tender.

2 Preheat oven to 300°F. Take the meat from the pot and transfer it to an oven-proof dish or roasting pan. Roast in the preheated oven for 45 minutes.

3 Remove meat from the pan and let it rest for 10 minutes. While still warm, use two forks to shred meat into bite-sized pieces, discarding any large pieces of fat.

4 Combine shredded pork and barbecue sauce in a saucepan. Cook over medium-high heat until warmed through and dry. Set aside.

5 Heat buns or rolls in a toaster oven until warmed through. Spread mayonnaise on the insides of the buns. Place a heaping spoonful of pulled pork on the bottom bun. Top with shredded cabbage. Drizzle with a little vinegar and sprinkle with salt and pepper. Cover with the top bun. Secure sliders with toothpicks. Serve sliders with chips, if desired.



TIP
THE SHREDDED PORK FILLING CAN BE PREPARED 3 DAYS AHEAD AND REFRIGERATED IN A COVERED CONTAINER, OR MADE 2 WEEKS AHEAD AND FROZEN.





TIP

THE MEAT SAUCE CAN BE MADE UP TO 3 DAYS AHEAD AND REFRIGERATED IN A COVERED CONTAINER, OR MADE UP TO 1 MONTH AHEAD AND FROZEN. THE CHEESE SAUCE CAN ALSO BE PREPARED 3 DAYS AHEAD AND REFRIGERATED UNTIL READY TO USE.

- ✓ ½ cup fresh milk
- ✓ 1 (200-gram) pack all-purpose cream
- ✓ 1 (200-gram) pack store-bought cheese sauce (we used Del Monte Cheese Sauce)
- ✓ 500 grams penne, cooked according to package directions
- ✓ 1 (500-gram) bar quick melting cheese, grated

1 Make the meat sauce: Heat oil in a large, heavy-bottomed saucepot or Dutch oven over medium-high heat.

2 Stir in onions and garlic. Cook until onions are soft and translucent. Add ground beef, cumin, and diluted chili con carne mix. Cook for about 5 to 8 minutes or until mixture is slightly dry.

3 Pour in chicken stock, diced tomatoes, and spaghetti sauce. Add bell peppers and sugar. Simmer, partially covered, for 10 to 12 minutes. Turn off heat and set aside.

4 Make the cheese sauce: Combine butter, fresh milk, cream, and cheese sauce in a saucepan. Stir continuously over medium heat for about 3 minutes or until warm and well blended. Set aside.

5 Preheat oven to 300°F. In a 15x10-inch baking pan, layer cooked penne, meat sauce, cheese sauce, and grated cheese. Bake in the preheated oven for 15 minutes or until cheese has melted and turned slightly brown. Serve hot.

MEXICAN PASTA BAKE

This marriage between Mexican and Italian flavors is a match made in heaven. Noodles are tossed in a tasty, Mexican-inspired meat sauce and covered with a blanket of cheese.

Serves 12 to 15

Prep Time 20 minutes

Cooking Time 50 minutes

FOR THE MEAT SAUCE

- ✓ 2 tablespoons olive oil
- ✓ 2 white onions, cut into chunks
- ✓ 3 cloves garlic, coarsely chopped

- ✓ 500 grams ground beef
- ✓ 1 teaspoon ground cumin
- ✓ 1 pack chili con carne mix (we used McCormick), diluted in ½ cup hot water
- ✓ ½ cup chicken stock
- ✓ 1 (450-gram) can diced Italian tomatoes
- ✓ 1 (1-kilo) pack store-bought spaghetti sauce (we used Bertolli)
- ✓ 1 green bell pepper, cored and diced
- ✓ 1 red bell pepper, cored and diced
- ✓ 2 tablespoons brown sugar

FOR THE CHEESE SAUCE

- ✓ ½ cup butter

GRILLED CHICKEN SKEWERS WITH MANGO SAUCE

Set aside the usual pork barbecue and serve these updated chicken kebabs instead. The mango sauce is a delicious sweet-sour counterpoint to the grilled chicken.

Makes 30 to 35 8-inch skewers **Prep Time** 40 minutes **Cooking Time** 40 minutes

FOR THE MANGO SAUCE

- ✓ 1 medium white onion, finely chopped
- ✓ 6 tablespoons olive oil
- ✓ 4 very ripe mangoes, peeled and diced
- ✓ $\frac{3}{4}$ cup fresh orange juice
- ✓ 6 tablespoons honey
- ✓ 1 tablespoon lemon juice
- ✓ 4 cloves garlic, minced

FOR THE CHICKEN SKEWERS

- ✓ 1 cup pineapple juice
- ✓ $\frac{1}{4}$ cup olive oil, plus extra for brushing grill pan
- ✓ 4 tablespoons soy sauce
- ✓ 5 tablespoons brown sugar
- ✓ 2 tablespoons minced green onions
- ✓ 2 tablespoons grated ginger
- ✓ 2 cloves garlic, minced
- ✓ $1\frac{1}{2}$ kilos boneless chicken thighs, cut into $1\frac{1}{2}$ -inch cubes
- ✓ 1 (227-gram) can pineapple tidbits

1 Make the mango sauce: Combine onions and oil in a bowl. Set aside for 10 to 15 minutes until onions have softened.

2 Combine onion and oil mixture, mangoes, orange juice, honey, lemon juice, and garlic in a saucepan. Cook, stirring, over medium-high heat until mangoes are soft. Remove from heat and cool.

3 Transfer the sauce to a blender and purée until smooth. Set aside.

4 Make the chicken skewers: Soak 30 to 35 wooden skewers in water for about 15 minutes.

5 Make a basting sauce by combining

pineapple juice, oil, soy sauce, sugar, green onions, ginger, and garlic in a medium bowl. Mix well.

6 Assemble the skewers: Alternately thread chicken and pineapple pieces onto each skewer. Brush basting sauce all over.

7 Brush a stovetop grill pan liberally with olive oil and preheat over medium fire.

8 Working in batches, grill chicken skewers until lightly browned, brushing frequently with the basting sauce and turning them as needed, about 8 to 10 minutes. Transfer to a platter. Serve immediately with the mango sauce.



BOTH THE MANGO SAUCE AND THE BASTING SAUCE CAN BE MADE UP TO 3 DAYS AHEAD AND STORED IN A COVERED CONTAINER IN THE REFRIGERATOR.

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**Aleli
Magtibay**

Food Business Unit
MAGGI Nutritionist,
MSc, RND

Eggspert Talk

As a good source of nutrients, vitamins, and minerals, eggs make for a superbly healthy morning treat. Partnered with regular exercise and a healthy diet, an egg a day is just what the body needs to keep it going all throughout the day. It's also rich in zinc and vitamin E that strengthen the immune system, keeping the body free from unwanted illnesses.

EGGxemplary Day!

Jumpstart your mornings with these inventive recipes using a simple, powerful ingredient—eggs.

DELICIOUS AND NUTRITIOUS

Eggs are easy to prepare and are packed with essential nutrients, making them an ideal breakfast choice. Here are reasons why it should be part of your daily menu:

Keeps Blood Healthy

Rich in iron, vitamin B12, and folic acid, eggs help in blood formation as it keeps anemia and fatigue at bay.

Improves Eyesight

Vitamin A is abundant in egg yolks, therefore serving as a good vision-enhancer. Lutein and zeaxanthin found in eggs are also known to prevent cataracts.

Strengthens Bones

Eggs are a rich source of vitamin D that aids calcium absorption in the bones. Strong bones are key in the prevention of osteoporosis and other skeletal disorders.

Baked Egg and Herb Cream

3 tbsp unsalted butter, softened
6 tbsp NESTLÉ® All Purpose Cream
6 pcs large fresh eggs
1 ½ tsp MAGGI MAGIC SARAP®
1 ½ tsps mixed Italian seasoning
¾ tsp freshly ground pepper
6 pcs fresh basil leaves

1 Preheat oven at 325 °F.

2 Brush butter into 6 ramekins. Pour 1 tbsp of NESTLÉ® All Purpose Cream into each ramekin. Place a piece of basil and break 1 egg into each of the ramekin.

3 Season with MAGGI MAGIC SARAP®. Sprinkle Italian seasoning and freshly ground pepper. Bake in a pre-heated oven until eggs are set about 7-9 minutes. Remove from the oven and set aside to rest for 5 minutes. Serve with toast points if desired.

Pinoy Eggs Benedict

Hollandaise:

2 pcs large fresh egg yolks
1 tbsp warm water
1 tbsp fresh lemon juice
1 tsp MAGGI MAGIC SARAP®
½ cup unsalted butter

4 pcs large fresh eggs
1 liter water
2 tbsp vinegar
½ tsp MAGGI MAGIC SARAP®
4 pcs large pan de sal, cut into half and toasted
½ kg chicken tocino, cooked

1 Gently heat butter in a sauce pan. Meanwhile, combine egg yolks, warm water, fresh lemon juice and MAGGI MAGIC SARAP® in a blender. Blend until frothy. Slowly pour the melted butter in a thin stream to the egg mixture, blending until sauce is thick and emulsified. Set aside.

2 To poach eggs, combine water and vinegar into a pot and bring to gentle simmer.

Crack an egg in a small bowl and slowly place into the pot. Let egg cook for 2-3 minutes. Carefully remove cooked egg with a slotted spoon and transfer to a plate. Sprinkle with MAGGI MAGIC SARAP®.

3 To assemble, Place pan de sal on a serving plate. Top with chicken tocino and poached egg. Pour with hollandaise. Serve immediately.

Breakfast Crepe with Egg, Bacon and Cheese Sauce

Crepe:

2 pcs large eggs
¾ cup NESTLÉ® Fresh Milk
¼ tsp MAGGI MAGIC SARAP®
½ tsp white sugar
½ cup all purpose flour
1 ½ tbsp unsalted butter, melted

Crepe:

1 Combine eggs, fresh milk, MAGGI MAGIC SARAP®, white sugar, flour and melted butter in a blender. Blend until all ingredients until smooth. Transfer to a bowl and let rest in the chiller for at least 30 minutes.

2 Heat a large non-stick pan. Pour ¼ cup of the crepe mixture. Tilt pan around to evenly distribute crepe mixture. Cook until it is slightly brown and then flip to cook the other side. Slide onto a plate and cover to keep warm. Do the same for the remaining crepe mixture.

Scrambled Egg:

12 pcs large eggs
1 sachet 8g MAGGI MAGIC SARAP®
½ cup NESTLÉ® All Purpose Cream
2 tbsp unsalted butter

Scrambled Eggs:

1 Beat eggs in a large bowl. Season with MAGGI MAGIC SARAP®. Whisk in NESTLÉ® All Purpose Cream.

2 Melt butter in a large non-stick pan and pour beaten eggs. Continuously stir until eggs are barely set. Transfer onto a plate and cover to keep warm.

Cheese Sauce:

2 tbsp butter ¾ cup quick-melting cheese, grated
½ cup cream

Cheese Sauce:

1 Combine butter, cream and quick-melting cheese in a pot. Bring to a gentle simmer and whisk until smooth.

2 To assemble, place a serving each of crispy bacon and scrambled on a piece of crepe. Pour the cheese sauce on top and serve immediately.

It's our



anniversary! To celebrate,

here are seven of our

most beloved recipes—

recipes that our readers

keep coming back to,

TIME AFTER TIME

PHOTOGRAPHY BY David Hanson
FOOD PREPARATION BY Lhas Alvares of Kubyertos
STYLING BY Idge Mendiola

White Adobo

RECIPE BY SHARLENE TAN, MARCH 2007

Serves 5 **Prep Time** 5 minutes, plus marinating time **Cooking Time** 40 minutes

- ✓ 1 kilo *kasim* or *liempo* (pork belly), *adobo* cut
- ✓ 1 whole bulb garlic, pounded
- ✓ 2 cups white vinegar
- ✓ 1 cup water
- ✓ 2 bay leaves
- ✓ 5½ tablespoons white sugar
- ✓ ¼ cup peppercorns
- ✓ 3 teaspoons salt

1 Marinate meat in garlic and vinegar for 30 minutes.

2 Combine water, bay leaves, sugar, peppercorns, and salt in a pot. Add meat mixture.

3 Bring to a boil, then lower heat and simmer until meat is tender, about 30 to 40 minutes. Serve hot.

"Whenever I make this, I cook a big batch so we can enjoy the dish for a whole week or so, or even freeze the leftovers. But it's so good that we usually end up finishing it all in just a day or two! Classic, versatile, and so yummy!"

—Ma. Cristina
Arevalo Artiaga





Bacon and Egg Cups

RECIPE BY NAMEE JOROLAN, JULY 2013

Makes 6 cups **Prep Time** 10 minutes
Baking Time 10 to 12 minutes

- ✓ 6 to 8 strips bacon
- ✓ 1 tablespoon butter, softened
- ✓ 6 large eggs
- ✓ chopped green onions, for garnish

- 1 Preheat oven to 350°F.
- 2 In a pan or griddle over medium heat, pre-cook bacon until almost crispy. Drain on paper towels. Set aside.
- 3 Brush a standard-sized 6-cup muffin tin with butter.
- 4 Line each hole with the cooked bacon strips, making sure to cover each hole completely.
- 5 Break an egg into a ramekin and carefully transfer to a bacon-lined hole. Repeat with remaining eggs.
- 6 Bake for 10 to 12 minutes, or until the egg whites are firm and set but the yolks are still runny.
- 7 Top with chopped green onions. Let cool for 3 minutes and remove from the pan using a rubber spatula. Serve immediately.

"Easy recipes like this are a big help for busy moms like me! My daughter loves these bacon and egg cups—she's so happy and excited every time I make it. I'm glad this has become an instant family favorite, as with most of *Yummy's* recipes!"

—Maricel Ladim

Honey Ginger Chicken

RECIPE BY SHARLENE TAN, MARCH 2007

Serves 8 **Prep Time** 10 minutes, plus marinating time **Cooking Time** 40 minutes

FOR THE MARINADE

- ✓ 1/3 cup rice wine
- ✓ 1/2 cup cornstarch
- ✓ 1 teaspoon salt
- ✓ 1 teaspoon pepper

- ✓ 1 whole chicken, cut into serving pieces
- ✓ oil for deep-frying
- ✓ all-purpose flour for dredging
- ✓ chopped spring onions, for garnish

FOR THE SAUCE


- ✓ 2 tablespoons oyster sauce
 - ✓ 1/4 cup lemon juice
 - ✓ 1/3 cup honey
 - ✓ 1/4 cup soy sauce
 - ✓ 2 tablespoons chili garlic sauce
 - ✓ 3 teaspoons shredded ginger
 - ✓ 2 tablespoons cornstarch
 - ✓ 1/2 cup water
- 1** Make the marinade: Mix together all ingredients in a bowl.
- 2** Add chicken and mix until all pieces are

coated in the marinade. Set aside for 1 hour in the refrigerator.

3 After 1 hour, heat enough oil in a heavy-bottomed pan to deep-fry chicken pieces. Dredge each piece in flour. Deep-fry chicken pieces. Drain excess oil on paper towels.

4 Make the sauce: Mix together all ingredients for the sauce in a wok and boil until thick and syrupy.

5 Toss chicken pieces in the sauce until well-coated. Garnish with chopped spring onions. Serve immediately.



"I first made this when my husband lost his appetite after undergoing medical treatments. I saw this recipe in *Yummy* and thought of trying it. It was a complete success! My husband loved it and he keeps asking me to make it again. Try it with orange-flavored honey, too. It's so good!"

—Catherine Cabanlit Tariman

Homemade Fish Balls

RECIPE BY LEN SANTOS-DING, JULY 2010

Makes 25 to 30 1-inch balls **Prep Time** 30 minutes **Cooking Time** 30 minutes

- ✓ 400 to 500 grams fish fillet (any fish may be used; we used tilapia)
- ✓ 1 (1-inch) piece ginger, peeled
- ✓ 4 cups diced potatoes
- ✓ 1 cup diced carrots
- ✓ 1 whole bulb garlic, minced
- ✓ 1 egg, beaten
- ✓ 1½ cups cornstarch
- ✓ ½ cup cassava flour
- ✓ salt and pepper, to season
- ✓ 8 cups fish stock
- ✓ oil for deep-frying

FOR THE SAUCE

- ✓ 1 cup vinegar
- ✓ 1 cup Sprite or 7-Up
- ✓ 1 cup brown sugar
- ✓ 3 tablespoons soy sauce
- ✓ 2 tablespoons cornstarch, dissolved in 3 tablespoons water
- ✓ chili flakes or chopped fresh bird's eye chilies (optional)

1 Poach the fish fillet in salted water with the ginger.

2 Once cooked, flake the fish to make about 4 cups.

3 In a separate pot, boil potatoes and carrots until soft.

4 Place the flaked fish, potatoes, carrots, garlic, and egg in a food processor. Purée until smooth.

5 Transfer to a bowl. Add cornstarch and flour; mix well. Season with salt and pepper.

6 Form into 1-inch balls. Simmer in fish stock until opaque. Drain.

7 To serve, deep-fry in oil until golden brown. You can also freeze uncooked balls until ready to cook.

8 Make the sauce: In a pan, mix together vinegar, soda, sugar, and soy sauce. Simmer until sugar is dissolved. Add cornstarch mixture (increase the amount for a thicker consistency); boil to remove the starchy taste. For a spicy sauce, add chilies. Serve with fish balls.

"Much to the dismay of my kids, I never buy commercially made fish balls because I don't know what goes in them and how they are made. When I saw this recipe for homemade fish balls in *Yummy*, I bought all the ingredients needed and prepared it with the help of my children. They loved it!"

—Nora Francisco

"I tried this chicken *tocino* recipe last year and it was so easy to make. Instead of thighs, I used chicken breasts, which turned out really well too. I love how most of *Yummy's* recipes use ingredients that are readily available in any pantry, and this one is no exception."

—Anthea Rima Rivera-Laput

Chicken Tocino

RECIPE BY JUNJUN DE GUZMAN, JUNE 2011

Serves 6 to 8 **Prep Time** 1 hour, including marinating time **Cooking Time** 10 to 15 minutes

- ✓ 1 kilo boneless chicken thighs
- ✓ 3 tablespoons finely minced garlic
- ✓ 1/2 tablespoon salt
- ✓ 1/2 teaspoon ground black pepper
- ✓ 3 tablespoons brown sugar
- ✓ 2/3 cup pineapple juice
- ✓ 2 teaspoons soy sauce
- ✓ 2 tablespoons oil
- ✓ fried brown rice, tomatoes, and scrambled eggs, to serve

1 Using paper towels, pat chicken thighs dry; set aside.

2 Mix together garlic, salt, ground pepper, brown sugar, pineapple juice, and soy sauce in a bowl. Stir until well combined. Add chicken thighs, one piece at a time. Let stand at room temperature, covered, for 1 hour.

3 Heat oil in a nonstick pan. Fry chicken until cooked. Drain on paper towels and slice into bite-sized pieces. Serve with fried brown rice, tomatoes, and scrambled eggs.

Pastillas de Leche

RECIPE BY CHARINA MARIA CANO OF THE MAYA KITCHEN, DECEMBER 2011

Makes about 20 pastillas **Prep Time** 30 minutes **Cooking Time** 5 minutes

- ✓ 1½ cups fresh or evaporated milk
- ✓ 3 tablespoons sugar
- ✓ 1 teaspoon butter
- ✓ 5 tablespoons full-cream powdered milk
- ✓ sugar for rolling

1 Combine milk and sugar in a saucepan. Bring to a boil and stir constantly until

it turns into a paste. Add butter and powdered milk. Mix thoroughly.

2 Take the pan off the heat and transfer mixture to a separate bowl. Set aside until *pastillas* are cool enough to touch but still warm. Divide *pastillas* into 20 pieces and roll into small cylinders.

3 Roll lightly in sugar. Wrap in paper by placing the cylinder in the center of a square, rolling it up, and tucking the ends into the roll.

"As a kid, I loved *pastillas de leche*! When I saw this recipe in *Yummy*, I couldn't wait to try it. I even made some to sell. I shaped the *pastillas* into balls instead of logs. It was a hit with my classmates in cooking school!"

—Wendy Yu

Pichi-pichi

RECIPE BY THE MAYA KITCHEN, SEPTEMBER 2012

Makes 18 to 20 pieces

Prep Time 40 minutes

Cooking Time 45 minutes

FOR THE PANDAN WATER

- ✓ pandan leaves
- ✓ 2 cups water

- ✓ 2 cups grated cassava
- ✓ 2 cups sugar
- ✓ grated coconut or grated cheese

1 Make the pandan water: Boil pandan leaves in water. Let cool, then remove leaves.

2 In a bowl, combine pandan water, grated cassava, and sugar. Pour mixture into two 9-inch round pans.

3 Steam for 45 minutes or until set. Let cool.

4 When cool, take tablespoons of the mixture and form into balls. Roll in grated coconut.

"My dad was looking for new items to add to our store's menu when he saw *Yummy's* recipe for *pichi-pichi*. He tried it immediately, and found it surprisingly simple and easy to make. This *pichi-pichi* is now one of our store's best-sellers!"

—Mary Angela Bacal

PARTS OF A WHOLE

Chicken's delightful versatility makes it a household favorite. These eight recipes will show you how to use every part of the bird, from the legs to the wings.



PHOTOGRAPHY BY
Miguel Nacianceno

RECIPES & FOOD PREPARATION BY
Paul Samson of The Cookery Place

STYLING BY
Rachelle Santos

LEMONGRASS HONEY ROAST CHICKEN WITH GARLIC GRAVY

Rubbing the chicken with butter keeps it juicy, while adding lemongrass and lemon gives it a bright, zesty flavor.

Serves 6 Prep Time 20 minutes

Cooking Time 1 hour and 25 minutes, plus resting time

- ✓ 1 (1.2-kilo) whole chicken
- ✓ salt and pepper, to season
- ✓ ½ cup butter
- ✓ 6 lemongrass stalks, pounded
- ✓ 1 lemon, sliced in half
- ✓ ¼ cup honey

FOR THE GARLIC GRAVY

- ✓ 1 tablespoon butter
- ✓ 2 tablespoons all-purpose flour
- ✓ 1 small head garlic, cloves separated and crushed
- ✓ 1 cup chicken stock
- ✓ Worcestershire sauce, to taste
- ✓ salt and pepper, to taste

1 Preheat oven to 350°F.

2 Generously season chicken with salt and pepper. Rub butter all over and under the skin. Place lemongrass and lemon halves inside the chicken cavity. Transfer to a baking tray, breast side up.

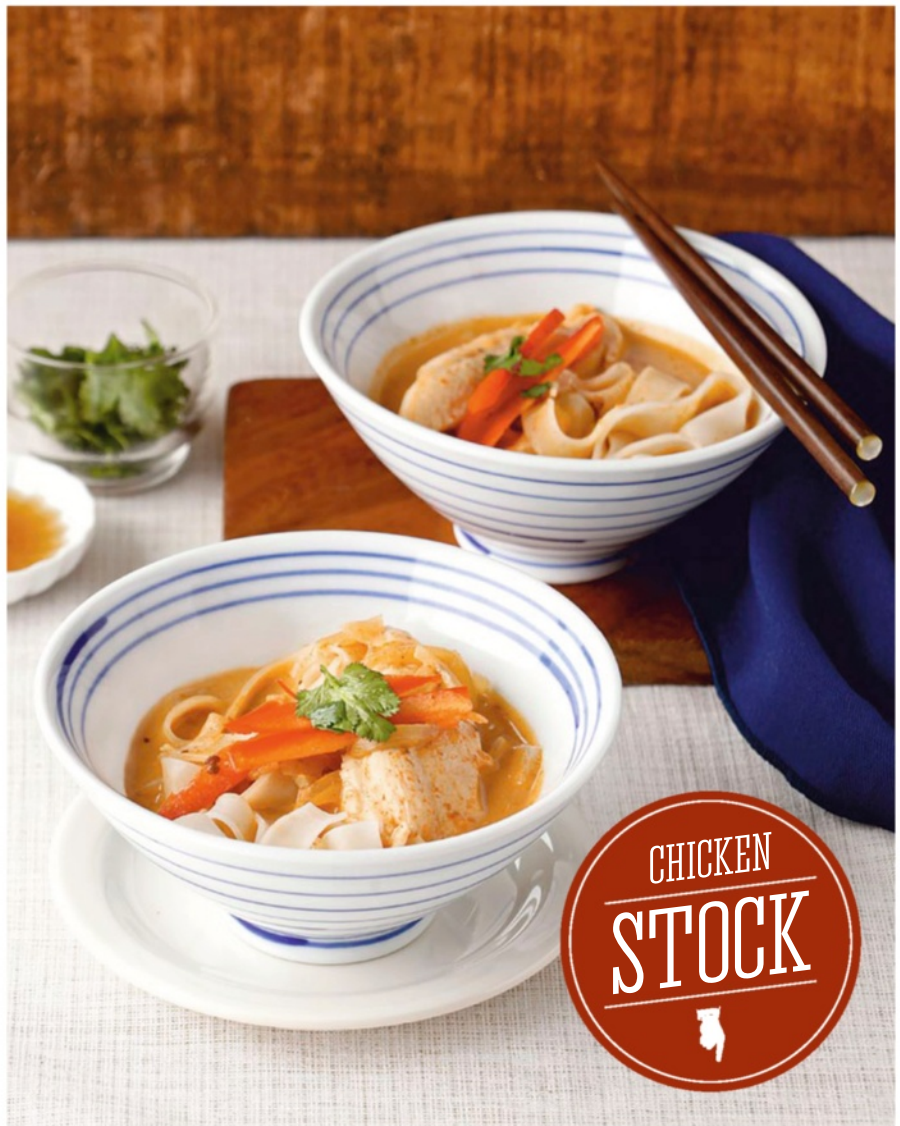
3 Roast chicken in the preheated oven for 1 hour and 15 minutes.

4 Make the garlic gravy: Melt butter in a saucepan. Add flour and cook for about 5 minutes. Add crushed garlic; cook until golden brown. Add stock and boil for 2 minutes until sauce is smooth and thick. Season to taste with Worcestershire sauce, salt, and pepper. Set aside and keep warm.

5 Once cooked, remove chicken from the oven and let rest for 30 minutes.

Brush chicken with honey and raise the temperature of the oven to its maximum.

6 Place the chicken back in the oven. Roast for another 8 to 10 minutes or until golden brown. Serve with gravy on the side.



THAI CHICKEN NOODLE SOUP

For an exotic and rich noodle soup, give this Thai-inspired dish a try. The creamy coconut milk, infused with red curry paste, is a delicious base for the chicken and noodles.

Serves 4 Prep Time 20 minutes

Cooking Time 10 minutes

- ✓ 1 tablespoon canola oil
- ✓ 1 white onion, sliced
- ✓ 4 cloves garlic, minced
- ✓ 2 tablespoons store-bought red curry paste
- ✓ 3 cups chicken stock
- ✓ 400 ml fresh or canned coconut milk
- ✓ fish sauce (*patís*), to taste
- ✓ lime juice, to taste
- ✓ 1 red bell pepper, cored and sliced into strips
- ✓ 2 chicken breast fillets, sliced into strips

- ✓ 100 grams rice noodles, soaked in hot water until al dente and drained
- ✓ 2 tablespoons chopped cilantro (*wansoy*)

1 Heat oil in a small pot. Add onions and cook until translucent. Add garlic and red curry paste; cook for 2 minutes.

2 Add stock and coconut milk. Simmer for 5 minutes. Add fish sauce, lime juice, bell pepper, and chicken. Simmer until chicken is cooked through.

3 Place softened rice noodles in serving bowls. Pour soup over and garnish with chopped cilantro. Repeat with remaining ingredients. Serve hot.



BLUE CHEESE CHICKEN CROQUETTES WITH SPICY BUFFALO SAUCE

Love buffalo chicken wings? Try this playful take where ground chicken and blue cheese are combined to make delicious croquettes.

Serves 4 Prep Time 20 minutes

Cooking Time 10 minutes

FOR THE SPICY BUFFALO SAUCE

- ✓ ½ cup mayonnaise
- ✓ 2 tablespoons hot sauce
- ✓ 1 tablespoon honey
- ✓ 1 teaspoon paprika
- ✓ 200 grams ground chicken breast
- ✓ 4 stalks green onion, chopped
- ✓ 30 grams blue cheese
- ✓ 1 medium egg
- ✓ 1 teaspoon lemon juice
- ✓ ¼ teaspoon salt
- ✓ ¼ teaspoon pepper
- ✓ 1 cup Japanese breadcrumbs, divided

- ✓ oil for deep-frying
- ✓ sliced carrots, to serve (optional)

1 Make the spicy buffalo sauce: Combine all ingredients in a bowl. Set aside until ready to use.

2 Combine ground chicken breast, green onions, blue cheese, egg, lemon juice, salt, pepper, and ½ cup Japanese breadcrumbs in a bowl. Mix until well incorporated. Form into golf-sized balls, then coat in remaining breadcrumbs.

3 Deep-fry in hot oil about 6 to 8 minutes or until golden brown. Drain on paper towels to remove excess oil.

4 Serve hot with spicy buffalo sauce and sliced carrots on the side.

GRILLED CHICKEN WITH SINAMAK SAUCE

Chicken quarters are excellent for grills and roasts. In this dish, we marinated leg quarters to achieve a flavor similar to chicken *inasal*. Try this simplified version!

Serves 2 Prep Time 20 minutes

Cooking Time 30 minutes

- ✓ 1 cup canola oil
- ✓ ½ cup *atsuite* seeds
- ✓ 6 cloves garlic, crushed
- ✓ 4 lemongrass bulbs, pounded
- ✓ 1 (2-inch) piece ginger, sliced and pounded
- ✓ juice from 6 pieces *calamansi*
- ✓ fish sauce (*patis*), to taste
- ✓ 2 chicken leg quarters

FOR THE SINAMAK SAUCE

- ✓ 1 cup white vinegar
- ✓ 5 bird's eye chilies, sliced in half
- ✓ 1 (1-inch) piece ginger, sliced
- ✓ 8 cloves garlic, crushed
- ✓ 1 red onion, thinly sliced
- ✓ 2 teaspoons black peppercorns
- ✓ salt, to taste

1 Heat oil in a small saucepan. Turn down heat to the lowest setting and add *atsuite* seeds. Let the seeds infuse the oil for 15 minutes. Strain and transfer oil to a large bowl.

2 Add garlic, lemongrass, ginger, *calamansi* juice, and fish sauce to the oil. Let cool.

Add chicken to the mixture and set aside to marinate overnight in the refrigerator.

3 Make the *sinamak* sauce: Combine all ingredients in a bowl or bottle. Cover and set aside overnight in the refrigerator to let the flavors meld.

4 Preheat a charcoal grill or grill pan. Grill marinated chicken for about 12 to 15 minutes or until cooked through. Serve hot with warmed *sinamak* sauce on the side.









CHICKEN AND SAUSAGE GUMBO

The dark meat of chicken thighs is juicy and flavorful, making it the ideal cut for stews, soups, and other slow-cooked dishes, such as this rich and hearty New Orleans staple.

Serves 4 Prep Time 20 minutes

Cooking Time 1 hour

- ✓ ½ cup canola oil
- ✓ ½ cup all-purpose flour
- ✓ 1 white onion, chopped
- ✓ 1 celery stalk, sliced
- ✓ 1 red bell pepper, cored and sliced
- ✓ 250 grams Hungarian sausage, diced
- ✓ 4 bone-in chicken thighs, cut into 2-inch pieces
- ✓ 3 cups chicken stock
- ✓ 1 bay leaf
- ✓ salt, black pepper, and cayenne pepper, to taste
- ✓ 4 stalks green onion, chopped
- ✓ sour cream, for topping

1 Make a dark roux by cooking the oil and flour in a heavy-bottomed pot over low heat for about 15 to 20 minutes.

2 Add onions, celery, bell pepper, sausage, and chicken to the roux. Cook for about 5 minutes.

3 Add stock and bay leaf. Simmer for about 30 minutes or until chicken is cooked through. Season to taste with salt, black pepper, and cayenne.

4 Transfer to a serving bowl. Garnish with chopped green onions and top with a dollop of sour cream.



ROASTED DIJON CHICKEN

Chicken legs are ideal for roasts as they stay juicy and moist even when cooked. Marinate the chicken days in advance, freeze in airtight containers or zip-top bags, and simply thaw when needed. Come dinner time, all you need to do is pop the chicken in the oven!

Serves 3 Prep Time 10 minutes, plus marinating time **Cooking Time** 30 minutes

- ✓ 2 teaspoons curry powder
- ✓ 1 tablespoon onion powder
- ✓ ¼ teaspoon chili flakes
- ✓ 2 tablespoons Dijon mustard
- ✓ 2 tablespoons soy sauce
- ✓ 2 teaspoons chili-garlic sauce (we used Lee Kum Kee)
- ✓ salt and pepper, to taste
- ✓ 5 chicken legs
- ✓ steamed rice and vegetables, to serve

1 Mix together curry powder, onion powder, chili flakes, mustard, soy sauce, chili-garlic sauce, salt, and pepper in a bowl or large zip-top bag.

2 Add chicken to the mixture and marinate overnight in the refrigerator.

3 Preheat oven to 350°F. Place chicken on a baking tray and discard the marinade. Roast in the preheated oven for 30 minutes or until cooked through. Serve hot with steamed rice and vegetables.



LONGGANISA AND KESONG PUTI CHICKEN ROLLS WITH GARLIC SAUCE

Chicken fillets are versatile and can be stuffed with a variety of combinations! In this recipe, we used a classic *longganisa* and *kesong puti* combo to add flavor to the usual chicken rolls.

Serves 2 Prep Time 20 minutes **Cooking Time** 45 minutes

FOR THE GARLIC SAUCE

- ✓ 1 head garlic
- ✓ 1/4 cup plain yogurt
- ✓ salt and pepper, to taste

- ✓ 4 chicken breast fillets
- ✓ salt and pepper, to season
- ✓ 10 pieces Vigan *longganisa*, casings removed, crumbled, and pan-fried
- ✓ 50 grams *kesong puti*, thinly sliced
- ✓ 1/3 cup chopped cilantro (*wansoy*)
- ✓ vegetable oil, for pan-frying

1 Make the garlic sauce: Wrap garlic in aluminum foil and roast in a preheated 350°F oven for 45 minutes or until soft. (You can also use a turbo broiler set at

175°C.) Slice off the top and squeeze to get the roasted cloves. Mash cloves and add yogurt. Season to taste. Set aside.

2 Wrap a piece of chicken fillet in plastic wrap. Using a meat mallet, pound chicken until thin and flat (about 6 inches in length, 2 inches in width, and 1/4 inch in thickness). Season with salt and pepper on both sides. Repeat with remaining chicken fillets.

3 On one end of the chicken fillet, add crumbled *longganisa*, a slice of *kesong puti*, and chopped cilantro. Roll to make a log. Secure with a toothpick. Repeat with remaining chicken fillets.

4 Heat oil in a frying pan. Pan-fry chicken on all sides until cooked through and golden brown. Remove toothpicks and slice chicken diagonally in half. Serve with garlic sauce.

TERIYAKI CHICKEN LOLLIPOPS WITH SESAME-WASABI SAUCE

As a snack or a delicious party appetizer, nothing beats fried chicken lollipops coated in a yummy teriyaki glaze!

Serves 2 Prep Time 20 minutes

Cooking Time 25 minutes

- ✓ 6 chicken wings, lollipop-style
- ✓ salt and pepper, to season
- ✓ oil for deep-frying, such as corn, canola, or vegetable oil
- ✓ chopped green onions for garnish

FOR THE TERIYAKI GLAZE

- ✓ 1/2 cup light soy sauce (we used Kikkoman)
- ✓ 1/2 cup orange juice
- ✓ 2 tablespoons hoisin sauce
- ✓ 2 tablespoons ketchup
- ✓ 2 tablespoons rice wine vinegar
- ✓ 2 tablespoons brown sugar
- ✓ 3 cloves garlic
- ✓ 1 (1-inch) piece ginger, smashed

FOR THE SESAME-WASABI SAUCE

- ✓ 1/2 cup Japanese mayonnaise
- ✓ 2 tablespoons wasabi paste
- ✓ 1 teaspoon sesame oil
- ✓ 1 clove garlic, minced

1 Season chicken with salt and pepper. Deep-fry in hot oil until cooked through, about 12 to 15 minutes. Drain on paper towels and set aside.

2 Make the teriyaki glaze: Combine all ingredients in a saucepan. Simmer over medium-low heat until thick and syrupy in consistency.

3 Make the sesame-wasabi sauce: Combine all ingredients in a bowl. Set aside.

4 Dip chicken lollipops in the glaze. Arrange on a serving plate and garnish with chopped green onions. Serve with sesame-wasabi sauce.





Fish be with you

This Lent, say goodbye to boring fried fish and try these recipes instead! These delicious dishes will most certainly get the whole family hooked.



RECIPES & FOOD PREPARATION BY Miguel Nacianceno
and Cow King Steak Sizzles PHOTOGRAPHY BY Mira Angeles of miradips at Sandwicheese
STYLING BY Idge Mendiola and Trinkia Gonzales

Grilled Tilapia with Tamarind Sauce

This grilled tilapia will make any meal extra memorable! In need of a dipping sauce? This easy tamarind version is a perfect match.

Serves 4 Prep Time 10 minutes
Cooking Time 20 minutes

FOR THE TAMARIND SAUCE

- ✓ 1 tablespoon vegetable oil
- ✓ 1 medium onion, chopped
- ✓ 1 (40-gram) pack *sinigang sa sampalok* mix (we used Knorr)
- ✓ 1 cup water
- ✓ 4 tablespoons sugar
- ✓ 2 red onions, chopped
- ✓ 5 red tomatoes, chopped
- ✓ 2 tablespoons minced ginger
- ✓ salt and pepper, to taste
- ✓ 1 kilo tilapia, cleaned
- ✓ juice from 2 pieces *calamansi*
- ✓ 2 stalks lemongrass (white parts only), smashed
- ✓ *atsara*, to serve

1 Make the tamarind sauce: Heat oil in a saucepot and sauté onions until fragrant. In a bowl, combine *sinigang* mix and water; mix until dissolved. Pour mixture into the pot. Add sugar; mix well. Simmer for 10 to 15 minutes or until reduced by half. Set aside.

2 Combine onions, tomatoes, and ginger in a bowl. Season with salt and pepper.

3 Season tilapia with *calamansi*, salt, and pepper. Stuff with the onion-tomato mixture and lemongrass.

4 Wrap fish in foil. Grill over hot coals until cooked, about 10 minutes, depending on the size of the fish. Serve with tamarind sauce and *atsara* on the side.

Lapu-lapu with Pineapple-Pepper Relish

Had one too many heavy meals? Take it easy on your tummy with this light but flavorful dish.

Serves 4 Prep Time 20 minutes
Cooking Time 30 minutes

FOR PINEAPPLE-PEPPER RELISH

- ✓ 1 cup crushed canned pineapples
- ✓ 1 red bell pepper, seeded and diced
- ✓ salt, to taste
- ✓ 1 cup all-purpose flour
- ✓ 1 medium egg, beaten
- ✓ 1 cup Japanese breadcrumbs
- ✓ 1 kilo *lapu-lapu* fillets, cleaned and sliced
- ✓ vegetable oil, for pan-frying
- ✓ steamed white rice, to serve

1 Make the pineapple-pepper relish: Combine crushed pineapples (including juices) and red bell peppers in a bowl. Season with salt. Transfer to a covered container and chill in the refrigerator until ready to use.

2 Prepare the breading by putting all-purpose flour, egg, and breadcrumbs in separate bowls. Dip a fish fillet in egg, dredge in flour, dip again in egg, and coat with Japanese breadcrumbs. Repeat with remaining fillets.

3 Heat oil for pan-frying. Fry *lapu-lapu* fillets by batches until golden brown. Drain on paper towels. Serve on top of rice and with chilled pineapple-pepper relish.





Salmon Head Kare-Kare

Yup, there's plenty of delicious meat in this part of the fish! In this recipe, we use salmon head to make the classic kare-kare.

Serves 4 Prep Time 10 minutes

Cooking Time 30 minutes

- ✓ 1 tablespoon vegetable oil
- ✓ 1 tablespoon garlic, minced
- ✓ 1 large onion, chopped
- ✓ 1 small banana blossom (*puso ng saging*)
- ✓ 4 eggplants, sliced
- ✓ 1 bundle string beans (*sitaw*), cut into 2-inch pieces
- ✓ ½ cup annatto seeds, soaked in 1 cup water
- ✓ ½ cup creamy peanut butter
- ✓ 2 kilos salmon head, cleaned
- ✓ 4 cups water
- ✓ 1 cup ground peanuts
- ✓ ½ cup toasted ground rice
- ✓ 1 bundle *pechay* or *bok choy*
- ✓ salt and pepper, to taste
- ✓ ½ cup shrimp paste (*bagoong*), to serve
- ✓ steamed white rice, to serve

1 Heat oil in a large saucepot. Sauté garlic and onions until fragrant.

2 Add *puso ng saging*, eggplant, and string beans.

3 Strain annatto seeds and discard. Add annatto water and peanut butter to the pot. Simmer for 5 to 10 minutes.

4 Add salmon heads, water, ground peanuts, and ground rice. Stir gently and simmer until thick.

5 Once salmon heads are cooked, add *pechay* or *bok choy*. Season to taste. Serve with *bagoong* and rice.

Stir-fried Seafood on Crispy Pancit Canton

Succulent shrimp, tender squid, and flavorful fish on top of crispy noodles—what's not to love? If you don't have an oven, you can cook the noodles in a turbo broiler or deep-fry them until crispy.

Serves 4 Prep Time 15 minutes

Cooking Time 30 minutes

- ✓ 1 (500-gram) pack *pancit canton*
- ✓ 1 tablespoon vegetable oil
- ✓ 2 cloves garlic, minced
- ✓ 1 (1-inch) piece ginger, sliced
- ✓ 1 medium-sized onion, chopped
- ✓ juice from shrimp or prawn heads (see tip)
- ✓ ¼ kilo shrimps or prawns, shelled, heads removed, and deveined
- ✓ ¼ kilo squid, cleaned and sliced
- ✓ ¼ kilo cream dory fillet, sliced into cubes
- ✓ 2 carrots, julienned
- ✓ 1 head Chinese cabbage, sliced
- ✓ 3 tablespoons cornstarch
- ✓ 1 cup water

✓ salt and pepper, to taste

1 Preheat oven to 350°F. Place *pancit canton* in a baking dish and bake for 10 minutes or until crispy. Set aside and keep warm.

2 Heat oil in a wok. Sauté garlic, ginger, and onions. Add juice from the shrimp heads.

3 Add shrimp and squid; cook until shrimps turn slightly pink. Add dory fillets.

4 Once seafood is cooked, add carrots and Chinese cabbage.

5 In a bowl, combine cornstarch and water; mix until dissolved. Add mixture to the wok and simmer until sauce thickens. Season with salt and pepper.

6 To serve, pour seafood sauce over the crispy *pancit canton*. Serve immediately.

TIP

TO EXTRACT JUICE FROM SHRIMP OR PRAWN HEADS, COMBINE THE REMOVED HEADS IN A MORTAR AND PESTLE. POUND UNTIL JUICE IS EXTRACTED. ADD 2 TABLESPOONS WATER, THEN POUND TO EXTRACT MORE JUICE. STRAIN BEFORE USING.



TIP

KINILAW IS ESSENTIALLY A RAW FISH SALAD MARINATED IN CITRUS JUICES OR VINEGAR. FOR FOOD SAFETY, USE THE FRESHEST FISH POSSIBLE.



Kinilaw na Tuna

Kinilaw is the perfect dish for the summer months. Here's a classic recipe you can serve as an appetizer or a side dish.

Serves 4 Prep Time 20 minutes

- ✓ 1/2 kilo sashimi-grade or high-quality tuna, cut into cubes
- ✓ 1 medium red onion, cubed
- ✓ 5 green finger chilies, sliced
- ✓ 1/4 cup *nipa* or coconut palm vinegar
- ✓ 1/4 cup *calamansi* juice
- ✓ 1 teaspoon brown sugar
- ✓ salt and pepper, to taste
- ✓ 1 bird's eye chili, chopped (optional)

1 Combine tuna, onions, and chilies in a bowl.

2 Add palm vinegar, *calamansi* juice, and brown sugar, then season with salt and pepper to taste. Add chopped chilies, if using.

3 Chill for at least 30 minutes before serving.

Kinilaw na Tanigue with Green Mangoes

Bright and fresh flavors burst from every spoonful of this updated *kinilaw* recipe! The green mangoes give it a bit of that signature tartness everyone's grown to love.

Serves 4 Prep Time 20 minutes

- ✓ 1/2 kilo *tanigue*, cut into cubes
- ✓ 1 medium red onion, cubed
- ✓ 1 green mango, cubed
- ✓ 1/2 cup *nipa* or coconut palm vinegar
- ✓ 1 teaspoon brown sugar
- ✓ salt and pepper, to taste
- ✓ 1 bird's eye chili, chopped (optional)

1 Combine *tanigue*, onions, and mangoes in a bowl.

2 Add palm vinegar and brown sugar, then season with salt and pepper to taste. Add chopped chilies, if using.

3 Chill for at least 30 minutes before serving.

Fish Curry with Dried Mango Chutney

Closely related to tuna, *tulingan* is a fresh and tender fish that tastes amazing in this curry. You can also use *bangus*, tilapia, or any white-fleshed fish like *lapu-lapu*.

Serves 4 **Prep Time** 10 minutes

Cooking Time 20 minutes

FOR THE DRIED MANGO CHUTNEY

- ✓ 1 (250-gram) pack dried mangoes, sliced
- ✓ 1/2 cup sugar
- ✓ 1/4 cup water
- ✓ 1 cup unsalted peanuts
- ✓ 1 bird's eye chili, sliced (optional)
- ✓ 1 tablespoon vegetable oil
- ✓ 3 cloves garlic, minced
- ✓ 2 medium-sized onions, sliced
- ✓ 2 cups canned or fresh coconut milk
- ✓ 1/2 cup water
- ✓ 2 tablespoons curry powder

- ✓ 500 grams *tulingan*, cleaned
- ✓ 2 carrots, cut into big cubes
- ✓ 3 potatoes, cut into big cubes

1 Make the dried mango chutney: Combine dried mangoes, sugar, and water in a small saucepot. Simmer until sauce is thick. Once cooked, add peanuts and chilies, if using. Set aside.

2 Heat oil in a wide saucepan. Sauté garlic and onions until translucent.

3 Add coconut milk, water, and curry powder. Simmer for 5 minutes.

4 Add *tulingan*, carrots, and potatoes. Simmer for 10 minutes or until potatoes are cooked. Serve warm with dried mango chutney on the side.







BREWED AWAKENING

Years ago, it was all about instant coffee—quick, cheap, and convenient caffeine packets ready in seconds. Then, the coffee chains arrived. Their arsenal of syrups and stylized beverage menus had people carrying whipped cream-topped lattes with their names scribbled on the side. Recently, however, a third wave of coffee has been gaining momentum: independently-run establishments which emphasize the quality, origin, and freshness of their coffee beans, as well as the craft in their brewing process. It's not about elitism or exclusivity. It's about appreciating quality coffee in all its aspects, from the bean to the cup. Here are six specialty coffee shops in Manila that are determined to elevate your daily cup of joe.

BY PETER IMBONG

PHOTOGRAPHY BY **PATRICK MARTIRES AND MIGUEL NACIANGENO**
(CRAFT COFFEE REVOLUTION AND COMMUNE)

PICTORIAL DIRECTION BY **LIEZL YAP**



This page: Yardstick Coffee's spacious and airy interiors were inspired by art galleries and museums. The goal was to achieve openness and transparency. **Opposite page, clockwise from top left:** Founders Jessica Lee, Kevin Tang, and Andre Chanco. Yardstick's seasonal coffee catalog. The adjacent classroom where workshops for coffee enthusiasts are held. The shop's signature cold brew coffee, which they bottle themselves.



YARDSTICK COFFEE

A bean to cup approach

What's most striking about Yardstick Coffee isn't the brevity of their beverage menu, or the stark aesthetic of their Makati space. As co-founder Andre Chanco explains, it's their dedication and commitment to everything that goes into preparing a single cup.

Together with Kevin Tang and Jessica Lee, Andre opened Yardstick Coffee last November. Located in Legaspi Village, this is their first dedicated outlet after a string of successful pop-up ventures. There are four parts to the business: a coffee bar, a workshop space where classes are offered, a coffee roastery, and a coffee supply business for corporate clients.

Looking more art gallery than watering hole, in the middle of the loft-like space sits their coffee bar. Usually, bars are set against a wall, keeping the staff on one side and paying customers on the other. The unique set-up invites customers to walk behind the bar and talk to the barista while they make their order. "We're trying to show that there's more to coffee-making than what people actually see," says Andre.

For customers seated in the café area, they

can watch coffee appreciation classes being held in an adjacent glass-walled classroom, and behind the coffee bar, you can sometimes catch the founders roasting coffee. "You can see all the elements interacting," explains Andre. "We're focused on taste and coffee, but it's also the delivery and the experience which differentiates specialty coffee bars from your regular coffee chains."

And at Yardstick, they aim to go above and beyond. "What happened in the past 10 years was the domination of coffee shop chains and cafés. At the same time, at the farm level, the way coffee beans are harvested and cultivated has improved. But if you don't change how you prepare the beverage, the customers won't taste the difference. We want to showcase coffee, its flavors, and the different ways of preparing and serving it," says Andre.

G/F 106 Esteban St., Legaspi Village, Makati City (tel. no.: 845-0073, mobile no.: 0917-7236079); www.facebook.com/yardstickcoffee; yardstickcoffee.com

LUNA


Inspired by tradition

Luna is a self-proclaimed heritage specialty coffee shop that wants to combine tradition with the new practices of the third wave coffee scene. Named after Juan Luna and Antonio Luna, this café is committed to adding a little Pinoy flavor to everything it offers—from the uniquely flat *pandesal* breads on their all-day breakfast menu to the blended drinks that incorporate White Rabbit and Flat Tops. “Amidst everything that’s changing in Fort Bonifacio, we wanted a place that felt a bit more traditional,” says TV director and Taguig congressman Lino Cayetano, one of its founders.

At Luna, you can have your coffee light, medium, or heavy. The light Luna Brew is prepared using a pour-over method and is a combination of three different beans. Their medium brew is the espresso, a mixture of local Robusta and Brazilian beans, and the heavy brew is the traditional *barako*.

“The coffee bean is made by God and nature, not by man,” says Lino. “It’s not all the same. Your barista should be able to tell you more about your coffee, where it came from, how it was prepared. It’s the best way to enjoy it.”

Lino believes that coffee appreciation is an individual journey. “I started out as a 3-in-1 drinker, and then slowly, the 3-in-1 drink became a latté. Then, the latté became an Americano, the Americano became an espresso. That happened over the course of seven years. I wanted to learn more about what I’m drinking and why I’m drinking it.” He is seeing a similar trend take hold in Manila. “People want to know where their food comes from. And when we know more about our food, we can appreciate it better.”

 **G/F NAC Tower, 32nd St., Bonifacio Global City, Taguig City; www.lunacoffee.ph**



“We wanted to have a coffee shop that felt like home,” says Luna co-founder Lino Cayetano.



COMMUNE

The café with a Pinoy heart and soul

Inspired by the independent coffee shops she encountered during her travels abroad, Rosario Juan wanted to establish something similar in Manila. There was a need, she says, to provide an alternative to big coffee chains and to create a space where people could gather. “That’s why we named it Commune,” she explains. True to its name, in the middle of the space is a large communal table where strangers can sit down and talk shop.

The coffee, meanwhile, just happens to be good and local. Working closely with the Philippine Coffee Board, Commune proudly sources and roasts its beans locally. They pay particular attention to how the beans are harvested, roasted, and prepared. “The Philippines has been growing coffee for so long,” says Ros. “It’s time to go back to our roots and be proud of what we have here.”

Since opening in April 2013, the space has hosted coffee workshops and get-togethers for different groups, including regular comedy nights for Silly People’s Improv Theater, also known as SPIT. “That’s part of why we do what we do, aside from just our love of coffee. It’s also about serving the communities who enjoy getting together over a cup or two,” says Ros.

 **Liberty Plaza, 102 H.V. Dela Costa St., Salcedo Village, Makati City (tel. no.: 889-2660); www.commune.ph**

MAGNUM OPUS FINE COFFEES

A different coffee experience each time

In 2012, Jonathan Choi found himself in a tiny café in Guangzhou, China. There, he tried what he says is “the best cup of black coffee I’ve ever had.” The brew? Panama Geisha, one of the most expensive beans in the world. The effect? Life-changing.

“When I tried this cup of black coffee, I was blown away by how different the flavors are when coffee is properly brewed,” recalls Jonathan. “It had no milk or sugar, but it had floral notes, it was tea-like, and it tasted of honey and chocolate.” It was a moment of clarity. And after that, Jonathan’s goal became sharing the same experience with others.

Less than a year later, the former information technology consultant opened Magnum Opus Fine Coffees at BF Homes in Parañaque City. This neighborhood coffee shop serves specialty-grade Arabica coffee, espresso, as well as lattes and cappuccinos. Beans are sourced from different traders and microroasters. And while some coffee shops like to maintain a constant supply for their house blend, here, the line-up is changed regularly. “The idea is to experience coffee in a different way each time. So the next time you walk through these doors, it’s probably going to be a different selection of coffees.”

When you order coffee at Magnum Opus, they grind the beans as you order. And just before they brew it, they offer you the grounds to smell. “That’s the first step. You need to enjoy not just the taste, but even the fragrance and the aroma.”

Jonathan’s passion for coffee influences everything they do at Magnum Opus, and it all goes back to that life-changing experience in Guangzhou. “If you know where your coffee is from, if you know that the beans were harvested well, and if there’s care in every part of the supply chain, you can end up with a cup of coffee like you’ve never imagined.”

 **115 Aguirre Ave., BF Homes, Parañaque City**
(mobile no.: 0917-8173697); www.facebook.com/MagnumOpusFineCoffees

“With specialty coffee, you have to savor it,” says owner Jonathan Choi, shown using a Chemex coffee brewer below.
“The flavor changes with each sip.”





CRAFT COFFEE REVOLUTION

Dedicated to the art and science of making a better brew


The folks at Craft Coffee Revolution, one of the pioneers in the local third wave coffee scene, have coffee down to a science. In brewing the perfect cup, they practice a standard method established by the Specialty Coffee Association of America. “All of our parameters, even steamed milk, are based on scientific processes,” says Mark Jao, who heads the Katipunan franchise in Quezon City.

According to Mark, many components are needed to create the perfect cup of coffee. “It’s not just about pouring hot water on ground beans. It’s complex.” With coffee, minute changes like simply going a few degrees above the right temperature will cause changes in flavor. The beans, of course, are just as important. Craft Coffee Revolution sources theirs from various parts of the world, including local beans from Mt. Apo and Benguet. The beans are roasted at the company’s headquarters and pioneer branch in New Manila, which is also where baristas are trained and coffee classes are held for customers eager to know more about the art and science of it all.

“When we started, it took us some time to educate people about specialty coffee,” recalls Peter Ong, one of the coffee shop’s founders. “But our customers notice the difference in what we serve and they keep coming back.”

When customers order, “we encourage them to try the coffee first without sugar,” says Mark. At other coffee shops, he explains, sugar is usually added to mask the bitterness. But Craft roasts its own beans and has more control over the resulting flavor. When customers try their coffee sans sweetener, they almost always say that they’d rather drink it this way.

“We want people to appreciate that coffee isn’t limited to the big coffee chains,” shares Mark. “Our focus is to serve good specialty coffee and to share the process of coffee making with more people. If we can educate our customers on how each cup is made, they’ll appreciate coffee more.”

 **88 Esteban Abada St., Loyola Heights, Quezon City (tel. no.: 964-7994); 66 Broadway Ave. corner E. Rodriguez Ave., New Manila, Quezon City (tel. no.: 570-3436); 2/F The Podium, 18 ADB Ave., Mandaluyong City; www.facebook.com/craftcoffeerevolution**

Clockwise from top right: Craft Coffee Revolution roasts its own beans on site to ensure freshness. With brick walls, wooden tables, and concrete floors, the café’s look leans heavily toward industrial. Co-founder Peter Ong with Mark Jao, who oversees the Katipunan outlet.



☼ THE CURATOR

Bringing equal expertise to specialty coffee and craft cocktails

To get to Manila's only coffee shop and cocktail bar, you first need to enter the Cyrano Wine Shop at the corner of Legazpi and Palanca Streets in Makati City. A back door leads to a space with no windows, a low ceiling, and unfinished concrete walls. This is The Curator.

Co-founded by Sly Samonte, David Ong, and Jericson Co, this unassuming hole-in-the-wall is a specialty coffee shop by day, but by 6 p.m., it is transformed into a craft cocktail bar. So whether you're looking for a good single-origin brew before your daily commute, or a stiff drink after a long day of work, their baristas and bartenders can give you exactly what you need. Jericson takes care of the cocktail bar, while Sly and David handle the coffee side.

On both sides, says David, "Everything revolves around the philosophy of quality. This means proper technique, knowledge, and the engagement between the barista or bartender and the customer. We want them to feel that they're part of what we're trying to build."

With two Philippine champion baristas on board, The Curator takes pride in how each cup of coffee is prepared. Their coffee beans are sourced only from the best microroasters, and customers are encouraged to ask about what goes into each cup. "Here, we do our best work when we engage the customer." So when people ask the barista for recommendations, the answer isn't what's on drip. "It begins with 'How are you feeling today? How do you usually drink coffee?' And then we build from there."

📍 **134 Legazpi corner C. Palanca Sts., Makati City (mobile no.: 0917-5859005); [instagram.com/thecurator_](https://www.instagram.com/thecurator_)**

"Third wave coffee shops are about the different coffee beans and the flavor profiles you get out of each one," says co-founder David Ong (below, left). "A good cup boils down to the quality of the bean, how it's roasted, and the technique used to brew it."



RESTAURANTS

Sarsa

Gaucho

Ninak

Q&A

Him Uy de Baron

Dish





Chicken Inasal



Special Batchoy



A flavorful feast

Savor a discovery of Negrense food at **Sarsa**.

REVIEW BY ANDREA Y. SEE

It's always exciting when a new international chain or restaurant finally opens in Manila—but truth be told, it is a different thrill when the buzz is about honest-to-goodness, delicious local fare. The most recent success is Sarsa, which highlights the cuisine of Negros Occidental.

Helmed by Bacolod-born and bred JP Anglo, Sarsa takes hometown Negrense cooking beyond roadside *batchoy* places and *inasal* joints, setting it within a more sophisticated yet still accessible context. Inspired by the Filipino fondness for jazzing up mealtimes with a whole lot of sauce, Chef Anglo prepares a plethora of housemade *sarsa* to complement his dishes, inviting the diner to mix and match to taste, to be totally engaged in this culinary tour of Anglo's heartland.

The menu is both discovery and comfort, filled with regional specialties as well as more mainstream favorites. All are treated with a down-to-earth honesty and a generous hand at seasoning that make the tasty, for-sharing offerings a crowd-pleasing feast.

The humble Dilis was a splendid way to pique the appetite, crisp and spicy-sweet with a chili-pineapple glaze. On two separate visits, we

ordered a few vegetable dishes to balance things out, like the Bugtaw-Bugtaw (Gising-Gising), Tortang Talong, and Roasted Kalabasa, but it is clear that the destination dishes at Sarsa are its meaty specialties. The Special Batchoy arrived hot and steaming, featuring bone marrow, bacon-cut pork belly, a fresh egg, and noodles in a light yet complex, layered broth. The Sizzling Kansil was meaty and satisfying, the creaminess from the bone marrow nicely playing off the subtly sour gravy made from *batwan*, a local native fruit.

The Chicken Inasal was delightfully juicy, with a through-the-bone savoriness that required no additional sauce. *Isol* (chicken butt) done two ways, barbecued and fried, were both enjoyable, but there was something special about the latter—fatty and perfectly crisp—that reminded us how food can be so simple and yet so good.

Service and timing were coming along on our most recent meal, and it should only be a matter of time before the restaurant finds its groove. The reservation log was quite full, and we judge it will be for a long time yet, as more people discover that it's easy to eat well in this flavorful piece of Bacolod.

in a nutshell

SARSA KITCHEN+BAR

1/F Forum South Global, 7th Avenue corner Federacion Street, Bonifacio Global City, Taguig; mobile no. 0927-7960773

MUST-TRIES

Crispy Dilis (P110), Special Batchoy (P240), Sizzling Kansil (P350), Chicken Inasal (P165), Crispy Isol (P205)

THUMBS UP

Grab a table by the open kitchen and watch celebrity chef JP Anglo in action.

The thrill of the grill

Argentine-style grilled steaks and oven-roasted specialties are musts at **Gaucha**.

REVIEW BY RYAN FERNANDEZ

Evita, Che, and corned beef: If those are the first things that come to mind when you think of Argentina, think again. There's more to the country than that. With racks of lamb, chorizo, and *asado* barbecues aplenty, meat reigns in the bustling *rotiseras* of Buenos Aires and beyond. But before you pack your bags for South America, swing by Gaucha—native lingo for 'cowboy'—for a crash course in Argentine cuisine.

Gaucha's double swing doors lead to a two-floor atrium that mixes modern sensibilities with rustic hunting lodge elements. Deer heads are mounted on pillars, luscious red upholstery pops out against checkered floors, and chrome balloon-like lamps descend from the high ceiling. Nearby is a see-through fire pit regularly lit up for barbecues. Tango dancing is held on Tuesday nights, and with a roaring fire in the background, the atmosphere transforms from laidback to kinetic.

The joys of tossing meat into an open flame are many: The *Falda a la Cruz*, beef short plate cooked sous-vide for 24 hours, is succulent and flavorful. Its slightly burnt, crisp edges give off a whiff of charcoal. Carnivores will just as likely swoon over the *Tira Asado*, a slab of fall-off-the-bone short ribs. Both orders come with *chimichurri*, an



Perras
al Vino
Malbec



Falda a la Cruz



in a nutshell

GAUCHO COCINA Y VINOS ARGENTINOS

3/F Robinsons
Magnolia, Aurora
Boulevard corner
Doña Hemady, Quezon
City; tel. no. 654-3148

MUST-TRIES

Empanadas (P180),
Ceviche (P290 to
P340), Pimientos
Rellenos (P280), *Falda
a la Cruz* (P550),
Brochetas de Mariscos
(P590), *Tira de Asado*
(P390), *Perras al Vino
Malbec* (P190)

THUMBS UP Check
out the glass chiller
where the restaurant
dry-ages lamb and
other meats.

Argentine invention of herbs, garlic, and olive oil that brightens the palate.

In between savory dishes, make sure to take in forkfuls of the house *ceviche*. A bowl of scallops and squid infused with citrus juice, chilies, and avocado will add splashes of sour and spice to perk up your meal. If you're looking for more seafood to go along with your red meat, ask for the *Brocheta de Mariscos*. This jumbo skewer puts together enough grilled salmon, sole, tuna, prawn, and squid to feed two.

There are desserts to be had as well, like the *Perras al Vino Malbec*. Delicate slices of pear are poached in Malbec wine, turning them glistening red. The chef serves them over silky panna cotta with chopped pistachios and granola. A single order is dainty, but the taste—pears soaked in a fruity red, mellowed out with milk and sugar—is downright exquisite.

With a bottle of *vino rojo* nearby, a dance or two next to the glowing fire pit, and the smell of *asado* wafting through the room, your dinner will feel a little less like Manila and more like Buenos Aires.



Asian comforts

When you want good old Asian comfort food, head to **Ninak**.

REVIEW BY SASHA LIM UY

Ninak is *kanin* spelled backwards, but the menu explores the broader range of Southeast Asian cuisine. The idea for the restaurant began several years ago when the Jose brothers, Quito, DJ, and Martin, experimented with intricate Asian flavors while they flipped patties for their main project, Brothers Burgers. With such a popular franchise already under their belt, flavor profiles are expected to be spot on at Ninak.

The first dish arrives: pad Thai casually tossed onto a platter with the flat noodles covered in crushed peanuts, tofu, and strips of scrambled egg. This display, though haphazard, is absolutely mouthwatering, and there's a whisper of heat that gets louder with every bite. The Grilled Vietnamese Pork follows, falling somewhere between *tapa* and *tocino* in terms of flavor—sweet with waves of tanginess. The conscious effort to choose dishes familiar to the Filipino palate is appreciated, especially for those who might be uncomfortable with foreign fare.

The parade of bold flavors continues: Onions, mushrooms, chives, and garlic create a palette of earthy savor in the Beef Soipicao. Spices are unapologetic in the Tom Yum Goong, which will set your mouth on fire if you're not ready for it, and the same sneaky heat creeps up on you in the Chilean Mussels. These dishes are best paired with Ninak's garlicky signature rice, flourished with spring onions and shallots. The subtle edge of starch highlights the bright flavors even further.

Speaking of rice, it's only at Ninak where you'll find the Arroz Caldo in the same category as the *halo-halo*. Snacks and desserts are grouped



Vietnamese Pork,
Ninak Rice, Soipicao



Red Ruby

in a nutshell

NINAK Seven East Capitol Building, East Capitol Drive corner Sta. Rosa St., Kapitolyo, Pasig City; tel. no. 655-6902

MUST-TRIES Beef Soipicao (P285), Grilled Vietnamese Pork (P255), Chilean Mussels (P280), Ninak Rice (P95), Pad Thai (P229), Laksa (P280), Red Ruby (P120), Green Grape Basil Slush (P110)

THUMBS UP Not into spicy food? Have the spiciness of your orders tweaked to accommodate your personal preference.

together on the menu, and the quiet crowd-pleaser is the Red Ruby, which layers ice cream, red jelly, jackfruit, and shaved ice. Diced water chestnuts are tucked under the sweet jelly, giving off surprising bursts of crunchy nuttiness that are perfectly complementary to the coconut cream.

Service can be spotty at this relatively new restaurant. When things start moving quicker in the kitchen, the once attentive servers get overwhelmed, and calling for the check becomes an ordeal. Despite this misstep, however, the food at Ninak is consistently good—and it's always worth the wait.

Q&A Him Uy de Baron

The chef behind Nomama talks about opening a second branch of his popular ramen restaurant, his favorite ingredients, and what inspires him to cook.



You recently opened a second branch of Nomama at Capitol Commons. What are the new offerings that we can look forward to enjoying here?

I want part of the menu to focus on seafood and raw compositions. I use fresh, local fish and seafood—even our prawns aren't farmed, they're wild-caught—to make dishes like tuna with avocado, edamame, and ponzu. We're going to offer *kilawin*, a different take on *chirashi-don*, and more. We're also

launching a new ramen this month and it's great for summer. It uses ramen ingredients but in pasta form. The ramen dough is cut up like pasta and served with a thick sauce that has Japanese influences—*katsuoboshi*, *tare*, *chashu*. I'm also doing a Lucban ramen, a breakfast ramen with fried egg and Lucban *longganisa*.

Given the ramen craze, how do you set Nomama apart? How do

you distinguish yourself from the competition?

What we are trying to achieve is different from authentic ramen places that have Japanese chefs. My thought process for creating a ramen restaurant was taking the base, which is the soup and noodles, and adapting it in the same way Pinoy's have adapted Italian pasta. That's why we came up with the Thai Green Curry Ramen, the Ox Tongue Chili Ramen, the Wagyu Beef Cheek Ramen. Our philosophy at Nomama is taking what's familiar about ramen and making it different.

How do you stay inspired?

I travel and I read a lot. I enjoy reading restaurant books, like *Momofuku* or *Mission Chinese Food*, the ones that tell a story. From a chef-restaurateur's perspective, it's interesting to see how these restaurants started and how they built the brand.

What is your favorite ingredient?

Miso, because it's super versatile. For marinades, dressings, sauces, or even Filipino dishes like *kaldereta*, adding miso takes it to another level. When I make bolognese, one of my secrets is that after braising the beef for a while, I mount it with butter and brown miso. It gives it that nice umami flavor—a layered saltiness. I like using the Korean miso as well, the one in the green tubs.

Where do you usually go when you eat out? What are your favorite restaurants?

Right now, I really like Green Pastures and Sarsa. For special occasions, my wife and I would usually go to Lolo Dad's. I'm sad it's closed now. In culinary school, Lolo Dad's was the gold standard. It was a train ride away from where I studied and I'd save up to eat there. For my family, our go-to restaurant is Ye Dang for Korean food. My daughters also love Cicou in Greenhills because they have an area for kids with toys! Outside Manila, I like Amoroma and Verbena. I had an excellent meal at Verbena recently—oysters with spaghetti, lemongrass cream, and caviar. It was really good and the service was great.

Dish

RESTAURANT NEWS, SERVED HOT!

CHECK
OUT

Joe's Meatshack

In one of Makati's busiest districts, you'll find an upcycled cargo container serving no-fuss, fast food faves. Joe's Meatshack gives a new name to street food by offering American classics done right and made affordable. The usual fare is on hand—fries, hotdogs, burgers—but they've each been jazzed up to offer something special. The fries come in pulled pork or gravy cheese variants, while the best-selling hotdog is topped with a generous serving of barbecue pork. The namesake burger, surely the star of the show, is a whopping tower of angus beef, thick-cut bacon, and onion jam in a sesame brioche bun. The Pig Belly, Truffle Mushroom, and Foie Gras burgers are just as good, too. Not into meat? Try the Tilapia Fish and Chips, one order of which is already good for three. For dessert, the Chipwich, their take on the cookie ice cream sandwich, gets our thumbs up. For a quick comfort food fix in a hip, al fresco setting, drop by Joe's.

Joe's Meatshack is at the La Fuerza Plaza Compound, Don Chino Roces Avenue, Pasong Tamo, Makati City.

HOT
PLATE

EVERYONE'S TALKING ABOUT... Ramen Nagi. Known as Butao Ramen to those who've tried it in Hong Kong, the popular ramen restaurant has opened its first branch in Manila at SM Aura. Fanatics can now enjoy their four basic offerings—Butao, Red King, Green King, and Black King—and customize these with add-ons fit to their liking.

ON THE
MENU

Hunger pangs in the middle of the day? Head to Greenbelt 2 and treat yourself to some fine Filipino fare. Namnam's *merienda malinamnam* menu, available from 2 to 6 p.m. daily, is a good mix of classics and delicious innovations like the Nilupak a la Mode and the Croque Maria—crispy battered *pandesal* stuffed with *alamang* and garlic.

JUST
OPENED

Café Público, known for churning out some of the most creative gelato flavors in the metro, has found a new home in the recently opened Greenhills Promenade extension. Located much closer to the movie theaters, this gelateria is a good reason to come early and have your favorite scoop before the movie starts.

Maggi

Let's crack the MAGIC of eggs!

Find out the real deal about this
breakfast favorite.

Having eggs in the morning is an enjoyable treat to jumpstart each day. Egg is one tiny wonder that is simple but surprisingly delightful. According to NESTLÉ Nutritionist Aleli Magtibay, the egg is small but truly incredible. In fact, great health benefits can be found under its shell.

Muscle Power

Eggs are rich in protein that helps in building and repairing muscles, so that your kids can grow tall and strong.

Resistance Boost

With Zinc and Vitamin E, eggs help in strengthening their protection from illnesses.

Bone Strength

Eggs are also rich in Vitamin D! Your kids need this to make their bones tougher.

Eyesight Advantage

It also has Vitamin A that keeps their vision sharp, helping them perform better in school.

Energy Lift

Riboflavin, Pyridoxine and Phosphorus found in eggs can help give them energy for non-stop action throughout the day.

Eggs can be made magically delicious with a sprinkle of **MAGGI MAGIC SARAP**, the simple egg becomes **MAGICLOG**!

It's all about girl power this March.

Join us as we kick off our
15th anniversary
celebrations
this Women's Month!

Female
Network
.com



Yummy Lessons

Basket case

Bamboo steamers may have been designed for cooking *dimsum*, but these baskets can do double duty as kitchen storage! These breathable baskets serve as the perfect container for vegetables (such as garlic, onions, and shallots) that need to be stored in a cool, dry, and well-ventilated place.



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

Master the classic
CAESAR SALAD



Whip up **EGG-FREE
MAYONNAISE**



Bake **CHOCOLATE-
DIPPED PALMIERS**



Make **HOTDOG
CHEESE ROLLS**
with the kids



Use **BACON** in 10
new ways



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

Caesar salad

One of the most popular salads in the world is the Caesar salad. This all-time favorite is said to have been the creation of Caesar Cardini, an Italian immigrant who owned restaurants in Mexico and the United States. When making this classic, remember to use fresh and preferably organic eggs. The anchovies and Parmesan cheese are both salty on their own, so season the salad lightly. If consuming raw eggs is a concern, use good-quality prepared mayonnaise instead. Use 1 cup mayo instead of 1 egg yolk and 1 cup oil.



PHOTOGRAPHY: MIGUEL MACLANCENO, PATRICK MARTINES (EDITOR). RECIPE, TEXT, & STYLING: RACHELLE SANTOS.
MAKEUP: CATS DEL ROSARIO OF SHU UEMURA.

Caesar Salad

Serves 6 **Prep Time** 20 minutes

Cooking Time 10 minutes

WHAT YOU NEED

FOR THE CROUTONS

- ✓ 2 tablespoons butter, melted
- ✓ 1 tablespoon vegetable oil
- ✓ 6 slices white or whole wheat bread, crusts removed and sliced into 1/4-inch cubes
- ✓ salt and pepper, to taste
- ✓ 1 teaspoon dried Italian herbs (optional)

FOR THE DRESSING

- ✓ 2 anchovy fillets
- ✓ 1 tablespoon Dijon or grainy mustard
- ✓ 1½ teaspoons grated garlic
- ✓ ¼ teaspoon red pepper flakes
- ✓ salt and freshly ground black pepper, to taste
- ✓ 1 egg yolk, preferably organic
- ✓ 2 tablespoons lemon juice
- ✓ ½ teaspoon Worcestershire sauce
- ✓ 1 cup olive or vegetable oil
- ✓ 2 medium heads romaine lettuce, trimmed, washed, and spun dry
- ✓ ½ cup grated Parmesan cheese
- ✓ 8 bacon slices, fried until crisp then crumbled

WHAT TO DO

1 Make the croutons: Combine melted butter and oil in a small bowl. Place bread cubes in a large bowl. Drizzle butter and oil mixture over the bread cubes; toss until coated. Season with salt, pepper, and herbs (if using); toss until well coated.

2 Spread bread cubes on a baking pan. Bake in a preheated 450°F oven or in a turbo broiler or toaster oven set at 200°F. Bake for 10 minutes or until golden brown. Set aside.

3 Make the dressing: Combine anchovy fillets, mustard, garlic, red pepper flakes, salt, and pepper in a large mixing bowl. Using a fork, mash into a paste. The rough texture of the salt will help in grinding the anchovies and garlic into a paste.

4 Add egg yolk, lemon juice, and Worcestershire sauce. Mix using a whisk.

5 Add oil in a slow and steady stream, whisking continuously, until dressing is thick and emulsified. If you're making a big batch, you can use an immersion blender or a food processor. Adjust seasoning to taste.

6 To assemble the salad, toss lettuce and dressing in a bowl until well coated. Add croutons, Parmesan cheese, and crumbled bacon. Arrange in individual serving plates or salad bowls. Serve immediately.



1



2



5



SINCE THE RECIPE CONTAINS RAW EGG, IT IS BEST TO CONSUME THE DRESSING IMMEDIATELY.



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

Un-Chicken Salad

This month, let me inspire you to try more meat-free dishes by way of tofu—a great cholesterol-free source of protein that's available in firm and silken textures. The firm kind is a good substitute for meat, while the silken kind is good for anything creamy.

The ubiquitous chicken salad is usually made with shredded boiled chicken and egg-based mayonnaise. In my healthier, meat-free version, I use heart-healthy tofu, vegetables, and savory herbs. Instead of regular mayo, I use a homemade egg-free, silken tofu-based mayo that only contains 1.5 grams of fat per tablespoon. You won't miss the chicken or the traditional mayo because you'll be too busy scarfing this down. Serve it over salad greens with fresh sliced veggies, with crackers, or in a sandwich.

Bring a large saucepan of **water** to a boil. Break a **300-gram block of firm tofu** into chunks and blanch in boiling water for 5 minutes. Rinse under running water, drain, and let cool to room temperature. Mash the tofu with your hands until crumbly or cottage cheese-like. Mix together with **2 tablespoons minced red onions, a heaping 1/2 cup diced celery**

stalks, 1/2 cup coarsely grated carrots, 3/4 cup egg-free mayonnaise (see *Healthify This!*), **2 tablespoons pickle relish, 1 teaspoon dried sage, 1/2 teaspoon dried thyme, 1/2 teaspoon dried rosemary, 1/8 teaspoon nutmeg, and salt and pepper** to taste. Let sit in the refrigerator for 1 hour to let the flavors meld. **Makes 3 cups.**

Produce Focus

THREE WAYS WITH...

Mushrooms



MEAT SUB

Chop oyster or shiitake mushrooms into small cubes and use in place of ground meat. You can also mix mushrooms with chopped fried tofu for a firmer texture.



TAKING STOCK

For a quick stock, soak 5 large shiitake mushrooms in 4 cups boiling water for 1 hour. You can also add dried shiitake mushrooms to a pot of vegetable stock for added flavor.



JUST LIKE BACON

Toss oyster mushrooms in extra virgin olive oil. Season with salt and pepper. Place on a lined baking sheet, gill-side up. Roast at 425°F for 15 to 20 minutes or until edges are crisp.

FOOD FIND



Edgy Veggy cassava and camote chips

For a bag of chips you can eat in one guilt-free sitting, look no further! Edgy Veggy bakes cassava and camote into chips without MSG or added fat. **To order, contact 0917-8474831 or check out the Edgy Veggy Café at 3 Brixton St., Kapitolyo, Pasig. One 100-gram bag (P105) contains 115 calories.**



I'D LIKE TO LEARN HOW TO BOOST THE FLAVOR OF EVERYDAY DISHES. WHICH HERBS AND SPICES GO WELL TOGETHER? ANY ADVICE?



Herbs and spices of both fresh and dried persuasions infuse dishes with savory, umami goodness sans the salt and fat—and these flavor boosters have healing properties, too. For example, basil contains flavonoids that protect cells from free radicals and thyme is helpful against congestion and coughs.

If you're interested in expanding your culinary horizons beyond the usual suspects, look to regional cuisines for inspiration. The Chinese use ginger, star anise, chili flakes, sesame seeds, and five-spice powder, while Thais love lemongrass, ginger, basil, cilantro, mint, and kaffir lime leaves. Italy mixes up basil, rosemary,

thyme, and oregano, while Mexico is all over cilantro, chili powder, oregano, cumin, and cinnamon. Some countries borrow herbs and spices from others and use it in a different way.

A good rule of thumb is to use two or three herbs and spices in one dish. If you've got leftover basil from making tomato sauce, throw it in a coconut milk-based stew together with lemongrass and ginger. Make a black bean chili with chili powder, cumin, and oregano, and make a Greek salad with fresh oregano and mint. Just remember to add dried herbs and spices in the beginning of cooking and to add fresh, delicate herbs (like basil or cilantro) towards the end of cooking.

Healthify This!

EGG-FREE MAYO

In a blender, combine 1 (300-gram) block of silken tofu (rinsed and drained), 2 tablespoons olive or vegetable oil, 1 tablespoon mustard, 2 cloves garlic, 2 teaspoons vinegar, 2 to 3 teaspoons sugar, and 1/4 teaspoon salt. Blend until smooth. *Makes 1 1/2 cups.*





4



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7



WANT SMALLER PALMIERS?
SIMPLY FOLD THE BOTTOM
AND TOP EDGES ONE MORE
TIME BEFORE CLOSING THE
PASTRY IN STEP 4.



Chocolate-Dipped Palmiers

Spend a weekend afternoon baking these heart-shaped treats for your loved ones. Dipping them in melted dark chocolate makes these treats extra decadent.

Makes 18 to 20 pieces **Prep Time** 45 minutes **Cooking Time** 15 to 20 minutes

WHAT YOU NEED

- ✓ flour, for dusting
- ✓ 1 (378-gram) pack puff pastry
- ✓ 1 cup sugar
- ✓ 1 tablespoon ground cinnamon
- ✓ 350 grams bittersweet chocolate

WHAT TO DO

- 1** Preheat oven to 350°F. Line a baking sheet with parchment paper or a silicone mat.
- 2** Lightly dust a clean work surface with flour. Using a rolling pin, roll out the puff pastry into a 12x12-inch square, about 1/4-inch thick. Dust the puff

pastry with some flour.

3 Combine sugar and cinnamon in a bowl. Sprinkle on both sides of the puff pastry.

4 Fold the bottom edge of the pastry inward until it reaches the middle part. Repeat with the top edge until both edges meet in the middle. Fold in half to close the pastry.

5 Slice pastry into 1/2-inch-thick strips and arrange on the baking sheet.

6 Bake in the preheated oven for 25 minutes or until golden brown. Transfer to a wire rack and let cool.

7 Meanwhile, melt the dark chocolate in a double boiler. Dip cooled palmiers one at a time and return to the rack. Let chocolate set before serving.

Hotdog Cheese Rolls

Revamp the good ol' hotdog sandwich and turn an old classic into a new favorite!

WHAT YOU NEED

- ✓ 2 cheese dogs or cheese sausages
- ✓ 100 grams puff pastry
- ✓ all-purpose flour, for dusting

WHAT TO DO

- 1** Preheat oven to 350°F.
- 2** Skewer cheese dogs onto barbecue sticks. Set aside.
- 3** On a lightly floured surface, roll out puff pastry into a 5x12-inch rectangle, about 1-inch thick. Cut into 2 long strips.
- 4** Wrap one puff pastry strip around each cheesedog. Transfer to a baking sheet.
- 5** Bake for about 12 to 15 minutes or until the cheese dogs are cooked and puff pastry is golden brown. Serve warm with ketchup and mustard on the side. **Makes 2 rolls.**



2



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

BACON ME CRAZY



Bacon

Can't get enough of bacon? Here are 10 new ways to make everyone's favorite slice of pork even more exciting!

1 Bacon me crazy

Milk and cookies, spaghetti and meatballs, peanut butter and jelly—they've all been proven to be a perfect match. Here's another one: bacon and sweet potato fries! Cut sweet potatoes into matchsticks and wrap a strip of bacon around each piece. Bake for about 30 minutes or until bacon is crisp.

2 Morning glory

Got leftover pancakes from breakfast? Turn it into bacon pancake pudding! Combine eggs, milk, sugar, and cinnamon in a bowl. Add pancake chunks and let sit for 15 minutes. Add chopped bacon and mix to combine. Transfer to a baking dish, top with bacon strips, and bake until set.

3 Bowl in one

Set aside your serving bowls and make your own edible dishes and baskets out of bacon. Start by covering the bottom of muffin tins in foil; set aside. Weave strips of bacon together to form a square. Carefully lay the bacon sheets over the foil-covered, overturned muffin tin and bake at 375°F until crisp. Use to serve mashed potatoes or salads.

4 Pump up the jam

Sinful but oh-so-delightful, bacon jam is a welcome addition to any pantry. Pair it with crackers, spread on grilled cheese sandwiches, or drizzle over donuts. Get the recipe from Yummy.ph and make it at home!

5 Play it by ear

Amp up your ordinary corn on the cob with a good coating of bacon goodness! Steam or grill corn as you normally would. Meanwhile, combine crumbled bacon, Parmesan cheese, and chopped parsley in a bowl. When ready, spread a layer of butter on the corn and coat in the bacon mixture. Yum!

6 Burger king

There are days when the best kind of comfort comes in the form of burgers. But what happens when that burger gets stuffed with bacon? Ultimate satisfaction! Take a round patty and top with pre-cooked strips of bacon and grated mozzarella. Cover with another

burger patty, seal edges, and grill or pan-fry to perfection.

7 Bun for your buck

Instead of the usual pork belly, stuff a thick slab of bacon in steamed pork buns instead. Steam *cuapao* buns according to package directions, spread a layer of hoisin sauce on one side, and fill with bacon. Add crisp lettuce and deep-fried tomatoes for a BLT upgrade.

8 Pop star

Here's a poppin' good idea: bacon popcorn! Cook some bacon and reserve the rendered fat. Transfer the bacon fat to a heavy pot over medium-

low heat. Add kernels and follow package directions to cook. Transfer to a bowl and sprinkle with crumbled bacon.

9 Candy crush

Make beer-candied bacon and witness the greatest flavor pairing known to bacon lovers. Combine beer and brown sugar to make a glaze. Place a wire rack over a baking sheet and arrange bacon on top. Bake for a few minutes, remove from the oven, and brush with the glaze. Return to the oven, bake, and brush again. Repeat process until bacon is crisp.

10 Sweets for your sweet

End every meal on a good note with even more bacon. Mixing salted caramel with bacon is a no-fail trick, but doing the same with coco jam is just as fantastic. To make, bring coconut milk and glucose to a boil. Add brown sugar, *panutsa*, and some bacon grease and remove from heat. Mix in some bacon bits for good measure. Serve over ice cream, brownies, cupcakes, and even *leche flan*.

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

YUMMY PICKS

Fully Booked

For a list of all branches, visit www.fullybookedonline.com.

Paper Chic Studio

To order, call tel. no.: 710-0793, email info@paperchicstudio.com, or visit www.facebook.com/PaperChicStudio.

Pouf! Marshmallow Crème

To order, call mobile no. 0917-9042612, email pouf.itsfluffy@gmail.com, or visit www.facebook.com/pouf.itsfluffy.

The Vanilla Company

To order, call mobile no. 0915-4608888, email info@thevanillaco.com, or visit www.thevanillaco.com.

ZAP

For more information, visit www.zap.com.ph.

SUPERMARKETS

The Landmark

Ayala Center, Makati (tel. no.: 810-0990); www.landmark.com.ph

Robinsons Supermarket

At leading malls nationwide including Robinsons Galleria, Robinsons Forum, and Robinsons Place Manila; for a list of all branches, see www.robinsons-supermarket.com.ph.

Rustan's Supermarket

For a list of all branches, see www.rustansfresh.com.

SM Supermarket

For a list of all branches, see www.smsupermarket.com.

RESTAURANTS

Café Publico

Theater Level, Greenhills Promenade Dolby Atmos Theaters, Greenhills, San Juan; www.cafepublico.com.ph

Cow King Steak Sizzles

23-D Scout Ybardolaza St., Sacred Heart, Quezon City (tel. no.: 416-2555)

Kubyertos

The Collective, 7274 Malugay St., San Antonio

Village, Makati City; kubyertosrestaurant@gmail.com

miradips at Sandwicheese

225 Katipunan Avenue, Quezon City (tel. no.: 440-3677)

Namnam

G/F Greenbelt 2, Esperanza St. cor. Greenbelt Drive, Ayala Center, Makati (tel. no.: 625-0515)

Ramen Nagi

5/F SM Aura Premier, Bonifacio Global City, Taguig; ramennagi.manila@gmail.com

Stacy's

Forbeswood Heights, Rizal Drive, Bonifacio Global City, Taguig (mobile no.: 0926-6752571); Capitol Green Street, Capitol Hills Drive, Quezon City (tel. no.: 952-6843)

OTHERS

National Book Store

For a list of all branches; see www.nationalbookstore.com.ph.

Ritual

Unit A, The Collective, 7274 Malugay St., San Antonio Village, Makati (tel. no.: 400-4326)

The Cookery Place

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

making it

by Kristine
D. Fonacier

HERBEST TURKEY PRODUCTS

BY PRIME AND GIL QUIZON

For Prime and Gil Quizon, their turkey farm is more than a business: It's an advocacy. "Turkey meat is low in fat and high in protein, and our turkeys aren't grown with steroids or hormones," explains Gil. There is more protein in every serving of turkey than there is in chicken, pork, or even beef—and it's all lean meat, too. Furthermore, Gil explains, all turkey parts are edible—even down to the snood, the flap of skin that hangs over a turkey's beak—which makes it lucrative as a choice of livestock for entrepreneurs, especially since each bird yields more meat than other poultry.

Turkey is a topic that the Quizons are very passionate about. Gil started raising the birds as a hobby in 2007, after his retirement as

an engineer for a pharmaceutical company. After hatching their first turkey eggs and finding himself engrossed in raising the livestock, he and Prime began to learn more about turkey meat. The health aspect is something that's become especially important to the couple and their growing brood: "Health is an advocacy we are promoting passionately," says Gil.

Having raised and grown thousands of turkeys, the Quizons now sell live and dressed turkeys to individuals and to supermarkets. They've even developed a line of ready-to-eat foods that include turkey burgers, turkey *sisig*, and even turkey *dinuguan* under the Herbest Turkey Products label, focusing on Pinoy viands to help

introduce the meat to local diners.

The Quizons also sell breeder stock to farmers, and offer support and instruction. "We want more people to learn about turkey farming and turkey products," says Gil, who adds that having more producers will help bring down the cost of meat and make it more accessible to Filipinos. It's a win-win situation, and it proves their point that turkey is an all-around, all-over good choice.



For orders and inquiries, contact HERBEST TURKEY PRODUCTS at mobile nos. 0916-2340122, 0998-4103022, or 0942-5658287; or email greatpartners@yahoo.com.



PHOTOGRAPHY: TOTO LABRADOR. STYLING: JUDGE MENDIOLA.



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