

TACOS & QUESADILLAS FOR PICNICS * MAKE YOUR OWN KIMCHI

Yummy

* EASY MEALS EVERY DAY

APRIL 2014

Summer COOLERS

Halo-halo, milkshakes, popsicles, ice cream pies, and more!

TRAVEL SPECIAL

WHERE TO GO & WHAT TO EAT

in Hong Kong, Bali, Bangkok, Siem Reap, Tokyo, Singapore

10 fresh ways to use MANGOES

Fire up the grill!

Easy inihaw recipes for weekend getaways (plus salads to match!)

HARVESTING SALT IN PANGASINAN



Fresh Fruit Halo-halo

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Cover recipe

FRESH FRUIT HALO-HALO

Instead of the usual ingredients, fresh fruits are used in this colorful *halo-halo*. Try it yourself—it's just as comforting as the classic!

Serves 2 Prep Time 10 minutes

- ✓ 1 cup crushed or shaved ice
- ✓ 3 tablespoons diced sweetened bananas (*saba*)
- ✓ 3 tablespoons diced ripe mangoes
- ✓ 2 tablespoons sweetened jackfruit (*langka*)
- ✓ 3 tablespoons fresh pineapple chunks
- ✓ 3 tablespoons *macapuno* strings
- ✓ 2 tablespoons cooked tapioca pearls (*sago*)
- ✓ ¼ cup fresh coconut milk (*gata*)
- ✓ simple syrup, to taste
- ✓ 2 scoops *macapuno* ice cream
- ✓ 1 tablespoon *ube halaya*
- ✓ 2 tablespoons diced *leche flan*
- ✓ 1 *pandan* wafer stick
- ✓ 1 tablespoon crushed *otap* (optional)

1 Fill a serving glass with ice. Add sweetened *saba*, mangoes, *langka*, pineapple, *macapuno*, and *sago*.
2 Drizzle coconut milk all over *halo-halo*. Sweeten with syrup to taste. Top with ice cream, *ube halaya*, *leche flan*, and a wafer stick. Sprinkle with crushed *otap*, if desired. Serve immediately.

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Kris Aquino

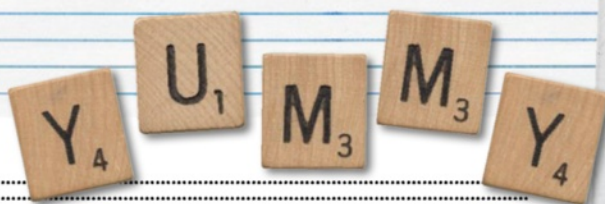
Ang Segurista, Petron Gasul-lista!

Yummy at a glance

Want fun Pinoy recipes that are perfect for summer? Looking for frozen treats to cool off? Need new seafood recipes for Lent? Firing up the grill this weekend? Here's your guide to planning yummy meals.

Summer lovin'

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SUMMER GRILLING Recipes on Yummy.ph



GRILLED DAYAP CHICKEN WITH MANGO-SINGKAMAS SALSA



Grilled Curried Shrimp



Grilled Salmon with
Pepper and Onion Salsa



Grilled Lemon Tuna Belly
Steak with Olives and Capers



Lamb Kebabs with Oven-Roasted
Potatoes and Greek Salad

Cool eats



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BUKO-MAIS CON YELO
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Seafood mania



GRILLED STUFFED SQUID WITH
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BARBECUED TERIYAKI SHRIMPS
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It's summer!

Summer always reminds me of childhood trips to Baguio and Batangas with my cousins—those carefree days spent playing outdoors, eating *halo-halo* every chance we could get, enjoying grilled *liempo* by the beach. For this issue, we hit the road in search of a little adventure, too. First, we headed to Batangas to shoot “Hot off the grill,” which gives you 6 inihaw recipes you can prepare during your summer getaways, with salads to match. It was so much fun shooting at the beach—don't we all live for those days when work feels more like play? See the inspired results on page 48.

Our second road trip took us a little farther away, this time to Pangasinan, where we visited the salt beds in Dasol. Here, most of the families make a living by harvesting salt from seawater in Dasol Bay, and the coastal town has become known for the excellent quality of its salt. Seeing it up close, freshly harvested, was an unforgettable experience. The salt was so pure and delicate, its color a dazzling white. During summer, the workers harvest salt daily at 3 in the afternoon, and our tour guides graciously let photographer Lilen Uy and I try our hand at it. It's tough, physical work, and we were not as good at it as we hoped we would be! It gave us a deeper sense of respect and appreciation for these hard workers and the world-class salt that they produce. Read more about it on page 66.

Summer's definitely the perfect time to travel. If you're planning to a trip or two around the region, turn to page 60 for “Eating Asia,” our 6-page guide to the best food experiences in Hong Kong, Singapore, Bangkok, Ho Chi Minh, Siem Reap, Taipei, and Bali. Here's to carefree summer days, delicious food, and more adventures!

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Yummy Ideas

CUP O' JOE

The classic coffee jelly gets a refreshing update with the addition of coconut!

TO MAKE: Combine 1 cup water, 3 tablespoons unflavored *gulaman* powder (we used *Alsa*), and 3 teaspoons instant coffee in a saucepan. Bring mixture to a boil, stirring continuously. Remove from heat, transfer to a rectangular mold, and let cool until set. In another saucepan, combine 1 cup coconut milk and 3 tablespoons unflavored *gulaman* powder. Bring to a boil, then remove from heat. Add 1 tablespoon sugar, transfer to a rectangular mold, and let cool until set. Meanwhile, mix together 1 cup all-purpose cream, 6 tablespoons condensed milk, 1 cup *buko* strips, and 2 teaspoons instant coffee in a bowl. Once set, slice coffee and coconut jelly into strips; add to the bowl. Mix to combine, cover, and refrigerate until ready to serve. Top with extra *buko* strips before serving, if desired. **Serves 4 to 6.**

Coffee and Coconut Jelly

GOOD 'WICHES

FROM CLUBHOUSES TO SLIDERS, THESE SANDWICHES CAN BE PREPARED WITHOUT BREAKING A SWEAT!



HAWAIIAN CLUBHOUSE

Take your guests on a trip to sunny Hawaii with this pineapple clubhouse sandwich. Toast 3 slices of bread until edges are crisp. Spread 1 tablespoon pineapple jam on 2 slices. Assemble the sandwich in this order: 1 slice of bread with pineapple jam, 1 iceberg lettuce leaf, 3 tomato slices, 3 bacon slices, another bread slice with pineapple jam, another lettuce leaf, 3 ham slices, 2 pineapple slices, and the last piece of toast. Secure with toothpicks and slice diagonally, if desired. **Serves 1 to 2.**

Tropic thunder

FILI CHEESESTEAK

The Philadelphia classic gets a proudly Filipino twist! Cook 480 grams beef *tapa* according to package directions; slice into thin strips and set aside. Heat 1 tablespoon oil in a pan, add 3 cloves garlic (minced), and sauté. Add 1 medium onion (sliced into rings) and 3 small bell peppers (use a variety of colors and slice into thin strips); cook until onions caramelize. Remove from heat and mix in beef *tapa*. Split 4 to 6 mini baguette loaves in half, spread butter on each side, and toast until crisp on the outside. Fill baguettes with *tapa* mixture and drizzle with store-bought cheese sauce. **Serves 4 to 6.**



Raise the flag



Rock 'n' roll!

ELVIS PANCAKEWICH

Got leftover pancakes and bacon? Make this Elvis-inspired pancake sandwich and get ready to rock! Cook 1 (200-gram) pack pancake mix according to package directions. (You should have around 10 to 12 3-inch pancakes.) Spread 1½ tablespoons crunchy peanut butter on a pancake. Top with sliced bananas (about half a banana), drizzle with 1 teaspoon honey, and add 3 bacon slices on top. Cover with another pancake. Repeat with remaining ingredients to make 5 to 6 sandwiches; dust with confectioners' sugar before serving. **Serves 5 to 6.**



Pandesal power

CORNEBEEF SLIDERS

Turn leftover corned beef hash (corned beef sautéed with tomatoes, potatoes, and onions) into easy sliders your kids won't stop raving about. Split *pandesal* in half, add a slice of quick-melting cheese on one side, and toast until cheese is melted. Spread 2 teaspoons ranch dressing on the other *pandesal* half. Top cheese with 3 tablespoons corned beef hash and 1 fried quail egg. Cover with *pandesal* half. Secure with a toothpick and repeat with remaining ingredients. **Makes 1.**

WATERMELON AND CUCUMBER COOLER

ENJOY THE BEAUTIFUL SUMMER SUN WITH THIS COOL AND REFRESHING DRINK IN HAND!

Combine 4 cups cubed seedless watermelon, 1 cup cubed cucumber (peeled and seeded), 1 cup water, the juice of half a lemon, and 4 tablespoons honey in a blender. Blend until smooth. Chill for 1 hour before serving or serve over ice. **Serves 4.**



→ GREAT GADGET

WAFFLE MAKER

One waffle maker, endless possibilities! Here are three ideas for making the most out of this fun appliance.

● P IS FOR PIZZA

Cook homemade or store-bought pizza dough in a preheated waffle iron! Add pizza sauce, shredded cheese, pepperoni, or any other toppings of your choice, then leave it on the waffle maker (with the lid up) until the cheese melts. There you have it, a tasty pizza in less than 10 minutes!

● DO THE WAFFLE

Strapped for time and starving? Cook a thin burger patty in less than 5 minutes on the waffle maker! You can add a slice of cheese, too. Great as a quick breakfast or a fun snack!



Kyowa Waffle Maker, P900, leading appliance stores

● INSTANT COOKIES

Want cookies right now? Whip up your favorite cookie dough and use your waffle maker to cook 'em. You'll have soft waffle cookies in three minutes instead of the typical 20.

The TRY-IT TASTE-IT Row



MODERN TRADITION

Trusted in every Pinoy home kitchen for their delicious sauces and mixes, Mama Sita has now introduced a new line of specialty products. All-natural vinegars, tropical fruit syrups, sea salt, and hot pepper sauce are a few of the new Mama Sita condiments that celebrate our culinary heritage. These will surely become staples in every Filipino home! Available at selected supermarkets nationwide.



ALOHA, HAWAII!

An explosion of flavors comes your way with Greenwich's new Hawaiian Overload Pizza! Satisfy your cravings with this delicious pizza, topped with sweet pineapples, tangy cheddar, mouthwatering mozzarella, and savory meats. Available at all Greenwich Pizza branches nationwide.

GO FOR GOLD

The first ever double-dipped Magnum bar is here! This luscious blend of vanilla ice cream and salted caramel is first coated in Belgian milk chocolate, then dipped again in golden-colored white chocolate. It's an ice cream bar that's as good as gold! Available at leading supermarkets nationwide.



Yummy Ideas



Bookmark it!

{ Lady Iron Chef }

Heading to Singapore soon? Check out Lady Iron Chef, one of the country's most popular blogs. Don't be deceived by the website's name, however, because the person behind it is actually a man named Brad! Known for his discerning taste and stunning photographs, he's been writing about his dining experiences in Singapore and around the world for the last seven years. If you want to know which restaurant in Singapore serves the best brunch or which new dining hotspot in Bangkok you should visit, this blog has you covered. Visit *Lady Iron Chef* at www.ladyironchef.com.

BOOKSHELF

WHAT WE'RE
READING
THIS MONTH



Renowned chef-instructor and *Yummy* columnist Sari Jorge believes that cooking can be easy, simple, and rewarding. This inspired her to start 25 Mushrooms Kitchen, a cooking school that helps new homemakers and household staff hone their cooking skills, proving that anyone can create delicious dishes in the kitchen. Her first book, titled **Tastes of Home: A Family Cookbook** (P495, National Bookstore), is a collection of kitchen-tested, family-approved recipes that are presented in an easy-to-follow format, accompanied by mouthwatering photographs that will get you excited to cook every single day. The best part? The recipes in the book are written in both English and Tagalog, making them easy for any cook to follow!



Yummy FOOD ADDITION

Baked Macaroni Cups

Looking for a fun bonding activity with the kids? Have them help you prepare their afternoon *merienda*.

Preheat oven to 375°F and grease a regular 12-cup muffin tray with butter. Cook 200 grams macaroni according to package directions; drain and set aside. Fry 2 cheese hotdogs and slice into rounds. Mix cooked macaroni, hotdog slices, and 1 (250-gram) pack Hunt's Parmesan

Cheese Spaghetti Sauce in a bowl. Season with salt and pepper. Scoop mixture into prepared muffin cups and top with ¼ cup quick-melting cheese. Bake in the preheated oven for 10 to 15 minutes until tops are golden. Let cool for a few minutes before serving. **Makes 12 cups.**



PHOTOGRAPHY: NIGUEL MACLANCENO (FOOD ADDITION) AND DAIRY DARILAG (BOOKSHELF).
RECIPE & FOOD PREPARATION: DICE MENDILIA. TEXT: REGINE RAFAEL (BOOKSHELF AND BOOKMARK IT).

Yummy LESSON

HOW TO KEEP LEAFY GREENS FRESH LONGER

THE DILEMMA You usually buy the fresh produce you need for the week all at once. But a few days later, your greens look sad and wilted. What can you do to prolong the lifespan of your greens?

WHAT TO DO Don't let your greens go to waste! Exposure to air and moisture will cause vegetables to deteriorate faster than usual, so the key is proper prep and storage. Wrap unwashed leafy greens in a paper towel, then place them in plastic bags in your refrigerator. The paper towel will help absorb excess moisture, which prevents your vegetables from rotting quickly. If you want to wash your greens first, make sure to dry them thoroughly in a salad spinner before storing them as instructed. If your greens have already started wilting, it's time to do damage control. Refresh them by giving them an ice bath! Place your greens in a large bowl of ice water and they should be revived after a couple of minutes.



We asked:

WHAT'S YOUR FAVORITE SUMMER COOLER OR FROZEN TREAT?

“The classic *halo-halo* never fails to make my family happy, but we don't enjoy it as much when the ice melts and it becomes too watery. What I do is combine milk with water, which I then use to make crushed ice. This way, when the ice melts, the *halo-halo* doesn't get diluted.” —**Ma. Teresa Dungea Amado**

“During the summer months, I find anything sweet a bit too overbearing. So instead of using sugar or syrup in my desserts, I use honey. For a healthier version of *saba con yelo*, I put together some boiled *saba* bananas, honey, coconut milk, crushed ice, and my favorite toasted *pinipig*.” —**Timmy Santos**

“It helps to be creative on days that are too hot to handle. I recently made a banana-cappuccino smoothie and my friends loved it! Just combine *lakatan* bananas, ice, condensed milk, and coffee in a blender. Blend until smooth and serve extra cold, topped with some gooey caramel fudge. The combination of bananas and coffee is super yummy!” —**Maricel Ladim**

“You know what keeps me cool and refreshed all throughout summer? Orange sherbet! To make,

simply squeeze out some fresh orange juice, add some honey and lemon, and freeze overnight. The following day, you can just use a spoon to scrape the frozen mixture into icy granules. Topped with fresh mint leaves and grated lemon or orange zest, it is simply divine!” —**Joee Huie**

“Nothing beats my go-to watermelon *samalamig*. My children love it, especially after spending afternoons playing out in the sun. You only need 5 ingredients to make it: cubed watermelon, evaporated milk, sugar, water, and lots of ice. Mix everything together in a punch bowl or a pitcher and serve cold!” —**Lilibeth Yambot Belon**

“Kiwi popsicles! They're so easy to make. Start by boiling sugar in a pan to make syrup. Slice kiwi into cubes, making sure that all seeds are removed. Process kiwi, syrup, and lime juice in a blender, then pour mixture into cups or molds. Freeze for 6 hours and you've got yourself a cool ice pop!” —**Jovelyn Mallillin**

“I make my version of a fruit smoothie I first tried in Taiwan! I blend together Chinese yam, apples, pineapples, raisins, almond powder, and milk until smooth. So delicious!” —**Ann Tolones Damirez**

Next question: WHAT DO YOU USUALLY DO WITH LEFTOVER RICE?

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



INGREDIENT SPOTLIGHT

KALE

Closely related to cabbage, broccoli, and cauliflower, kale is a nutritional powerhouse. In Manila, there are two kinds available: curly kale (P800 per kilo, Rustan's Supermarket) and plain or dinosaur kale (P230 per bundle, Epicurious). The former, known for its bitter and peppery characteristics, is best for making kale chips or simple sautés. The latter, with tall and narrow leaves, is great added to soups and salads. Kale has a ton of health benefits—lowering cholesterol levels, boosting the immune system—so grab a bunch on your next grocery visit.



STOP BY

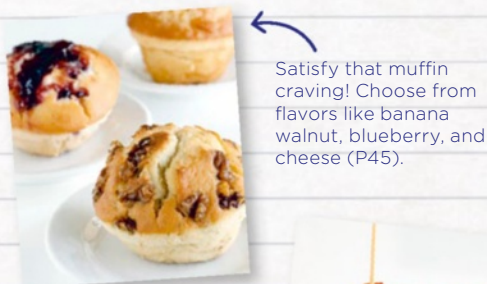
Manna Bakery and Café

Aguirre Avenue in BF Homes, Parañaque is known for its quirky restaurants and hole-in-the-wall joints, with new places popping up constantly. This neighborhood has a few hidden gems, including Manna, a quaint bakery that's quickly become the go-to place for freshly baked, quality breads in the area.

Manna prides itself on its European-style artisan breads, offering items like focaccia, ciabatta, sourdough bread, multi-grain cereal bread, and baguettes. Besides their excellent bread selection, you can also find a variety of pastries like chunky muffins (no skimping on ingredients here!), sticky cinnamon rolls, super-soft cheesecake, and more. Manna's bright and cozy shop is a haven away from the hectic city life. Once you enter its doors, you can just sit back, relax, and enjoy dishes like flavorful clam chowder in a crisp sourdough bread bowl or a juicy corned beef reuben with heaps of sauerkraut in between buttery toasted bread.

Manna's passion for food is apparent in how they carefully prepare it. A quote painted on one of the bakery walls says, "If the divine creator has taken pains to give us delicious and exquisite things to eat, the least we can do is prepare them well and serve them with passion." And that's how this quaint bakery keeps bread fanatics coming back for more.

Manna Bakery and Café is at 289 Aguirre Ave., BF Homes, Parañaque City (tel. no.: 358-5271); orders@mannabakers-café.com; www.facebook.com/MannaBakeryCafePh.



Satisfy that muffin craving! Choose from flavors like banana walnut, blueberry, and cheese (P45).

Buttered toasted bread, sauerkraut, succulent corned beef, and cheese—this Corned Beef Reuben (P289) is irresistible!



Freshly baked breads like sourdough (P40) and multigrain cereal bread (P165) are some of the delicious options available.

Kitchen glossary

Baste

The best way to keep your meats and poultry as moist and flavorful as possible is to use a method called basting. This cooking technique involves brushing grilled or braised meat repeatedly with the juices or drippings left in the pan. Melted butter, marinades, or other sauces can also be used. Here's a quick basting cheat sheet: Large birds like turkey or duck should be basted every 30 minutes. Chicken parts should be basted every 30 minutes, while barbecued meats should be basted every 15 minutes.



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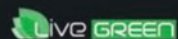
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Yummy Shopping



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Cutting edge

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KNIVES OUT Ceramic knives are a good addition to your kitchen, but they do need proper care. It is best to use them for slicing fruits, vegetables, and boneless meat. To avoid chipping, do not store them together with other steel knives—instead, invest in a good knife guard or a proper knife block. With proper care, you'll be able to use your ceramic knives for a long, long time.

The Küche 6" Ceramic Santoku Knife (P1,200) and the Küche 4" Ceramic Paring Knife (P650) are available at Rustan's Department Store. For a complete list of branches, visit www.rustans.com.ph.

Say cheese

Putting together a cheese platter for a party? Any of these supermarket cheeses would be a good addition!

MUY CALIENTE

Take your plain ol' Cheddar one step further with this fiery habanero-flavored cheese. Infused with raw habanero pepper chunks, this is reserved only for those who can handle a strong kick of heat! **Cabot Hot Habanero Cheddar, P425, Rustan's Supermarket**

PERFECT COMBINATION

With yummy morsels of apricots and sultanas, this cheese is a sweet-salty treat that's perfect with crackers or crusty bread. **Lemnos Fruit and Nut, P167, Robinsons Supermarket**

FEELING THE BLUES

Blue cheese is an acquired taste, but its signature flavor can be surprisingly versatile. Crumble it on top of salads, add it to ice cream, or make a blue cheese dip for buffalo wings. **Castello Danish Blue, P236, SM Supermarket**

GOT YOUR GOAT

Low in fat and high in potassium, chèvre or goat cheese is the perfect alternative to cheeses made with cow's milk. It has a tart and earthy flavor, making it great as a dessert cheese. **Frico Chevette, P233.50, Robinsons Supermarket**

HOLY COW

First made in Normandy using cow's milk, Camembert has an edible white rind and a soft, buttery, creamy interior. Try baking it whole for a gooey, flavorful appetizer! **Gerard Camembert de France, P183.60, The Landmark**

HOLE IN ONE

Also known as Swiss cheese, Emmental can be enjoyed over pasta, pizza, or simply in a sandwich with some ham and mayonnaise. **President Emmental, P324, The Landmark**



Sugar

Aside from the usual white and brown varieties, there are other kinds of sugar you can use in your cooking. Here's a quick guide to the 6 most common ones you'll find.

WHITE SUGAR is the type that most households have in their pantry. It's a refined, medium-grained sugar that's produced by dissolving, purifying, and granulating raw cane sugar. This is the type of sugar that's often called for in recipes.

BROWN SUGAR is a partially refined sugar that retains some of its molasses content. It is produced by adding molasses to refined white sugar, giving it a deeper taste, a darker

color, and more moisture. Light brown sugar contains about 3.5% molasses, while dark brown sugar has about 6.5%.

CONFECTIONERS' SUGAR, also known as powdered sugar, is refined white sugar that has been pounded into a very fine and silky texture, then sifted. To prevent it from clumping, about 3% cornstarch is added. This sugar is used to make icing and fondant, and is often dusted on baked goods.

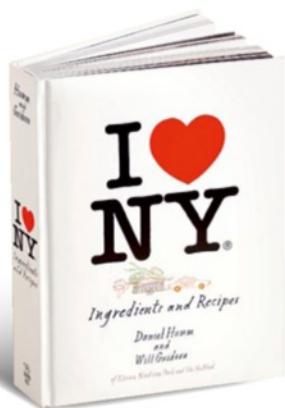
CASTOR OR CASTER SUGAR is a finely granulated sugar that dissolves almost instantly when mixed with other ingredients. It is named so because it was usually used with a condiment dispenser known as a caster. When used in baking, its fine sugar crystals incorporate more air and give more volume than other types of sugar, resulting in light, airy cakes.

MUSCOVADO SUGAR, which also goes by the name of Barbados sugar, is a brown sugar that's unrefined. It's a very dark brown sugar that's coarse, moist, and has a strong molasses flavor. It's usually added to coffee and other beverages and can be used in most recipes that call for regular brown sugar, but with a slight adjustment on the recipe's liquid content.

COCONUT SUGAR OR COCO SUGAR is sugar derived from the sap of cut flower buds of the coconut palm. With a high mineral content and a low glycemic index of 35, it is considered to be healthier than refined white and brown sugar. Coco sugar is a natural sugar substitute that can be used in beverages, cooking, and baking.



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



***I Love New York: Ingredients and Recipes* by Daniel Humm and Will Guidara (P1,829, National Book Store)**

"I love a good cookbook, and this one by Daniel Humm and Will Guidara of Eleven Madison Park is a true treasure. It's like a love letter to New York. I love that it honors the state's regional cuisine and the producers, farmers, and artisans who make it all possible."—*Liezl Yap*



***Mama Sita's All-Natural Guava Syrup* (P70, The Landmark)**

"When I want to add an exotic, tropical note to my food, I turn to this syrup. It captures the distinct and delicious essence of ripe pink guavas. Mix it with juice and cocktails, drizzle it on pancakes, or serve it with coconut ice cream. Its fruity flavor will easily transport you to the carefree days of summer!"—*Rachelle Santos*



***Blue Cheese Butter* (P150, Epicurious)**

"Just when I thought I could never find anything better than my favorite butter, I stumbled upon this version sent by the angels above. The first time I tried it, I almost finished the whole tub and a loaf of crusty bread in one sitting. And that's how I can live by bread alone—with this blue cheese butter by my side!"—*Idge Mendiola*



***Oishi Oaties Milk* from Robinsons Supermarket (P70 for a 1-liter pack)**

"I must confess that I first picked this up because of the packaging! This creamy milk is already packed with fiber, but I still enjoy pouring it over a bowl of muesli."—*Jon Tolentino*



***Fleur de Sel Filipinas* (P175)**

"The first time I tasted *fleur de sel* was on top of the chunkiest chocolate chip cookie and it was love at first bite. It took me a while to find this locally produced *fleur de sel*, but now that I have it, I sprinkle it on everything—eggs, sautéed vegetables, grilled fish, and even ice cream! I just can't get enough of the way this salt enhances flavors."—*Regine Rafael*



***Emborg Feta in Oil with Herbs and Olives* (P257, Robinsons Supermarket)**

"This jar of marinated feta makes it incredibly easy to prepare satisfying salads at home! To prepare, I toss the feta cubes with salad greens, candied *pili* nuts, and a honey mustard vinaigrette. It's simply delicious!"—*Trinka Gonzales*

Everyday Recipes



FAMILY
FAVORITE

TIP

TRY OTHER
OMELETTE
COMBINATIONS
SUCH AS BACON
AND MUSHROOM,
HERBS AND CHEESE,
OR SMOKED SALMON
AND CHIVES.

Sausage and Tomato Omelette

Simple yet tasty, this omelette will surely become one of your family's go-to breakfast dishes.

Makes 4 **Prep Time** 10 minutes **Cooking Time** 25 minutes

- ✓ 1 tablespoon olive oil
- ✓ 4 cooked sausages, sliced
- ✓ 2 tomatoes, chopped
- ✓ 2 cooked potatoes, chopped
- ✓ 8 eggs
- ✓ salt and pepper, to season
- ✓ 1/2 cup grated cheddar cheese

- ✓ 1/4 cup chopped parsley, plus extra for garnish
- ✓ 8 slices crusty bread, buttered and toasted

1 Heat an 8-inch round nonstick frying pan over medium heat.

2 For each omelette, heat 1 teaspoon of olive oil, swirling to coat the base of the pan. Add 1 sausage and a quarter of the tomatoes and potatoes. Sauté for 2 to 3 minutes.

3 Whisk 2 eggs in a medium bowl. Season with salt and pepper. Pour over sausage

mixture. Cook for a few seconds until slightly set. Pull cooked egg towards the center with a heatproof spatula, tilting pan to allow uncooked egg to run out to the edge of the pan. Repeat until omelette is set, about 1 to 2 minutes.

4 Sprinkle omelette with cheese and parsley. Cook for a few more seconds, then fold over to cover filling. Slide onto a plate and keep warm. Repeat procedure with remaining ingredients.

5 Top each omelette with chopped parsley. Serve with hot buttered toast on the side.

Satay Chicken

With this easy recipe, you can whip up a delicious satay in no time!
Try substituting coconut milk for water or use snow peas (*sitsaro*) in place of broccoli.

Serves 4 Prep Time 5 minutes

Cooking Time 15 minutes

- ✓ 600 grams chicken thigh fillets, trimmed and cut into strips
- ✓ juice of 1 lime
- ✓ zest of 1 lime
- ✓ ¼ cup chopped cilantro leaves (*wansoy*), plus extra leaves to serve
- ✓ 2 tablespoons vegetable oil
- ✓ 2 onions, sliced
- ✓ 1 (8-ounce) can satay sauce
- ✓ ¼ cup water
- ✓ 1 bunch broccoli, trimmed and separated

✓ steamed rice, to serve

1 Combine chicken, lime juice, lime zest, and cilantro in a large bowl.

2 Heat oil in a wok over high heat. Stir-fry onions for 2 to 3 minutes until tender. Add chicken mixture and stir-fry for 4 to 5 minutes or until almost cooked through.

3 Add satay sauce and water to the wok. Bring to a simmer and cook, stirring, for 3 to 4 minutes.

4 Toss broccoli through and simmer for 1 to 2 minutes. Serve with rice and extra cilantro leaves.



20 MINUTES
OR LESS



B.Y.O. BAON



Tangy Tomato Pork Ribs

Give a familiar dish a new kind of flavor! Try smothering typical pork ribs with this zesty sauce.

Serves 4 Prep Time 20 minutes
Cooking Time 1 hour and 35 minutes

- ✓ 1 tablespoon olive oil
- ✓ 1 onion, sliced
- ✓ 1 clove garlic, crushed
- ✓ 2 tablespoons tomato paste
- ✓ 1 tablespoon sweet paprika
- ✓ 1 teaspoon mustard powder
- ✓ 1 (400-gram) can diced tomatoes
- ✓ ¼ cup honey
- ✓ 2 tablespoons balsamic vinegar
- ✓ 2 teaspoons Worcestershire sauce
- ✓ 1.5 kilos American pork ribs
- ✓ coleslaw, to serve (see tip)

1 Preheat oven to 300°F. Place a rack in a large baking pan lined with foil.

2 Heat oil in a large saucepan over high heat. Sauté onion and garlic for 3 to 4 minutes until tender. Stir tomato paste, paprika, and mustard powder through and cook for 1 to 2 minutes until fragrant. Add tomatoes, honey, vinegar, and Worcestershire sauce, stirring to combine. Bring to a boil. Simmer for 8 to 10 minutes until thickened and reduced by one-third.

3 Cut ribs into sections of 3 to 4 ribs each. Toss ribs in half the sauce. Place on rack and cover with foil. Bake for 1 hour, basting halfway through.

4 Increase the oven temperature to 400°F. Uncover ribs and baste again using remaining sauce. Bake, uncovered, for 15 to 20 minutes, basting occasionally until golden and sticky. Serve ribs with coleslaw.

TIP

TO MAKE COLESLAW, COMBINE 2 CUPS SLICED GREEN CABBAGE, 1 SEEDED AND FINELY SLICED RED BELL PEPPER, AND 1 SHREDDED CARROT. FOR THE DRESSING, WHISK TOGETHER 2 TABLESPOONS OLIVE OIL, 1 TABLESPOON CIDER VINEGAR, AND 2 TEASPOONS WHOLE-GRAIN MUSTARD. TOSS AND SERVE!

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Family Kitchen

BY JOEY DE LARRAZABAL-BLANCO

✦ I can feel summer in the air. The sun is shining, the weather is warmer, and I just got my first sunburn of the season. Although I approach the rising temperatures (and the rising electricity bills) with trepidation, I also feel those same prickles of excitement I have felt since I first consciously beheld summer. The season brings with it the expectant thrill of school's end, beach vacations, and long, lazy days. Even now, working full-time with summer vacation a thing of the past, these days still hold the same charm.

With all the summer planning, cooking sometimes falls to the wayside. We're too busy, too much is happening, or it's just too hot to get near the stove. But that doesn't mean you can't throw together homemade snacks that are delicious, refreshing, and require no cooking at all.

These yogurt pops are almost too easy to make. All you need to do is combine the ingredients in a blender and freeze the mixture. That's it! I like using Greek yogurt because it makes the creamiest pops, but you can use other kinds. Try other fruits, too. Strawberries or bananas would make great yogurt pop flavors! You can add some bits of whole fruit to the mixture as well, like chopped strawberries. If you have trouble getting the pops out of the molds, run the molds under some warm water to loosen them.

These popsicles are a great healthy snacking alternative. You can even try adding wheat germ or flax seeds. If you prefer to use another form of sweetener, like agave syrup, go ahead! These are effortless, yummy, and absolutely perfect on a hot day. Have a fantastic summer, everyone!



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 MENDOZA. HAIR & MAKEUP: JAIN YANG

YOGURT POPS

Makes 8 to 10 pops **Prep Time** 5 minutes

Freezing Time 3 to 4 hours (or until frozen)

- ✓ 2 cups Greek yogurt
- ✓ 180 to 200 grams cubed mango
- ✓ 2 to 4 tablespoons honey, or more to taste

1 Combine yogurt, mango, and honey in a blender. Process until smooth. Add more honey to taste.

2 Pour yogurt mixture into popsicle molds and freeze for 3 to 4 hours, or until frozen solid.

TIP

IF YOU DON'T HAVE POPSICLE MOLDS, YOU CAN USE ANY SIMILARLY SIZED AND SHAPED CONTAINER. JUST PUT A POPSICLE STICK IN AND FREEZE. ESPRESSO CUPS AND SHOT GLASSES WILL ALSO WORK FOR MINI-POPS!





Hey, Home Baker!

BY AILEEN ANASTACIO

◆ Hello, summer! When the weather's this hot, it's time to make frozen desserts. Here's a recipe that is sure to keep you cool: banana split ice cream pie!

As a kid, I loved going to the ice cream parlor and my usual order was a banana split. I loved the combination of the 3 different flavors of ice cream with sliced bananas, pineapple chunks, and whipped cream. Of course, it was never complete without the cherry on top. It's a classic!

This recipe takes the familiar flavors of the beloved banana split and transforms it into a pie. The crust for this uses graham cracker

crumbs. Once the crust is ready, start adding the ice cream, one layer at a time. Allow enough freezing time for each ice cream layer so it will set properly. You can double the quantity of ice cream per flavor to have more visible layers.

A few more tips: Purchase whipped cream in an aerosol can for an easy shortcut. After decorating the pie, it's best to freeze this overnight before serving to prevent it from melting too fast. You can also make the pie in a rectangular loaf pan instead.

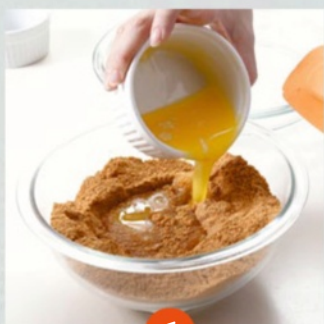
Now that I've given you a lot of tips, head to the kitchen to start making this dessert. Have a great summer!

About the columnist

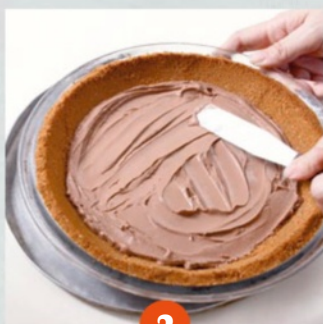
Aileen Anastacio is best known as the chef and president of bakeshop-café Goodies N' Sweets. She is also the author of *Home Café*, a book on desserts and coffee, and *Home-made for the Holidays*, co-authored with Angelo Comsti. For more of Aileen's recipes and to read about her culinary adventures,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



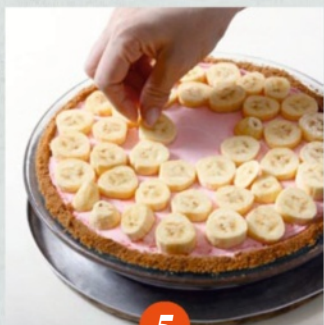
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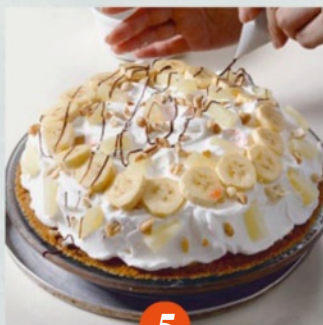
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BANANA SPLIT ICE CREAM PIE

Makes 1 (9-inch) pie **Prep Time**
40 minutes, plus freezing time

FOR THE CRUST

- ✓ 2 cups graham cracker crumbs
- ✓ 2 tablespoons white sugar
- ✓ 1/4 cup butter, melted

FOR THE ICE CREAM LAYERS

- ✓ 1 1/2 cups chocolate ice cream
- ✓ 1 1/2 cups vanilla ice cream
- ✓ 1 1/2 cups strawberry ice cream

FOR THE TOPPINGS

- ✓ 4 to 5 bananas (*lakatan*), sliced into rounds
- ✓ 1/4 cup canned pineapple tidbits
- ✓ 1 to 1 1/2 cups sweetened whipped cream
- ✓ 2 tablespoons toasted peanuts, chopped
- ✓ 1 to 2 tablespoons chocolate syrup or melted chocolate
- ✓ 6 maraschino cherries

1 Make the crust: Combine graham cracker crumbs, white sugar, and

melted butter in a bowl. Press mixture on the bottom and sides of a 9-inch pie plate, making sure it's packed tightly. Cover and refrigerate for 20 minutes.

2 Make the ice cream layers: Place chocolate ice cream in a bowl. Stir to soften until spreadable but not melted. Spread evenly over the graham crust. Freeze for 1 to 2 hours or until set.

3 Following the same procedure, add vanilla ice cream on top to make the next layer. Freeze again for 1 to 2 hours.

4 Repeat procedure with strawberry ice cream. Freeze for 1 to 2 hours or overnight until set.

5 When set, place sliced bananas and pineapple tidbits over the ice cream, but reserve some for garnish. Spread whipped cream all over the pie. Garnish with peanuts, more sliced bananas, and additional pineapple tidbits. Drizzle with chocolate syrup.

Garnish with cherries. Freeze until ready to serve.





Chef at Home

BY JUN JUN DE GUZMAN

★ Summer's here and the heat is on! This time of year, one of the best ways to cool down and feel refreshed is through cold desserts. Gelatin is always a favorite in our family, and this month, I'm sharing a recipe inspired by something we enjoyed when we were sightseeing in Kyoto last Christmas. What makes this dessert special is the different layers and textures—strawberries on the bottom, chewy *nata de coco* cubes on top.

For best results, make sure to use the brand of gelatin specified in the recipe so that you get the proper consistency. Not all kinds of gelatin come from the same source, so the final texture will differ if you use a different brand. It's also best to let the first layer cool and set for a few hours before adding the top layer. If you're pressed for time, you can also choose to make just one layer.

This recipe can also be made in a bigger container instead of individual serving glasses, but of course, it'll also take longer to set. Other fruits, both fresh or canned, can also be used aside from strawberries. Just make sure to drain the fruit well before using it.

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.



SUMMER GELATIN

Serves 10 to 12 **Prep Time** 20 to 30 minutes, plus chilling time **Cooking Time** 10 minutes

FOR THE BOTTOM LAYER

- ✓ 1 (120-gram) can strawberries, drained
- ✓ 1/2 (85-gram) box strawberry-flavored gelatin (we used Jello)
- ✓ 1 (7-gram) sachet unflavored gelatin (we used Knox)
- ✓ 1/3 cup sugar
- ✓ 2 cups water

FOR THE TOP LAYER

- ✓ 4 sheets leaf gelatin
- ✓ 4 cups cold water, divided
- ✓ 1/2 cup sugar
- ✓ 1 (100-gram) jar *nata de coco*, drained
- ✓ fresh strawberry slices for garnish

1 Prepare 10 to 12 small (1-cup or 1 1/2-cup capacity) containers or serving glasses.

- 2** Make the bottom layer: Divide drained strawberries among serving glasses and set aside.
- 3** Combine remaining ingredients in a saucepan. Mix together. Bring to a boil, stirring occasionally. Remove from heat and let cool to room temperature.
- 4** Pour mixture into prepared serving glasses, leaving enough space for another layer. Refrigerate for an hour.
- 5** Meanwhile, make the top layer: Bloom leaf gelatin in 2 cups cold water. Set aside for 5 minutes until gelatin softens.
- 6** Combine remaining 2 cups water and sugar in a saucepan. Bring to a boil. Add bloomed gelatin. Set aside.
- 7** Place drained *nata de coco* cubes on top of the prepared bottom gelatin layer, making sure that it has already set. Pour in leaf gelatin mixture. Refrigerate until set, around 4 hours or overnight.
- 8** Decorate with fresh strawberry slices before serving cold.



Must Cook Veggie Recipes

Vegetable Vermicelli with Crispy Tofu

Ingredients:

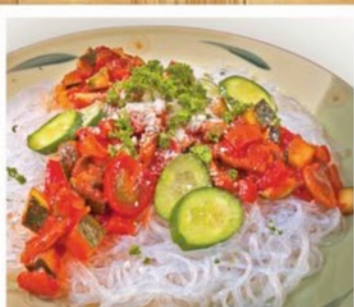
- 250g Sapporo Long Kow Vermicelli (sotanghon)
- 100g firm tofu
- Vegetable oil
- 1 tbsp. sesame seeds, roasted
- 1 bunch fresh asparagus, blanched, thinly sliced vertically
- 1 handful snow peas, blanched, thinly sliced vertically
- 1 pc. carrot, julienned
- 1 sprig leeks
- 1 pc. capsicum, thinly sliced into sticks
- Peanuts, crushed

For the dressing:

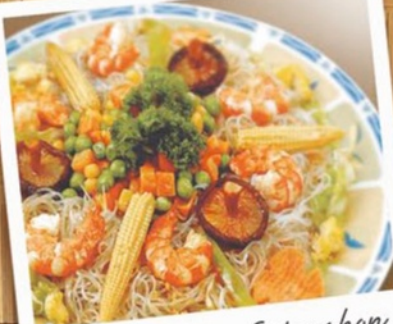
- 2 tbsps. soy sauce
- 2 tbsps. lime juice
- 1 tbsp. honey
- 1 tbsp. sesame oil
- 1 clove garlic, minced
- 1 pc. red chili, finely diced

Procedure: Soak Sapporo sotanghon in hot water for about 15 minutes. Drain and set aside. Slice the tofu and sprinkle the sesame seeds into it. Using a large wok, heat the vegetable oil over medium to high setting and deep fry the tofu until crisp and golden brown. Meanwhile, combine all the dressing ingredients in a bowl and set aside. Divide the sotanghon into the serving plate then mix in the vegetables and the dressing. Top with crispy tofu, peanuts and leeks. Serve.

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Italian Vermicelli with
Chunky Vegetable Sauce



Sapporo Veggie Sotanghon



Noodleliciously Healthy



Biz Whiz

BY SHARLENE TAN

✦ I've been experimenting with a variety of grains in the kitchen lately—pink rice, black rice, quinoa, couscous, and my new favorite rice substitute, risoni. Also called orzo, risoni is fun to cook with because you get the same al dente chewiness from pasta in the shape of rice! It's usually added to soups, like a substitute for macaroni, but I love using it in rice recipes or tossing it with other ingredients to make a cold salad.

The recipe I'm sharing this month is a light and refreshing version of a seafood saffron pasta I make at home during special occasions. Cooking the risoni in stock (flavored with crushed saffron) gives it that bright yellow color and adds that distinct saffron flavor as well. Risoni is available at large supermarkets and specialty food shops like Santis Delicatessen. Saffron may be a bit too expensive to have on hand in the pantry, but it keeps well when sealed in a tight container. Its flavor pairs exceptionally well with seafood. I also use two kinds of olive oil in this recipe—the regular kind for sautéing the seafood and the extra virgin olive oil for tossing the risoni. It's better to add the extra virgin olive oil just before serving to preserve its distinct flavor.

About the columnist

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

TIP

FOR A TASTY SALAD, YOU CAN ALSO TOSS COOKED AND COOLED RISONI IN A SIMPLE MIXTURE OF OLIVE OIL, LEMON JUICE, TOMATOES, AND CUCUMBERS.



SEAFOOD SAFFRON RISONI

Serves 3 Prep Time 10 minutes, plus marinating time **Cooking Time** 15 minutes

- ✓ 5 cups chicken broth
- ✓ 1/2 teaspoon saffron, crushed
- ✓ 300 grams uncooked risoni
- ✓ 2 teaspoons salt, divided
- ✓ 1 1/2 teaspoons ground black pepper, divided
- ✓ 1/3 cup lemon juice, divided
- ✓ 3 tablespoons olive oil
- ✓ 500 grams shrimp, peeled and deveined
- ✓ 300 grams squid, cleaned and peeled, sliced into rings
- ✓ 1/3 cup extra virgin olive oil
- ✓ zest from 1 lemon
- ✓ 1/4 cup chopped parsley

1 Bring chicken broth to a boil. Add crushed saffron. Reduce heat to low and simmer for 5 minutes to allow stock to absorb the saffron flavor. Bring stock back to a boil and add risoni. Cook for 8 minutes

until tender but with a bite. Drain; transfer to a large bowl. Set aside.

2 Mix together 1 teaspoon salt, 1 teaspoon pepper, and 3 tablespoons lemon juice. Divide mixture equally among two bowls. Add shrimp to one bowl and squid to the other bowl. Set aside to marinate for 2 to 3 minutes.

3 Heat 3 tablespoons olive oil in a pan. Sauté shrimps (including marinade) briefly until they turn pink and curl up. Add squid rings (including marinade) and sauté until just cooked, about 3 minutes. Set aside seafood and juices to prevent them from cooking further in the pan.

4 Add extra virgin olive oil, remaining lemon juice, lemon zest, parsley, remaining 1 teaspoon salt, and remaining 1/2 teaspoon pepper to the risoni. Season to taste.

5 Add seafood and all its juices to the risoni. Toss to combine and serve warm.



Around the World

BY SARI JORGE

✦ Finding a recipe that appeals to both adults and kids can be challenging at times. And no matter how delicious a dish is, no one likes having the same thing over and over again either. This summer, try something new and surprise your family with a special dish they don't get to eat every day, like these beef kebabs!

Beef kebabs make for a light, healthy dinner. They taste even more delicious when made using fresh summer ingredients. By combining juicy meat with red onions, bell peppers, and mushrooms on skewers, you'll have a tasty meal that everyone in the family will enjoy.

This recipe is incredibly easy to make. All you need to do is marinate the beef in advance. From there, it only takes a few minutes to prep and serve. You can even ask your kids to help you prepare the sauce while you grill the skewers! Serve together with white garlic cream sauce and warm pita bread for a delicious summer meal. Enjoy!

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.



BEEF KEBABS WITH GARLIC CREAM SAUCE

Makes 6 **Prep Time** 20 minutes, plus marinating time **Cooking Time** 20 minutes

FOR THE GARLIC CREAM SAUCE

- ✓ 1/4 cup chopped garlic
- ✓ 1/4 cup fresh milk
- ✓ 3/4 cup mayonnaise (we used Lady's Choice)
- ✓ 1/4 cup plain yogurt
- ✓ 1 teaspoon lemon juice

FOR THE MARINADE

- ✓ 1/3 cup tomato paste
- ✓ 1/2 cup olive oil
- ✓ 1 1/2 tablespoons chopped garlic
- ✓ 1 teaspoon Worcestershire sauce
- ✓ 1/4 teaspoon dried thyme
- ✓ 2 teaspoons dried oregano
- ✓ salt and black pepper, to season
- ✓ 500 grams beef tenderloin, sliced into 1 1/2-inch cubes
- ✓ 2 red and green bell peppers, sliced into big squares
- ✓ 2 onions, sliced into big squares

- ✓ 3 tomatoes, sliced into big squares
- ✓ warm pita bread and lemon wedges, to serve

1 Make the garlic cream sauce: Blend garlic and milk for 1 minute in a blender. Let stand for 10 minutes. Pass mixture through a sieve. Mix strained milk with mayonnaise, yogurt, and lemon juice in a bowl. Set aside until ready to serve.

2 Make the marinade: Mix together tomato paste, olive oil, chopped garlic, Worcestershire sauce, dried thyme, dried oregano, salt, and black pepper in a bowl. Add beef and marinate for at least 1 hour.

3 When ready to cook, heat a charcoal grill. Thread marinated beef onto skewers, alternating with sliced bell peppers, onions, and tomatoes. Grill until cooked, occasionally brushing kebabs with the marinade.

4 Serve beef kebabs with garlic cream sauce, warm pita bread, and lemon wedges.

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CRUSTACEAN NATION

Pressed for time? These 5 simple **shrimp** recipes can go from stove to table in 20 minutes flat.



PHOTOGRAPHY: PATRICK MARTINEZ. RECIPES: CARINA GUEVARA-GALANG. STYLING: RACHELLE SANTOS.

RECIPES THIS WAY }>

MONDAY

CRISPY SHRIMP BALLS

Paired with sweet chili sauce, these shrimp balls are sure to be a new family favorite. Make a big batch and freeze them for future use after step 2!

Serves 4 to 6

Prep Time 10 minutes

Cooking Time 10 minutes

- ✓ 1 egg white, lightly beaten
- ✓ 1/2 kilo shrimp, shelled and deveined
- ✓ 1 tablespoon oil or 1/4 cup chopped pork fat
- ✓ 1 tablespoon cornstarch
- ✓ 1 teaspoon salt or fish sauce (*patis*)
- ✓ 1 teaspoon sugar
- ✓ 1/2 teaspoon sesame oil
- ✓ 1/2 teaspoon ground white pepper
- ✓ 2 cups Japanese breadcrumbs

- ✓ oil for deep-frying
- ✓ bottled sweet chili sauce, to serve

1 Using a food processor, beat egg white until frothy. Add shrimp, oil or pork fat, cornstarch, and seasonings. Blend until a sticky paste forms. (If you don't have a food processor, chop the shrimp and pork fat finely, then add beaten egg white, cornstarch, and seasonings.)

2 Wet your hands. Form mixture into 1 1/2-inch balls and roll in Japanese breadcrumbs. Make sure the shrimp balls are evenly coated in breadcrumbs.

3 Deep-fry shrimp balls in a deep-fryer or wok until they turn golden brown. Transfer to a plate and serve hot with sweet chili sauce.



TUESDAY

CREAMY SHRIMP AND LEMON PENNE

The natural sweetness of shrimps and the tangy zing of lemons go together perfectly in this creamy pasta dish.

Serves 3 to 4

Prep Time 10 minutes

Cooking Time 10 minutes

- ✓ 3/4 (8-oz) bar cream cheese, softened
- ✓ 1 chicken bouillon cube
- ✓ 1/2 cup reserved pasta water
- ✓ 1 tablespoon olive oil
- ✓ 1 cup chopped white onions
- ✓ 2 cloves garlic, minced
- ✓ 1/2 kilo shrimp, peeled and deveined
- ✓ zest and juice of 1 large lemon
- ✓ 2 cups penne pasta, cooked according to package directions
- ✓ 1/4 cup chopped fresh parsley
- ✓ 1 cup shredded mozzarella cheese
- ✓ chili flakes (optional)

1 Mix cream cheese and chicken bouillon cube with pasta water until well-blended. Set aside.

2 Heat oil in a large frying pan over medium-high heat. Add onions and garlic; sauté for 1 minute. Add half the shrimp and cook for 2 minutes, stirring frequently, until lightly browned. Transfer shrimp to a plate and cover to keep warm. Repeat process with remaining shrimp.

3 Return shrimp to the frying pan. Add cream cheese mixture and lemon zest; mix well. Cover and cook on low heat for one minute or until shrimp is heated through.

4 Stir in lemon juice, pasta, and parsley. Remove the cover of the pan and cook for another minute, stirring frequently, until heated through. Stir in mozzarella cheese.

5 Transfer to a serving platter. Sprinkle with chili flakes, if desired, and serve hot.



WEDNESDAY

SHRIMP WITH BROCCOLI AND MUSHROOMS

This easy stir-fry uses ingredients you already have in your kitchen. For a twist, add more vegetables like celery or carrots, or other kinds of mushrooms like enoki or shiitake.

Serves 4 Prep Time 10 minutes

Cooking Time 10 minutes

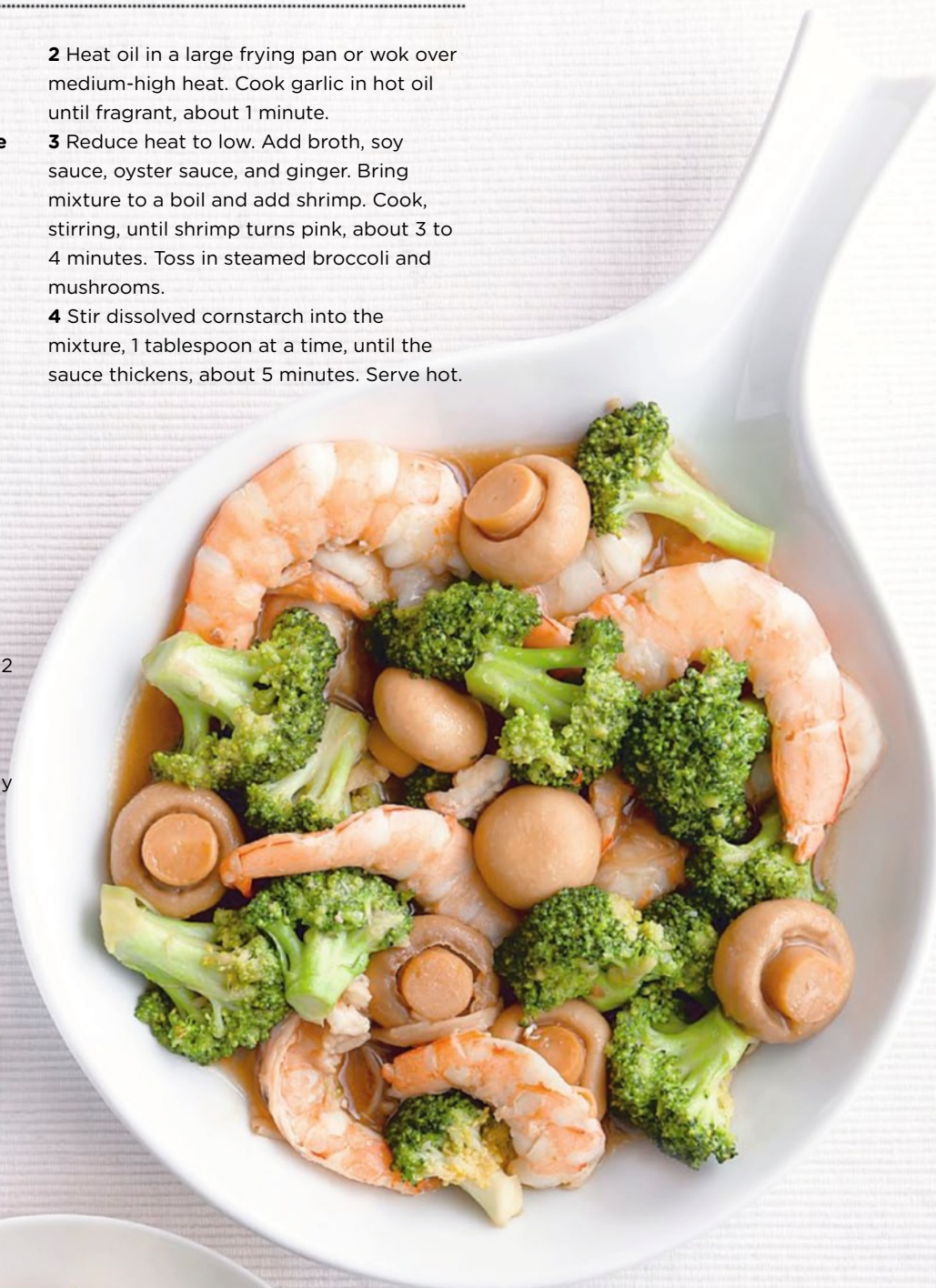
- ✓ 2 cups broccoli florets
- ✓ 1 tablespoon water
- ✓ 2 tablespoons vegetable oil
- ✓ 4 large cloves garlic, minced
- ✓ 1 cup low-sodium chicken broth
- ✓ 1 tablespoon soy sauce
- ✓ 1 tablespoon oyster sauce
- ✓ 2 teaspoons grated ginger
- ✓ 1/2 kilo medium shrimp, peeled and deveined
- ✓ 1 cup canned button mushrooms, drained
- ✓ 2 tablespoons cornstarch, dissolved in 2 tablespoons water

1 Combine broccoli and water in a glass bowl. Steam in the microwave until slightly tender, about 2 to 3 minutes. Alternately, you can also steam the broccoli in a preheated steamer or blanch in a pot of boiling water.

2 Heat oil in a large frying pan or wok over medium-high heat. Cook garlic in hot oil until fragrant, about 1 minute.

3 Reduce heat to low. Add broth, soy sauce, oyster sauce, and ginger. Bring mixture to a boil and add shrimp. Cook, stirring, until shrimp turns pink, about 3 to 4 minutes. Toss in steamed broccoli and mushrooms.

4 Stir dissolved cornstarch into the mixture, 1 tablespoon at a time, until the sauce thickens, about 5 minutes. Serve hot.



THURSDAY

BARBECUED TERIYAKI SHRIMPS

These grilled skewers are up for anything: a summer getaway by the beach, a quiet dinner at home, or a birthday party spread!

Serves 4 Prep Time 10 minutes

Cooking Time 10 minutes

FOR THE TERIYAKI SAUCE

- ✓ 1 cup water
 - ✓ ¼ cup soy sauce
 - ✓ 5 tablespoons packed brown sugar
 - ✓ 1 to 2 tablespoons honey
 - ✓ ½ teaspoon ground ginger
 - ✓ ¼ teaspoon garlic powder
 - ✓ 2 tablespoons cornstarch, dissolved in ¼ cup cold water
-
- ✓ ½ kilo large shrimp, peeled and deveined

1 Make the teriyaki sauce: Mix all ingredients except dissolved cornstarch in a saucepan. Cook over medium heat for 1 to 2 minutes.

2 Add dissolved cornstarch and cook until sauce thickens. Set aside and let cool.

3 Thread shrimps onto barbecue sticks or metal skewers. Divide teriyaki sauce into two bowls. Baste raw shrimp with half of the teriyaki sauce.

4 Prepare a charcoal grill or grill pan. Grill shrimp just until it turns pink. Baste with remaining teriyaki sauce before serving. Serve hot.





F R I D A Y

SHRIMP WITH CHORIZO SAUCE

Here's a fun take on surf and turf! Chorizo and *longganisa* add a smoky flavor that contrasts well with the sweet shrimp.

Serves 4 Prep Time 10 minutes

Cooking Time 10 minutes

- ✓ 1 tablespoon olive oil
- ✓ 2 tablespoons butter
- ✓ 1 cup skinless garlic *longganisa*, crumbled
- ✓ ¼ cup chopped Spanish chorizo
- ✓ ½ cup pork or chicken stock
- ✓ 1 tablespoon sherry or rum (optional)
- ✓ pinch of chili flakes (optional)
- ✓ ½ kilo prawns, cleaned (with the whiskers trimmed), skins, heads, and tails left on

1 Heat a heavy-bottomed pan. Add oil and butter. When oil is hot and butter has melted, add skinless *longganisa* and fry until cooked and crispy. Add chorizo and cook until all fat has been rendered.

2 Add chicken stock, sherry, and chili flakes, if using. Simmer gently.

3 Add prawns and mix gently. Cover and cook for about 2 to 3 minutes or just until prawns have turned pink. Serve immediately.

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Your online recipe database for the Filipino who loves to cook and eat

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MANGO-KIWI-STRAWBERRY POPSICLE



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South of the border

Colorful, vibrant, and packed with flavor, these Mexican dishes will surely make your weekend a delicious one!



THE MENU

Chicken
and Cheese
Quesadillas

Grilled
Steak Soft
Tacos

Strawberry
Yogurt
Paletas

Orange
Creamsicle
Paletas

RECIPES THIS WAY ➔

CHICKEN AND CHEESE QUESADILLAS

Tender chicken, tasty cheese, and sweet peppers make this appetizer the perfect way to start a Mexican feast!

Serves 2 to 4 Prep Time 40 minutes

Cooking Time 25 minutes

FOR THE GUACAMOLE

- ✓ ¾ cup chopped avocados
- ✓ ¼ cup chopped cherry or salad tomatoes
- ✓ 1 tablespoon chopped cilantro (*wansoy*)
- ✓ 1 teaspoon minced garlic
- ✓ 1 tablespoon lemon juice
- ✓ ⅛ teaspoon salt
- ✓ ⅛ teaspoon cayenne pepper
- ✓ ⅛ teaspoon ground cumin
- ✓ ⅛ teaspoon jalapeño pepper sauce or hot sauce

FOR THE SALSA FRESCA

- ✓ ¾ cup chopped ripe tomatoes
- ✓ 2 tablespoons chopped white onions
- ✓ 1 tablespoon chopped cilantro (*wansoy*)
- ✓ 1 tablespoon lime juice
- ✓ ⅛ teaspoon habanero pepper sauce or hot sauce

- ✓ salt and pepper, to taste
- ✓ 2 white onions, sliced into rings
- ✓ 1½ tablespoons butter
- ✓ ½ teaspoon brown sugar
- ✓ 1 cup grated Colby-Jack or mozzarella cheese
- ✓ 1 cup grated cheddar cheese
- ✓ 4 (10-inch) flour tortillas
- ✓ 2 cups shredded store-bought roast chicken breast or boiled chicken breast
- ✓ 2 tablespoons chopped cilantro (*wansoy*)
- ✓ 1 roasted yellow or green bell pepper, seeded and sliced into strips
- ✓ 1 cup sour cream, sprinkled with ½ teaspoon cayenne pepper

1 Make the guacamole: Combine all ingredients in a bowl. Cover with foil and refrigerate for 45 minutes.

2 Make the salsa fresca: Mix all ingredients in a bowl. Cover with foil and refrigerate for 45 minutes.

3 In a small pan, sauté onion rings in butter and sugar over high heat until translucent. Set aside.

4 Combine cheeses in a medium bowl. Set aside.

5 Heat a large, flat nonstick pan over medium heat. Place a tortilla in the pan. Place half the shredded chicken breast, half the cilantro, half the caramelized onions, half the roasted bell pepper strips, and half of the cheese mixture on the tortilla.

6 Top with another tortilla. Press down lightly using a spatula until bottom is golden and cheeses have melted.

7 Flip carefully and let the tortilla brown for about 2 to 3 minutes. Slide the quesadilla carefully from the pan and onto a cutting board. Let stand for 1 to 2 minutes and cut into wedges. Repeat process with remaining ingredients.

8 Serve warm with guacamole, salsa fresca, and sour cream.





GRILLED STEAK SOFT TACOS

A simple *pico de gallo* livens up the flavors of these soft tacos. If you're pressed for time, you can also use store-bought bottled salsa.

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

FOR THE PICO DE GALLO

- ✓ 1 cup chopped green or unripe tomatoes
- ✓ 4 tablespoons chopped red onions
- ✓ 1 tablespoon chopped cilantro (*wansoy*)
- ✓ 1 tablespoon chopped jalapeño peppers
- ✓ 2 tablespoons lemon juice
- ✓ 1/4 teaspoon habanero pepper sauce or hot sauce
- ✓ salt and pepper, to taste
- ✓ 500 grams beef tenderloin, sliced into 1 1/2-inch-thick strips
- ✓ 2 teaspoons sea salt
- ✓ 1 teaspoon ground black pepper
- ✓ 1/2 tablespoon lime juice
- ✓ 1 tablespoon olive oil
- ✓ 8 (6-inch) flour tortillas
- ✓ 2 cups shredded iceberg lettuce
- ✓ 1 cup grated cheddar cheese

- ✓ 1 cup cream cheese, softened
- ✓ 2 cups guacamole
- ✓ 1 cup sour cream
- ✓ lime wedges, to serve (optional)

- 1** Make the *pico de gallo*: Combine all ingredients in a bowl. Cover with foil and refrigerate for 45 minutes.
- 2** Marinate beef tenderloin in salt, pepper, and lime juice for at least 1 hour.
- 3** Drizzle olive oil on a heavy cast iron pan and place over high heat. Grill beef tenderloin slices for about 1 to 2 minutes per side. Set aside.
- 4** Warm tortilla on a nonstick pan for about 15 seconds per side. Transfer to a plate. Layer half of tortilla with a few pieces of grilled beef, about 3 tablespoons shredded lettuce, 2 tablespoons cheddar cheese, 2 tablespoons cream cheese, 2 tablespoons *pico de gallo*, 2 tablespoons guacamole, and 1 tablespoon sour cream. Fold the tortilla over. Repeat to make a total of 8 soft tacos.
- 5** Serve immediately with remaining guacamole, *pico de gallo*, sour cream, and lime wedges.

STRAWBERRY YOGURT PALETAS

These Mexican ice popsicles are great for the summer season. Go ahead and try a combo of different fruits!

Serves 8 to 10 Prep Time 15 minutes, plus freezing time

- ✓ 500 grams fresh strawberries, washed and hulled
- ✓ 1/3 cup sugar
- ✓ 1/3 cup all-purpose cream
- ✓ 1/2 cup strawberry yogurt drink (we used Dutch Mill)
- ✓ 1 tablespoon lemon juice
- ✓ 1/2 teaspoon vanilla extract

- 1** Combine all ingredients in a blender. Pulse until smooth.
- 2** Pour strawberry mixture into ice pop molds. Freeze for about 4 to 6 hours.
- 3** Release ice pops from the molds by running warm water over the bottom for a few seconds.

ORANGE CREAMSICLE PALETAS

Serves 8 to 10 Prep Time 15 minutes, plus freezing time

- ✓ 2 ripe Valencia oranges, peeled, seeded, and sliced into segments
- ✓ 1/2 cup fresh orange juice
- ✓ 1 cup softened vanilla ice cream
- ✓ 3 tablespoons honey
- ✓ 1/4 teaspoon orange extract
- ✓ 1/2 teaspoon vanilla extract

- 1** Combine all ingredients in a blender. Pulse until smooth.
- 2** Pour orange mixture into 8 to 10 ice pop molds and freeze for about 4 to 6 hours.
- 3** Release ice pops from the molds by running warm water over the bottom for a few seconds.



Keeping it cool

Have a blast under the hot summer sun
with these thirst-quenching Pinoy coolers!

PHOTOGRAPHY BY Patrick Martires

RECIPES BY Myke "Tatung" Sarthou of Chef Tatung

ART DIRECTION BY Jon Tolentino

STYLING BY Idge Mendiola

Buko-Mais con Yelo

Who doesn't love a tall glass of *mais con yelo* on a bright sunny day? Top it off with a big scoop of ice cream for an extra delightful treat.

Serves 2

Prep Time 5 minutes

- ✓ ½ cup condensed milk
- ✓ ½ cup evaporated milk
- ✓ ½ cup corn kernels, divided
- ✓ 1 cup crushed ice
- ✓ ½ cup *buko* meat, sliced into squares
- ✓ 1 teaspoon toasted *pinipig*, for topping (optional)
- ✓ sugar, to taste

1 Combine condensed milk and evaporated milk in a bowl; set aside.

2 Fill 2 glasses with 2 teaspoons corn kernels each. Divide crushed ice among glasses.

3 Add remaining corn, *buko*, and toasted *pinipig* (if using). Drizzle with milk mixture and sweeten with more sugar, if needed. Serve immediately.



Easy Halo-Halo

Only a few key ingredients make up this *halo-halo*, proving that simple can also be delicious.

Serves 1 Prep Time 10 minutes

- ✓ 3 tablespoons diced sweetened bananas (*saba*), divided
- ✓ 1 cup crushed or shaved ice
- ✓ 2 tablespoons cooked tapioca pearls (*sago*)
- ✓ 3 tablespoons *nata de coco*
- ✓ 3 tablespoons diced *leche flan*
- ✓ ¼ cup evaporated milk
- ✓ 2 tablespoons toasted *pinipig*, for topping

✓ simple syrup, to taste

- 1** Place 1 tablespoon sweetened *saba* and crushed ice in a serving glass. Top with remaining sweetened *saba*, *sago*, *nata de coco*, and *leche flan*.
- 2** Drizzle evaporated milk on top and sweeten with syrup to taste. Sprinkle with toasted *pinipig*. Serve immediately.

Tibok-Tibok con Leche

Tibok-tibok is a popular Kapampangan delicacy made with pure carabao's milk. If you don't have it, use *maja mais* instead.

Serves 2 Prep Time 5 minutes

- ✓ 4 tablespoons diced *leche flan*
- ✓ 4 tablespoons diced *tibok-tibok*
- ✓ ¼ cup condensed milk
- ✓ ¼ cup fresh coconut milk (*gata*)
- ✓ ¼ cup all-purpose cream
- ✓ simple syrup, to taste
- ✓ 2 tablespoons *latik*, for topping

Combine *leche flan*, *tibok-tibok*, condensed milk, *gata*, and all-purpose cream in a bowl. Sweeten with syrup to taste, if needed. Transfer to serving glasses and chill until ready to serve. Top with *latik* before serving.





Ube-Keso Smoothie

The tried-and-tested combination of *ube* and *keso* never goes out of style. Here, we use fresh *ube* for that distinct purple color.

Serves 1 Prep Time 10 minutes

- ✓ 1/2 cup *ube*, boiled and peeled
- ✓ 1/4 cup evaporated milk
- ✓ 1/4 cup all-purpose cream
- ✓ 1 cup ice cubes
- ✓ simple syrup, to taste
- ✓ 2 scoops cheese ice cream

1 Combine *ube*, evaporated milk, all-purpose cream, and ice cubes in a blender. Blend until smooth. Sweeten with simple syrup, if necessary. Transfer to a serving glass and top with cheese ice cream. Serve immediately.

Mango-Ginger Yogurt Smoothie

Ginger lends a soothing flavor to this refreshing smoothie. Have pitchers ready at your next barbecue party!

Serves 1 Prep Time 10 minutes

- ✓ flesh of 1 ripe mango, cubed
- ✓ 2 tablespoons ginger juice (peel, grate, and extract the juice from 1 thumb-sized piece ginger)
- ✓ 1/2 cup plain yogurt
- ✓ 1/4 cup evaporated milk
- ✓ 1 cup ice cubes
- ✓ simple syrup, to taste

1 Combine mango cubes, ginger juice, yogurt, evaporated milk, and ice cubes in a blender. Blend until smooth. Sweeten with simple syrup to taste. Serve immediately.



Banana-Chocnut Shake

Dreaming of a summer getaway, but can't find the time? This frozen drink will take you straight to the beach!

Serves 1 Prep Time 5 minutes

- ✓ 2 bananas (*lakatan*)
- ✓ 3 pieces Chocnut, plus more for garnish
- ✓ 1 cup ice cubes
- ✓ ¼ cup evaporated milk
- ✓ simple syrup, to taste
- ✓ 3 tablespoons chocolate syrup

1 Combine bananas, Chocnut, ice, and evaporated milk in a blender. Blend until smooth. Sweeten with simple syrup to taste.

2 Swirl chocolate syrup inside the serving glass. Pour in banana-Chocnut shake. Sprinkle crushed Chocnut on top. Serve immediately.

≡ TIP ≡

TO MAKE SIMPLE SYRUP, COMBINE 1 CUP WHITE SUGAR WITH 1 CUP WATER IN A SAUCEPAN. BRING TO A BOIL, STIRRING, UNTIL SUGAR DISSOLVES. LET COOL BEFORE USING.



Mango-Pandan Gulaman

Known to be the star of the summer season, fresh mangoes take the place of *buko* in everyone's favorite *pandan* dessert.

Serves 1 Prep Time 5 minutes

- ✓ 1/2 cup diced ripe mangoes
- ✓ 2 tablespoons cooked large tapioca pearls (*sago*)
- ✓ 3 tablespoons diced plain *gulaman*
- ✓ 1/4 teaspoon *pandan* extract with green coloring
- ✓ 1/4 cup all-purpose cream

- ✓ 1/4 cup crushed ice
- ✓ simple syrup, to taste

1 Combine mangoes, *sago*, *gulaman*, *pandan* extract, and all-purpose cream in a bowl. Chill until ready to serve.

2 To serve, fill a glass with ice and add mango-pandan mixture. Sweeten to taste. Serve immediately.



Guinumis

A signature cooler during summer fiestas, *guinumis* highlights the creaminess of coconut milk, the silky smoothness of *gulaman*, and the lovely toasted flavor of *pinipig*.

Serves 2 Prep Time 5 minutes

- ✓ 2 tablespoons cooked small tapioca pearls (*sago*)
- ✓ 3 teaspoons cubed red *gulaman* or gelatin
- ✓ 1 tablespoon simple syrup
- ✓ 1/4 cup fresh coconut milk, diluted in 1/4 cup water
- ✓ 1 cup crushed ice, or more as needed
- ✓ 1 teaspoon toasted *pinipig*

1 Place *sago* and red *gulaman* in a glass. Add simple syrup and coconut milk.

2 Add crushed ice and top with toasted *pinipig*. Serve immediately.



Give It a Twist with the No. 1 Cream*

Elevate your everyday dishes with **NESTLÉ® All Purpose Cream**. Your family will surely enjoy these yummy meals made extra special by you.

Why It Works



No Bake Cookies and Cream Cheesecake

INGREDIENTS

Crust:

1 1/2 cups	Graham crackers, crushed
1/4 cup	light brown sugar, packed
6 tbsp	unsalted butter, melted

Cheesecake:

1 1/4 cups	NESTLÉ® All Purpose Cream, chilled
1 bar	cream cheese, softened
1/3 cup	sugar
1/4 tsp	salt
1 tsp	fresh lemon juice
1 tsp	vanilla extract
1/2 cup	chocolate, cream-filled cookies, coarsely crushed

Serving: 6-8

PROCEDURES

Crust:

Combine Graham crackers and sugar. Add melted butter and mix until combined. Press into individual serving cups and chill for at least 15 minutes.

Cheesecake:

1. Beat NESTLÉ® All Purpose Cream until medium peaks form. Set aside.
2. Add cream cheese, sugar, salt, lemon juice and vanilla to a bowl and beat until smooth.
3. Add cream cheese mixture to NESTLÉ® All Purpose Cream and beat until incorporated. Gently fold in crushed cookies.
4. Transfer to cups with a slight mound at the center. Chill for at least 6 hours or overnight.
5. Smoothen top and garnish with some more whipped cream and crushed cookies.

Creamy Perfection!

Always cook the cream over low heat to prevent it from curdling. This way you can preserve the cream's smooth and creamy texture.



Family Recipes

Add a delectable twist to everyday family dishes and let everyone indulge in each delightful bite. Whether savory or sweet, **NESTLÉ® All Purpose Cream** brings wonders to your dishes as it brings out the scrumptious flavors of sauces and elevates the irresistible richness of desserts, too. It's sure to become an instant family favorite, thanks to the creaminess it brings to everyday recipes.

Pork Steaks with Peppercorn Sauce

INGREDIENTS

4-6 pcs pork steaks
2 sachets MAGGI MAGIC SARAP® 8g

Peppercorn Sauce:

4 tbsp butter
2 tbsp Dijon mustard
1/2 cup brandy (optional)
1 1/2 cups NESTLÉ® All Purpose Cream
2-3 tbsp freshly ground mixed peppercorns
2 tsp MAGGI MAGIC SARAP®

Serving: 4-6

PROCEDURES

Season the pork steaks with MAGGI MAGIC SARAP®. Heat a grill pan and cook pork steaks until done. Set-aside.

Peppercorn Sauce:

1. In a saucepan, melt butter. Add in Dijon mustard and brandy. Continue whisking until combined.
2. Let simmer over low heat until alcohol has evaporated. Pour in NESTLÉ® All Purpose Cream and freshly ground mixed peppercorns.
3. Allow to thicken over low heat and then season with MAGGI MAGIC SARAP®. Pour over grilled pork steaks.

Heading to the beach? Take these recipes for grilled meat, seafood, and throw-it-together salads with you!

HOT OFF THE GRILL



PHOTOGRAPHY BY Patrick Martires
RECIPES AND FOOD STYLING BY Angelo Comsti
PROP STYLING BY Rachelle Santos
ART DIRECTION BY Jon Tolentino

GRILLED KOREAN PORK BELLY WITH KIMCHI-APPLE SLAW

Turn the heat up with this slightly spicy pork dish and subtly sweet salsa, both showcasing the familiar flavors of Korea in a new form.

Serves 4 to 6 **Prep Time** 15 minutes, plus overnight marinating time **Cooking Time** 10 to 15 minutes

- ✓ 1/2 cup *gochujang* (Korean hot pepper paste)
- ✓ 1/4 cup soy sauce
- ✓ 1/4 cup red wine vinegar
- ✓ 1/4 cup apple juice
- ✓ 3 cloves garlic, minced
- ✓ 1 (2-inch) piece ginger, peeled and grated
- ✓ 2 tablespoons sesame oil
- ✓ 2 tablespoons brown sugar
- ✓ 1 kilo pork belly, sliced lengthwise into 1 1/2-inch thick pieces

FOR THE KIMCHI-APPLE SLAW

- ✓ 1 medium carrot, cut into thin strips
- ✓ 1 medium cucumber, thinly sliced
- ✓ 2 medium Fuji apples, thinly sliced
- ✓ 1/4 cup store-bought *kimchi*, drained and thinly sliced
- ✓ 1 tablespoon mirin
- ✓ 1 teaspoon sesame oil

1 Combine *gochujang*, soy sauce, vinegar, apple juice, garlic, ginger, sesame oil, and brown sugar in a bowl. Stir until sugar dissolves. Add pork belly, cover, and marinate overnight in the refrigerator.

2 Preheat a charcoal grill. Remove pork from marinade; wipe off excess. Grill on both sides until cooked through, about 7 minutes on each side. Transfer to a platter.

3 Make the *kimchi*-apple slaw: Combine carrots, cucumber, apples, and *kimchi* in a bowl. Set aside. Mix mirin and sesame oil; pour over vegetables. Toss to combine.

4 Serve grilled pork belly with *kimchi*-apple slaw on the side.



GRILLED TILAPIA WITH MUSTASA SLAW

The citrusy flavors of the grilled fish and slaw provide a pop of natural sweetness that's perfect for summer!

Serves 4 to 6 **Prep Time** 7 minutes
Cooking Time 25 minutes

- ✓ 1 navel orange, cut into thin rounds
- ✓ 1 (1/2-inch) piece ginger, peeled and cut into thin strips
- ✓ 3 large whole tilapia, scaled and gutted
- ✓ juice from 1 large navel orange
- ✓ 1 1/2 tablespoons balsamic vinegar
- ✓ 1 tablespoon olive oil
- ✓ 1 tablespoon honey
- ✓ salt and pepper, to season

FOR THE MUSTASA SLAW

- ✓ 1 cup chopped mustard leaves (*mustasa*)
- ✓ 1 large navel orange, peeled and segmented
- ✓ 2 tablespoons *bagoong balayan*

- ✓ freshly ground black pepper, to taste

1 Insert orange slices and ginger strips into the cavity of each fish.

2 Combine orange juice, balsamic vinegar, oil, and honey in a bowl. Mix well. Season to taste. Divide orange juice mixture in half. Brush tilapia with some of the mixture. Set aside remaining mixture to serve as a dipping sauce.

3 Preheat a charcoal grill. Grill fish until cooked through, about 12 minutes on each side. Transfer to a platter.

4 Make the *mustasa* slaw: Combine *mustasa* leaves and orange segments in a bowl. Toss with *bagoong balayan*. Season to taste with pepper.

5 Serve fish with *mustasa* slaw and dipping sauce on the side.

GRILLED TERIYAKI BEEF KEBABS WITH PEAR-CUCUMBER SALAD

Forego the utensils and enjoy barbecued beef on sticks. Pair it with a refreshing Japanese-inspired salad or with steamed rice!

Serves 4 to 6 **Prep Time** 10 minutes, plus overnight marinating time **Cooking Time** 10 to 15 minutes

- ✓ 1 cup pineapple juice
- ✓ $\frac{3}{4}$ cup soy sauce
- ✓ $\frac{1}{2}$ cup brown sugar
- ✓ 1 (2-inch) piece ginger, peeled and grated
- ✓ 1 tablespoon mirin
- ✓ 1 tablespoon honey
- ✓ 1 kilo beef tenderloin, cubed
- ✓ 2 large red bell peppers, seeded and cubed
- ✓ sesame oil, for brushing

- ✓ toasted sesame seeds, for garnish

FOR THE PEAR-CUCUMBER SALAD

- ✓ 1 cucumber, peeled and diced
- ✓ 2 golden pears, diced
- ✓ 3 tablespoons store-bought Japanese sesame dressing (see tip)
- ✓ $\frac{1}{4}$ sheet *nori*, cut into small strips
- ✓ 1 tablespoon toasted sesame seeds

1 Combine pineapple juice, soy sauce, brown sugar, ginger, mirin, and honey in a bowl. Stir until sugar dissolves. Add beef cubes; cover and marinate overnight in the refrigerator.

2 Thread beef cubes onto bamboo or metal skewers, alternating with bell peppers.

Brush lightly with sesame oil.

3 Preheat a charcoal grill. Grill beef until cooked, about 4 to 5 minutes on each side. Transfer to a plate and sprinkle sesame seeds on top.

4 Make the pear-cucumber salad: Combine cucumbers and pears in a bowl. Drizzle sesame dressing and toss. Top with *nori* strips and sesame seeds.

5 Serve beef kebabs with pear-cucumber salad (chilled or at room temperature).



TIP

JAPANESE SESAME DRESSING, ALSO KNOWN AS GOMA DRESSING, CAN BE FOUND IN THE ASIAN AISLE AT LARGE SUPERMARKETS OR AT JAPANESE SPECIALTY STORES.

GRILLED DAYAP CHICKEN WITH MANGO- SINGKAMAS SALSA

To prevent the chicken from drying up, choose skin-on, bone-in meat. Remember to baste it frequently to give the chicken another layer of flavor.

Serves 4 **Prep Time** 15 minutes, plus 30 minutes marinating time **Cooking Time** 20 minutes

- ✓ juice from 4 limes (*dayap*)
- ✓ ½ cup olive oil
- ✓ 5 cloves garlic, peeled
- ✓ 1 medium white onion, chopped
- ✓ 2 lemongrass stalks, pounded and chopped
- ✓ 4 chicken leg quarters
- ✓ 1 teaspoon smoked paprika
- ✓ ½ cup margarine, melted

FOR THE MANGO-SINGKAMAS SALSA

- ✓ 1 large ripe mango, diced
- ✓ 1 medium jicama (*singkamas*), diced
- ✓ ½ red onion, minced
- ✓ ½ red bell pepper, seeded and diced
- ✓ 1 red bird's eye chili (*siling labuyo*), chopped
- ✓ ½ cup fresh cilantro (*wansoy*), chopped
- ✓ 1 tablespoon lemon juice
- ✓ salt and pepper, to season

1 Place *dayap* juice, oil, garlic, onions, and lemongrass in a food processor. Purée until smooth. Pour into a large zip-top bag. Add chicken. Seal bag and massage marinade into chicken. Place in the refrigerator for 30 minutes to marinate.

2 Combine paprika and melted margarine in a small bowl. Mix well and set aside.

3 Remove chicken from zip-top bag. Discard marinade.

4 Preheat a charcoal grill. Place chicken on the grill and cook for 15 to 20 minutes, turning once. Baste with paprika-margarine mixture. Cook until juices run clear when chicken is pierced.

5 Make the salsa: Toss together all ingredients in a bowl. Season to taste with salt and pepper.

6 Serve chicken with salsa.



≡ TIP ≡

TO MAKE REDUCED BALSAMIC VINEGAR, HEAT FOUR TIMES THE AMOUNT NEEDED IN A PAN. BRING TO A BOIL, THEN SIMMER UNTIL THE MIXTURE THICKENS AND BECOMES SYRUPY. DO THIS IN A WELL-VENTILATED KITCHEN AS THE VINEGAR FUMES TEND TO BE STRONG.



GRILLED STUFFED SQUID WITH EGGPLANT SALSA

In this recipe, a beef and raisin stuffing adds flavor and texture to grilled squid.

Serves 4 to 6 **Prep Time** 12 minutes

Cooking Time 5 to 7 minutes

- ✓ 2 tablespoons extra virgin olive oil, plus extra for brushing
- ✓ 2 cloves garlic, minced
- ✓ 1/2 kilo ground beef
- ✓ 1/2 cup dried shrimps (*hibi*), crushed
- ✓ 1/4 cup raisins
- ✓ salt and pepper, to season
- ✓ 4 large pieces squid, cleaned with head, tentacles, and skin removed

FOR THE SALSA

- ✓ 2 1/2 tablespoons olive oil
- ✓ 2 yellow onions, chopped
- ✓ 2 medium eggplants, peeled, grilled, and chopped
- ✓ 1/2 cup *kesong puti*, cubed
- ✓ 2 tablespoons reduced balsamic vinegar (see tip)
- ✓ salt and pepper, to taste

1 Heat olive oil in a medium pan. Sauté garlic, followed by ground beef. Add crushed dried shrimps and raisins. Season to taste. When beef is cooked, transfer to a bowl and set aside to cool.

2 When cool enough to handle, scoop spoonfuls of stuffing and place inside squid until almost full. Secure ends with a toothpick. Brush squid with olive oil and season.

3 Preheat a charcoal grill. Place squid on the grill and cook until opaque throughout and slightly golden, about 2 to 3 minutes on each side. Transfer to a plate and carefully remove the toothpicks.

4 Make the grilled eggplant salsa: Heat oil in a frying pan. Sauté onions until slightly golden. Place in a bowl together with grilled eggplants and *kesong puti*. Drizzle with reduced balsamic vinegar and toss. Season to taste with salt and pepper.

5 Serve grilled squid with eggplant salsa.



GRILLED BANGUS WITH CORN AND SALTED EGG SALAD

Here's a Pinoy favorite that will definitely make you want to eat more than just one bowl of rice!

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

Cooking Time 25 minutes

- ✓ 1 large milkfish (*bangus*), scaled and gutted
- ✓ 1 (2-inch) piece ginger, peeled and sliced into thin strips
- ✓ 2 tablespoons soy sauce
- ✓ 2 medium white onions, chopped
- ✓ 5 ripe tomatoes, diced
- ✓ 1 stalk lemongrass, smashed
- ✓ oil, for brushing
- ✓ salt and pepper, to season

FOR THE SALAD

- ✓ 1/2 cup canned whole corn kernels
- ✓ 2 salted eggs, peeled and chopped
- ✓ 3 ripe tomatoes, chopped
- ✓ 2 tablespoons red wine vinegar

- ✓ 1 tablespoon olive oil

- ✓ 1 tablespoon honey

1 Slice one side of the *bangus* to create a pocket for the filling. Combine ginger, soy sauce, onions, and tomatoes in a bowl. Stuff mixture inside the fish, together with lemongrass. Brush fish with oil; season with salt and pepper.

2 Preheat a charcoal grill. Grill fish until cooked through, about 10 to 12 minutes on each side. Transfer to a platter.

3 Make the salad: Combine corn, salted egg, and tomatoes in a bowl. In a separate bowl, whisk together red wine vinegar, oil, and honey. Add dressing to the corn mixture; toss to combine.

4 Serve *bangus* with corn and salted egg salad on the side.

under the mango tree

When life gives you mangoes,
make any of these sweet or savory,
perfect-for-summer recipes!



PHOTOGRAPHY BY Patrick Martires
RECIPES AND FOOD STYLING BY Melanie Jimenez
PROP STYLING BY Trinkia Gonzales
ART DIRECTION BY Jon Tolentino

GRILLED PORK CHOPS WITH MANGO-GINGER GLAZE

This recipe uses pork chops sliced an inch thick. If your chops are thinner or thicker, adjust the cooking time accordingly.

Makes 4 **Prep Time** 15 to 30 minutes, plus marinating time **Cooking Time** 6 to 8 minutes

- ✓ 4 pork chops, cut 1-inch thick
- ✓ 1 teaspoon salt
- ✓ 1 teaspoon pepper

FOR THE MARINADE

- ✓ 1/2 cup fresh mango purée (from 2 mango cheeks)
- ✓ 1 to 2 tablespoons white sugar
- ✓ 1 teaspoon minced ginger
- ✓ 1 teaspoon minced garlic
- ✓ 1 tablespoon hoisin sauce
- ✓ 1 tablespoon rice wine vinegar
- ✓ 4 green onions, sliced into 2-inch pieces
- ✓ salt and pepper, to taste
- ✓ steamed rice, to serve

1 Season pork chops with salt and pepper. Set aside and chill for 1 to 6 hours.

2 When ready to cook, take pork chops out of the refrigerator and set aside for about 15 minutes.

3 Make the marinade: Combine all ingredients in a bowl, whisking until incorporated. Marinate pork in the mixture for 15 to 20 minutes.

4 Preheat a grill to medium-high heat. Grill chops for 3 minutes on each side. Reserve the marinade.

5 Pour marinade into a small saucepan. Cook the marinade over low heat until slightly thickened. Stir in green onions. Season to taste with salt and pepper.

6 Glaze pork chops with the cooked marinade. Serve with steamed rice.

EASY MANGO PARFAIT

Based loosely on traditional English fruit fool recipes, this skips the cooking process and uses just mangoes and cream, making it easier to put together.

Serves 4 **Prep Time** 15 minutes
Chilling Time 6 hours or overnight

- ✓ 4 pieces ladyfingers (*broas*)
- ✓ 1/4 cup white sugar or to taste, depending on sweetness of the mangoes used
- ✓ 1 cup fresh mango purée (from 4 to 6 mango cheeks)
- ✓ 3/4 to 1 cup heavy cream, whipped to soft peaks
- ✓ cubed mangoes (from around 6 mango cheeks), for topping

1 Prepare 4 small serving glasses. Crumble one ladyfinger into the bottom of each glass. Set aside.

2 Stir sugar into mango purée until dissolved.

3 Fold whipped cream into the purée and divide the mixture among the glasses. Chill until set, about 6 hours or overnight.

4 An hour or less before serving, divide mango cubes among glasses. Serve cold.



TO MAKE MANGO PURÉE,
SIMPLY PEEL FRESH
MANGOES, COARSELY CHOP
THE FLESH, AND BLEND IN
A FOOD PROCESSOR OR
BLENDER UNTIL SMOOTH.





MANGO CURD

This curd is the perfect mix of sweet and tart! Slather it on scones, pancakes, or your favorite toast. It'll pair perfectly with vanilla ice cream, too.

Makes a little over 1 cup **Prep Time** 15 minutes **Cooking Time** 10 minutes

- ✓ ½ cup fresh mango purée (from 2 mango cheeks)
- ✓ 4 egg yolks
- ✓ ½ cup sugar or to taste, depending on the sweetness of mangoes used

- ✓ zest of half a lemon
- ✓ 2 tablespoons lemon juice
- ✓ ½ cup or 1 stick cold butter, cut into cubes and kept chilled

1 Combine mango purée, egg yolks, sugar, and lemon zest in a small stainless steel, non-reactive saucepan. Whisk to combine.

2 Cook mixture over low heat, stirring, until it registers 160°F on a cooking thermometer. It should thicken slightly.

3 Remove from heat. Stir in lemon juice and butter. Mix until well-incorporated. Transfer to a sterilized bottle or container and chill for at least 6 hours before serving. Store in the refrigerator for up to 5 days.

TERIYAKI CHICKEN WINGS

To change things up, we added mango purée to the usual Asian marinade. Want it more spicy? Add hot sauce or sriracha to taste.

Serves 3 to 4

Prep Time 15 minutes, plus marinating time

Cooking Time 20 to 25 minutes

FOR THE MARINADE

- ✓ ½ cup fresh mango purée (from 2 mango cheeks)
- ✓ 2 tablespoons soy sauce
- ✓ 2 tablespoons coarsely chopped garlic
- ✓ 1 tablespoon white sugar
- ✓ ¾ teaspoon salt
- ✓ ½ teaspoon ground black pepper
- ✓ hot sauce or sriracha, to taste (optional)

- ✓ 12 chicken wings, cut at the joints to separate drumette from wing
- ✓ toasted sesame seeds, for garnish

1 Combine mango purée, soy sauce, garlic, white sugar, salt, pepper, and hot sauce (if using) in a large bowl.

2 Toss chicken wings in the mixture. Set aside to marinate for at least 30 minutes or up to 4 hours.

3 Transfer chicken wings to a baking dish or pan, spreading them out to make sure they cook evenly. Bake in a preheated 375°F oven for about 20 to 25 minutes or until the juices run clear when chicken is pierced.

4 Sprinkle toasted sesame seeds on top before serving.





CURRIED CHICKEN MANGO SALAD ON TOAST

Depending on the curry powder you use, this can be as mild or as hot as you want it to be. Serve on crackers, toast, or even baby romaine leaves.

Serves 4 to 5 **Prep Time** 15 minutes
Cooking Time 15 to 20 minutes

- ✓ 1 tablespoon minced red onions
- ✓ 1 teaspoon curry powder
- ✓ 1/4 teaspoon ground turmeric
- ✓ 2 to 3 tablespoons chopped cilantro
- ✓ 2/3 to 3/4 cup Greek yogurt
- ✓ salt and lime juice, to taste
- ✓ 2 to 3 cooked chicken breasts, cooled, deboned, and shredded (about 1 1/2 cups total)
- ✓ 1/3 cup diced ripe mangoes
- ✓ toasted white bread, melba toast or crostini, to serve
- ✓ 1/4 cup toasted almond flakes

1 Combine onions, spices, cilantro, and yogurt in a medium bowl. Stir, adding salt and lime juice to taste.

2 Stir in shredded chicken and ripe mangoes. Chill in the refrigerator for at least 2 hours to let flavors meld.

3 Serve curried mango salad on top of toast or crostini. Sprinkle with toasted almonds before serving. Store the salad in the refrigerator for up to 3 days.

QUICK PICKLED GREEN MANGOES

These Thai-inspired pickles will go well with your fried or grilled *ulam* of choice.

Makes 1 1/2 cups **Prep Time** 15 minutes

Cooking Time less than 5 minutes

- ✓ 2 green mangoes, peeled, sliced into 3- to 5-millimeter strips
- ✓ 1 bird's eye chili (*siling labuyo*), sliced in half
- ✓ zest of one small lime, thickly sliced
- ✓ 1/2 cup Thai fish sauce (*patís*)
- ✓ 1 tablespoon water
- ✓ 1 tablespoon white sugar

1 Place the sliced green mangoes in a medium, non-reactive bowl.

2 Combine all remaining ingredients in a small non-reactive saucepan. Bring to a boil. Give it a quick stir to dissolve sugar.

3 Pour mixture over green mangoes and toss, making sure mango slices are evenly coated.

4 Let stand for 10 minutes before serving.

TIP

THIS WILL KEEP IN THE REFRIGERATOR FOR UP TO 5 DAYS. HOWEVER, KEEP IN MIND THAT QUICK PICKLING MEANS CRISPER MANGOES, AND THE LONGER THEY STAY IN THE LIQUID, THE SOFTER AND MORE INTENSELY FLAVORED THEY WILL GET.



NO-BAKE MANGO CREAM PIE

This refreshing pie is best enjoyed with more cream and fresh mangoes on top.

For a different twist, you can also toss the fresh mangoes with some lime zest.

Serves 8 to 10 **Prep Time** 30 minutes

Chilling Time 6 hours or overnight

FOR THE CRUST

- ✓ 1/2 cup (4 ounces) butter, melted
- ✓ 1 1/2 cups graham cracker crumbs
- ✓ 2 teaspoons sugar

FOR THE FILLING

- ✓ 1 (8-ounce) bar cream cheese, room temperature
- ✓ 1/3 cup white sugar
- ✓ 1 cup fresh mango purée (from 4 to 6 mango cheeks)
- ✓ 2 1/4 teaspoons or 1 packet gelatin (we used Knox), dissolved in 2 tablespoons cold water and left to stand for 5 minutes
- ✓ 1 cup heavy cream, whipped to soft peaks
- ✓ sweetened whipped cream, to serve (optional)
- ✓ cubed fresh mangoes for garnish (optional)

1 Prepare the crust: Combine all ingredients in a medium bowl and mix thoroughly. Press into a 9-inch springform pan to make a 1-inch layer. Chill.

2 Make the filling: Combine cream cheese and sugar in a large mixing bowl. Stir until sugar dissolves. Stir in mango purée.

3 Bring 2 tablespoons hot water to a boil. Stir in hydrated gelatin until it melts. Stir gelatin mixture into the cream cheese-mango mixture.

4 Fold whipped cream into the mixture until combined. Pour over the chilled crust. Chill for 6 hours or overnight.

5 Serve with whipped cream and cubed fresh mangoes, if desired.



EATING ASIA



Traveling around Asia this summer? Make good food the highlight of your trip! Here's your guide to the best eating and cooking experiences around the region.

PRODUCED BY Idge Mendiola



Look for the Lunch Lady in Ho Chi Minh

Finding the Lunch Lady, an Anthony Bourdain-approved street food stall serving authentic Vietnamese specialties, was one of the top priorities on our Ho Chi Minh itinerary. However, bringing a family of 10 to a far-flung area was no easy feat. It didn't help that our taxi driver didn't speak any English and had no clue where we wanted to go, even if we had the address scribbled on a piece of paper. We were dropped off at the wrong place—a zoo—and had to walk a mile to finally meet the famous Lunch Lady.

Nguyen Thi Thanh's stall looks like a *carinderia* that just happened to find its own spot under a big, shady tree. But even with many other food stalls in the vicinity, hers is hard to miss, given the large sign that hangs from the awning. We arrived before 11 in the morning and were the first ones there, but a sizable crowd formed soon after.

The Lunch Lady serves a different noodle soup every day, each one a recipe that's been perfected over time. On the Saturday we were there, she served us udon-like noodles swimming in a robust crab-based broth. Each hearty bowl was filled with sliced fish cakes, shrimp, mushrooms, fried shallots, boiled quail eggs, and chopped green onions. It was street food at its finest (and cheapest), and undoubtedly the best meal we had during our stay in lovely Vietnam. —**Angelo Comsti**

Explore the Tiong Bahru district

The historic Tiong Bahru neighborhood was the first public housing estate to be built in Singapore. Recently, stylish eateries and boutiques have set up shop in the once predominantly residential area, leading to its transformation as one of the island nation's hippest districts. Start by having a cup of coffee at third wave joint **Forty Hands** on Yong Siak Street, then cross over to **Books Actually** to peruse their wonderfully curated selection of books and vintage knickknacks. Wander over to **Strangelets** on the same street for unique finds from all over the world, including handmade soaps from Brooklyn-based Saipua. They also sell popicles from homegrown brand **Popaganda**—get one in matcha honeydew or avocado cacao nib. From there, walk a few blocks over to **Tiong Bahru Bakery** on Eng Hoon Street, where they make an exceptional *kouign amann* and a buttery apple crumble. —**Liezl Yap**



DECK THE HALLS

Go underground to discover a treasure trove of delicious finds. Here's a roundup of some of Asia's most delicious food halls.

SIAM PARAGON GOURMET MARKET & FOOD HALL (Bangkok, Thailand)

A whole day still isn't enough time to explore Siam Paragon's basement foodie paradise! Concept restaurants, a food court, and a takeout zone make up the Food Hall. On another side is the Gourmet Market, a one-stop shop for *pasalubong* shopping that spans 8,000 square meters. From black glutinous rice to coconut candies, all sorts of premium local products can be found here.

CITYSUPER (Causeway Bay, Hong Kong)

Citysuper is located at the basement level of Times Square, conveniently connected to an MTR station. Aside from offering local goods, the supermarket also has products sourced from all over the world. Shop for steaks of the highest quality, enjoy a quick snack of Belgian waffles and fresh orange juice, or treat yourself to some Kasho Chaya Hokkaido ice cream.

TAKASHIMAYA (Tokyo, Japan)

It's easy to get lost inside Japan's *depachikas*—vast underground food halls inside department stores. Takashimaya is a maze of stalls offering both the traditional and the bizarre. Find all things *oishi* and *kawaii* here: various flavors of *onigiri*, the most intricate bento boxes, every permutation of *mochi*, and never-before-seen shapes and sizes of fruits.

GOURMET 494 (Seoul, Korea)

At the basement of the Galleria department store in Seoul is Gourmet 494, an upscale food court that gathers the city's well-loved restaurants all under one roof. This place can satisfy each and every craving: freshly baked pastries, artisan ice cream, Brooklyn-style burgers, kimchi fries, Korean-Mexican fusion, and more. Quick tip: Drop by before they close to score great discounts.

HAWKER HOPPING

Singapore-based food blogger **Frances Ang** shares five of her favorite hawker stalls in the Lion City.

TIAN TIAN CHICKEN RICE Look for the stall with the longest lines at Maxwell Food Centre. Tian Tian has been serving their signature chicken rice for decades, and they count celebrity chefs like Anthony Bourdain and Gordon Ramsay as fans. **Maxwell Food Centre, stall 01-10**

LIAN HE ASSORTED MEAT RICE AND NOODLES What makes this stall so popular? Loyal customers come back every day for the no-nonsense service and the cheap but delicious rice toppings. **Amoy Food Centre, stall 01-20**

HONG HENG FRIED SOTONG PRAWN MEE Here, everything is prepared as you order, so you know you'll always get a piping hot plate of stir-fried noodles filled with a generous amount of seafood. It's a winning dish because of its perfect consistency—not too dry, not too saucy. **Tiong Bahru Food Market and Hawker Centre, stall 02-01**

TOAST HUT What makes Toast Hut's kaya toast so irresistibly good is its components: bread perfectly toasted on a charcoal grill, pandan kaya jam with a just-right sweetness, and a slice of butter that melts with every bite. **Old Airport Road Food Centre, stall 01-52**

ANN CHIN The *popiah* or fresh spring rolls at this stall stand out because of the generous filling and the homemade wrapper, which is chewy but able to hold all the ingredients together without breaking apart. **Chinatown Complex Market, stall 02-112**

MR. AVOCADO All hawker centers in Singapore do not have air conditioning, so the best way to cool down on a hot day is with a creamy avocado shake. Surprisingly, this goes well with any dish that you may have—from the local *char kuay* teow to the famous chicken claypot rice. **Alexandra Village Food Centre, stall 01-19**



Feast on babi guling in Bali

Friends who have been to Bali all came back raving about *babi guling*, the roasted pig the island is famous for. When my turn came to visit the Indonesian tropical paradise, I was determined to try this local specialty. Ibu Oka is supposedly the go-to place for the prized pig, and the shop only serves six whole pigs on a daily basis. With barely a day to spend in this area, my friends and I had to make visiting Ibu Oka a top priority.

From the Ubud Market, getting there was a bit of an uphill trek, snaking through narrow alleys, but multiple signs leading to the restaurant made it easier to spot. When we finally arrived, we walked up close to the counter to witness the chopping action.

Ibu Oka's Babi Guling Special is served very simply—a messy pile on wax paper-lined rattan plates. No points for presentation, but it's really all about the flavor here. The plate is composed of tender pieces of fatty pork meat, crisp golden skin, blood sausages, sautéed vegetables, and steamed white rice. The delicious sauce served with the meat is what distinguishes *babi guling* from Filipino *lechon*. As we wiped our plates clean, we tried to guess which ingredients go into the restaurant's secret recipe. I tasted turmeric and coriander, but I'm sure so much more goes into making Ibu Oka's roast pig a winner. —AC



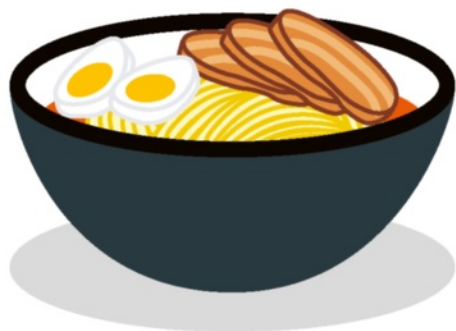
Get bowled over at one of Tokyo's most revered ramen shops

There's a ramen shop I know, located in a little alley near the Waseda University campus in Takadanobaba, northwest Tokyo. It's the kind of place you'd walk right by unless you knew exactly what you were looking for. The exterior is a weather-worn black tarp jutting out from a small building. No sign, no menu, nothing except the very particular, peppery aroma of *shio* ramen.

If you've been told what to look out for or read about it in the numerous blogs dedicated to ramen in Japan, you'll know it's open by that cow bone hanging outside. If the bone isn't there during regular business hours, you can assume that either the soup wasn't good enough to open or they've served their last bowl of the day. This puritanical approach should come as no surprise for a ramen joint called Ganko which, roughly translated, means stubborn or grumpy.

Walking through Ganko's black tarp for the first time feels much like entering hallowed ground. It's solemn, it's serious and you'd be advised to treat it that way. It used to be members only and they still reserve the right of admission. You'll be met by 5 seats at a low bar and the bespectacled solitary chef, a disciple of Ichijo Yasuyuki himself, the founder of the Ganko stable of ramen shops.

The menu is only in Japanese, but your choice of broth is restricted to *shio* and *shoyu*, so it should be easy to decide. My personal favorite is the Ebi Abura (shrimp oil) *shio* ramen with *ajitama* (soft-boiled egg). Order quickly and without a fuss, then enjoy the ambience and the bowl. It's an experience that will linger long after the last drop. —**Darren McDermott**



24 HOURS IN TAIPEI

Taiwanese-born photographer **Kai Huang** plans the ideal food-filled day in Taipei.

6:00 A.M. Breakfast starts even before the sun rises, with most shops opening by 5:00 a.m. Usually served on the table are traditional Chinese flat breads and Chinese crullers, paired with soymilk. These are available all over the city.

9:00 A.M. Have a morning snack of fried *bao* available in different fillings. Many food stalls selling this delicious treat line the streets of Taiwan.

11:00 A.M. Other restaurants that don't serve breakfast only open at around this time. Worth trying are the beef noodles by Yonkang, Liu San Dong, Mu Ji, and Lao Zhang. Come early—lines start to form by 11:30 a.m. and shops close from 2 p.m. to 5 p.m. for a short break.

12:00 P.M. If you're craving for a more authentic experience, there are plenty of places offering home-style cooking. Serving cuisines from various provinces in China, these holes-in-the-wall are found on side streets and have been serving locals for 20 to 50 years.

2:00 P.M. For afternoon snacks, locals like eating

all sorts of dumplings. The popular ones are by Long Men Ke Zhan and Dong Men dumplings. For *xiao long bao* or soup dumplings, Din Tai Fung is still the most famous.

5:00 P.M. Many shops reopen at 5 p.m. after their afternoon break. For an early dinner meal, try the popular Taiwanese pork chop over rice or noodles. Many of the old-school shops, like Xi Jiang Wu Chang Pork Chop King and Hao Wei Dao Pork Chop King, have been around for decades, with a loyal following among locals.

7:00 P.M. If the weather's too cold, warm up with a bowl of piping hot ramen from Ippudo or Musashi. Another option would be hot pot, enjoyed with different meats and vegetables. Three options are usually offered: Taiwanese-style, Japanese-style, or a spicy variant.

9:00 P.M. Before calling it a day, check out Taiwan's night markets! Aside from the popular Shilin market, the Ningxia and Raohe markets are also worth visiting. Available are assorted grilled seafood and local specialties, perfect for a quick midnight snack.

Going to Seoul? The bakeries in this bread-obsessed city are out-of-this-world good. Head to **Paul and Paulina** in the artsy Hongdae district for what may well be the best *pain au chocolat* you'll ever have.



BEST OF THE BEST

Food stylist **Sharlene Tan** shares her personal picks of the best Hong Kong has to offer, from *hakao* to egg tarts.



HAKAO At **Tao Heung 88**, the shrimp dumplings are steamed to perfection. The outer wrapper is never soggy, always soft and chewy. The filling consists of large, juicy shrimp pieces with a hint of ginger—delicious! **Windsor House, Causeway Bay**

MANGO SAGO **Honeymoon Dessert** has perfected modern Chinese desserts. Their Mango Pomelo and Sago is the best, with flaked pomelo pieces on top of perfectly sweet fresh mango purée. To take it from good to great, have this with a scoop of homemade mango ice cream on top. **63 Nathan Road, Tsim Sha Tsui**

EGG TART There are many types of egg tarts in Hong Kong. **Tai Cheong Bakery's** is different because it does not come with a flaky crust—instead, the exterior is crumbly and buttery, just the way I like my pies. The filling is a delicious eggy custard that's soft and creamy. **32 Lyndhurst Terrace, Central**

ROAST PORK **Lei Garden's** five-layer roast pork is so juicy, with perfectly crunchy skin each time. They serve it chopped into small pieces, and once you start eating, it's hard to stop! **Multiple locations at IFC Mall, Central, Tsim Sha Tsui, Wan Chai, and Mongkok**

PORK CHOP RICE The pork chops at **Delicious Kitchen** are impressively tender. Coated in a special batter that adds even more flavor to the dish, the pork chops are paired with some sautéed vegetables on top of extra oily rice! You can't leave Hong Kong without trying this. **Cleveland Street, Causeway Bay**

WONTON NOODLES The servings at **Mak's Noodles** are on the small side, but this is because they want to keep the al dente chewiness of the noodles just right when they serve it. The noodles are perfectly cooked and so thin, like angel hair pasta. Plus, the shrimp wontons each bowl comes with are really flavorful—real shrimp with no extenders! **Wellington Street, Central**

CHAR SIU The *char siu* at **Dynasty** is so flavorful! The tender meat is moist and juicy, and coated in a slightly sticky honey sauce that I can't get enough of. It has the right level of smokiness and no food coloring, so you know you're getting the real deal. **Renaissance Harbour View Hotel, Wan Chai**

BEEF BRISKET **Kau Kee's** beef brisket noodles are the beef counterpart of Mak's noodles—tender beef with the right blend of fat and meat, on top of firm, chewy noodles and a tasty broth. If you want something new, try the curry version. **Gough Street, Central**

SAVORY CREPE **Mr. Bing** is a small shop with just a few seats. The Peking Duck Bing is quite a revelation! Inside the chewy crepe are your typical peking duck ingredients—duck, hoisin sauce, leeks, and cucumber—but with the addition of fried wonton strips. **Wellington Street, Central**

GLUTINOUS RICE DUMPLINGS I'm a big fan of putting a twist on traditional dishes, so I love **Xi Yan Sweets'** green tea and black sesame glutinous rice dumplings. The addition of earthy green tea is a delightful contrast to the usual sesame taste. **Star Street, Wan Chai**

Learn the basics of Khmer cuisine in Siem Reap

On our last day in Siem Reap, my friends and I decided to enroll in a cooking class at **Le Tigre de Papier**, a local restaurant. In a short 3-hour class, we were able to experience the best of Khmer culture.

The first order of business was to head to the Old Market to choose our ingredients. We were there the day before to buy souvenirs, but we saw a new side to the market as our instructor toured us around. It was loud and busy on an ordinary weekday, with locals haggling for fresh produce, and live seafood and poultry being butchered in front of you. Even turtles were being sold, but we were too scared to ask how they usually end up.

Back in the kitchen, it was time to get our hands dirty. Cutting sweet basil was a breeze, but peeling fingerroot (Chinese ginger) was a challenge. With our eyes tearing up from slicing onions, everyone took turns making fresh *amok* paste, turning ingredients into something (hopefully) edible, and weaving leaves into serving bowls. After two hours, we were finally done, our clothes smelling like chicken powder, pepper, and fish sauce.

After cooking, it was time to eat. We took our seats to enjoy the bounty of mango salad, spring rolls, and beef *lok lak* in front of us. We tried the *amok* we made, and though it probably paled in comparison to what is served at Siem Reap's restaurants, it was—at least to us at that very moment—the best we'd ever had. —**Idge Mendiola**



PHOTOGRAPHY: IDGE MENDIOLA. ILLUSTRATION: JON TOLENTINO.



Visit Bangkok's markets and eat what the locals eat

"Temples? You've seen those before. This time, we're bringing you to our culinary temples." This was music to my ears as we started our tour around Thailand's evolving capital. In three days, we got to taste what Bangkok has to offer beyond the touristy *pad Thai*, *tom yum*, or *cha yen*—instead, we ate exactly what, where, how the locals ate.

At the helm of our culinary expedition was a distinguished tour guide: Pitaya Phanphensophon, the man behind the Mango Tree restaurants around the world. He first brought us to Pak Khlong market via a ferry ride. Here we saw every size and color of chilies, smelled the most fragrant bundles of herbs, and tasted just-pressed hibiscus juice.

We brought back fresh produce to Pitaya's test kitchen and we were treated to a meal of grilled prawn salad, rice vermicelli with fish and crab curry, mung bean noodles served on shaved ice, and a few others that were quite unfamiliar to our palates—they were so simple yet bursting with flavor. These are traditional Thai meals usually prepared at home, explained Pitaya. As a contrast to our home-cooked lunch, that night's dinner at the original Mango Tree in the Silom area was a good mix of favorites and modern dishes: Wagyu in Spicy Soup (Tom Jiew), Thai Lamb Chops (Kae Yang Jim Jaew), and Crab Omelet (Kai Jiew Puu).

Pitaya's itinerary made us realize how Bangkok and its people, while still in touch with their roots, have been keeping up with the times. You can start your day with a classic breakfast of *khao kha moo* at a random hole-in-the-wall and have a foie burger at Greyhound Café for lunch. For dinner, you can have a bowl of beef noodles at the 50-year-old Wattapanit, then match it with a scoop of white chocolate pepper ice cream from Spice Story and an iced mocha at Gallery, then cap off the night with a traditional Thai foot massage at Chang or head up the 37th floor at Scarlett for some *tapas*. Here, we worshipped temples, from the long-established to the recently built, and did so in such delicious fashion. —IM

EDIBLE SOUVENIRS

Author of *Eat Out Now!* and frequent traveler **Alicia Sy** shares the food finds she always makes room in her luggage for.

BANGKOK "Banana Society solar-dried bananas, Jim Thompson dried nuts, and Waydhanar sweets [JAPANESE] and [TANGYIN] are some of Tokyo's most revered fashion shops. When shopping, you can always buy sticky mango rice at the Suvarnabhumi airport."

HONG KONG "I never leave without boxes of chocolates from La Maison du Chocolat and Jean Paul Hévin, XO sauce from Lei Garden or Lung King Heen, and dried

mushrooms and scallops from vendors in Sheung Wan. If time permits, I'll pick up a roast goose from Tasty at the airport."

SIEM REAP "I always buy Madam Sachiko's pepper cookies, Phalla salt and pepper banana chips, and Kirum kampot pepper sauce."

SINGAPORE "Look for Baba's powdered curries, laksa mixes at Tang's, Boon Tong Kee chili sauce,

and Prima Taste chicken rice so you can easily bring home the flavors of Singapore."

TOKYO "Japanese confectionery and biscuits from Yoku Moku, Ikkoan, and Ginza Kazuya are not to be missed. If you're willing to bring home delicate pastries, add Sadaharu Aoki and Hidemi Sugino to your list. And of course, hunting for Kit Kat bars in exciting flavors is a must!"





a grain of salt

Salt is the very definition of essential, but we often underestimate its value. **Kristine Fonacier** traveled to Pangasinan to learn more about the hard work that goes into harvesting salt in the seaside town of Dasol.

PHOTOGRAPHY BY **Lilen Uy**





This page, clockwise from top: A snowy mountain of harvested salt is stored in a makeshift warehouse. Buenaventura Colobon produces some of the finest, purest salt in Dasol. A simple wooden rake is used to gather the salt at 3 p.m. each afternoon. The salt beds are lined with terra cotta tiles for better heat absorption; here, an elderly woman is shown putting the tiles together by hand. **Opposite page:** After being harvested, the baskets of salt are left out in the sun to dry out further before being moved to warehouses or being packed and sold.





All salt comes from the sea, or the remains of long-gone seas. Himalayan salt, for example, is mined from the Khewra Salt Mines in Pakistan, under a mountain, the salt having been left there after a sea dried up hundreds of years ago. Those who are lucky enough to live near the sea also have access to inexhaustible amounts of salt. And so we're lucky: In the country with the fourth-longest coastline in the world, nearly all the salt we buy is sea salt.

We have many kinds of salt, of such a wide range of quality and character, from many different salt-producing provinces. Of these, one province has always been known for its salt: Pangasinan, whose very name evokes the mineral—*pang-asin-an*; source of salt. And of the dozen or so towns in the province, one in particular, Dasol, lays claim to be the home of the finest kind of salt.

In Dasol, they're very serious about their salt. When you arrive at the municipality, a sign welcomes you to "the home of quality salt." Drive around and you'll easily find evidence to support the claim. Shallow beds of saltwater, built according to generations-old specifications, are ingeniously engineered to produce salt using nothing but sun and sea. Bushels of snow-white salt dry out in the sun, and small mounds lie by the sides of the basins. In some salt farms, where there are no sheds to store the harvest, the finished salt is piled into tall hillocks. And at midafternoon—nearly on the dot at 3 p.m., in fact—every day in the summer, workers come back to the salt beds they'd prepared in the morning, to begin the harvest.

"We call it white gold," says Frieda Briz, a municipal officer for the Dasol city government. She herself is what the locals playfully call an "*asin-dera*," as her family owns a salt farm.

Dasol is a six-hour drive from Metro Manila, which is why so few people might've heard of the town. To get there, one has to drive through more than a dozen towns after leaving the North Luzon Expressway, to get to the town built on salt.

The salt beds are quiet by the time we get there around noon. All the work, we are told, happens in the morning and in the midafternoon. In the morning, the basins are prepared by letting the seawater from placid Dasol Bay into the man-made pools through a simple but ingenious system of troughs. There are no machines at work: The water moves using gravity alone, thanks to subtle sloping on the beds.

The water needs to be moved from bed to bed every day, as the seawater evaporates in calculated measures daily. The salt becomes more and more concentrated and is moved to a shallower bed, until finally, on the last day, the salt-rich water is let into the harvest beds. There, thanks to the searing northern Luzon sun, it turns into beautifully flaky salt to be raked onto the sides by the afternoon, where it is left to dry for another day or two.

It's not a complicated operation, and Buenaventura Colobon, owner of one of the biggest salt farms (and producer of some of the finest, purest salt) in Dasol, concedes that it is a relatively easy setup. The hard part comes in the beginning, in making the salt beds themselves: Lined with hard tiles at the bottom to better reflect the sun, the ground underneath must be tamped down conscientiously, and all impurities removed. A stray piece of wood can rot away, and form a disastrous air pocket that will one day cause a salt farmer much heartbreak, as the mud will bubble up to dirty his otherwise pristine harvest, and ruin the entire salt bed.

"Engineer," as Colobon is respectfully called, like many other salt



farmers in the area, first brought in salt farmers from Bulacan to build his first salt beds, and learned how to engineer the system himself, expanding as he bought the surrounding land, and hiring more people as the business grew. Now he doesn't go out to do the afternoon harvest, instead watching the workers—including his sons and grandchildren, apart from 14 tenants—from a comfortable bungalow in the middle of the salt beds.

During the off-season, the salt beds are converted into fishponds, “But salt is more profitable,” says Engineer. “You have to keep taking care of the fish, but with salt, you just go out and harvest as long as you have the sun.”

It's his son-in-law, Miguelito Nono, who takes us out to the salt beds later, in the afternoon heat. And here is where it becomes clear to us that it's not as easy as he says it is. The harvest needs to be done in punishing heat, and the hot tiles intensify the temperatures even more. The long rakes needed to scrape the salt are heavier than they look, and the edges of the tiles are bumpy. It takes hours to finish the day's harvest, with each salt bed producing about four bushels. No one seems to weigh the bushels; the salt is sold by *takal*, going into bags and sacks sold to wholesale buyers and by the roadside.

Not all sea salts are equal. Dasol's enduring advantage is their protected bay: The municipal government disallows fish pens to be put up offshore, which means that the seawater is purer, undisturbed and unadulterated by fish waste. The salt in Dasol is therefore whiter, flakier, more delicate.

We've caught them at the beginning of the salt harvest season, Frieda says. And though we're all impressed by the impossibly white, soft flakes we see, “it gets better later on in the season.” The hotter weather, plus the increased concentration of salt in the salt beds, means a better product.

The salt farmers know how to grade the salt according to quality: Class C salt, which locals also call “solar salt” or *barara*, is coarse and sometimes gray, having been produced at the beginning of the harvest season, and not having as much time in the sun as they should; by the time the salt earns a Class A rating, it is an almost entirely different product, now fine, almost fluffy, and blindingly white.

Taste pure sea salt of the highest quality, and you'll understand how people can wax lyrical about it. Pure sea salt, without additives, awakens the taste buds with a burst of flavor like no other. Iodized salt has a slightly bitter, metallic aftertaste that you might have ceased to notice if it's what you normally have at the table. Pure sea salt tastes elemental: It tastes of the sea and the sun, a clean, briny flavor that is the very essence of saltiness. You just have to taste it to believe it.

In Manila, people have only begun to notice Dasol salt. “Pangasinan sea salt” now gets special mention; in fact, the night before the trip, I found a box of Dasol sea salt sold in a specialty store—160 pesos for about 250 grams. But when we asked Frieda how much Dasol salt costs, we couldn't believe our ears. Priced no higher than regular market salts, fine grade-A Dasol salt could be bought at P10 for a kilo. (Small wonder, then, that the average salt worker is paid only about 54,800 pesos annually for his labors, according to a 2006 government survey.)

The same amount of *fleur de sel* costs 20 times that, while the top-tier *fleur de sel* from Guerande in France fetches about 50 times that. How different are French sea salts from our Pangasinense versions? On its face, there seems to be little difference. Guerande *fleur de sel* fetches top dollar because it's supposedly hand-harvested from the top layer of salt marshes. Dasol salt is also hand-harvested from the shallowest salt beds, from clean saltwater.

The difference is partly a respect for the provenance of the salt. French sea salt celebrates the place it comes from, almost jealously. Guerande sea salt proudly proclaims where it comes from, as a badge of quality. Camargue does the same. Pakistan's Himalayan sea salt does so, too.

For now, though, branding Dasol salt as gourmet sea salt seems a faraway dream. Dasol's mayor, the Hon. Noel Nacar, whispered plans of bringing in an iodizing machine for public use. That's dismaying to hear, if you're someone who takes your sea salt seriously. But it's undeniably good news to the town and its farmers—this may enable them to snag a contract with a large company, which will guarantee their income. But in an ideal world, the salt of Pangasinan, and in particular, the salt of Dasol, could fetch decent prices that honor the quality of the product and the work that goes into it. ④



Opposite page: Workers keep the salt beds clean by donning footwear they've specifically set aside for the task of harvesting.
This page, clockwise from top: For easy identification, workers write their initials on each basket of harvested salt. A nearby mangrove helps keep the seawater pure for better salt. A stack of salt-filled sacks awaits delivery.



RESTAURANTS

Rambla

Kettle

Ramen Nagi

Dish



High street

Savor an enjoyable stroll through Barcelona at **Rambla**.

REVIEW BY ANDREA Y. SEE

Following the success of Barcino (which has since shifted ownership) and then Las Flores, Rambla is the proprietors' continuing homage to their hometown of Barcelona. Named after Barcelona's famous street, this newly opened restaurant imbues contemporary favorites with the city's Catalan-Mediterranean identity, using a few techniques identified with the global emergence of Spanish cuisine.

Begin with the Spherical Olives, a recreation of an elBulli method. This consists of an emulsion of olive purée, encased in a paper-thin skin and reconstructed to look like an actual olive. The delicate green orb bursts delightfully in the mouth with sweet olive essence, sans the occasional bitterness of the real fruit.

Modern interpretations of perennial crowd-pleasers figure prominently on the menu. The Foie Gras Mousse is full-flavored with a light body, contrasting well with the crisp apple, sweetish coffee-Bailey's foam, a touch of sharp arugula, and savory pistachios to deliver a delectable balance of flavor and texture. The Foie Gras Empanadas were a sensation: hot molten pieces of foie cradled inside a crisp shell, complemented perfectly by juicy grilled pineapple.

For the velvety pleasure of runny eggs, Rambla cooks theirs at a temperature of 65°C, pairs it with the comforting texture of soft potato, and adds the salty, firm-to-the-bite chistorra, a traditional Basque sausage. Sopped up with crusty bread, it is both simple and almost luxurious.

Gnudi, a form of "nude" ravioli made with ricotta and flour, is served with earthy mushrooms, bok choy, and Parmesan crisps. Pillowy and creamy, these plump knobs of cheese are a joy to eat and are easily the most popular dish at the restaurant.

As a recent opening, Rambla is yet mastering service and consistency. A much-enjoyed Octopus Carpaccio was a less brilliant experience the second time, suffering from a less silky texture and a less cool temperature, while the Organic Egg Bomb had a yolk that had already set too much. But despite a few misses, Rambla is an enjoyable, enlivened experience of contemporary Spanish cuisine—worldly, flavorful, and delicious.

Ricotta Gnudi



Spherical Olives



65°C
Organic
Eggs

in a nutshell

RAMBLA G/F Joya Building, Joya Drive, Rockwell, Makati City; tel. no. 823-6468; mobile no. 0926-6909774

MUST-TRIES Spherical Olives (P45 each), Foie Gras Mousse (P295), Ricotta Gnudi (P325), Foie Gras Empanadas (P625)

THUMBS UP Grab a seat at the bar—the open kitchen means you'll get to watch chefs plate and prepare the dishes.



Southern comfort

You'll come to **Kettle** for the buttermilk fried chicken, and keep coming back because everything else is just as good.

REVIEW BY SASHA LIM UY

Kettle stands for everything that makes Southern hospitality great: unapologetically big and bold flavors. The showpiece is the Buttermilk Fried Chicken, which you'll see on every table. The chicken is marinated in buttermilk for 24 hours, letting the gentle tanginess seep through boneless meat before being treated to a perfect combination of spices. The skin is a mouthwatering golden brown that cracks open to reveal the juicy treasure underneath. A pot of Cajun honey layers an even deeper Southern flavor, while buttery cornbread adds to the authenticity of the experience.

But Chef Chiloy Santos doesn't limit himself to the flavors of America's Southern comfort food. His style is food that presents comfort in a familiar form, but with that edge of novelty to keep things curious. And curious you will be when you see the tall bale of shoestring potatoes that frequently comes out of the kitchen. The Pork and Potato Strips consist of chips that are long, flat, and cooked to a crisp with tarragon and basil. A sprinkle of fresh Parmesan coats the top, but dip deep into the tangle for slivers of crunchy pork belly. Like most chips, these are dangerously addictive; still, the generous serving proves to be

a mountain to climb. But the best part is that you can take the leftovers home, eat it the next day, and find it just as satisfying as the day before.

In the Grilled Four Cheese sandwich, Gruyère, fontina, cheddar, and Parmesan work together for an interpretation of the classic. Grilled cheese's constant companion, tomato soup, makes its appearance in the form of sweet tomato jam.

But for all his creativity, Chef Santos knows when to toe the line, keeping things simple but spectacular in terms of flavor. The clam chowder is a lesson on how to do it the right way. Served in a bread bowl, it's packed with clams and potatoes, rich but light enough to just tease the palate.

It's not difficult to enjoy a meal at Kettle, and Chef Santos has clearly taught his staff the basics of Southern hospitality. The servers wear big smiles, as if they know that their food is so good that it's a gift meant for everybody to experience—and they're only too happy to be the ones to share it.



Pork and Potato Strips



in a nutshell

KETTLE 5/F Shangri-La Plaza East Wing, Mandaluyong City; tel. no. 654-7077

MUST-TRIES Clam Chowder (P229), Pork and Potato Strips (P339), Kettle Grilled Four Cheese (P329), Buttermilk Fried Chicken (P519), Angus Roast Beef Hash (P539), Australian Lamb Adobo (P449)

THUMBS UP Not into deep-fried food? The Rosemary Garlic Chicken is a healthier but equally delicious alternative.

Souped up

Ramen Nagi follows authenticity and tradition, but knows when to break the rules.

REVIEW BY DARREN MCDERMOTT

Ramen Nagi's arrival seems to have been perfectly timed for what may well be the peak of Manila's ramen craze. Rumors of its opening had been circulating for most of 2013, fueled by ramen fanatics who had tried the numerous restaurants of the chain in Tokyo or its offshoot, Butao Ramen in Hong Kong. By the time Nagi landed in mid-December last year, Manila's ramen obsession was at an all-time high.

Ramen Nagi is first and foremost a ramen joint. You won't find *tempura* or *tonkatsu* here, and don't even dream of asking for dessert. You may choose from four ramen flavors, all made with Nagi's singular *tonkotsu* broth. This is, for better or worse, how it should be, and it is quite typical of ramen shops in Japan.

After taking your seat, you will be given an *omotenashi* (hospitality) sheet which encourages you to make the most of your dining experience by precisely choosing the contents of your bowl. This covers everything from toppings and the amount of garlic to the richness of the broth and the hardness of noodles. You can also entrust such critical decisions to Nagi's masters of ramen by ticking the chef's recommendation box.

For an unadulterated taste of Nagi's signature pork bone broth, the Butao King is the one to go for. Nagi's *ajitama* (soft-boiled egg) is not to be missed and is perhaps more at home in this bowl than in the more robust Red and Black offerings. The pork shoulder is a little on the thin side, so the pork belly option might prove more rewarding.



Butao King

Even for the seasoned ramen slurper, the Black King is considered an adventurous choice. The black slick of the squid ink broth is visually arresting, yet the taste is milder than expected and not at all cloying. There is a very nice sesame flavor, which complements the squid and underlying *tonkotsu* rather well. If you like it spicy, then the Red King is for you. This packs quite a punch, and you probably won't need to add more of Butao's homemade Fire Sauce to this bowl, unless your taste buds have long since expired.

Authenticity should never be a shackle on creativity. Nagi proves that ramen lends itself exceptionally well to experimentation in the Green King, which features the Italian flavors of basil pesto, olive oil, and Parmesan in piping hot *tonkotsu* broth. One wonders if adding a nice, thick slice of porchetta would be overdoing it. Definitely worth a try!

If there is such a thing as ramen royalty, it's clear that the blood running through the veins of the Nagi family is indeed blue, and your experience is sure to be enjoyable whether you opt for Red, Black, Green, or the venerable Butao.



Black King and Red King

in a nutshell

RAMEN NAGI 5/F
SM Aura Premier,
McKinley Parkway
corner 26th St.,
Bonifacio Global City,
Taguig; ramennagi.
manila@gmail.com

MUST-TRIES Butao King (P390), Black King (P410)

THUMBS UP The restaurant sometimes offers special flavors—like the Curry King or Ebi King—in limited quantities.

Dish

RESTAURANT NEWS, SERVED HOT!

HOT
PLATE

EVERYONE'S TALKING ABOUT... Bon Banhmi's traditional *banh mi*, a freshly baked baguette filled with lean pork slices, shredded meat, homemade pâté, special sauces, and a slew of fresh vegetables. Looking for this Vietnamese stall in Makati might be a bit of a challenge, but this authentic (and inexpensive!) sandwich is worth going out of your way for.

Mango Tree's got a new menu! The lineup of exciting dishes includes Yum Hed Ruam (vegetarian mushroom salad), Tom Yum Rock Lobster, and Panang Kae (lamb shank curry). For dessert, order the Thai Tea Crème Brûlée to end your meal on the sweetest note.

ON THE
MENUJUST
OPENED

The word sage has two meanings: the herb and the wise man. At Makati Shangri-La's newest dining destination of the same name, both serve as inspiration. Fresh flavors are highlighted in modern European dishes at the second floor fine-dining restaurant, while cocktails named after famous sages are handcrafted to your liking at the *tapas* bar downstairs.



Café Shibuya

At Café Shibuya, the specialty of the house is toast. But not just any toast! Shibuya toast is a Japanese take on the French breakfast favorite—a thick slice of toasted white bread with a crunchy, buttery crust and a pillow-soft, chewy center. Café Shibuya serves up sweet and savory options. The Shibuya Benedict or Tonkatsu with Mango Mayo are sure to satisfy any time of the day, while the Strawberry Matcha and Ferrero Hazelnut flavors are the perfect ending to any meal. Japanese-fusion pastas and *mentaiko* rice dishes are also on the menu, but one thing you shouldn't leave without trying are the Ghirardelli chocolate drinks—frappés and lattes made using rich, decadent chocolate. With sunny, homey interiors and friendly staff, Café Shibuya is our new favorite hangout! **Café Shibuya is at the Ground Level of U.P. Town Center, Katipunan Avenue, Quezon City (mobile no.: 0947-2213836).**



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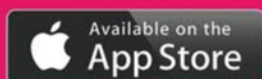
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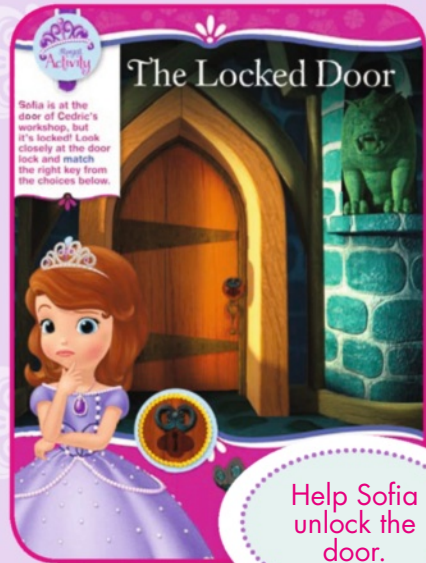
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Yummy Lessons



This month,
LEARN HOW TO...

Master the classic
KALDERETA



Whip up a healthy
BLACK BEAN SALAD



Prepare **KIMCHI**
at home



Make **FROZEN
CHOCO BANANAS**
with the kids



Use **WATERMELON**
in 10 new ways

Bottled up

Got red wine bottles lying around the house? Put them to good use! These dark-colored bottles are the perfect container for used oil because, like red wine, cooking oils are averse to light. To store, let the oil cool down after frying. Pour into sterilized wine bottles, using a coffee filter or a cheesecloth-lined funnel to strain out tiny food particles. Cover tightly with a cork or bottle cap and keep away from light.



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



Kaldereta

Rich and tasty, *kaldereta* is a Filipino staple served during festivities and special occasions, especially in Luzon. Taken from the Spanish word “caldera,” meaning cauldron, this dish originally featured goat meat that was simmered long and slow until fork-tender. These days, beef, pork, or chicken are now more commonly used. Our version uses beef for a richly flavored stew. Try making it at home!

Beef Kaldereta

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

WHAT YOU NEED

FOR THE MARINADE

- ✓ 1 tablespoon soy sauce
- ✓ 2 teaspoons Worcestershire sauce
- ✓ 1 teaspoon hot sauce
- ✓ 1 teaspoon minced garlic
- ✓ 1 teaspoon sugar
- ✓ 1 teaspoon ground pepper

- ✓ 1 kilo beef kenchi, sliced into 1½-inch pieces
- ✓ 3 tablespoons vegetable oil, divided
- ✓ 2 tablespoons margarine
- ✓ ½ cup chopped onions
- ✓ 2 teaspoons minced garlic
- ✓ 2 tablespoons chopped parsley
- ✓ 1 teaspoon crushed black peppercorns
- ✓ 1 bay leaf
- ✓ ⅓ cup tomato sauce
- ✓ 6½ cups beef broth (or 1 beef bouillon cube dissolved in 6½ cups warm water), divided
- ✓ salt, to taste
- ✓ 3 medium potatoes, peeled and sliced into 1½-inch pieces
- ✓ 3 medium carrots, peeled and sliced into 1½-inch pieces
- ✓ 1 (85-gram) can liver spread
- ✓ 1 (125-gram) can pimiento, drained and sliced into strips
- ✓ ⅓ cup grated *queso de bola*
- ✓ 8 pieces pitted green olives

WHAT TO DO

- 1** Make the marinade: Combine all ingredients in a bowl. Add beef and marinate, covered, for at least 6 hours or overnight in the refrigerator.
- 2** Heat half the oil in a heavy-bottomed casserole or Dutch oven. Sear beef in batches until browned, adding remaining oil if the pan is becoming dry. Set beef aside and remove any charred bits on the pan.
- 3** Add margarine to the same pan. Sauté onions until translucent. Add garlic, parsley, crushed peppercorns, and bay leaf; sauté until fragrant.
- 4** Add beef back to the pan. Pour in tomato sauce and 2½ cups broth. Mix well and bring to a simmer over very low heat, partially covered. Simmer for 1 hour.
- 5** Add 2 cups broth and continue simmering for another hour. Add remaining broth and simmer for another 45 minutes. Add potatoes and carrots. Continue simmering for 15 minutes or until the vegetables are tender. Season to taste with salt. Let liquid reduce just until the beef is two-thirds covered by the sauce. Add liver spread and mix well to thicken sauce.
- 6** Add pimiento and *queso de bola*. Mix well and taste to adjust seasoning. Add olives and mix well.
- 7** Transfer to a serving platter and serve hot.



Yummy Lessons HEALTHY APPROACH



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.



SAVE TIME AND GAS BY COOKING A BIG BATCH OF BEANS! STORE THE COOKED BEANS, SUBMERGED IN WATER, IN THE REFRIGERATOR FOR UP TO 5 DAYS OR IN THE FREEZER FOR MONTHS. TO USE, SIMPLY DRAIN REFRIGERATED BEANS OR POUR BOILING WATER OVER FROZEN BEANS.

RECIPE FILE

Mexican Black Bean Salad

Food can either warm us up or cool us down. High-heat cooking, like grilling or frying, requires more effort to digest and creates heat in the body. Minimal cooking, like simmering or steaming, is ideal for warm weather. Too much fat, protein, and carbohydrates require more energy to digest, so eating more fruit, vegetables, and spicy food is perfect for the summer heat.

Salads are a great way to fill up, too. Raw vegetables are hydrating and easy to digest, while beans provide the right amount of protein and fiber. This simple recipe is oil-free but flavorful, using *calamansi* juice, onions, and fresh herbs. The colorful vegetables make it easy on the eyes, plus they're full of nutrients and antioxidants! For a spicy kick, add some minced *siling labuyo*. You can serve it with some dairy-free sour cream, too.

Rinse **$\frac{2}{3}$ cup dried black beans**. Soak in water for at least 8 hours. Drain soaked beans; place in a saucepan and cover with plenty of water. Bring to a boil over high heat, then decrease heat to low. Simmer, partially covered, for about 45 minutes or until tender and cooked through. Rinse and drain well.

Meanwhile, bring another pot of water to boil. Remove the husk and silk from **1 ear of corn** and break into 2 pieces. Once water is boiling, add corn

together with **a pinch of salt**; cook for 10 minutes. Remove corn and set aside to cool. Slice off kernels.

In a mixing bowl, mix together **$\frac{1}{2}$ cups cooked beans**, **$\frac{1}{2}$ cup cooked corn kernels**, **$\frac{1}{2}$ cup seeded and chopped bell peppers**, **$\frac{1}{2}$ cup diced tomatoes**, **2 tablespoons minced red onions**, **3 tablespoons calamansi juice**, and **$\frac{1}{2}$ cup chopped cilantro**. Season with **salt and pepper** to taste. Serve over lettuce leaves. **Serves 3 to 4.**

Produce Focus

THREE WAYS WITH...

Bananas



INSTANT SOFT-SERVE

When you're craving for ice cream, blend frozen banana pieces with a splash of soymilk to make a healthy kind of soft-serve.



EGG SWAP

Bananas are a great egg substitute in baked goods! Simply replace 1 egg with $\frac{1}{4}$ cup mashed overripe bananas.



NATURAL SWEETENER

Making a milkshake or smoothie? Hold the sugar. Instead, throw in a banana to sweeten your drink and give it a nutritious boost.

FOOD FIND



Superfood Grocer's hemp rice protein powder

Too much animal protein can wreak havoc on our kidneys and increase the risk of heart disease. Protein from plants is gentler on the body and lower in fat. If you want a protein boost, try hemp rice protein powder. Mix it with water, stir it into a smoothie, or add to oatmeal. **To order, visit thesuperfoodgrocer.com.**



WHAT KIND OF FOOD SHOULD I EAT MORE OF IF I WANT HEALTHY, GLOWING SKIN?

A

You're probably familiar with skincare commercials that promise perfect skin if we use their products. But remember this: Your skin will only be as gorgeous as the food you eat. Fruit and vegetables contain water, fiber, and antioxidants, which flush out toxins, aid in the body's detoxification, and repair cell and skin damage. Food rich in vitamin C such as bell peppers, tomatoes, and oranges aid in collagen production, while vitamin E-rich foods like *pili* nuts and avocados promote skin health and luminosity. Cucumbers

and watermelons are particularly high in water and are great for hydrating the skin. Omega-3 fatty acids influence our cells' ability to hold water and its anti-inflammatory properties help keep our skin soft and wrinkle-free, so definitely stock up on flax seeds, chia seeds, and walnuts.

Steady blood sugar levels and great skin go hand in hand. Avoid simple carbohydrates (white flour, rice, sugar, potatoes, pasta) that can spike insulin levels and induce inflammation. Instead, go for complex carbohydrates like beans, brown rice, and sweet potatoes.

Heathify This!

DAIRY-FREE SOUR CREAM

Warm 2 tablespoons water in a small frying pan over medium heat. Sauté 2 minced garlic cloves until the water evaporates. Place garlic in a blender and process together with a 300-gram block of silken tofu, 4 teaspoons cane vinegar, 2 teaspoons sugar, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper until smooth. *Makes 1 cup.*





1



4



6



6

Kimchi

This Korean staple is so easy to make at home! Go ahead and whip up a big batch—it gets better with age.

WHAT YOU NEED

- ✓ 2 heads Baguio cabbage
- ✓ 1 cup sea salt
- ✓ 5 liters water

For the kimchi paste

- ✓ 5 pieces bird's eye chili (*siling labuyo*)
- ✓ 1/2 cup cooked Japanese rice
- ✓ 1/4 cup water
- ✓ 1/2 white onion, diced
- ✓ 20 cloves garlic, peeled
- ✓ 1 thumb-sized piece ginger, peeled and sliced
- ✓ 1/2 cup fish sauce (*patis*)
- ✓ 2/3 cup Korean red chili powder (*gochugaru*)
- ✓ 3 tablespoons sugar
- ✓ 1 tablespoon sesame seeds, toasted
- ✓ 1 white onion, sliced
- ✓ 4 onion leeks, sliced
- ✓ 6 green onions, sliced

WHAT TO DO

1 Chop the cabbage into bite-sized pieces, making sure to remove any tough and wilted parts. Set aside.

2 Make the brine: Combine salt and water in a big bowl, stirring until salt dissolves.

3 Add cabbage to brine. Set aside for at least 45 minutes, stirring occasionally.

4 Remove cabbage from brine and rinse in cold water 3 times. Drain and set aside.

5 Make the kimchi paste: In a blender, grind together chilies, cooked rice, water, onion, garlic, ginger, and fish sauce. Add the rest of the ingredients and blend well, stopping occasionally to scrape down the sides of the blender. Transfer mixture to a bowl. Add onions, leeks, and spring onions. Set aside.

6 Place cabbage in a big, shallow tray. Pour in kimchi paste. Wear plastic gloves and mix everything using your hands until cabbage is evenly coated. Store kimchi in sterilized glass containers. Keep at room temperature overnight, then refrigerate for at least 3 days to ferment before serving.

Serves 6.



Frozen Choco Bananas

These fun frozen treats are perfect on a hot summer day! The kids will love decorating them with sprinkles, too.

WHAT YOU NEED

- ✓ 2 ripe bananas (*lakatan* variety)
- ✓ ½ cup semi-sweet chocolate
- ✓ assorted sprinkles and mini marshmallows for topping

WHAT TO DO

1 Peel bananas and slice in half. Skewer banana halves onto barbecue sticks. Freeze for 1 to 2 hours.

2 Melt the chocolate: Place chocolate in a microwave-safe bowl. Microwave in 10-second intervals, stirring every so often until chocolate has completely melted and is smooth.

3 Dip frozen bananas in the chocolate mixture. Immediately decorate with sprinkles or marshmallows. Place on a parchment-lined baking sheet; allow to set. Freeze until ready to serve.

Makes 4.



1



3



3



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

**REFRESHER
COURSE**



Watermelon

Make way for sweet, juicy watermelons this summer! These 10 refreshing ideas will help you beat the scorching heat with ease.

1 Rainbow bright

Summer is all about bright colors, and your meals should follow suit. Start by adding watermelon balls to dishes like the classic chicken, cashew, and broccoli stir-fry. Make use of red and yellow varieties of watermelon for a pop of color.

2 Parfait perfection

Whether served as a morning treat or an afternoon snack, a watermelon yogurt parfait will give you an energy boost. Plus, it's an easy, healthy substitute to ice cream sundaes! Simply layer chilled watermelon balls, vanilla yogurt, cookies, granola, and honey in a clear glass and you're good to go.

3 Refresher course

Looking for a light and refreshing lunch alternative? Make this easy quinoa salad for a satisfying meal sans the guilt. Whisk together *calamansi* juice, honey, olive oil, salt, and pepper; drizzle over cooked quinoa. Add watermelon cubes, crumbled feta, and arugula. Toss to mix and serve.

4 Fresh off the grill

Grilling fruits brings out their natural sweetness and gives

them a lovely smoky flavor. Try grilling watermelon triangles on sticks and topping them with fresh mint for a cool summer meal-ender! Look up the recipe on Yummy.ph.

5 Pop hits

Turn fresh watermelons into popsicles in 3 easy steps! Soak watermelon triangles in your choice of flavoring liquid for 30 minutes (we like grape juice, ginger ale, or even mojitos), insert popsicle sticks into the watermelon triangles, and freeze. Beating the summer heat doesn't get easier than this!

6 Taking over

With their flavor and color, watermelons can be used to take the place of tomatoes in various recipes. Salsas, gazpachos, and skewers can all be made with watermelons. For a quick appetizer, prepare a caprese salad of seedless watermelon slices, mozzarella, basil leaves, salt, and olive oil.

7 Keep it cool

Soup during summer? Yup, it's possible—especially with a chilled watermelon soup! Purée seedless watermelon, lemon juice, sugar, and ginger in a blender. Transfer to a container and chill in the refrigerator. To serve, divide among bowls and top with watermelon cubes, mint leaves, and chili flakes for some kick.

8 Pair and square

Plum powder, *bagoong*, or rock salt—these are usually paired with watermelon cubes to complement their sweetness. For a pairing upgrade, mix together crispy fried shallots,

sea salt, white sugar, *calamansi* zest, and chili flakes. Sprinkle over watermelons for a flavor extravaganza!

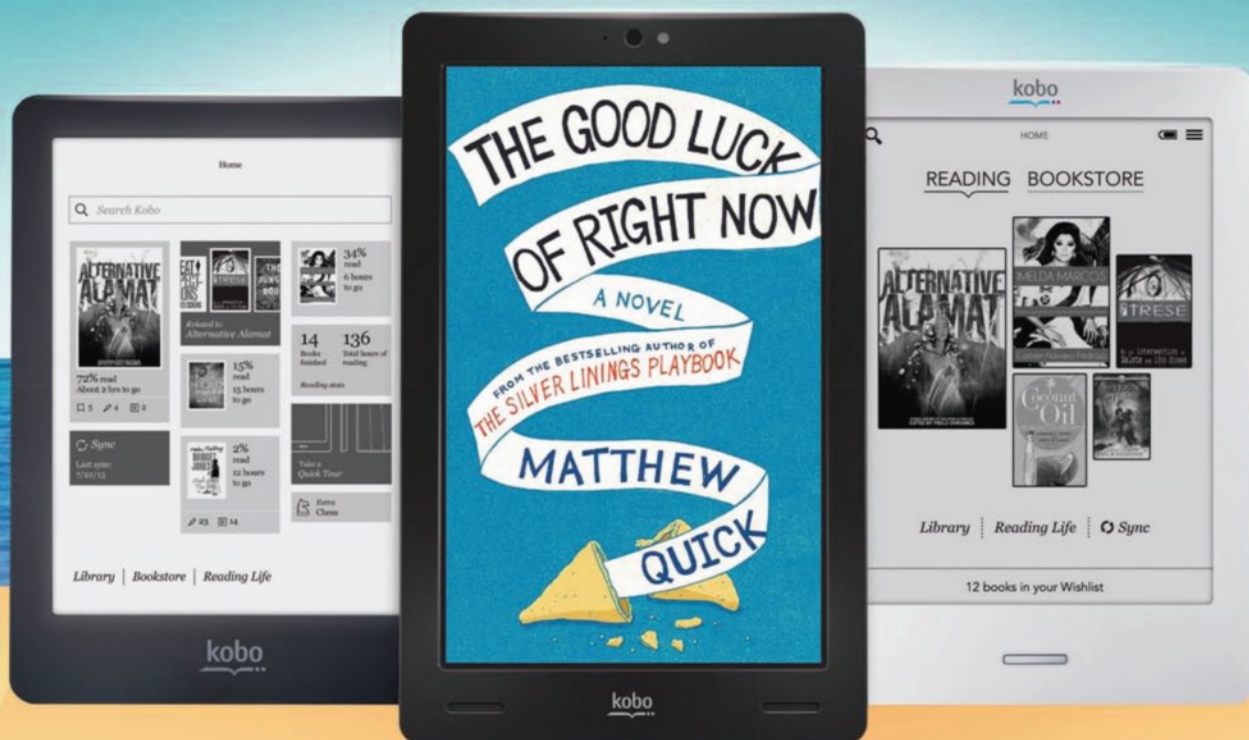
9 Daily rind

Don't put any part of the watermelon to waste, including the rinds! Turn them into pickles you can add to salads and sandwiches. Use a vegetable peeler to remove the outer green layer of the rind; slice into 1-inch pieces. Prepare a brine by bringing water, vinegar, salt, and sugar to a boil. Add rinds and bring to a boil again. Let cool, transfer to sterilized jars, and chill overnight.

10 Filipino favorite

Lend a bit of sweetness to the usual sour *sinigang* by adding watermelon. Slice seedless watermelon into cubes or triangles. Once your meat is cooked, add watermelon to the *sinigang* broth. Simmer until meat is tender, then add the rest of the vegetables and seasonings.

Summer just got even hotter!



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Mandaluyong City (tel. nos.: 570-7741, 506-
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National Bookstore

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SUPERMARKETS

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www.landmark.com.ph

Robinsons Supermarket

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Rustan's Supermarket

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

SM Supermarket

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RESTAURANTS

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8390 Mayapis Street, San Antonio Village, Makati

City (tel. no.: 808-7979); www.bonbahnmi.net

Chef Tatung

Acacia Estates, Molave Lane, Barangay Ususan,
Taguig City (tel. nos.: 661-7703, 466-5390; mobile
no.: 0915-2901001); www.chefatung.com

Mango Tree

7th Avenue, Bonifacio High Street, Bonifacio
Global City, Taguig City (tel. no.: 621-3233; mobile
no.: 0917-5349145); www.mangotree.com.ph

Sage Restaurant

2/F Makati Shangri-La, Ayala Avenue corner
Makati Avenue, Makati City (tel. no.: 813-8888)

Stacy's

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

OTHERS

The Cookery Place

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

ADVERTISING FEATURE

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April's Most Delicious

Gastronomic Pinoy Favorites at Tiago

"**TIAGO**" restaurant, Located at 85 Scout Fuentebella, Tomas Morato, Quezon City is the newest hip restaurant that offers traditional Filipino meals from different regions of the country. The twist to its mouth-watering menu is in the preparation. The dishes are all concocted using progressive cooking techniques, and sauces and side dishes or salads always accompany the main fare. The menu is a showcase not only of flavorful Filipino food, but also of how Filipinos eat. **Tiago's** idea is simple: give diners the total Filipino food experience. And it helps that the restaurant has a rustic, cozy interior with skylight and pocket garden, and even a nook for more intimate dining.



Visit www.facebook.com/tiagocuisine and call 6684240 for reservation.

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PING GU MUSHROOM FRIES

BY PING AND JEWEL JOVEN

When Ping and Jewel Joven took the stage again at this year's Next Big Food Entrepreneur awards night, their eyes were misty and their voices shook with emotion. "When we entered the competition, we never thought we'd be standing here now, sharing our experience as last year's winners," Jewel said.

When the young couple put together their first Ping Gu Mushroom Fries stall, they had to start from the bottom, scraping together the startup capital for a small food business. Ping was in law school, and he and Jewel were looking to put up a business to help with the tuition. His sister, a vegetarian, happened to serve

breaded-and-fried mushrooms to the couple at dinner one night. Loving the crunchy coating on the meaty, flavorful mushrooms, Ping immediately began thinking of it as a business opportunity.

And then the couple found the ad for the Next Big Food Entrepreneur competition, and they immediately went about drafting a business plan. Ping refined the recipe until they were able to come up with a perfectly fried, perfectly seasoned product—and also found out, somewhere along the way, that "ping gu" was the Chinese word for oyster mushrooms. It sounded like fate. Their belief in the business model was so strong that the couple

sold off their van to fund Ping Gu Mushroom Fries, which launched at the Mercato Centrale Night Market late in 2012.

Their faith paid off: Ping Gu went on to win the competition, earning P100,000 in prize money and a six-month stay at any of the Mercato Centrale sites. A year later, they were back at the podium, emotional after telling the audience about the months that had followed their win. "The competition was really the start. So much has happened since then!" says Ping. "Our lives have changed."

Although their two branches are temporarily closed for relocation, the Jovens' dreams for Ping Gu are getting bigger. In fact, they're aiming to develop Ping Gu as a franchise, as the couple is so inspired by the experience that they've become food-enterprise evangelists.

So, what did they do with the prize money? Says Jewel, to the audience's delight: "We bought a car to replace the one we sold!"



For more information about PING GU MUSHROOM FRIES, visit their Facebook page at www.facebook.com/PingGuMushrooms.



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