

5 FRIED RICE RECIPES YOU'LL MAKE AGAIN AND AGAIN

# Yummy

\* EASY MEALS EVERY DAY

MAY 2014

## start your own FOOD BUSINESS!

62  
RECIPES FOR  
SUCCESS

### LEARN FROM ENTREPRENEURS WHO MADE IT BIG

Secrets from Banapple,  
Cupcakes by Sonja,  
Connie's Kitchen,  
Nathaniel's, Omakase,  
and Bayani Brew

### MAKE-AT-HOME BUTTERBEER

(It's so easy!)

### 10 beat-the-heat TREATS

### Mother's Day brunch!

Spanish-style Sardines, Tapa  
Benedict, Chocolate Chip Pancakes

Peanut Butter  
Chocolate Chip  
Cookies



## Hey, home baker!

BARS & BROWNIES  
TO MAKE AND SELL  
ON PAGE 50



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- ☒ SULIT
- ☒ SAFE

*Ang Segurista,*  
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METRO MANILA DELIVERY

**737-8000**



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MAY 2014

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## Cover recipe

### PEANUT BUTTER CHOCOLATE CHIP COOKIES

Peanut butter makes good ol' chocolate chip cookies that much yummier. You can whip up a batch to give as gifts or to sell to friends. Watch them fly off your shelves!

**Makes** 18 to 20 pieces **Prep Time** 15 minutes **Baking Time** 10 to 12 minutes

- ✓ 1/4 cups all-purpose flour
- ✓ 1/2 teaspoon baking powder
- ✓ 1/2 teaspoon baking soda
- ✓ 1/4 teaspoon salt
- ✓ 1/2 cup butter, softened
- ✓ 1/2 cup chunky or smooth peanut butter
- ✓ 1/2 cup sugar
- ✓ 1/2 cup brown sugar, packed firmly
- ✓ 1 large egg
- ✓ 1 1/2 cups semi-sweet chocolate chips

**1** Preheat oven to 375°F. Line 2 baking sheets with parchment paper or silicone mats.

**2** Whisk together flour, baking powder, baking soda, and salt in a bowl; set aside.

**3** In the bowl of an electric mixer fitted with the paddle attachment, cream butter, peanut butter, and sugars on medium speed until light and fluffy. Add egg and mix until well incorporated.

**4** Add the dry ingredients and mix on low speed just until incorporated.

**5** Stir in the chocolate chips by hand.

**6** Drop cookie dough by rounded spoonfuls onto baking sheets, leaving a 2-inch space in between cookies. Bake for 10 to 12 minutes or until the edges are crisp. Transfer to a wire rack to cool.





# With Avida Towers Centera, You Can Make Time For Everything

High-rise urban residential development has taken over Metro Manila. Almost everywhere you go, towering condominiums have penetrated the skyline, taking city dwelling to new heights. When investing your hard-earned money in a condo unit, not only would you consider the living space, you take into account the surrounding areas and require the place to have “everything in it.” You would want a place that complements your insatiable palate for life.



Artist's Perspective

**Avida Towers Centera caters to the smart city dweller. The four-tower development is strategically located along EDSA corner Reliance Street, right in the heart of the metro. Everything is within reach — offices, schools, commercial centers are within a 2-km radius. Restaurants abound and the bustling community of food enthusiasts at Kapitolyo in Pasig and Ortigas are just a stone's throw away and will surely inspire the foodie in you. You don't have to waste gas spending hours negotiating traffic; everything is built in the property from the pool, outdoor gym, meditation area to retail shops, so that you won't have to go too far. With less time spent on the road, you can spend more time on things that matter with the people you love.**



Artist's Perspective

## A TIME FOR REST

A variety of units ranging from studio, one bedroom or two bedroom, with floor area of 22-77sq.m. are customizable to one's needs. It has built in kitchen cabinets and fixtures, serviceable upon moving in — homeowners can easily hone their culinary skills and invite family and guests over for a get-together. Another exhilarating option for homeowners are the two-bedroom or three-bedroom units with floor-to-ceiling windows for a relaxing view of the sun setting on the city horizon.

## A TIME FOR HEALTH

Take long leisurely walks amidst the invigorating view of the garden or break into sweat running along the jogging path. There's also an active swimming pool to play various water sports in, plus an outdoor gym for full work-outs. With the variety of activities that The Core @ Centera offers, anyone can get motivated to take on the road to fitness.

## A TIME FOR LEISURE

Entertain friends and family at The Hub @ Centera with the wi-fi ready guest area, clubhouse, gazebo, a pool lounge with a bar, and entertainment room. Meet with other residents and gain new friends in the property's open spaces dotted with benches. The amenities definitely create an atmosphere of community for its residents.



## A TIME TO INDULGE

The two-storey retail area called Shops @ Centera will house a selection of establishments from fashion shops, cozy cafes to exciting restaurants. A resident only needs to descend from his unit down to the retail area to meet with friends to dine or have after work drinks. The Shops @ Centera is set to finish in the 4th Quarter of this year.

## A TIME FOR TRANQUILITY

Tired of the city buzz and urban noise? Reinvigorate your senses with The Serenity Park @ Centera. The meditation garden and prayer room offer a peaceful and quiet zone for those seeking spiritual contact. The Serenity Park @ Centera has a soothing water-installation for anyone who wants to pause for a moment's reflection.

With thoughtfully-planned zones and life's conveniences all built in the development, leisure and satisfaction will be enjoyed by every Avida Towers Centera homeowner.



# Yummy at a glance

Looking for sweet treats to get your mind off the heat? Want to try making your own sauces at home? Craving a spicier kick in your meals? Looking for cookies to give or sell? Here's your guide to planning yummy meals.

## Sweet escape

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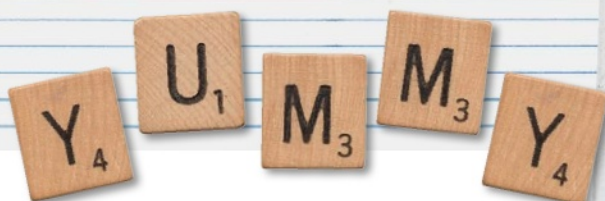
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## POTATO CHIP AND HOT FUDGE SUNDAES

## COOKIES GALORE! Recipes on Yummy.ph



Chocolate Chip Pizookies



Black and White Cookies



Cookie Sandwiches

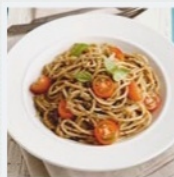


Oatmeal, Dried Mango, and  
Cashew Cookies

### Homemade with love



CASHEW PARMESAN CHEESE  
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LOW-FAT PESTO SAUCE  
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TOMATO PASTA SAUCE  
[PAGE 27](#)

### Spice up your life



ADOBO FLAKES WITH SINANGAG  
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CHICKEN CHILI  
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KIMCHI FRIED RICE  
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# A Food Hunt Like No Other

A gastronomic adventure where **Avida Land Corp.** took the public, media, and food bloggers on a tour to discover must-try restaurants within West Makati.

**Last March 8 and 22, Avida Land gathered media practitioners, bloggers and the public to an event that focused on something that all Filipinos are passionate about: food!**

The Avida Food Hunt was headed by chef and food writer JJ Yulo, founder of Pinoy Eats World which is a company dedicated to food culture, motivated to give the public an interesting and always delicious look at Pinoy food. Chef JJ led the pack as they toured around San Antonio Village in West Makati, a place surrounded by promising restaurants. They all met at the Avida Towers Asten, a high-rise residential development in West Makati that is envisioned to have a dynamic mix of retail and dining options catering to the needs of the passionate millennial crowd. Everyone had a fun time restaurant hopping showing that you don't have to travel really far to get your hunger fixed. Every Avida home is strategically placed to give you the convenience and comfort to access everything that you will be needing daily, including a great variety of food options for every taste and budget.

**DAY 1** of the food expedition started in Titania Wine Bar and Café, a fine dining restaurant inside the Titania Grand Cellar along Yakal Street in San Antonio Village, Makati followed by Bon Banhmi, a Vietnamese restaurant that boasts of their signature French bagel-inspired bun that is crispy on the outside yet soft on the inside. Next stop was 8065 Bagnet, then the Chinese restaurant Mao Jia Hunan. For their last stop, everyone was catered to delicious pastries at Bebe Rouge Patisserie.



**DAY 2** started off at the Italian restaurant in front of Avida Towers Asten called Carpaccio Ristorante Italiano followed by TK Authentic Masters Singaporean Food where the pack was treated to Singaporean food staples like char kway teow (stir-fry noodles) and savory cereal prawn. Third stop is at a hole-in-the-wall resto called HK Roast then at the fine dining restaurant Titania Wine Bar and Cafe. Their final stop for that day was at Sophie's Mom where they feasted on yummy desserts.



Watch out for the next **Avida Food Hunt** on May 24, 2014! For more information visit **Avida Land's Facebook page (avidalandph)**, **Avida Land's website at [www.avidaland.com](http://www.avidaland.com)**, or **Avida Towers Prime Taft Project Pavilion** along Taft Ave.





## editor's note



### *Start small, dream big*

One of the many things I love about my job is meeting food entrepreneurs who dream big and make things happen. It's an exciting time for the local food industry, and it's mostly because of these dreamers and doers who have great ideas and the determination to bring them to life. For our annual food business issue, we sat down with the entrepreneurs behind Banapple, Omakase, Nathaniel's, Bayani Brew, Cupcakes by Sonja, and Connie's Kitchen, and asked them to share their stories of success and nuggets of wisdom with us. What spurred the success of these local brands? For Sonja Ocampo of Cupcakes by Sonja, it was a matter of staying focused and finding the right partner who could help her bakery grow and expand beyond her wildest dreams. For Mano and Connie Gonzalez of Connie's Kitchen, their business grew organically but they made sure never to lose sight of their commitment to quality. It's wonderful to see how these six food businesses have all come such a long way—turn to page 70 to get inspired.

We often receive letters from readers who tell us that they have successfully used *Yummy* recipes in their businesses, be it a restaurant, a catering company, a food court stall, or a home-based bakery. We love hearing from our readers, and with these letters as inspiration, we've packed this issue with recipes that you can make and sell—like new takes on fried rice (page 39), bars and brownies for home bakers (page 50), popular breakfast faves (page 56), and trendy salted caramel treats (page 94). If you've been thinking about starting a food business, there's no better time to get in the game. These recipes will give you a head start!

On a personal note, this is my last issue as editor in chief. Working for *Yummy*, a magazine I have loved since its very first issue, has been a dream come true—but the time has come to turn the page. I am leaving you in the supremely talented hands of Paulynn Chang Afable, former managing editor of *Yummy* and *ELLE Decoration Philippines*, and former editor in chief of *Martha Stewart Weddings Philippines*. Paulynn is a brilliant editor, stylist, and writer, and she will undoubtedly bring *Yummy* to new heights as editor in chief. Like you and many of our loyal readers, I can't wait to see the next issue. The best is yet to come!

Liezl

Liezl Yap

Editor in chief



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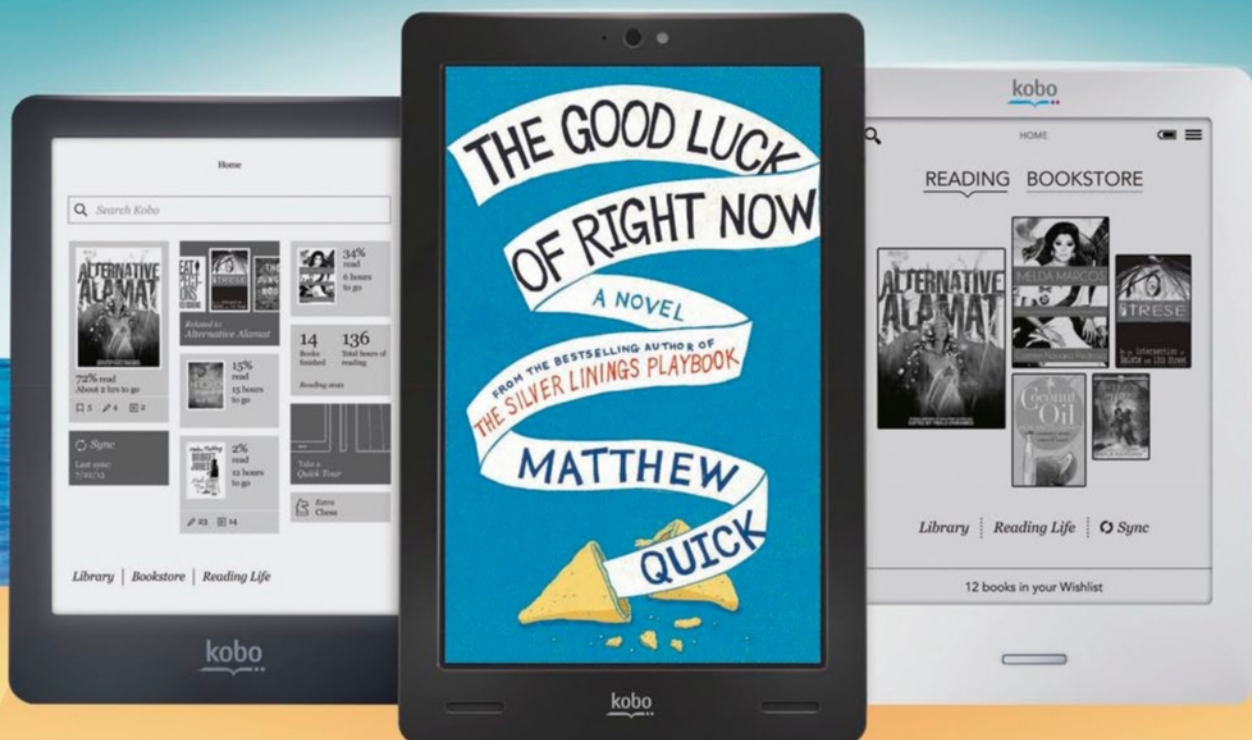


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# Summer just got even hotter!



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# Yummy Ideas

## MANGO MANIA

Enjoy the sweetness of summertime mangoes in this classic Thai dessert!

Mango  
Sticky Rice

**TO MAKE:** Soak 1 cup glutinous rice (*malagkit*) in water for 3 to 4 hours; drain and rinse thoroughly. Preheat a steamer and line the steamer basket with banana leaves. Steam glutinous rice together with 2 pandan leaves for 30 to 45 minutes. Remove pandan leaves, transfer cooked rice to a bowl, and set aside. Meanwhile, combine  $\frac{1}{2}$  cup coconut milk, 3 tablespoons sugar, and  $\frac{1}{2}$  teaspoon salt in a saucepan; bring to a simmer. Slowly pour mixture over sticky rice. Add 1 tablespoon desiccated coconut and mix thoroughly. Prepare the sauce by combining 1 cup coconut milk, 1 tablespoon cornstarch, 3 tablespoons sugar,  $\frac{1}{2}$  teaspoon salt, and 1 tablespoon desiccated coconut in a saucepan. Bring to a simmer over low heat and cook until the mixture thickens. Place sticky rice in serving bowls; top with thinly sliced mangoes and coconut sauce. Garnish with toasted sesame seeds and toasted desiccated coconut, if desired. **Serves 2 to 3.**

MORE YUMMY IDEAS }>



## MALLOW OUT

FOR A FUN-FILLED AFTERNOON, ROUND UP THE KIDS AND MAKE THESE YUMMY MARSHMALLOW TREATS!

### GOOEY MARSHMALLOW SANDWICH

Three of your favorite ingredients—chocolate-hazelnut spread, strawberries, and marshmallows—make up this awesome 'wich. Spread 2 tablespoons chocolate-hazelnut spread on a thick slice of bread (we like brioche, baguettes, or even *monay*). Top with 4 to 5 strawberries (sliced thinly) and 6 to 8 medium marshmallows (sliced in half). Heat in a toaster oven for 3 minutes or until tops of marshmallows are browned. **Makes 1 sandwich.**

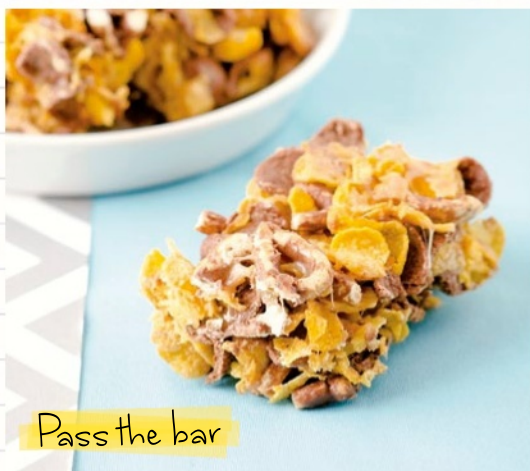


'Wichcraft

### MARSHMALLOW CEREAL BARS

Here's how you can enjoy cereal any time of the day! Grease 2 (4 $\frac{1}{2}$ x6 $\frac{1}{2}$ -inch) rectangular pans; set aside. Melt 3 tablespoons butter in a saucepan over low heat. Add 25 large marshmallows and cook until melted, stirring continuously. Remove from heat and add 1 $\frac{1}{2}$  cups cornflakes, 1 cup chocolate cereal, and  $\frac{1}{2}$  cup chocolate pretzels; mix to combine. Press mixture firmly into prepared pans and let cool until set. Cut into bars before serving.

**Makes 6 to 8 bars.**



Pass the bar



Top notch

### MARSHMALLOW-TOPPED COOKIES

Make cookies extra special by topping them with gooey marshmallows! Prepare cookies as you normally would, but during the last 1 or 2 minutes of baking, take the cookies out of the oven and lightly press a marshmallow on top of each one. Return to the oven and bake for 1 or 2 more minutes. Alternatively, you can also do the same with store-bought soft batch cookies. Top each with a marshmallow; microwave for 20 to 30 seconds. Drizzle chocolate sauce on top, if desired.

Pop star



### MARSHMALLOW POPS

These marshmallow bombs are bursting with nutty goodness! Thread 20 large marshmallows onto lollipop sticks. Place  $\frac{1}{4}$  cup condensed milk in a bowl. Combine  $\frac{1}{4}$  cup crushed graham crackers and 4 pieces Chocnut (crushed) in another bowl. Dip each marshmallow in condensed milk then roll in the graham mixture until completely coated. Refrigerate marshmallow pops overnight. Before serving, sprinkle powdered milk over marshmallow pops. **Makes 20 pops.**



Drink  
OF THE MONTH

## NUTELLA ICED CHOCOLATE

SURE, HOT CHOCOLATE'S OUR GO-TO DRINK DURING CHRISTMAS, BUT IN SUMMER, WE LIKE IT ICED AND WITH SPOONFULS OF NUTELLA!

Scald 3 cups milk in a heavy-bottomed saucepan. Remove from heat and add 4½ tablespoons chocolate-hazelnut spread (we used Nutella). Whisk until spread dissolves. Set aside to cool completely. Once cool, serve over ice, top with whipped cream, and dust with cocoa powder. **Serves 3.**



## → AMAZING APPLIANCE

### RICE COOKER

This isn't your ordinary rice cooker—this versatile appliance lets you do so much more than just cook rice!

#### ● SYNCHRONIZED COOKING

Cook your rice and *ulam* at the exact same time! Tiger's nifty cooking plate allows the steam from cooking rice to heat and cook food on top—what a great time-saver!

#### ● STEAMED UP

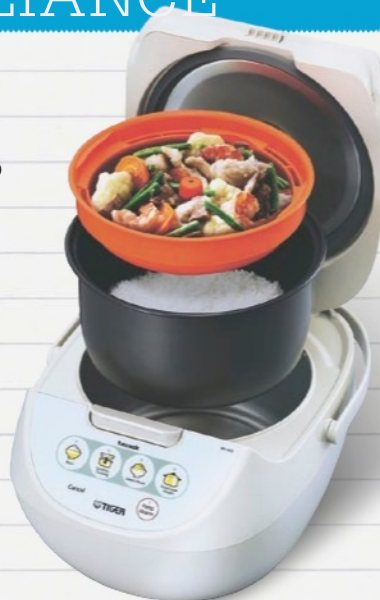
A rice cooker and a steamer in one? Yes, please! Take the

healthier route and steam anything from *siomai* to fish with this useful function.

#### ● CONVENIENT SLOW COOKING

Why get a separate slow cooker when your rice cooker can function as one, too? Save some space!

Whip up a hearty stew or a comforting bowl of chili in less than 2 hours.



Tiger Thermos Microcomputer Controlled Rice Cooker, P4,800, available at major appliance stores

## The TRY-IT TASTE-IT Row



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### BEEFED UP

Got meat? King Sue does! Whether you're craving for corned beef for breakfast, thinking of making a spicy pepperoni pizza for lunch, or topping tonight's paella with chorizo, they've got you covered. Available at all leading supermarkets nationwide.

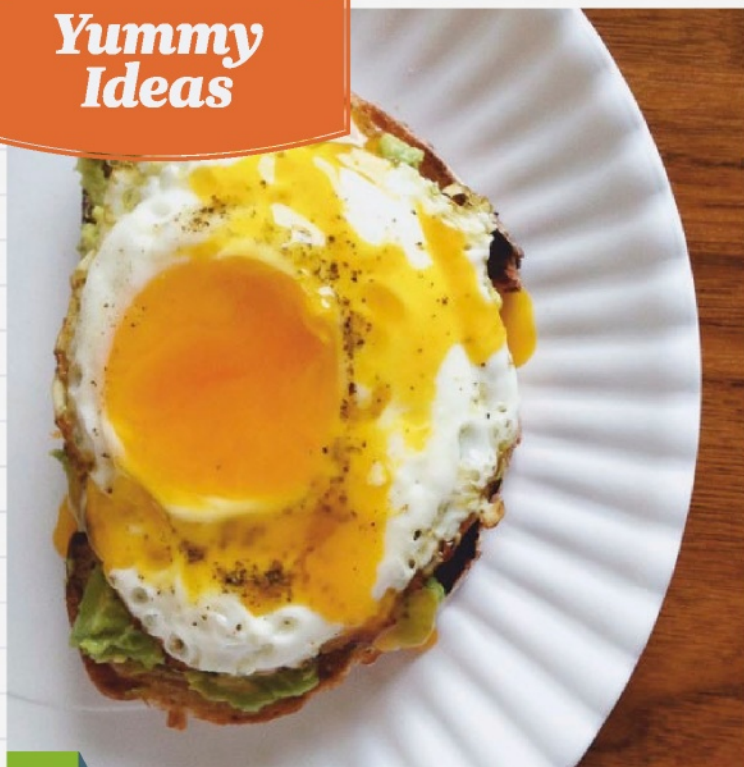
### CLEAN AND GREEN

Going green has never been so easy! Made out of phytoncide, a natural compound found in trees and plants that prevents bacterial growth, the hygienic and eco-friendly Phytoncide Cutting Board achieves 100-percent sterilization in a one-minute zap in the microwave! Available at Rustan's Department Store.





## Yummy Ideas



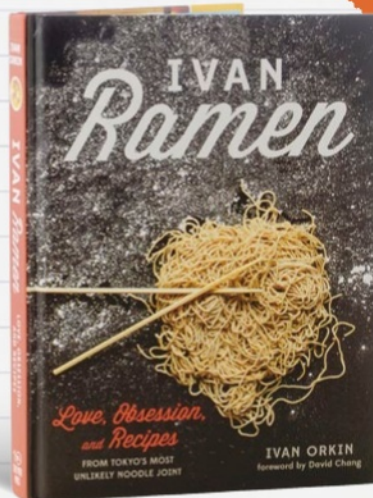
Bookmark it!

### { XO Breakfast }

We all know that breakfast is the most important meal of the day. A great morning meal sets the tone for the rest of the day, and Noelle, the California-based blogger who created XO Breakfast, couldn't agree more. Going through her blog's recipe index is a breakfast lover's dream, and there you'll find countless egg dishes, fun pancake ideas, and even cake recipes. After all, who says you can't eat cake for breakfast every once in a while? Visit [www.xobreakfast.com](http://www.xobreakfast.com) for more morning inspiration.

## BOOKSHELF

WHAT WE'RE  
READING  
THIS MONTH



■ If you think you've had enough of the ramen craze, read the prologue of ***Ivan Ramen: Love, Obsession, and Recipes from Tokyo's Most Unlikely Noodle Joint*** (P1,199, National Book Store) and you'll find yourself pulled right back in. Part memoir and part cookbook, this hardbound volume tells the fascinating story of Ivan Orkin, a middle-aged Jewish guy from suburban New York who managed to open one of the best ramen joints in Tokyo. Ivan Orkin's ramen-centric journey is completely captivating, and you'll want to keep reading until you find out how this *gaijin* (foreigner) managed to win over the toughest of Japanese customers. Plus, a fun bonus: After reading Orkin's adventures, try one of the many mouthwatering ramen recipes found at the end of the book!



## Yummy FOOD ADDITION

### Coconut Shrimp Noodles

Light and refreshing, this noodle dish is the perfect all-in-one meal for summer. Add red bell peppers and green onions to give it a pop of color!

Cook 165 grams rice noodles according to package directions; set aside. Slice 2 (80-gram) blocks firm tofu into small squares. Deep-fry tofu until golden; set aside. Combine 1 (33-gram) pack Knorr Ginataang Gulay and 1 cup water in a saucepan over

medium heat. Stir until dissolved, then bring to a simmer. Add 8 medium shrimp (cleaned); cook until orange-pink in color. Remove from heat and stir in cooked rice noodles. Transfer to serving bowls and top with fried tofu. **Serves 2 to 3.**



PHOTOGRAPHY: ALDWIN ASPILERA (YUMMY FOOD ADDITION) AND TOTO LABRADOR (BOOKSHELF).  
RECIPE & FOOD PREPARATION: DGE MENDILIA. TEXT: REGINE RAFAEL (BOOKSHELF AND BOOKMARK IT).



## Yummy LESSON

### HOW TO CLEAN COOKWARE WITH BURNT-ON STAINS

**THE DILEMMA** You didn't have time to immediately wash the baking sheet or frying pan you used, and now you're stuck with stubbornly crusty, hard-to-remove stains! What's the best way to get your cookware sparkling clean again?

**WHAT TO DO** Boil some water! It's the key to removing pesky burnt stains from your stove, baking sheets, and pans. To clean a baking sheet or pan, pour boiling water over it then let it soak in the sink. After the hardened grease has loosened up a little bit, start scrubbing with a stainless steel scrubber (make sure it's the non-soaped kind). If the stains are still hard to remove, try sprinkling a little baking soda over them and start scrubbing again. You'll get a clean pan in no time. When trying to clean burnt-on stains on your stove, pour a shallow layer of boiling hot water from a kettle over the stovetop. Let the water sit for about five minutes, then start scrubbing with a soft scrub pad. Finish with a little soap and wipe clean. Voilà!



## We asked:

### WHAT DO YOU USUALLY DO WITH LEFTOVER RICE?

“Any leftover rice we have at home is turned into crispy rice balls. I can't get enough of them, especially when filled with *adobo*. To make, take a spoonful of rice and spread evenly on your palm. Place some shredded *adobo* on top, then pack the rice tightly to form a ball. Dip balls in beaten egg, coat in breadcrumbs, and deep-fry until golden. Perfect!”—**Ricky Tiktak**

“I use leftover rice to make my soups creamy! Instead of adding cream, I purée the rice and add it to the soup. It thickens the soup just like cream, but without any excess fat.”—**Wendy Yu**

“Here's how I make my version of a naked beef burrito. I stir-fry some ground beef, then I add McCormick taco seasoning, leftover rice, corn kernels, and black beans. I chop a few tomatoes and onions, then mix them in, too. Add a generous amount of grated cheese and it's done! Great for those times when you just want a one-bowl meal.”—**Vanessa Salosagcol**

“We make our favorite *sinigang na sinangag*! Sauté garlic, onions, and tomatoes. Add okra, *sitaw*, *kangkong*, and finger chilies. Add the leftover rice

and mix to combine, just as you would with regular fried rice. Meanwhile, dissolve *sinigang* mix in some water and add to the rice by the spoonful. Add more if you want it more sour. Toss in some fried bacon and it's done!”—**Gie Austria-Ortega**

“My favorite thing to make out of leftover rice is kimchi omurice! First, stir-fry garlic, onion, leeks, carrots, and kimchi. Add the rice and some *gochujang* (Korean hot pepper paste); stir to combine and set aside. Make an omelet out of two to three eggs. Once the omelet is cooked, place the rice in the middle, then fold over. Serve with ketchup.”—**Jenn Manigao-Tan**

“We make pop rice out of leftover rice! First, we leave the rice to dry under the sun. It should turn hard, just like uncooked rice grains. Deep-fry the rice, then sprinkle with some brown sugar. They're sweet, light, and addictive like popcorn.”—**Zally Diaz**

“I make a rice salad with some ham, almonds, tomatoes, and olives. Toss them all together with some Italian vinegar and olive oil. So quick and refreshing!”—**Carreon Elna**

**Next question:** WHAT'S YOUR FAVORITE WAY TO ENJOY VANILLA ICE CREAM?

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



## Yummy Ideas



## INGREDIENT SPOTLIGHT

### QUINOA

Looking for a nutritious substitute for rice? Turn to quinoa! Pronounced “keen-wah,” this whole grain packs a bunch of healthy benefits in each spoonful. Aside from being a tasty carb alternative, it’s also a great source of protein and fiber. Cooking it is a cinch—just boil it like rice. What’s more, you can do it in a rice cooker. Easy! A perfectly cooked batch should come out light and fluffy with a nutty taste. Toss it with fresh vegetables, fruits, and a vinaigrette for a light salad or stuff it inside bell peppers then bake in the oven. Combine it with pantry leftovers and you have a new fried rice-inspired dish.



STOP BY

## Epicurious

Marinela Trinidad’s dream was to one day open a gourmet food emporium in the Philippines. That dream has finally become a reality with Epicurious, a deli, bakery, café, and culinary studio all rolled into one fabulous food stop. “We see a lot of Filipinos traveling and becoming more sophisticated in terms of their food choices,” says Trinidad. “They’re inspired by the latest lifestyle and food trends from abroad, and using prepared fresh ingredients at home—termed ‘gourmet convenience’—continues to grow in appeal. Everything we offer at Epicurious will definitely satisfy all kinds of food lovers.”

Inspired by food markets and gourmet halls around the world, Epicurious is a place where you can shop, dine, and even cook! Featuring exclusive signature gourmet items (like their caviar cream cheese, cakes-in-a-jar, citrus dressings, detox juices, and sumptuous cheeses), the shop offers endless choices for the eager epicure. Take your pick of seafood or meat and have one of the chefs whip up a special salad or pasta with your preferred sauces. If you’re an aspiring cook, take any of the regular cooking classes being offered. Enroll in their D-I-Y Pasta class to learn how to make your own fresh noodles, or sign up for The Best of the Wurst to get schooled on the art of making sausages, hams, and terrines. The sky’s the limit at Epicurious, so drop by and start your own culinary adventure!

**Epicurious is located at the Lower Ground Level, East Wing, Shangri-La Plaza Mall, Mandaluyong City (tel. nos.: 570-7741, 506-6474; mobile no.: 0917-5907420; [epicuriousmanila@gmail.com](mailto:epicuriousmanila@gmail.com); [www.epicuriousmanila.com](http://www.epicuriousmanila.com)).**

Who doesn’t love a great cheese and charcuterie plate? Customize your own or have a chef pick the best cheese and meats especially for you!



Enjoy layers of melted cheese and savory meat with the Artisan Lasagna (P250), a go-to meal during quick shopping lunch breaks.



Amp up your dip selection with their signature gourmet spreads. Try the Caviar Cream Cheese (P160), Yoghurt Butter (P160), and Smoked Bangus Mousse (P180).

## Kitchen glossary

### Mise en place

Whether you’re a beginner or a professional, *mise en place* is key. Literally meaning “set in place,” this cooking term refers to having all of your ingredients organized and ready to go before you start cooking. Vegetables are diced, spices are measured out, and voilà—your entire cooking process just became more efficient! If you’ve got everything prepared, you won’t have to scramble to find that bottle of vinegar at the last minute.

PHOTOGRAPHY: DAIRY DARILAG (INGREDIENT SPOTLIGHT) AND KAI HUANG (STOP BY). TEXT: IDGE MENDOLA (INGREDIENT SPOTLIGHT) AND REGINE RAFAEL (STOP BY AND KITCHEN GLOSSARY).



# Wanting to start a food biz?

We have **easy-to-do** food business recipe ideas and inspirational **started-from-nothing** stories on the site!



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BLACK AND WHITE COOKIES

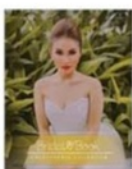
<http://www.yummy.ph/recipe/black-and-white-cookies>



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# Yummy Shopping



## Cool for school

Make your kids look forward to lunch every day by packing their *baon* in these adorable and durable sacks!

**NEW KIDS ON THE BLOCK** With June just around the corner, your little kids will be going back to school soon. Make *baon* extra memorable with these ultra cute lunch sacks from Built NY. Rivington Raccoon, Lafayette Ladybug, and Astor Owl are your kids' newest lunch buddies!

**STAR STUDENTS** These colorful lunch sacks are made of lead-free and food-safe materials. The handle comes with a buckle that unsnaps and can be attached to school bags for convenience. They're insulated as well, so they can keep the food you lovingly prepared warm or cold for up to four hours.

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PHOTOGRAPHY: PATRICK MARTINES ART DIRECTION: JON TOLENTINO TEXT & STYLING: TRINKA GONZALES

Built NY Big Apple Buddies Lunch Sacks (P995 each) are available at all Rustan's Department Stores. For a complete list of branches, visit [www.rustans.com.ph](http://www.rustans.com.ph).





**RICE FLOUR** is a type of flour derived from finely milled white or brown rice. It is gluten-free, thus it is often used as a substitute for wheat flour. Aside from being the main ingredient in noodles and native sweets, rice flour is also used for coating meats before frying. It is an ideal thickening agent for dishes or sauces that will be refrigerated or frozen, since it prevents liquids from separating.

**CORNSTARCH** or cornflour is a fine, powdery starch that's made from corn. It is a pure starch thickener, so compared to flour, a smaller quantity is needed to thicken the same amount of liquid. It is fast-acting too, thickening a sauce almost immediately when added to nearly boiling liquid. Asian-style dishes often use cornstarch, as sauces thickened with this starch remain clear and shiny. It is also used as a coating for fried chicken, pork, and fish.

Extracted from the cassava root, **TAPIOCA STARCH** is one of the purest forms of starch. It is gluten-free and is a popular thickening agent for sauces and dessert fillings. Like other root starches, it gelatinizes at relatively lower temperatures and produces sauces that are clear, shiny, and silky. It also has a less forward flavor once cooked. In Thai cuisine, water chestnuts are dredged in tapioca starch to make the classic dessert of red rubies with coconut milk. It can also be used as a coating for fried meat.

**POTATO STARCH** is a very refined root starch extracted from potatoes. Since it contains minimal protein or fat, sauces thickened with this starch are more translucent and glossy, with a silkier mouthfeel and a neutral flavor. It is also a good thickener for custards, puddings, and pie fillings.

**SWEET POTATO FLOUR** is a gluten-free root starch produced from white sweet potatoes or *kamote*. It is dull white in color with a stiff and somewhat coarse texture. It is commonly used as a coating for fried meats and poultry and also as a starch for gluten-free baked goods such as breads, cookies, muffins, and pancakes. It may also be used to thicken sauces and gravies.

# Starches

Most households usually stock up on the more familiar all-purpose flour and cornstarch, but larger supermarkets carry other varieties that can also be used in cooking. Here's a quick guide to the different starches available.





#### PERFECT MATCH

With chunks of Reese's Peanut Butter Cups thrown in, our favorite chewy cookies just got better!

**Chewy Chips Ahoy! Made with Reese's Peanut Butter Cups, P269.50, SM Supermarket**



#### NUTS ABOUT YOU

Packed with almonds and plump raisins, these cookies are all natural, all good!

**Family Recipe Almondina Original Almond Biscuits, P265, Rustan's Supermarket**

#### WAFFLE TIME

Made with pure butter and baked until golden, these cookies are delicious with a scoop of ice cream or a cup of chocolate mousse. **Jules Destrooper Butter Waffles, P154.00, Rustan's Supermarket**



## C is for cookie

Grab a glass of cold milk and a pack of any of these chewy nibbles.



#### STAY FRESH

These taro-flavored cookies remind us of urarol! Each is individually wrapped to keep it crisp and fresh. **Cookies Cottage Crispy Taro Cookies, P61.75, Rustan's Supermarket**



#### SPICE IT UP

Made with pumpkin spice and dipped in white chocolate, these tasty treats are perfect for afternoon tea. **Simply Indulgent Gourmet Pumpkin Walnut Cookies, P259, Rustan's Supermarket**



#### CHOCOLATE INDULGENCE

Thick, crunchy, and chocolatey, these cookies can be used to make a pie or cheesecake crust, too! **Fox's Chunkie Extremely Chocolatey Cookies, P129.50, SM Supermarket**





# Everyday Recipes



## Basil, Pea, and Pine Nut Risotto

With the crunchy contrast of pine nuts and peas to the creamy risotto, and the fragrant aroma of basil, this indulgent dish will leave your family smiling wide at the dinner table.

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

**Cooking Time** 25 minutes

- ✓ 4 cups chicken stock
- ✓ 3 tablespoons butter
- ✓ 1 tablespoon oil
- ✓ 1 onion, chopped finely
- ✓ 2 cups Arborio rice (see tip)
- ✓ 1/2 cup white wine
- ✓ salt and pepper, to taste
- ✓ 1 cup frozen peas
- ✓ 1/4 cup Parmesan cheese, plus extra to serve
- ✓ 1/4 cup basil pesto
- ✓ 100 grams prosciutto, grilled and crumbled
- ✓ 1/4 cup pine nuts, toasted

**1** Pour stock into a medium saucepan. Bring to a simmer. Reduce heat to low and keep warm.

**2** In a large saucepan, melt butter and oil together over medium heat. Sauté onions for 2 to 3 minutes or until tender.

**3** Add rice, stirring for 1 minute until well-coated. Pour in wine and cook for 1 minute until absorbed.

**4** Add stock, 1 cup at a time, stirring between each addition until all liquid is absorbed. This should take about 15 to 20 minutes. The rice should be soft with a slight bite. Season to taste.

**5** In a bowl, mix together peas and Parmesan cheese. Swirl pesto through. Add to rice and mix well.

**6** Serve topped with prosciutto, extra Parmesan cheese, and toasted pine nuts.

### TIP

ARBORIO RICE IS IDEAL FOR RISOTTO AS IT'S HIGH IN STARCH AND IS SHORT-GRAINED, WHICH PROVIDES THE PERFECT TEXTURE. IF YOU DON'T HAVE ANY ON HAND, USE MEDIUM-GRAIN RICE INSTEAD.







B.Y.O. BAON



PIERCE WHOLE CHERRY TOMATOES WITH A FORK BEFORE COOKING TO PREVENT THEM FROM BURSTING OPEN.

## Roast Pumpkin and Zucchini Pasta

Take a break from all the meat with this delightfully light yet satisfying veggie pasta dish!

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

- ✓ 600 grams pumpkin, seeded, peeled, and chopped
- ✓ olive oil
- ✓ salt and pepper, to taste
- ✓ 250 grams cherry tomatoes (see tip)
- ✓ 2 pieces zucchini, sliced
- ✓ 1 red onion, sliced thinly

- ✓ 1 red bell pepper, seeded and sliced
- ✓ 1 clove garlic, crushed
- ✓ 1 (375-gram) pack fettuccine
- ✓ 100 grams ricotta cheese, crumbled
- ✓ 2 tablespoons toasted pine nuts
- ✓ freshly ground black pepper, to taste
- ✓ 1/2 cup fresh basil leaves

1 Preheat oven to 350°F. Place pumpkin in a large baking dish. Rub lightly with oil and

season to taste. Bake for 20 minutes.

2 Add tomatoes, zucchini, onion, bell pepper, and garlic to the same pan. Toss with olive oil. Bake for 12 to 15 minutes or until pumpkin is golden and tender.

3 Meanwhile, cook pasta according to package directions. Drain well. Add to pan.

4 Toss vegetable mixture through the hot pasta with ricotta and pine nuts. Season with pepper. Top with basil and serve hot.





20 MINUTES  
OR LESS

## Mexican Chicken Tacos

Go lighter with chicken instead of beef in your tacos. For even more flavor, add some cilantro to the mix.

**Serves 4 Prep Time** 10 minutes

- ✓ 1 avocado, seeded, flesh scooped
- ✓ 1/2 cup sour cream
- ✓ 1/4 cup lime juice, plus wedges to serve
- ✓ salt and pepper, to taste
- ✓ 12 taco shells
- ✓ 1/2 rotisserie chicken, meat taken off the bone and shredded
- ✓ 1 (400-gram) can red kidney beans, drained
- ✓ 1 (400-gram) can corn kernels, drained
- ✓ 200 grams cherry tomatoes, halved
- ✓ 1 red bell pepper, seeded and sliced
- ✓ 1/2 red onion, sliced thinly

- ✓ 1 tablespoon taco seasoning
- ✓ 2 heads baby romaine lettuce, leaves separated

**1** Combine avocado, sour cream, and lime juice in a food processor or blender. Pulse until smooth. Season to taste.

**2** Warm taco shells according to package directions.

**3** Combine chicken, beans, corn, tomatoes, bell peppers, onions, and taco seasoning in a bowl.

**4** Fill warmed taco shells with lettuce and chicken mixture. Top with a spoonful of the avocado mixture. Serve hot with lime wedges on the side.



### TIP

YOU CAN ALSO WRAP THE FILLING IN WARM TORTILLAS. DON'T LIKE CHICKEN? USE SHRIMP OR CHOPPED PAN-FRIED FISH FILLETS.

PHOTOGRAPHY: ROB SHAW. RECIPE: JENNIFER PLUMMER. STYLING: JANE COLLINS. FOOD PREPARATION: CARLA DO CARMO.



# Let your **tablet** be thy guide

Fill it with valuable advice and inspiration!



Digital editions of **Good Housekeeping**, **Smart Parenting**, and **Yummy** are available on Buqo, Apple Newsstand and Zinio. Log on to [www.summitnewsstand.com.ph](http://www.summitnewsstand.com.ph) to download your copy now.



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## Family Kitchen

BY JOEY DE LARRAZABAL-BLANCO

✦ Just like most kids, my daughter loves pasta. Although I know pasta is all kinds of wonderful, I have no clue how it universally manages to attract legions of children to its side. Perhaps kids just gravitate towards noodles the same way they do towards crunchy things. In any case, pasta is always a hit with the little ones (and the not-so-little ones), so it's a great emergency dish to turn to when it's five p.m. and you realize there's nothing for dinner.

This pasta sauce is my bare-bones, most basic, and frequent go-to recipe. It's simple, yummy, and incredibly easy to make. Sauté some onions and garlic, add the tomatoes, and let this blip away until thick and pulpy. I always have a can of chopped tomatoes in my pantry so I can whip this up at a moment's notice.

It is delicious as is, simply tossed with the pasta of your choice and topped with a good grating of cheese, but it also serves as a springboard for

countless other pasta sauces. Here are some variations just to get you started: Add fresh basil or oregano to give it more flavor. For a quick puttanesca, add anchovies, capers, and olives. Need a basic meat sauce? Sauté some ground beef before adding the tomatoes. For a delicious seafood pasta, add your favorite shellfish and some sliced squid.

Pasta is not the only use for this sauce. You can also employ it anywhere you would use tomato sauce—in a myriad of stews or braises, in my December 2013 recipe for Royal Fish Fillet, or tossed with steamed vegetables for added flavor. It's so versatile!

My daughter has other favorite pasta sauces now (truffle cream being another popular choice) but there will always be a special place in her heart—and mine—for this simple red sauce. I hope that even as she grows, this will always bring her a little taste of home.



### 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](http://8obreakfasts.blogspot.com).



# TOMATO PASTA SAUCE

**Serves 4 Prep Time** 5 minutes

**Cooking Time** 30 to 45 minutes

- ✓ 3 tablespoons olive oil
- ✓ 2 cloves garlic, peeled and smashed slightly but left whole
- ✓ 1 small white onion, chopped
- ✓ 1 (800-gram) can chopped or crushed tomatoes
- ✓ sea salt and freshly cracked black pepper, to taste
  
- ✓ 300 grams cooked pasta and grated Parmesan cheese, to serve

**1** Heat the oil in a pan or pot over medium-high heat. When the oil is hot, add garlic and onions. Sauté until onions are soft and translucent and the garlic is fragrant.

**2** Add tomatoes, salt, and pepper; give it a good stir. Let this cook, gently bubbling, until thick and pulpy. Stir the mixture occasionally. This should take around 30 minutes.

**3** Check and adjust seasoning if needed. Take out the garlic and discard (or spread on toast!). Serve with pasta and sprinkle cheese on top.



MAKE A DOUBLE BATCH  
AND FREEZE HALF OF IT  
SO YOU'LL ALWAYS HAVE  
A HOME-COOKED MEAL  
READY TO GO!







## Hey, Home Baker!

BY AILEEN ANASTACIO

★ This month, I'm sharing a recipe for Portuguese egg tarts, a treat I love ordering at dimsum places in Hong Kong. Some egg tarts have a puff pastry-like crust, but this recipe uses a flaky pastry dough, the same one I use to make flaky pie crusts. Usually, the filling used in egg tarts is an egg custard similar to *crème brûlée*, containing egg yolks, cream, milk, and sugar. In this particular recipe, I replaced the sugar with condensed milk for a creamier filling, though you can also stick to regular sugar if you want traditional egg tarts. I find that

using condensed milk helps caramelize the tarts more, giving you those trademark spots on top. I like making this dessert in small tart pans that are about 2 to 2½ inches in diameter. This size is perfect for snacking! You can also bake the tart shells about a day or two in advance and store them in an airtight container. When ready to serve, make the egg custard filling and pour over the pre-baked tart shells, then bake until the filling is set and slightly browned. I love pairing this dessert with black Chinese tea or black tea with milk. Happy baking!



### About the columnist

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



## PORTUGUESE EGG TARTS

**Makes** 15 pieces **Prep Time** 20 minutes, plus chilling time **Baking Time** 40 to 50 minutes

### FOR THE PIE PASTRY

- ✓  $\frac{2}{3}$  cup all-purpose flour
- ✓  $\frac{1}{4}$  teaspoon salt
- ✓  $\frac{1}{4}$  cup cold butter, cubed
- ✓ 1 tablespoon shortening
- ✓ 1 tablespoon ice-cold water, plus more as needed

### FOR THE FILLING

- ✓ 4 egg yolks
- ✓  $\frac{1}{4}$  cup condensed milk
- ✓  $\frac{1}{4}$  cup heavy cream
- ✓  $\frac{1}{4}$  cup milk
- ✓ 1 teaspoon vanilla extract

**1** Make the pie pastry: Preheat oven to 375°F. Combine flour and salt in a large bowl; stir to mix. Scatter butter and shortening over the flour mixture. Using a pastry blender or fork, toss flour to coat, then cut in butter and shortening. The mixture should form large, coarse crumbs that are the size of large peas.

**2** Drizzle ice-cold water over the mixture. Toss with the pastry blender until the dough is evenly moist and begins to come together in a mass, but does not form into a ball.

**3** Transfer the dough to a clean work surface. Roll dough to form a disc.

Wrap disc tightly in plastic wrap and refrigerate until well chilled, about 1 hour to overnight.

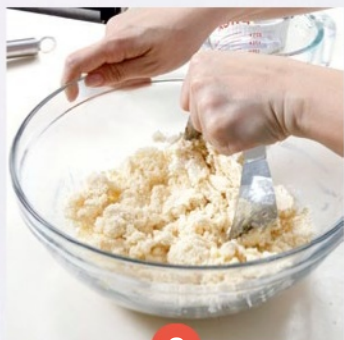
**4** Roll the dough: Let the dough sit at room temperature for at least 10 to 15 minutes to soften. Roll dough between two sheets of parchment paper until  $\frac{1}{8}$ -inch thick and 5 inches in diameter. Divide the dough among 2-inch individual tart pans and allow the dough to take the shape of the molds. Press the dough into the edges. Gently prick the bottom of the tarts using a fork. Cover the dough with plastic wrap and chill in the refrigerator for about 20 to 30 minutes.

**5** Place aluminum foil over the dough and gently mold it to the dough in the pans. Add pie weights (dried beans work well). Bake at 375°F for 15 minutes. Remove the foil and weights; bake for another 10 minutes or until golden. Transfer tarts to a wire rack and let cool completely.

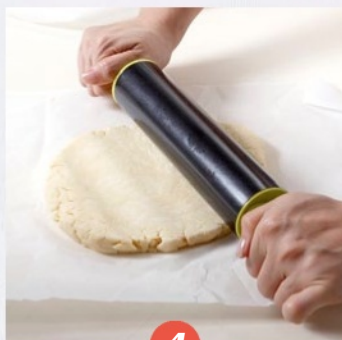
**6** Preheat oven to 400°F.

**7** Make the filling: Combine all filling ingredients in a separate bowl. Whisk until well combined, then strain. Fill tart pans with the egg mixture until about 80-percent full.

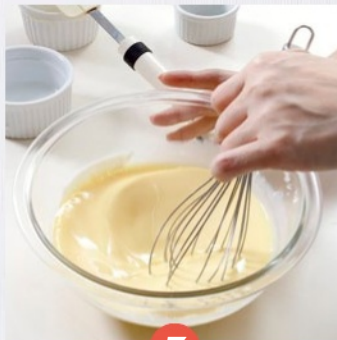
**8** Bake egg tarts for about 15 to 20 minutes or until the filling has set and has turned golden brown.



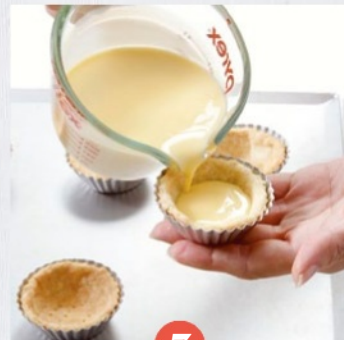
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7



7





## Chef at Home

BY JUN JUN DE GUZMAN

✦ I've been a chef for over 20 years, and until now, I still make it a point to get the latest cookbooks and food magazines to stay inspired and updated. When a recipe catches my eye, I do numerous cooking and tasting tests, making my own set of changes, trying to figure out how to make a dish taste even better. I enjoy giving recipes a more personal touch, tweaking each dish until it becomes something that I know my family and friends will enjoy.

The recipe I'm sharing this month is adapted from something I found in an old issue of *Gourmet*, a pioneering American food magazine that is sadly no longer in circulation. I've been making this for years and it's become a family favorite during potluck dinners. I love cooking this dish because I can do it a few days ahead, and it ends up tasting even better! Chicken is also a relatively lean protein, plus the beans are healthy and filling. Try it at home and feel free to experiment to make the recipe your own. Happy cooking!

### About the columnist

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



## CHICKEN CHILI

**Serves** 6 to 8 **Prep Time** 20 to 30 minutes **Cooking Time** 1 hour

- ✓ 1/3 cup canola oil
- ✓ 2 onions, chopped finely
- ✓ 1 tablespoon minced garlic
- ✓ 1 red bell pepper, cored, seeded, and diced
- ✓ 1 yellow bell pepper, cored, seeded, and diced
- ✓ 1 (400-gram) can whole tomatoes
- ✓ 1/2 teaspoon chili powder
- ✓ 1/2 teaspoon ground cumin
- ✓ pinch of dried red pepper flakes
- ✓ pinch of cayenne pepper
- ✓ 1 teaspoon salt
- ✓ 2 whole chicken breasts
- ✓ 1/4 cup extra virgin olive oil
- ✓ 2 tablespoons chopped fresh basil leaves
- ✓ salt and freshly ground pepper, to taste
- ✓ 1 (450-gram) can red kidney beans, drained

### FOR THE TOPPING

- ✓ 1 onion, chopped finely
- ✓ 1 small pack corn chips, crumbled
- ✓ 3/4 cup grated Cheddar cheese

**1** Heat oil in a pan. Sauté onions and garlic until onions are translucent. Add bell peppers and cook for a few minutes. Add tomatoes, chili powder, cumin, red pepper flakes, cayenne pepper, and salt. Bring to a boil and simmer for 20 minutes.

**2** Meanwhile, rub chicken breasts with olive oil and chopped fresh basil. Season with salt and freshly ground pepper. Roast in a 350°F oven for 30 to 40 minutes. Let cool completely.

**3** Remove chicken meat from the bone and cut into chunks. Add meat to the tomato mixture and pour in canned kidney beans. Simmer for another 10 minutes.

**4** Make the topping: Combine all ingredients in a bowl. Sprinkle on top of chicken chili.





# Must Cook

## Summer Cooler Recipes

### Fruity Vermicelli Ice Cream

#### Ingredients:

- 250g Sapporo Long Kow Vermicelli (sotanghon)
- 3 scoops ice cream
- Mixed fruit
- Condensed milk
- Cream
- Mango cut into small pieces
- Pineapple cut into small pieces
- Banana cut into small pieces
- Apple cut into small pieces
- Grapes cut into four
- Sugar syrup or honey
- ½ cup cashew and almonds cut into small pieces
- Ice cream sprinkles

**Procedure:** Take a glass. On the bottom of the glass, add the mixed fruit. Mix the vermicelli with cream and condensed milk. Layer the glass with vermicelli. Mix all the fruits with sugar syrup or honey, layer the glass with fruits. Add ice cream scoops to it and garnish with ice cream sprinkles, almond and cashew. Serve.



Get hooked on more  
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Sotanghon Falooda



Sapporo Ice Halo-Halo Special



Noodleliciously Healthy





## Biz Whiz

BY SHARLENE TAN

◆ When I was a kid, I spent most summer mornings making different fruit-based ice candies with my *yaya*. I'd always look forward to enjoying these treats in the afternoon! On days when we didn't get to do this, my favorite summer afternoon *merienda* was a bowl of ice cream.

To this day, I still love ice cream and I love playing around with it by adding nuts, fruits, and syrups. Because ice cream is something we always have in our freezer, being imaginative with this ready-to-eat dessert can take it to new heights.

This month, I'm sharing with you one of my favorite ice cream recipes—a frozen version of the turtle pie. Made with just a few ingredients and with no baking required, this recipe is so easy, even kids can make it! But the best thing about this is you can actually just relax and have fun with it. There are no specific measurements and procedures to follow to the letter. This is actually just a guide so you know which ingredients to have on hand. Make several bottles and stash them in your freezer so you can enjoy it whenever you're craving for something sweet.

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

## FROZEN TURTLE PIES

**Makes 6 bottles** **Prep Time 20 minutes**

- ✓ 25 Oreo cookies, crushed
- ✓ 3 tablespoons unsalted butter, melted and cooled
- ✓ 1/2 gallon chocolate ice cream, slightly softened
- ✓ 2/3 cup toasted pecans, chopped, divided
- ✓ caramel syrup
- ✓ chocolate syrup
- ✓ 1/2 gallon coffee ice cream, slightly softened
- ✓ whipped cream and chopped dark chocolate for garnish

- 1** Mix together crushed Oreo cookies and melted butter in a medium bowl until combined.
- 2** Place 2 to 3 tablespoons of the

mixture on the bottom of a glass jar. Pack down firmly using a long wooden spoon. Place 1 scoop of chocolate ice cream on top of the cookie crust. Use the back of a spoon to pack it firmly on top of the crust. Sprinkle chopped toasted pecans on top. Drizzle with caramel and chocolate syrups.

**3** Place a scoop of coffee ice cream on top of the chocolate ice cream and pack well using the back of a spoon. Seal jar tightly and freeze until the ice cream returns to its solid state. Repeat to make a total of 6 bottles.

**4** Before serving, garnish with whipped cream, remaining toasted pecans, and chopped dark chocolate. Drizzle more chocolate or caramel syrup on top, if desired.



PHOTOGRAPHY: MIGUEL NACIANCENO. STYLING: TRINKA GONZALES. HAIR & MAKEUP: VIDA NON-JAUCIAN.





## Around the World

BY SARI JORGE

✦ Whenever my family and I eat at Japanese restaurants, we always order gyoza. Also called pot stickers, gyoza is a popular dumpling that looks quite dainty, but packs a savory punch. Because my family and I love this classic Japanese dish so much, I decided to try making my own.

Making gyoza from scratch might seem daunting, but it's actually fun and easy. Try turning it into a weekend activity with your family and friends. Who would say no to a gyoza party? Your guests will definitely enjoy this new cooking and dining experience! So the next time you're celebrating a special occasion at home or your kids ask you to prepare something delicious, break away from the usual hotdogs and chicken—go Japanese instead!

### 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.



### TIP

MAKE THE DIPPING SAUCE: COMBINE 3 TABLESPOONS DARK SOY SAUCE (WE USED DATU PUTI), 1½ TABLESPOONS VINEGAR, 2½ TABLESPOONS BROWN SUGAR, 1 TABLESPOON SESAME OIL, 1 TABLESPOON CHOPPED GREEN ONIONS, AND 2 TEASPOONS CHOPPED GARLIC. MIX WELL.

## GYOZA

**Makes** 25 pieces **Prep Time** 45 minutes **Cooking Time** 30 minutes

### FOR THE FILLING

- ✓ 4 cups cabbage, minced
- ✓ ½ cup leeks (green part only) or green onions, minced
- ✓ 2 teaspoons minced garlic
- ✓ ½ teaspoon grated ginger
- ✓ 2 teaspoons salt, plus more to taste
- ✓ 300 grams ground pork
- ✓ pepper, to season
- ✓ 2 tablespoons light soy sauce (we used Kikkoman)
- ✓ 1 tablespoon mirin
- ✓ ½ tablespoon sake
- ✓ ½ tablespoon sesame oil
- ✓ 1 teaspoon cornstarch
- ✓ 25 round dumpling or wonton wrappers
- ✓ canola oil for frying

**1** Make the filling: Combine cabbage, leeks, garlic, and ginger in a medium bowl. Add salt; let mixture stand for 5 to 8 minutes. Press water out of cabbage pieces.

**2** Combine cabbage mixture and ground pork in a bowl. Add salt,

pepper, soy sauce, mirin, sake, sesame oil, and cornstarch. Mix very well.

**3** Make the gyoza: Have a small bowl of cold water ready. Lay a wrapper on a dry work surface. Place a heaping teaspoon of meat mixture in the center of the wrapper. Moisten one finger with water, then trace a line along half of the edge of the round wrapper. Fold wrapper over to enclose filling; pinch the two wrapper edges together in the middle to seal dumpling. Holding the filled half-circle with your left hand, pleat the top of the wrapper from the middle out, pressing it to the flat edge of the wrapper at the back. Set aside the stuffed dumpling with the pleated edge up. Repeat to make 25 dumplings. Chill in the refrigerator for at least 30 minutes.

**4** Fry gyoza in a little bit of hot oil until the bottoms have lightly browned.

Add water so that the dumplings are submerged in water that's about ¼ of their height. Cover the pan.

**5** Keep heat on high and wait until all the water has evaporated. Remove gyoza from the pan and transfer to a serving platter. Serve gyoza with the prepared dipping sauce (see tip).



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ADVERTISING FEATURE

# A Spin for the Win with the Number 1\* Cream

Give a twist to family favorites with the wonders only the number 1\* cream could give. With **NESTLÉ® All Purpose Cream**, whipping up a surprising feast is easy.

## Why It Works



## Red Velvet Crepes with Strawberries and Cream

### INGREDIENTS

#### Crepe:

2	whole eggs
1 pc	egg yolk
1 cup	NESTLÉ® FRESH Milk
1/2 cup	water
	a pinch of salt
3 tbsp	butter, melted
2 tbsp	sugar
1 tsp	vanilla extract
1 cup	all-purpose flour
1 1/2 tbsp	cocoa powder
2-3 drops	red food color

#### Strawberries and Cream:

4 cups	strawberries, quartered
2 tbsp	sugar
1 pack	NESTLÉ® All Purpose Cream 250ml
2 tbsp	confectioner's sugar

### PROCEDURES

#### Crepe:

1. Combine eggs, milk, water, salt, sugar, vanilla extract and melted butter in a blender and blend until foamy. Add flour and cocoa powder and pulse until no lumps are visible.
2. Add red food color according to desired darkness. Transfer to a bowl and cover with plastic wrap. Let sit for at least 1 hour in the chiller.
3. Heat a small non-stick pan and coat with butter. Pour 1/4 cup of the batter into the center of the pan and swirl to spread evenly.
4. Cook for a minute or until golden and then flip to cook the other side. Slide onto a plate and repeat procedure for the remaining batter.

#### Strawberries and Cream:

1. Combine strawberries and sugar in a bowl and set aside.
2. In another bowl, beat NESTLÉ® All Purpose Cream and confectioner's sugar until soft peaks form.
3. Fold in macerated strawberries to cream mixture. Use to fill up crepes. Drizzle with chocolate sauce/syrup.

**SERVING SIZE:** 6-8

\*Source Euromonitor International Limited; Packaged Food 2013 edition; retail value sales at retail selling price; by local brand name; 2007 - 2012





Transform dishes from everyday to astounding! NESTLÉ® All Purpose Cream, the number 1\* cream, is there every step of the way, adding a delectable spin to your cooking as it elevates the richness of your recipes, be it appetizer, main course, or dessert. Whether savory or sweet, it brings out the striking flavors of sauces, leaving your loved ones craving for more.



### *Creamy Perfection!*

Proper handling of cream is important to make perfectly rich treats. Store NESTLÉ® All Purpose Cream in a cupboard on room temperature before using it in savory recipes. Whipping it is so easy—just keep it in the fridge and whip gently before adding to desserts.

## *Lemon Cream Fettuccine*

### INGREDIENTS

2 tbsp	butter
1 large	white onion, minced
2 1/2 cups	NESTLÉ® All Purpose Cream
2	large egg yolks
4 tsp	lemon zest, finely grated
1-2 tbsp	fresh lemon juice
1/2 cup	Parmesan cheese, grated
1 sachet	MAGGI MAGIC SARAP® 8g
2-3 tsp	freshly ground pepper
450 gms	fettuccine, cooked al dente

### PROCEDURES

1. Melt butter in a sauté pan. Add onions and cook for about 3 minutes.
2. In a bowl, combine NESTLÉ® All Purpose Cream, egg yolks, lemon zest and fresh lemon juice. Lower heat and add cream mixture and Parmesan cheese to the pan.
3. Cook, whisking until slightly thickened. Season with MAGGI MAGIC SARAP® and freshly ground pepper.
4. Add cooked pasta and toss well. Pour some of the pasta liquid to loosen the sauce.

**SERVING SIZE:** 4-6

\*Source Euromonitor International Limited; Packaged Food 2013 edition; retail value sales at retail selling price; by local brand name; 2007 - 2012





*Why It Works*



## *Banana Stuffed French Toast with Chocolate Sauce*

### INGREDIENTS

1	batard or whole loaf
3	bananas, sliced into rounds
2 tbsp	brown sugar
1/4 tsp	cinnamon powder
3 pcs	large eggs
1/2 cup	NESTLÉ® FRESH Milk
1/2 cup	NESTLÉ® All Purpose Cream
1/2 tsp	vanilla extract
4 tbsp	butter

### Chocolate Sauce:

1/2 tbsp	butter
1/2 pack	NESTLÉ® All Purpose Cream
1/2 cup	semi-sweet chocolate chips

### PROCEDURES

#### Crust:

1. Slice batard/whole loaf into 2-inch thick portions (do not include ends). Then slice each portion in the middle without going all the way through. Set aside.
2. In a small bowl, combine sliced bananas, brown sugar and cinnamon powder. Mix well to coat banana slices evenly. Divide banana mixture and stuff into each bread portion.
3. In a bowl big enough to fit bread portions, combine eggs, NESTLÉ® FRESH Milk, NESTLÉ® All Purpose Cream and vanilla extract. Whisk until no lumps are visible. Soak stuffed bread into egg mixture for at least 1 minute per side.
4. Heat a non-stick pan and melt butter. Pan-grill soaked bread on all sides until golden brown. Serve with chocolate sauce and some more whipped NESTLÉ® All Purpose Cream.

#### Chocolate Sauce:

In a saucepan over low fire, heat unsalted butter and NESTLÉ® All Purpose Cream. Add semi-sweet chocolate chips and stir continuously until chocolate chips are melted. Transfer to a bowl and cool.

**SERVING SIZE:** 2-4





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### *Creamy Perfection!*

Make the most out of NESTLÉ® All Purpose Cream. Shake the pack gently before squeezing it into savory and sweet creations.

## *Mock Caesar Dressing*

### INGREDIENTS

1 pack	NESTLÉ® All Purpose Cream 250ml
3 tbsp	fresh lemon juice
1/2 clove	garlic, minced
1 1/2 pcs	anchovy fillet, chopped
1/2 tsp	yellow mustard
1/2 tsp	MAGGI MAGIC SARAP®
1/2 tsp	freshly ground pepper

### PROCEDURES

Combine all ingredients in a bowl and whisk until well-combined. You may use a blender or food processor if you want the dressing more emulsified.

### Serve with:

1/2-1 cup	bacon, cooked until crisp and chopped
1 cup	croutons
1 pack	Romaine lettuce or mixed greens
	Parmesan cheese

**SERVING SIZE:** 2-4

\*Source Euromonitor International Limited; Packaged Food 2013 edition; retail value sales at retail selling price; by local brand name; 2007 - 2012





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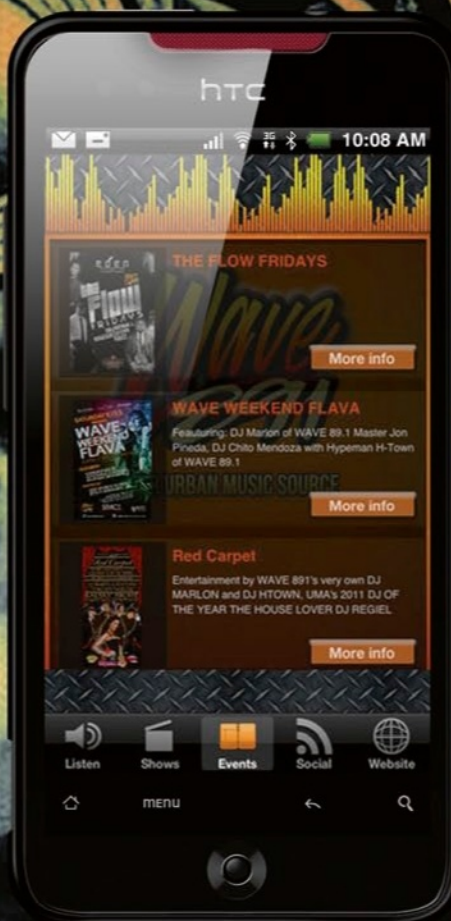


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## RICE TO THE OCCASION

Got leftover rice? Turn it into something new! Here are five tasty **fried rice** dishes that are good enough to be eaten on their own.



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

RECIPES THIS WAY }>



# MONDAY

## PORK BARBECUE JAVA RICE

**Pork barbecue and java rice are classic favorites! This recipe combines both into a one-bowl meal. Serve it with some *atsara* or buttered veggies on the side.**

**Serves 4 Prep Time** 15 minutes  
**Cooking Time** 10 minutes

- ✓ 3 tablespoons annatto oil
- ✓ 3 cloves garlic, minced
- ✓ 1 medium red bell pepper, cored and cut into small cubes
- ✓ 4 cups cooked white rice, cooled

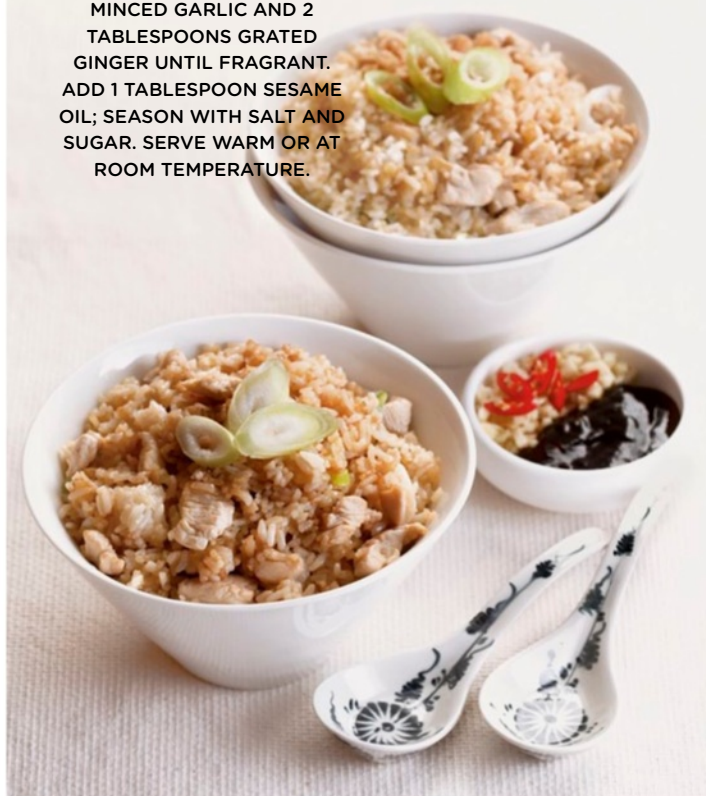
- ✓ salt, to taste
- ✓ 3 sticks cooked pork barbecue, removed from the sticks and cut into cubes
- ✓ chopped green onions for garnish

- 1** Heat annatto oil in a wok. Sauté garlic and stir occasionally until golden brown. Add bell peppers and sauté until tender.
- 2** Add rice and mix well. Season to taste.
- 3** Stir in cooked pork barbecue and sprinkle green onions on top. Serve hot.



## TIP

TO MAKE GINGER-GARLIC SAUCE, HEAT 1 TABLESPOON VEGETABLE OIL IN A SMALL PAN. SAUTÉ 1 TABLESPOON MINCED GARLIC AND 2 TABLESPOONS GRATED GINGER UNTIL FRAGRANT. ADD 1 TABLESPOON SESAME OIL; SEASON WITH SALT AND SUGAR. SERVE WARM OR AT ROOM TEMPERATURE.



# TUESDAY

## GINGER CHICKEN RICE

**Love Hainanese chicken rice? You'll definitely enjoy this tasty fried rice with chicken chunks, flavorful ginger, and fragrant sesame oil.**

**Serves 4 Prep Time** 10 minutes  
**Cooking Time** 10 minutes

- ✓ 3 tablespoons vegetable oil
- ✓ 3 cloves garlic, minced
- ✓ 1 (1-inch) piece ginger, minced or grated
- ✓ 1 cup cubed skinless chicken breast or thigh fillet
- ✓ 2 teaspoons sesame oil
- ✓ 3 tablespoons soy sauce
- ✓ 2 teaspoons sugar
- ✓ 2 teaspoons fish sauce
- ✓ 4 cups cooked white rice, cooled

- ✓ sliced leeks for garnish
- ✓ ginger-garlic sauce (see tip) and sweet soy sauce (*kecap manis*), to serve (optional)

- 1** Heat oil in a wok. Sauté garlic and ginger over medium heat until lightly browned. Add chicken and cook until opaque.
- 2** Add sesame oil, soy sauce, sugar, and fish sauce. Let mixture simmer for a minute.
- 3** Add cooked white rice; mix well.
- 4** Transfer chicken rice to serving bowls. Sprinkle sliced leeks on top. Serve with ginger-garlic sauce and sweet soy sauce, if desired. Serve hot.



# WEDNESDAY

## KIMCHI FRIED RICE

**Kimchi gives plain ol' rice a delicious kick! This spicy, tangy rice is made even better with the addition of bacon slices and fried eggs.**

**Serves 4 Prep Time** 10 minutes  
**Cooking Time** 10 minutes

- ✓ 6 strips honey-cured bacon, sliced into 1/2-inch pieces
- ✓ 2 cups store-bought kimchi, diced
- ✓ 4 cups cooked white rice, cooled
- ✓ salt, to taste
- ✓ 2 teaspoons sesame oil
- ✓ 2 tablespoons unsalted butter
- ✓ 4 eggs, cooked sunny-side up
- ✓ toasted sesame seeds and sliced green onions for garnish

**1** Place bacon in a wok over medium heat. Stir occasionally until bacon is cooked through and has rendered all its fat.

**2** Add kimchi and sauté for 3 minutes.

**3** Add rice. Mix until the grains are coated in the kimchi sauce and the rice has turned orange in color.

**4** Season with salt. Add sesame oil and butter before turning off the heat. Mix well and let the butter melt.

**5** Divide kimchi rice among 4 plates or serving bowls. Top each with a fried egg. Garnish with sesame seeds and green onions. Serve hot.





# THURSDAY

## SPAM AND VEGGIE FRIED RICE

**Looking for a one-bowl meal to pack as *baon* for the kids? This luncheon meat fried rice fits the bill. It's delicious, it's easy, and best of all, it uses pantry staples!**

**Serves 4 Prep Time** 10 minutes

**Cooking Time** 10 minutes

- ✓ 3 tablespoons vegetable oil, divided
- ✓ 3 large eggs, lightly beaten
- ✓ 1 (6-ounce) can luncheon meat, cut into small cubes (we used Spam)
- ✓ 2 cloves garlic, minced
- ✓ 3 cups cooked white rice, cooled
- ✓ 1½ tablespoons soy sauce
- ✓ ½ tablespoon fish sauce

- ✓ ¼ teaspoon sesame oil (optional)
- ✓ salt and white pepper, to taste
- ✓ 1 cup frozen mixed vegetables, thawed

**1** Heat ½ tablespoon oil in a pan. Pour in beaten eggs and cook, stirring, to make scrambled eggs. Slice into thin strips and set aside.

**2** Heat remaining oil in a separate wok. Cook luncheon meat until golden brown. Add minced garlic and cook until fragrant.

**3** Add cooked rice. Season with soy sauce, fish sauce, and sesame oil. Toss to mix well. Season to taste with salt and pepper.

**4** Add mixed vegetables and cooked eggs. Toss to combine. Serve hot.





## FRIDAY

### SHRIMP, CRAB, AND PINEAPPLE FRIED RICE

**This dish is bursting with scrumptious flavors! Shrimp and *kani* are complemented by sweet and refreshing pineapple chunks, while cashews provide a delightful crunch.**

**Serves 5 Prep Time** 15 minutes  
**Cooking Time** 15 minutes

- ✓ 3 tablespoons vegetable oil
- ✓ 2 cloves garlic, minced
- ✓ 1 medium-sized onion, sliced
- ✓ 1/4 kilo medium-sized shrimps, shelled and deveined
- ✓ 1 cup cooked and shredded crabmeat or shredded *kani* sticks
- ✓ 2 tablespoons soy sauce
- ✓ 2 tablespoons fish sauce
- ✓ 4 cups cooked white rice, preferably a day old
- ✓ 1 cup pineapple chunks (fresh or canned)

- ✓ 1/3 cup cashew nuts
- ✓ 1/4 cup mint leaves
- ✓ 1/4 cup cilantro leaves (*wansoy*)
- ✓ 2 to 3 red chilies, sliced, or a pinch of chili flakes (optional)

**1** Heat oil in a wok. Sauté garlic and onions over medium heat until fragrant.

**2** Add shrimp and cook just until the color turns pink. Add crabmeat or shredded *kani* and mix well.

**3** Stir in soy sauce and fish sauce. Toss in cooked rice.

**4** Once rice is coated with the seasonings, add pineapple chunks and cashew nuts. Mix well.

**5** Turn off heat. Add mint, cilantro, and chilies (if using). Toss to mix well. Serve hot.

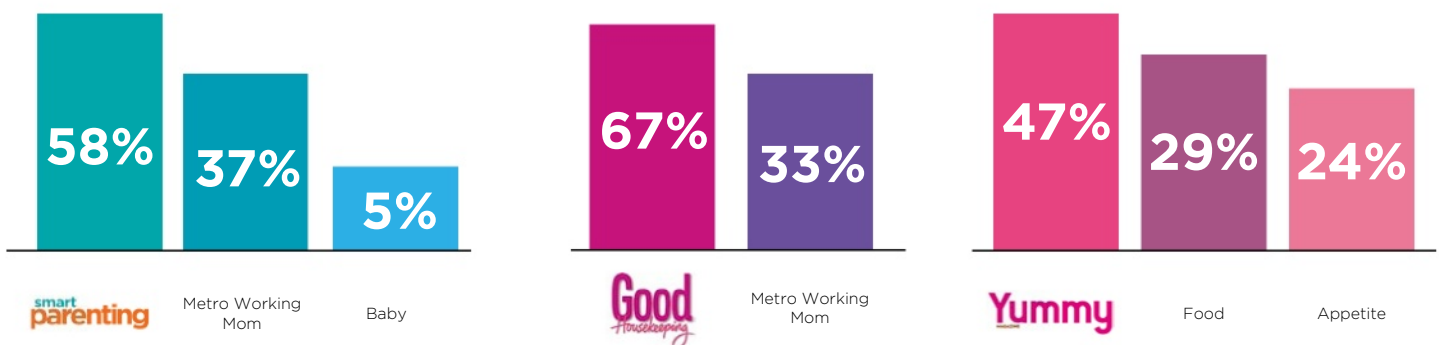


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## Going Greek

The fresh and healthy flavors of these Greek-inspired recipes are perfect for summer entertaining!

PHOTOGRAPHY: PATRICK MARTINES. RECIPES & FOOD STYLING: MELANIE JIMENEZ. PROP STYLING: TRINKA GONZALES.

### THE MENU

Eggplant and Chickpea Salad with Caramelized Onions and Goat Cheese

Greek-Style Chicken Fajitas

Hummus with Grilled Vegetables and Pita Triangles

RECIPES THIS WAY ➔



## EGGPLANT AND CHICKPEA SALAD WITH CARAMELIZED ONIONS AND GOAT CHEESE

**Don't be intimidated by the length of this recipe's instructions. This salad has a good number of components and takes a little more time to prepare, but everything is so easy to execute!**

**Serves 4 Prep Time** 20 to 25 minutes  
**Cooking Time** 30 to 40 minutes

**FOR THE VINAIGRETTE**

- ✓ 2 tablespoons white wine vinegar
- ✓ 1/3 to 1/2 cup extra virgin olive oil
- ✓ a pinch of salt

**FOR THE GRILLED EGGPLANT**

- ✓ 1 to 2 tablespoons olive oil for drizzling
- ✓ 1 large eggplant, sliced diagonally into 1/2-inch rounds

**FOR THE CARAMELIZED ONIONS**

- ✓ 3 medium white onions, diced
- ✓ 2 to 3 tablespoons olive oil

**FOR THE FRIED CHICKPEAS**

- ✓ 1/2 cup canned chickpeas (garbanzos), drained, rinsed, and patted dry (as dry as you can get them)
- ✓ 3 tablespoons olive oil
- ✓ salt, to taste

**FOR THE GOAT CHEESE MEDALLIONS**

- ✓ 1/4 cup all-purpose flour
- ✓ 1 egg, beaten
- ✓ 1/3 cup Japanese breadcrumbs
- ✓ 1 (110-gram) pack goat cheese, sliced into 4 portions
- ✓ canola oil for pan-frying

**FOR THE BALSAMIC SYRUP**

- ✓ 1/2 cup balsamic vinegar
  - ✓ 2 tablespoons sugar
- ✓ 2 heads lettuce, washed, sliced into 1-inch-thick pieces
- ✓ 12 to 16 cherry tomatoes, washed and halved

**1** Make the vinaigrette: Whisk vinegar, oil, and salt together. Set aside until ready to use.

**2** Make the grilled eggplant: Drizzle olive oil over eggplant. Grill over medium-high heat until tender, about 2 minutes on each side. Set aside.

**3** Make the caramelized onions: In a frying pan over very low heat, slowly caramelize the onions in olive oil until they turn light to medium brown. This can take anywhere from 20 to 30 minutes. Let cool and set aside.

**4** Make the fried chickpeas: In a frying pan over medium-high heat, fry chickpeas in olive oil until golden and beginning to shed

their skins. Drain on paper towels and season with salt to taste. Set aside.

**5** Make the goat cheese medallions: Place flour, beaten egg, and breadcrumbs in separate bowls. Coat one slice of goat cheese in flour, dip in beaten egg, then coat with breadcrumbs. Repeat with remaining goat cheese slices. Chill in the refrigerator until ready to plate the salad. Once ready to serve, pan-fry medallions over medium heat until coating is golden.

**6** Make the balsamic syrup: Combine vinegar and sugar in a small, non-reactive saucepan. Stir until sugar dissolves. Reduce over very low heat, stirring occasionally, until mixture thickens, about 10 minutes.

**7** Assemble the salad: Toss lettuce and tomatoes in the vinaigrette. Divide among 4 salad plates. Arrange 3 to 4 slices grilled eggplant on top. Divide caramelized onions and chickpeas among the serving plates. Drizzle balsamic syrup over each plate. Top each with a goat cheese medallion and serve immediately.







## HUMMUS WITH GRILLED VEGETABLES AND PITA TRIANGLES

**To keep it light and fresh, try serving the hummus with sliced cucumbers and cherry tomatoes instead.**

- ✓ 1 large zucchini, sliced into wedges
- ✓ 2 pita rounds

**Serves 4 Prep Time** 20 to 25 minutes **Cooking Time** 10 to 15 minutes

### FOR THE HUMMUS

- ✓ 1 (15-ounce) can chickpeas (*garbanzos*), drained and rinsed
- ✓ ¼ cup extra virgin olive oil, plus more for drizzling
- ✓ 2 cloves garlic, minced very finely
- ✓ 1½ to 2 tablespoons lemon juice
- ✓ salt, to taste
- ✓ 2 tablespoons tahini (available at Santi's)

**1** Make the hummus: Combine all ingredients in a blender or food processor. Pulse several times, adding about 2 to 3 tablespoons warm water to make the mixture smooth. Chill until ready to use. Hummus will keep in the refrigerator for 1 week. Drizzle olive oil on top and garnish with whole chickpeas before serving.

**2** Toss peppers, asparagus, and zucchini in olive oil. Sprinkle with salt just before grilling.

**3** Over medium-high heat, grill vegetables just until tender so they retain a bit of their crunch. Heat pita rounds and slice into 4 to 6 triangles each.

**4** Serve hummus with grilled veggies and pita triangles on the side.



## GREEK-STYLE CHICKEN FAJITAS

**Squeeze a few drops of lemon juice over the filling before you roll up the tortilla—it'll give each bite of these fajitas that extra special zing.**

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

### FOR THE MARINADE

- ✓ juice from 1 to 2 large lemons (about ¼ cup)
- ✓ 1 teaspoon iodized salt
- ✓ 1 teaspoon dried oregano
- ✓ 4 cloves garlic, chopped coarsely
- ✓ a pinch of sugar
- ✓ ¼ cup olive oil
- ✓ 500 grams skinless and boneless chicken breasts
- ✓ 1 large red onion, sliced thinly
- ✓ 1 large yellow bell pepper, sliced thinly
- ✓ 1 large red bell pepper, sliced thinly
- ✓ a pinch of dried oregano
- ✓ 6 to 8 tortillas, warmed

- ✓ lemon wedges, to serve (optional)

**1** Make the marinade: Combine all ingredients in a large zip-top bag, making sure the salt and sugar have dissolved before adding the oil.

**2** Poke chicken breasts all over with a fork, then add to the marinade. Marinate chicken in the refrigerator for 4 hours or overnight.

**3** Take the chicken out of the refrigerator at least 15 minutes before cooking. (The meat should not be fridge-cold when you cook it.) Grill marinated chicken over medium-high heat for 3 to 4 minutes on each side, depending on thickness and size. Let rest 10 minutes before slicing thinly.

**4** Grill onions and peppers until nicely charred and softened, about 3 minutes. Arrange next to the sliced meat and sprinkle with dried oregano.

**5** Serve grilled chicken and vegetables with warm tortillas and lemon wedges on the side.



# Sinigang

## Surprise

Reinvent a Pinoy classic with three perfectly sour recipes that only a true Queen of All Sinigang can deliver.



### Magic Hainanese-Style Chicken Sinigang

- ✓ 1 kg whole chicken, rinsed and drained well
- ✓ 2 packs 22g **MAGGI MAGIC SINIGANG**® Original Sampalok Mix
- ✓ 8 cups water
- ✓ 2 pcs medium onions, quartered
- ✓ 4 pcs medium tomatoes, quartered
- ✓ 3-4 slices ginger
- ✓ 8 cloves garlic, crushed
- ✓ 2 stalks white part of leeks, sliced
- ✓ 1 small radish, sliced
- ✓ 1 cup 2-inch pieces sitaw
- ✓ 1 pc small eggplant, sliced
- ✓ 2 cups picked kangkong leaves

#### SINIGANG RICE

- ✓ 2 tbsp vegetable oil
- ✓ 4 slices ginger
- ✓ 4 cloves garlic, chopped
- ✓ 3 cups jasmine rice, unwashed
- ✓ 4-5 cups reserved chicken sinigang stock

**1** Pat chicken dry and rub with 2 teaspoons **MAGGI MAGIC SINIGANG**® Original Sampalok Mix. Set aside.

**2** Pour water in a pot and add onions, tomatoes, ginger and garlic. Simmer for 15 minutes.

**3** Pour remaining **MAGGI MAGIC SINIGANG**® Original Sampalok Mix. Add chicken and bring to a bare simmer. Skim the scum and cook for 1 hour. Do not let the soup boil.

**4** Remove chicken and set aside to cool. Reserve 5 cups of the broth to cook the rice. Cut chicken into serving pieces and transfer into a serving plate.

**5** To cook the rice, sauté ginger and garlic in oil in a pot. Add rice and sauté for 2 minutes. Pour reserved Sinigang broth, cover and cook over low heat for 20 minutes. Turn off heat and set aside for 20 minutes. Fluff rice, transfer into a serving plate.

**6** Meanwhile, bring remaining broth in the pot to a simmer. Add radish, sitaw and eggplant and simmer for 2 minutes. Stir in kangkong and transfer into a serving bowl. Serve with chicken and Sinigang rice.





## Magic Sinampalukang Lechon Manok with Lemongrass

- ✓ ½ pc lechon manok, cut into serving pieces
- ✓ 1 pack 22g sachet **MAGGI MAGIC SINIGANG**® Original Sampalok Mix
- ✓ 2 tbsp vegetable oil
- ✓ 2 thumb-size ginger, julienned
- ✓ 4 cloves garlic, minced
- ✓ 1 pc medium onion, quartered
- ✓ 2 pcs medium tomatoes, quartered
- ✓ 4 cups water
- ✓ 3 pcs lemongrass, pounded and tied
- ✓ ½ cup sliced eggplant
- ✓ ½ cup sliced radish
- ✓ ½ cup biased okra
- ✓ ½ cup 2-inch pieces sitaw

**1** Season lechon manok with 1 tsp of **MAGGI MAGIC SINIGANG**® Original Sampalok Mix and set aside.

**2** Sauté ginger and garlic in oil in a pot. Add onion and tomatoes and lechon manok and sauté for 2 minutes. Pour water and add lemongrass. Simmer for 10 minutes.

**3** Add eggplant, radish, okra and sitaw. Simmer for 2 minutes. Pour remaining **MAGGI MAGIC SINIGANG**® Original Sampalok Mix. Transfer into a serving bowl and serve.



## Magic Twice-Cooked Pork Liempo Sinigang

- ✓ ½ kilo pork liempo, cut into serving pieces
- ✓ 1 pack 11g **MAGGI MAGIC SINIGANG**® Original Sampalok Mix
- ✓ 2 liters vegetable oil for deep frying
- ✓ 4 cups water
- ✓ 1 pc medium onion, quartered
- ✓ 2 pcs medium tomatoes, quartered
- ✓ ½ cup sliced eggplant
- ✓ ½ cup sliced radish
- ✓ ½ cup 2-inch pieces sitaw
- ✓ 1 pc finger chili, sliced
- ✓ 1 pack 22g **MAGGI MAGIC SINIGANG**® Original Sampalok Mix

**1** Season pork liempo with **MAGGI MAGIC SINIGANG**® Original Sampalok Mix. Set aside.

**2** Preheat oil in a deep pan and deep-fry pork liempo until golden brown. Drain and set aside.

**3** Combine water, onion and tomatoes in a pot. Simmer for 15 minutes. Add fried pork pieces and simmer for 30 minutes.

**4** Add eggplant, radish, sitaw and finger chili and simmer for 2 minutes. Pour **MAGGI MAGIC SINIGANG**® Original Sampalok Mix. Transfer into a serving bowl and serve.

**Be the Queen of All Sinigang in your household with MAGGI MAGIC SINIGANG®.**

Put an unexpected spin to your creations with the help of **MAGGI MAGIC SINIGANG**®. It's the only ingredient you need in making spectacular versions of your favorite meals. Add a fruity-asim sampalok flavor to soupy dishes and transform them into uniquely delightful concoctions.





# RAISING THE BAR

**PHOTOGRAPHY BY**  
Patrick Martires

**RECIPES AND FOOD  
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**ART DIRECTION BY**  
Jon Tolentino

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Trinka Gonzales

Want to start your own home  
baking business? Here are six  
recipes for bars and brownies that  
are sure to give you sweet success!





# PEANUT BUTTER AND JELLY BARS

The classic PB&J combo gets a delicious twist with these bars. Serve 'em warm and soft with a tall glass of milk.

**Makes** 1 (9x9-inch) pan **Prep Time** 15 minutes, plus cooling time **Baking Time** 40 minutes

- ✓ butter for greasing pan
- ✓ 1 cup all-purpose flour, plus more for dusting pan
- ✓ 1/4 teaspoon baking soda
- ✓ 1/3 cup packed brown sugar
- ✓ 1/3 cup sugar
- ✓ 1 cup quick-cooking oats
- ✓ a pinch of salt
- ✓ 1/2 cup creamy peanut butter
- ✓ 10 tablespoons (about 1 1/4 sticks) unsalted butter, slightly softened and cut into small cubes
- ✓ 1 cup strawberry jam

**1** Preheat oven to 350°F. Grease a 9x9-inch pan with butter and dust with flour,

tapping out any excess. Set aside.

**2** Sift together flour and baking soda in a bowl. Add sugars, oats, and salt; mix until combined. Add peanut butter and mix until it all comes together. Add butter and mix until no large pieces remain. It should have the consistency of a soft dough.

**3** Set aside 1/3 of the dough. Press the remaining dough into the prepared pan. Bake for 15 minutes or until the edges start to brown.

**4** Remove from the oven. Spread strawberry jam evenly over the baked crust. Crumble remaining dough on top in almond-sized pieces.

**5** Bake for 20 to 25 minutes or until crumble is golden brown. It will look and feel soft but will firm up as it cools. Transfer to a wire rack and allow to cool completely before cutting into squares.







## CHOCOLATE-COFFEE CHEESECAKE BARS

These sweet treats combine three of every dessert lover's favorite things—chocolate, coffee, and cheesecake!

**Makes** 1 (9x13-inch) pan **Prep Time** 15 minutes, plus chilling time **Baking Time** 40 minutes

### FOR THE CHOCOLATE CRUST

- ✓ 2 cups chocolate cookie crumbs (we used Oreo cookies)
- ✓ 3 tablespoons butter, melted

- ✓ 1 cup semi-sweet chocolate chips, melted
- ✓ 1 shot espresso (or 1 teaspoon instant coffee dissolved in 1 tablespoon hot water)
- ✓ 3 (8-ounce) bars cream cheese, softened
- ✓ 1 cup sugar
- ✓  $\frac{1}{3}$  cup sour cream

### TIP

IF YOU DON'T HAVE A DOUBLE BOILER, PUT THE CHOCOLATE CHIPS IN A HEATPROOF BOWL AND PLACE IT ON TOP OF A POT WITH SIMMERING WATER UNTIL THE CHOCOLATE MELTS. MAKE SURE THE WATER DOESN'T TOUCH THE BOTTOM OF THE BOWL. YOU CAN ALSO MICROWAVE THE CHOCOLATE CHIPS ON HIGH FOR 2 TO 3 MINUTES OR UNTIL ALMOST MELTED.

- ✓ 1 teaspoon vanilla extract
- ✓ 2 teaspoons all-purpose flour
- ✓ 4 large egg yolks
- ✓ 4 large eggs

**1** Preheat oven to 325°F. Line a 9x13-inch pan with foil, making sure the ends of the foil extend over the sides. Set aside.

**2** Make the chocolate crust: Combine cookie crumbs and melted butter in a bowl. Press into the bottom of the prepared pan. Set aside.

**3** Melt chocolate over a double boiler. Add espresso; mix until smooth and free of lumps. Remove from heat and set aside.

**4** In the bowl of an electric mixer fitted with the paddle attachment, cream together cream cheese and sugar until smooth. Add sour cream, vanilla extract, flour, and egg yolks. Continue mixing, adding whole eggs one at a time, until ingredients are well-incorporated. Reserve 1 cup batter; set aside.

**5** Pour remaining cream cheese mixture over the prepared crust. Set aside.

**6** Stir melted chocolate into reserved cream cheese batter. Drop the chocolate mixture by the tablespoon over the cream cheese mixture in the pan. Swirl gently with a knife to create a marbled effect.

**7** Bake for 40 minutes or until center is almost set. Cool completely then refrigerate for 4 hours before cutting into squares.



# SALTED CARAMEL BROWNIES

Salty caramel sauce is drizzled on top of these brownies for the perfect finishing touch. Whether you serve them freshly baked or chilled, they're sure to be a crowd favorite.

**Makes 2 (9x13-inch) pans** **Prep Time** 30 minutes **Baking Time** 30 minutes

## FOR THE BROWNIES

- ✓ 1 cup plus 2 tablespoons unsweetened chocolate, chopped
- ✓ 2 cups dark chocolate chips
- ✓ 2<sup>2</sup>/<sub>3</sub> cups unsalted butter
- ✓ 8 large eggs
- ✓ 2 teaspoons vanilla extract
- ✓ 1<sup>1</sup>/<sub>2</sub> cups all-purpose flour
- ✓ 2<sup>1</sup>/<sub>2</sub> cups sugar
- ✓ 1 teaspoon salt

## FOR THE SALTED CARAMEL SAUCE

- ✓ 1/2 cup sugar
- ✓ 1/2 cup unsalted butter
- ✓ 3 tablespoons heavy cream
- ✓ 1/4 teaspoon sea salt

**1** Preheat oven to 350°F. Line two 9x13-inch pans with parchment paper. Set aside.

**2** Combine chopped chocolate and dark chocolate chips in a heatproof bowl. Place it on top of a pot with simmering water. Once completely melted and smooth, remove from heat and add butter. Mix until butter is incorporated. Beat in eggs one at a time. Add vanilla extract. Set aside.

**3** Sift together flour, sugar, and salt in a bowl. Add chocolate mixture and mix until well combined and smooth.

**4** Pour batter into prepared pans and bake for 30 minutes or until a toothpick inserted in the center comes out clean. Allow to cool completely before cutting.

**5** Prepare the salted caramel sauce:

Place sugar in a small, heavy-bottomed saucepan. Cook until sugar has melted and turned deep amber in color. You can swirl the pan but do not stir the sugar or it will become grainy. Once sugar is amber in color, turn off heat and immediately stir in butter until dissolved. Stir in cream and salt. Allow to cool for 15 to 30 minutes before using. Drizzle caramel sauce over brownies.







## CALAMANSI WALNUT BARS

These bars celebrate the bright and fresh flavors of our native citrus. The walnut shortbread crust provides a delightful contrast in texture.

**Makes** 1 (9x13-inch) pan **Prep Time** 30 minutes, plus chilling time **Baking Time** 35 minutes

### FOR THE WALNUT SHORTBREAD CRUST

- ✓  $\frac{1}{3}$  cup confectioners' sugar, plus more for dusting
- ✓  $2\frac{1}{3}$  cups all-purpose flour
- ✓ 2 tablespoons brown sugar
- ✓  $\frac{1}{2}$  cup walnuts, chopped finely
- ✓  $\frac{3}{4}$  cup unsalted butter, cubed and chilled

### FOR THE CALAMANSI CURD

- ✓ 1 cup *calamansi* juice
- ✓ zest from 1 lemon
- ✓ 1 cup sugar
- ✓ 6 large eggs
- ✓  $\frac{2}{3}$  cup butter, melted

**1** Preheat oven to 350°F. Line a 9x13-inch pan with parchment paper. Set aside.

**2** Make the walnut shortbread crust: Sift together confectioners' sugar and flour in a bowl; add brown sugar and chopped walnuts. Cut in butter until mixture resembles coarse breadcrumbs. Press into the prepared pan and bake for 20 minutes or until golden brown.

**3** While the crust is baking, prepare the *calamansi* curd: Combine *calamansi* juice, lemon zest, sugar, and eggs in a bowl. Whisk over a pot of simmering water until thick, about 5 to 8 minutes. Remove from heat and add butter. Mix until butter is completely incorporated.

**4** Strain hot *calamansi* curd over baked crust. Bake for another 10 to 15 minutes or until the edge of the curd has set but the center is still jiggly.

**5** Let cool on a wire rack. Once cool, cover and chill for 4 hours or overnight to set. Slice into squares and dust confectioners' sugar on top. Store bars in an airtight container and refrigerate for up to 5 days.





## WHITE CHOCOLATE PECAN BLONDIES

These moist and chewy bars are studded with pecan chunks and sweetened with white chocolate morsels, proving that blondies have more fun!

**Makes** 1 (8x8-inch) pan **Prep Time** 30 minutes, plus cooling time **Baking Time** 25 minutes

- ✓ 1 cup all-purpose flour
- ✓ 1/2 cup butter, melted
- ✓ 1 cup brown sugar
- ✓ 1 large egg
- ✓ 1 teaspoon vanilla extract
- ✓ pinch of salt
- ✓ 1/2 cup toasted pecan halves
- ✓ 1/2 cup white chocolate chips

- 1** Preheat oven to 350°F. Grease an 8x8-inch pan. Set aside.
- 2** Sift flour into a bowl. Make a well in the center. Set aside.
- 3** Whisk together melted butter, brown sugar, egg, vanilla extract, and salt in a separate bowl.
- 4** Add wet ingredients to the sifted flour. Mix just until incorporated. Do not overmix.
- 5** Fold in pecans and white chocolate. Pour into the prepared pan.
- 6** Bake for 20 to 25 minutes or until center is set. Let cool completely before cutting into squares.

## BANANA NUTELLA BARS

Bananas and Nutella go together perfectly in these delicious bars. To make it even better, add chopped hazelnuts on top!

**Makes** 1 (8x8-inch) pan **Prep Time** 15 minutes **Baking Time** 30 to 45 minutes

- ✓ 1 1/3 cups all-purpose flour
- ✓ 1 teaspoon baking powder
- ✓ 2/3 cup butter, softened
- ✓ 1/2 cup brown sugar
- ✓ 1/4 cup sugar
- ✓ 3 large eggs
- ✓ 1/2 teaspoon banana extract
- ✓ 2 bananas (*lakatan* variety), mashed
- ✓ 2 tablespoons chocolate-hazelnut spread (we used Nutella), plus more as needed
- ✓ 1/2 cup chopped toasted hazelnuts (optional)

- 1** Preheat oven to 350°F. Grease and line an 8x8-inch pan with parchment paper. Set aside.
- 2** In a bowl, sift together flour and

baking powder. Set aside.

- 3** In the bowl of an electric mixer fitted with the paddle attachment, cream together butter and sugars until light and fluffy, about 5 minutes. Add eggs one at a time, making sure that each egg is incorporated before adding the next. Scrape the bottom and sides of the bowl occasionally. Add banana extract.
- 4** Add flour mixture and mix until no dry streaks remain. Add bananas and chocolate-hazelnut spread; mix just until combined. Do not overmix.
- 5** Pour batter into the prepared pan. Bake for 30 to 45 minutes or until edges start to shrink away from the pan. Set aside to cool completely before cutting into squares. Spread chocolate-hazelnut spread on top and sprinkle with chopped hazelnuts, if desired.





# hello, sunshine!

This Mother's Day, make Mom  
feel extra special by preparing  
a lovely breakfast just for her.



**PHOTOGRAPHY BY** Miguel Nacianceno  
**RECIPES AND FOOD PREPARATION BY**  
Chin Gallegos of Pio's Kitchen  
**STYLING BY** Idge Mendiola  
**ART DIRECTION BY** Jon Tolentino



## Chocolate Chip Oatmeal Pancakes

A stack of moist pancakes with chocolate chips and chocolate syrup—this is something definitely worth waking up early for!

**Makes 4** **Prep Time** 15 minutes  
**Cooking Time** 10 minutes

- ✓ 1 medium egg
- ✓ 2 tablespoons vegetable oil
- ✓  $\frac{3}{4}$  cup water or milk
- ✓ 1 (250-gram) pack pancake mix
- ✓  $\frac{1}{2}$  cup quick-cooking rolled oats
- ✓  $\frac{1}{2}$  cup semi-sweet chocolate chips (we used Hershey's), plus extra for topping
- ✓ butter for greasing
- ✓ chocolate syrup, to serve

**1** Combine egg, oil, and water or milk in a bowl; mix well.

**2** Add pancake mix and stir just to combine. Do not overmix. The mixture should still be lumpy.

**3** Fold in rolled oats and chocolate chips. Let mixture rest for 10 minutes.

**4** Melt butter in a nonstick griddle or pan over medium-low heat. Scoop batter onto the griddle, using approximately  $\frac{1}{4}$  cup for each pancake. Once bubbles begin to form and burst on the surface, flip pancake using a spatula and cook for 1 to 2 minutes or until golden. Repeat with remaining ingredients.

**5** Transfer pancakes to a serving plate. Drizzle chocolate syrup on top and garnish with extra chocolate chips.



## Baked Eggs

For an easy shortcut, this recipe calls for canned chopped tomatoes. Serve with some crusty bread on the side for a true breakfast of champions.

**Serves 2** **Prep Time** 10 minutes  
**Cooking Time** 30 minutes

### FOR THE MARINARA SAUCE

- ✓ 2 tablespoons olive oil
- ✓ 1 onion, minced
- ✓ 4 cloves garlic, minced
- ✓ 2 (180-gram) cans diced tomatoes
- ✓  $\frac{1}{2}$  tablespoon salt
- ✓  $\frac{1}{2}$  tablespoon pepper
- ✓ 1 tablespoon sugar
- ✓ chopped fresh basil leaves, as desired, plus extra for topping

- ✓ 4 medium eggs
- ✓ grated quick-melting cheese for topping

**1** Preheat oven to 350°F.

**2** Prepare the marinara sauce: Heat olive oil in a pan over medium heat. Sauté onions and garlic until fragrant. Add canned tomatoes and simmer for 10 minutes. Season with salt, pepper, and sugar. Let simmer for another 5 minutes. Add basil leaves and mix.

**3** Divide marinara sauce between 2 oven-safe ceramic bowls. Crack eggs on top of marinara sauce and sprinkle cheese on top.

**4** Bake eggs in the preheated oven for 10 minutes or until eggs are set. Garnish with extra basil leaves.





## Adobo Flakes with Sinangag and Spicy Eggs

Turn leftover *adobo* into this fantastic *silog*. Shred the meat, freeze, and fry any day of the week—it's that easy!

**Serves 5 Prep Time 7 minutes**

**Cooking Time 10 minutes**

- ✓ oil for frying
- ✓ 3 cups leftover *adobo*, shredded
- ✓ 3 tablespoons *kesong puti*, cubed (optional)
- ✓ seasoned vinegar, to serve

### FOR THE SINANGAG

- ✓ 2 tablespoons vegetable oil
- ✓ 3 tablespoons minced garlic
- ✓ 5 cups cooked rice
- ✓ ½ tablespoon salt

### FOR THE SPICY EGGS

- ✓ oil for frying
- ✓ 5 medium eggs
- ✓ 1 teaspoon chili flakes

**1** Make the *adobo* flakes: Heat oil in a pan over medium heat. Fry shredded *adobo* until crispy. Set aside.

**2** Make the *sinangag*: Heat oil in a pan over medium heat. Fry garlic until almost golden. Add rice and mix. Season with salt. Set aside.

**3** Make the spicy eggs: Heat oil in a pan over medium heat. Cook eggs sunny-side up, then sprinkle chili flakes on top. Set aside.

**4** To serve, place *sinangag* in a bowl. Add *adobo* flakes and spicy eggs on top. Top *adobo* flakes with *kesong puti*, if desired, and serve with seasoned vinegar on the side.

## Homemade Spanish-style Sardines

Bottled, canned, or store-bought? Homemade beats them all! Make a batch of Spanish-style sardines for a special brunch this Sunday.

**Serves 4 Prep Time 10 minutes Cooking Time 10 minutes**

- ✓ ½ kilo mackerel or *tamban* fish, cleaned, scaled, heads and tails removed, and sliced into 2-inch pieces
- ✓ 2 whole pickles, sliced
- ✓ 1 small carrot, sliced
- ✓ 3 bay leaves
- ✓ 3 bird's eye chilies (*siling labuyo*)
- ✓ 1 tablespoon salt
- ✓ ½ tablespoon peppercorns
- ✓ ¼ cup olive oil

✓ ¼ cup canola oil

**1** Arrange fish, pickles, carrots, bay leaves, and chilies in an even layer on a nonstick pan. The ingredients should be enough to cover the bottom of the pan.

**2** Add salt and peppercorns. Pour olive oil and canola oil over the ingredients.

**3** Place pan over very low heat. Simmer fish slowly for 10 minutes or until fully cooked.

**4** Serve immediately with rice or transfer to sterilized jars.







## Tapa Benedict

Using *tapa* and *pandesal* gives the classic eggs Benedict a yummy Pinoy twist. Perfect for a Mother's Day surprise!

**Serves 4** **Prep Time** 20 minutes, plus marinating time **Cooking Time** 10 minutes

### FOR THE TAPA

- ✓ ¼ cup vinegar
- ✓ 1 tablespoon sugar
- ✓ 1 tablespoon minced garlic
- ✓ ½ tablespoon salt
- ✓ ½ teaspoon cracked black pepper
- ✓ ½ kilo beef sirloin, sliced thinly

### FOR THE HOLLANDAISE SAUCE

- ✓ 3 medium egg yolks
- ✓ ½ cup butter, melted
- ✓ 1 tablespoon lemon juice
- ✓ a pinch of salt and pepper

- ✓ oil for frying
- ✓ 2 large pieces *pandesal*, sliced in half and toasted
- ✓ 4 American or Cheddar cheese singles
- ✓ 4 medium eggs, poached
- ✓ pepper, paprika, and chopped parsley for garnish

**1** Make the *tapa*: Combine vinegar, sugar, garlic, salt, and pepper in a bowl. Stir mixture until sugar dissolves. Add beef and marinate for at least 1 hour or overnight in the refrigerator.

**2** Make the hollandaise sauce: Place egg yolks in a stainless steel bowl. Place the bowl over a saucepan of simmering water, making sure the bottom of the bowl does

not touch the water. Whisk egg yolks until it turns light in color. Slowly add butter in a thin stream until the mixture thickens. Whisk in lemon juice. Season with salt and pepper. Set aside.

**3** When ready to cook, drain *tapa* from marinade. Heat oil in a pan over medium heat. Fry *tapa* until browned and cooked to your desired doneness.

**4** Assemble the *tapa* Benedict: Top toasted *pandesal* with *tapa* and cheese. Toast in a toaster oven just until cheese melts.

**5** Add poached egg on top and pour hollandaise sauce over. Garnish with pepper, paprika, and chopped parsley, if desired. Repeat with remaining ingredients. Serve immediately.





## Chicken Tenders and Cheesy Bacon Waffles

We made everyone's favorite waffles even better by adding cheese and bacon, and serving fried chicken on the side!

**Serves 4 Prep Time** 45 minutes

**Cooking Time** 10 minutes

- ✓ ¼ kilo chicken breast fillets, sliced into strips
- ✓ ½ tablespoon salt
- ✓ 2 teaspoons black pepper
- ✓ 1 cup milk
- ✓ 1 cup all-purpose flour
- ✓ 2 medium eggs, beaten
- ✓ 1½ cups breadcrumbs
- ✓ oil for deep-frying

### FOR THE WAFFLE BATTER

- ✓ 1 medium egg
  - ✓ 2 tablespoons vegetable oil
  - ✓ ¾ cup water or milk
  - ✓ 1 (250-gram) pack pancake mix
  - ✓ ½ cup minced cooked bacon, plus extra for topping
  - ✓ ¼ cup shredded quick-melting cheese
- ✓ butter, to serve  
✓ maple or pancake syrup, to serve

**1** Combine chicken strips, salt, pepper, and milk in a bowl. Marinate in the refrigerator, covered, for 20 minutes.

**2** Meanwhile, prepare the waffle batter: Combine egg, oil, and water in a bowl. Mix well. Add pancake mix to the bowl and stir just to combine; do not overmix. The mixture should be lumpy. Fold in bacon and cheese; set aside.

**3** Prepare the chicken breading by putting all-purpose flour, eggs, and breadcrumbs in separate bowls. Dredge chicken strips in flour, dip in egg, and coat with breadcrumbs.

**4** Heat vegetable oil and deep-fry breaded chicken until golden brown. Set aside.

**5** Scoop waffle batter onto a waffle maker, using approximately ¼ cup for each waffle. Cook until golden brown. Repeat with remaining ingredients.

**6** Transfer waffles to serving plates. Top with butter and bacon. Drizzle with maple or pancake syrup. Serve with chicken tenders on the side.



## Fruity Yogurt Parfait

Fruits in season take the spotlight in this easy breakfast parfait. Try it with other fruit combinations, too!

**Serves 4 Prep Time** 20 minutes **Cooking Time** 10 minutes

### FOR THE SWEETENED KAMOTE

- ✓ ¼ kilo sweet potatoes (*kamote*), peeled and cubed
  - ✓ ½ cup sugar
  - ✓ ½ cup water
- ✓ flesh from 2 ripe mangoes, cubed  
✓ 2 cups plain yogurt

- ✓ 3 tablespoons honey
- ✓ store-bought granola for topping

**1** Make the sweetened *kamote*: Combine all ingredients in a pot and bring to a boil. Cook until *kamote* has softened.

**2** Layer sweetened *kamote*, mangoes, and yogurt in serving glasses.

**3** Drizzle yogurt parfait with honey. Top with granola, more sweetened *kamote*, and mangoes.





# ICE CREAM DREAMS

Put a delicious spin on summer by making these ice cream sandwiches, sundaes, milkshakes, and parfaits!

**PHOTOGRAPHY BY**  
Patrick Martires

**RECIPES BY**  
Len Santos-Ding  
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**FOOD PREPARATION  
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Rachelle Santos

PROPS FROM GOURDO'S (ICE CREAM GOBLET) AND WEAVES OF ASIA (FABRIC)



## GRILLED BANANA SPLIT

This updated banana split is a play on temperature. Grilled bananas and hot caramel sauce are a sumptuous contrast to the frozen scoops of ice cream.

**Serves 4** **Prep Time** 15 minutes

**Cooking Time** 8 minutes

### FOR THE HOMEMADE CARAMEL SAUCE

- ✓ ½ cup sugar
  - ✓ 3 tablespoons water
  - ✓ ½ cup heavy cream
  - ✓ 1 tablespoon rum (optional)
  - ✓ 1 teaspoon unsalted butter
- 
- ✓ 4 bananas (*lakatan* variety), peeled and cut in half lengthwise
  - ✓ ¼ cup butter, softened
  - ✓ 8 tablespoons brown sugar mixed with 2 teaspoons ground cinnamon
  - ✓ 4 scoops vanilla ice cream
  - ✓ 4 scoops chocolate ice cream
  - ✓ 4 scoops strawberry ice cream
  - ✓ whipped cream, chopped salted peanuts, and maraschino cherries for garnish

**1** Make the caramel sauce: Combine sugar and water in a saucepan. Bring mixture to a boil but do not stir. Once mixture has turned amber in color, remove from heat.

**2** Add cream and quickly mix together. Return pan to the stove over low heat. Cook until sauce thickens. Add rum, if using, and butter. Mix well. Transfer to a bowl and set aside until ready to use.

**3** Prepare the grilled bananas by brushing the cut side of the bananas with softened butter. Sprinkle with cinnamon-sugar mixture. Heat a grill pan over medium heat. Place 4 banana halves, cut side down, on the pan. Cook for 1 to 2 minutes or until sugar has caramelized. Repeat with remaining bananas. Set aside.

**4** To assemble, place one scoop each of vanilla, chocolate, and strawberry ice cream in a bowl. Arrange two slices of grilled bananas. Top with whipped cream and drizzle with caramel sauce. Sprinkle with peanuts and garnish with maraschino cherries. Repeat to make a total of 4 servings. Serve immediately.





## CARROT WALNUT ICE CREAM SANDWICHES

Turn the all-time favorite carrot cake into a frozen delight! Carrot cookies are filled with cream cheese frosting and vanilla ice cream to make these scrumptious ice cream sandwiches.

**Makes 12 Prep Time 1 hour**

**Baking Time 15 minutes**

### FOR THE CARROT COOKIES

- ✓ 1 cup butter, softened
- ✓ 1 cup sugar
- ✓ 1 large egg
- ✓ 1 tablespoon grated orange zest
- ✓  $2\frac{2}{3}$  cups all-purpose flour
- ✓ 1 teaspoon salt
- ✓ 2 teaspoons baking powder
- ✓ 1 teaspoon ground cinnamon
- ✓  $1\frac{1}{4}$  cups grated carrots

### FOR THE CREAM CHEESE

#### FROSTING

- ✓ 2 tablespoons unsalted butter, slightly softened
- ✓ 6 tablespoons cream cheese, slightly softened
- ✓ 1 cup confectioners' sugar
- ✓  $\frac{3}{4}$  teaspoon vanilla extract
- ✓ 12 scoops vanilla ice cream
- ✓  $1\frac{1}{2}$  cups chopped walnuts

**1** Make the carrot cookies: Preheat oven to 375°F. Grease cookie sheets or line them with parchment paper. Set aside.

**2** In the bowl of an electric mixer fitted with the paddle attachment, cream together butter and sugar until very light and fluffy. Add egg and orange zest; beat well.

**3** Combine flour, salt, baking powder, and cinnamon in a separate bowl. Alternately add dry ingredients and grated carrots to creamed butter

mixture. Mix to form a dough. Cover bowl and chill for about 30 minutes.

**4** Scoop dough onto prepared cookie sheets, about 2 heaping tablespoons per cookie. Pat down until about  $\frac{1}{4}$ -inch thick. Bake for 15 minutes or until light brown around the edges. Transfer to a wire rack to cool. Chill until ready to assemble.

**5** Make the cream cheese frosting: Whip butter and cream cheese together in a bowl using a whisk or rubber spatula. Slowly add confectioners' sugar until well incorporated.

**6** Add vanilla extract and mix to combine. Whip until color becomes lighter. Chill until ready to assemble.

**7** To assemble, take the ice cream out of the freezer and set aside for a few minutes until softened. Place chopped walnuts on a plate. Prepare rectangular pieces of foil to individually wrap ice cream sandwiches.

**8** Spread a thin layer of cream cheese frosting on the flat side of a cookie. Scoop ice cream on top of the frosting.

**9** Top with another cookie and flatten a little until the ice cream reaches the edges. Smoothen out the edges with a spatula, if desired. Roll in chopped walnuts. Wrap in foil and freeze for about an hour before serving.







**TIP**

THE CARROT  
COOKIE DOUGH  
CAN BE MADE  
AHEAD AND  
FROZEN FOR UP  
TO 1 MONTH.



## STRAWBERRY BASIL MILKSHAKES

Take advantage of the bounty of fresh strawberries this summer! Whiz up some berries with fresh basil for a new take on the usual milkshake.

**Serves 2 Prep Time** 15 minutes

- ✓ 4 scoops strawberry ice cream
- ✓  $\frac{3}{4}$  cup cold milk
- ✓  $\frac{1}{2}$  cup fresh or frozen strawberries, mixed with 1 tablespoon sugar
- ✓ 4 to 6 fresh basil leaves, chopped
- ✓ whipped cream, fresh strawberry slices, and basil leaves for garnish (optional)

**1** Place all the ingredients in a blender. Blend until smooth.

**2** Transfer to 2 tall glasses. Top with whipped cream and garnish with a strawberry slice and basil leaves, if desired. Serve immediately.

## CHUNKY MONKEY MILKSHAKES

Beat the summer heat with this yummy chocolate-banana shake. For a stronger coffee flavor, try substituting vanilla ice cream with a coffee-flavored one.

**Serves 2 Prep Time** 15 minutes

- ✓ 4 scoops vanilla ice cream
- ✓  $\frac{1}{2}$  cup cold milk
- ✓ 1 large banana (*lakatan* variety), cut into chunks
- ✓ 3 tablespoons semi-sweet chocolate chips, plus extra for garnish
- ✓ 2 tablespoons chocolate syrup, plus extra for garnish
- ✓ 1 tablespoon instant coffee, diluted in 2 tablespoons hot water

- ✓ 1 teaspoon vanilla extract
- ✓ whipped cream for garnish (optional)

**1** Place all ingredients in a blender. Blend until smooth.

**2** Transfer to 2 tall glasses. Top with whipped cream, drizzle with chocolate syrup, and sprinkle with chocolate chips, if desired. Serve immediately.



TO MAKE THIS  
KID-FRIENDLY,  
SIMPLY OMIT  
THE COFFEE.





## PEANUT BUTTER AND JELLY PARFAIT

Love good ol' PB&J? Then this yummy parfait is for you! Layers of vanilla ice cream, homemade peanut butter sauce, grape jelly, and frosted peanuts will surely satisfy.

**Serves 4 Prep Time** 40 minutes

**Cooking Time** 8 minutes

### FOR THE PEANUT BUTTER SAUCE

- ✓ 1/2 cup milk or all-purpose cream
- ✓ 1/2 cup dark brown sugar
- ✓ 1/2 cup creamy peanut butter

### FOR THE FROSTED PEANUTS

- ✓ 3 tablespoons sugar
- ✓ 1 tablespoon sour cream
- ✓ 1/2 cup toasted unsalted peanuts

- ✓ 1 teaspoon salt

- ✓ 1 teaspoon ground cinnamon

- ✓ 4 store-bought butter cookies or chocolate chip cookies, crushed into coarse pieces

- ✓ 12 small scoops vanilla ice cream

- ✓ 1/4 cup grape jelly, diluted with 1 tablespoon warm water

### 1 Make the peanut butter sauce:

Combine all ingredients in a saucepan and bring to a boil. Mix until smooth and thick. Remove from heat and set aside.

**2 Make the frosted peanuts:** Line a small tray with parchment paper or aluminum foil and set aside. Combine sugar and sour cream in a saucepan and bring to a boil over medium heat, stirring constantly until sugar melts.

**3 Add peanuts, salt, and cinnamon.** Stir until peanuts are coated with the sugar mixture, then turn off the heat. Transfer to the prepared tray and let set at room temperature.

**4 Assemble the sundae:** Place about 1 1/2 tablespoons crushed cookies in a parfait or medium-sized glass. Add a scoop of ice cream and drizzle with peanut butter sauce.

**5 Add another scoop of ice cream and drizzle with grape jelly.**

**6 Add a third scoop of ice cream.** Drizzle with more peanut butter sauce and sprinkle with frosted peanuts. Repeat with remaining ingredients to make 4 servings. Serve immediately.





## COFFEE SODA FLOAT

This concoction is a delicious cross between a soda float and an *affogato*. Coffee, soda, and ice cream work wonderfully together.

**Serves 1 Prep Time** 10 minutes

- ✓ 1/2 cup very strong coffee, sweetened with sugar to taste
- ✓ 2 to 3 tablespoons milk or cream
- ✓ 1 to 2 scoops vanilla ice cream
- ✓ 1/2 cup Coca-Cola
- ✓ whipped cream and coffee granules or cocoa powder for garnish (optional)

**1** Mix the coffee and cream or milk; pour mixture into a tall serving glass.

**2** Add vanilla ice cream and top it off with Coca-Cola.

**3** Top with whipped cream and sprinkle with coffee granules or cocoa powder, if desired.







STORE LEFTOVER HOT FUDGE SAUCE IN AN AIRTIGHT CONTAINER AND REFRIGERATE FOR UP TO ONE MONTH.

## POTATO CHIP AND HOT FUDGE SUNDAES

Add a whimsical twist to the classic hot fudge sundae by topping it with salty-sweet chocolate-dipped potato chips. Want more crunch? Try crushing the potato chips and adding them to the mix.

**Serves 6 Prep Time** 40 minutes

**Cooking Time** 15 minutes

### FOR THE CHOCOLATE-DIPPED POTATO CHIPS

- ✓ ¼ cup chocolate chips
- ✓ 12 pieces plain salted potato chips

### FOR THE HOT FUDGE SAUCE

- ✓ ¼ cup unsalted butter
- ✓ 1½ cups semi-sweet chocolate chips
- ✓ ⅛ teaspoon salt
- ✓ 1 (300-ml) can sweetened condensed milk
- ✓ 1 teaspoon vanilla extract
- ✓ 2 tablespoons unsalted butter
- ✓ 12 to 18 scoops vanilla ice cream

**1** Make the chocolate-dipped potato chips: Line a tray or baking sheet with waxed paper and set aside. Place chocolate chips in a stainless steel bowl. Place the bowl on top of a saucepot with about 2 inches of simmering water. Make sure the bottom of the bowl does not touch the water. Stir until chocolate is melted. Alternately, you may place the chocolate chips in a microwave-safe bowl. Microwave the chocolate for 2 minutes on high, then stir until melted.

**2** Dip one side of a potato chip in melted chocolate. Use a rubber spatula to scrape off excess chocolate and place the potato chip on the lined tray. Let sit at room temperature to

set. Repeat with the remaining potato chips.

**3** Make the hot fudge sauce: Melt ¼ cup butter in a saucepan over medium heat. Stir in chocolate chips and salt. Stir constantly until chocolate chips are melted.

**4** Add sweetened condensed milk and stir until well-blended. Don't overcook. Remove from heat; mix in vanilla extract and 2 tablespoons butter. Let cool for a few minutes.

**5** To assemble, place 2 to 3 scoops of ice cream in a serving bowl. Drizzle hot fudge sauce and top with 2 chocolate-dipped potato chips. Repeat with remaining ingredients to make a total of 6 servings. Serve immediately.



Behind order counters and kitchen doors, past the visible glamour of any thriving start-up, is where real business begins. **Ryan Fernandez** talks to the people behind six of today's most successful food ventures about taking on the challenge of starting their own businesses and ultimately reaping the rewards.

# ON THE RISE

**PHOTOGRAPHY BY**  
Dairy Darilag  
(Banapple),  
Patrick Martires  
(Bayani Brew and  
Nathaniel's), and  
Cyrus Panganiban



## Banapple

### MARICEL AND GJ JIMENEZ

Along Katipunan's southern end stands a restored home, its walls coated in butter yellow. More than ever, the house brims with cozy rustic charm, but this time its visitors are of a different sort: They come for heartwarming meals and especially the pies and cheesecakes—just the essentials to bring friends and families closer together. The house also happens to be one of the branches of GJ and Maricel Jimenez's budding Banapple chain.

With six restaurants and counting, Banapple has thoughtfully expanded without losing touch of its homey appeal. To regulars, its portions are hefty and its signature Banoffee pie worth every calorie. Back in 2007 however, when the couple first set up shop, they had their fingers crossed. "Before Banapple came along, we were just taking dessert orders," explains GJ who came from the IT industry. "At that time, Maricel was baking for friends, and through my work, I made a lot of contacts. On weekends, we'd go to food establishments and give out samples." Over time, they gathered a growing list of clients, including several restaurants. But things were hardly smooth: Maricel juggled motherhood and business, working late into the night with the help of a single assistant, while GJ held on to his corporate job. In these early stages, the couple still operated out of their townhouse. "It was, and still is, about balance. I make time for everything," says Maricel, who develops all of Banapple's recipes.

The tipping point finally came when a mention on a morning TV and radio show sent curious would-be customers flocking to the Jimenezes' doorstep. Finally, Maricel and GJ felt confident to take their business to the next level. They opened a small outlet in Katipunan that took dessert orders and served hot meals. "Before Banapple, there wasn't a local restaurant that revolved around cheesecake. We sort of pioneered that," says GJ. With capital set aside, he left the corporate world to help his wife, and the two launched Banapple.

Business has since flourished, bolstered by families and students who've been left smitten by Maricel's approach to comfort food. In the end, Banapple circles back to people, shares Maricel. "It's really the love put into everything—from the office to the production line, the dining to the décor; it's not a business insomuch as it's serving people and making them happy."





HAVE  
YOUR  
CUPCAKE  
AND EAT IT TOO

## **Cupcakes by Sonja** **SONJA OCAMPO AND** **ANNE GONZALEZ**

▶ Work almost always never ends in the kitchen of Cupcakes by Sonja, still the go-to place for confectionery fans after more than seven years. But before Sonja's became a household name for dreamy cupcakes, there was just Sonja Ocampo, the culinary student. Nervous but hopeful, she set off on a path filled with hits and misses, which eventually led to a sweet ending.

Years before opening her store, Sonja worked at the David Bouley Bakery and Market and, in 2005, at the popular Magnolia Bakery in New York's West Village. "I was so intrigued," recalls Sonja. "It was very successful but sold only two or three cupcake flavors. How was that possible?" Sonja considered bringing the concept of an all-cupcake store back to Manila, but confesses, "I wasn't sure if Filipinos would accept it." With cold feet and fingers crossed, Sonja opened the doors to her bakery—and the response was overwhelming. "We had customers driving all the way from out of town just to get cupcakes!" she shares. Would she open a second branch? "One store seemed like enough; I devoted so much time and effort to it. Having more would spread me too thin, and I didn't want quality to suffer."

Sonja then met a group of business-savvy friends who wanted to help her cupcake business grow. One of them, Anne Gonzalez, managing director of Terry S.A., was interested in investing in her and expanding the market. "We went over my strengths and weaknesses, and where she and her friends could bring in their expertise in finance and marketing," the baker recalls. The partnership sent Sonja's cupcake enterprise on a whole different tangent: From 2013 to early this year, nine more stores opened across the metro. Her passion remains in the kitchen where she devotes herself to new creations all the time. Everything else—her popularity, the unexpected growth of her business, and the successful partnership with Anne and her associates—has been icing on the cupcake.

**From left:** Sonja Ocampo  
and Anne Gonzalez.

HAIR & MAKEUP: LORIE ABRAHAM





## Connie's Kitchen

CONNIE AND MANOLET GONZALEZ

Sharing a meal draws people together, sometimes even turning strangers into fast friends. For Connie and Manolet Gonzalez, a simple food idea shared to them had the most unexpected of outcomes. “Connie and I have been going out of town on weekends for thirty years; we do a lot of camping,” says Manolet. “You have to bring *baon*—*adobo* and canned goods, for instance. And someone suggested to Connie to make *tuyo* preserved in olive oil for our next trip. She wanted to use *daing* instead, and so we bottled it.” It didn’t seem like much then, but the Gonzalezes had yet to realize they were on to something.

During their trips, the couple would share their food with fellow campers, and it was in

the openness of the camping community that people first sampled Connie’s creations. There were some *balikbayan* friends who wanted to take some of the bottled *daing* back home with them. “It seemed like such a hassle, but how could we say no?” Manolet recalls. As more heard about what the couple was doing and as the inquiries piled on, it dawned on Connie, who grew up with her grandmother’s cooking back in Bacolod, that she was on the verge of a potential family business.

In 1991, she and Manolet launched Connie’s Kitchen and joined Christmas bazaars. The response was more than what they had hoped for. Dried fish was nostalgic for overseas Filipinos, and having it immersed in olive oil and spices gave it a unique, gourmet twist.

Connie’s pasta sauces were versatile enough to be used in different ways. Customers also particularly liked being able to meet and share feedback with the couple.

Over the years, people have asked them to go beyond mall kiosks and supermarket shelves, but the couple has shied away from proposals. Their focus is on quality, they explain, and the desire to grow their market presence slowly and surely. Recently, the Gonzalezes opened their first deli, serving pastas, sandwiches, and pizzas. Not surprisingly, they’re often there to meet and chat with customers. While it’s hardly the rugged potluck of their camping trips, Connie and Manolet are still happy to share some neighborly warmth.





From left: Xilca Alvarez and Ron Dizon.

## Bayani Brew

XILCA ALVAREZ, RON DIZON, AND SHANON KHADKA

Three years ago, Barangay Encanto in Angat, Bulacan, could have easily passed for just another sleepy barrio. Yet despite its relative remoteness, a different future awaited the village. “There was no power or running water,” recalls Xilca Alvarez, a lawyer and volunteer with the Gawad Kalinga (GK) foundation. What’s more, its residents—recipients of the foundation’s housing program—needed a source of livelihood lest the community fall apart. Rather than see these as obstacles, Xilca saw the promise of something great.

Today, Barangay Encanto is the site of a thriving community where formerly indigent families are given a second chance. At its heart is GK’s Enchanted Farm. “The farm serves as an incubator for social enterprises,” explains Ron Dizon, a former IT professional. Budding entrepreneurs like him were invited to conceptualize start-ups that would source raw materials and manpower from within the community. “The whole farm is about tapping the genius of the poor and collaborating with people who have marketing prowess,” adds Xilca. It was there that she and Ron met.

The *nanays* in the community would brew lemongrass and pandan or even *kamote* tops into tea for visitors. “Then Tony [Meloto, founder of Gawad Kalinga] came up with the idea to convert the tea into bottled beverages,” Ron shares. In the planning stage, he, Xilca, and Shanon Khadka, another GK colleague, had many hits and misses. They wanted to use exclusively natural ingredients, but ran into the problem of a short shelf life. Others were worried about the trio entering the competitive beverage market. But the team persisted with their product, which they dubbed Bayani Brew, and joined two food fairs where it was met with much fanfare. Its first flavor, lemongrass with pandan, was an easy favorite, while the purple leaf, made from *kamote* leaves, surprised many.

Business was hardly glamorous. In the beginning, Xilca drove a multicab to deliver orders, while Ron handled office work and Shanon operated from the farm. But the bottled teas have since found their way to a number of groceries and restaurants. Soon, the trio hopes, Filipinos will be reaching for a Bayani Brew wherever they go.





From left: Fernando, Ferdinand, Fides, Nelly, Karen, Faye, and Francis Co.

## Nathaniel's NELLY CO AND FAMILY

At the shop of Nelly Co, four tall glasses of *halo-halo* whisk by and are sent straight to a table of mothers. Nearby, a couple digs into a cup of chunky *buko* pandan. “Everything we serve here, my kids ate growing up,” says the mother of four. At Nathaniel’s, the Co family’s restaurant, every item on the menu may just as well be home-cooked, from piping hot chicken *mami* to thick *dinuguan* with fluffy *puto*.

Today, Nathaniel’s is a household name in Pampanga. Not that Nelly had any inkling things would turn out this way. “My parents used to supply food snacks to supermarkets,” recalls Faye, the youngest of the Co brood. “But Mom always loved cooking and she would make homemade *siopao* for *merienda* or to give to family friends.” She remembers people suggesting to her mom, “If you’re making *siopao*, how about *mami*?” Nelly then felt confident enough to open a noodle house. Her eldest daughter, Fides, recalls customers asking next, “If you have *siopao* and *mami*, why not serve *siomai*, too?” Things seemed rosy until word got around that a major Chinese fast-food chain would soon open. “Mom got cold feet and closed the noodle shop,” explains Fides.

Nelly scaled back operations and transformed their garage into a small eatery. She didn’t want to compete with a business giant. When her eldest son Ferdinand finished college, he made a proposal that stunned her: He would take on the business, but only if they moved out of their garage and back into the mainstream. After much planning, the Cos reopened Nathaniel’s along San Fernando’s busy Abad Santos Avenue.

Her children recall those early days. Before, they helped move dumplings and native rice cakes from their garage; today, they run stores around Pampanga and even in Manila. Now, customers line up for cakes and pastries as well as the same *buko* pandan they grew up enjoying. Each of the siblings brings a different set of skills to the table: Ferdinand and Francis (Nathaniel) have engineering backgrounds, Fides is into accounting, and Faye’s multimedia background fits well in design and marketing. “I’m so happy all my kids are eager to help out in the business,” says their mother wistfully. “It has truly been a blessing.”

## Omakase

ANDY ENCISA, ED ENCISA, MALOU LLONA, ANDRE ROSALES, AND FRANCIS ROSALES

Some food businesses start from home, operating out of a small kitchen. Others, in weekend markets. Some take off, while some return to the drawing board. For brothers Ed and Andy Encisa, chefs who worked in hotels and Japanese restaurants overseas for more than two decades combined, their business idea took root well before they returned to the Philippines. “We worked in a hotel in Bermuda, a popular hub for cruise ships,” recalls Ed. “Once a week, during what we called Harbor Night, all of us [chefs] would showcase our best; the tourists were the judges.” In this air of friendly competition, the inventive Encisa brothers became a hit with their fusion-Japanese recipes.

By 2001, Ed was back in Manila for good, while Andy was still overseas. Partnering with and training his brother-in-law Francis Rosales, Ed started selling Japanese food. But things were far from glamorous. “It was a take-out counter, really,” admits Ed. “Francis and I did everything ourselves. We made the usual sushi, maki, tempura, and rice meals. Even so, people knew we were different.” Their stall called Omakase (Japanese

for “I’ll leave it to you,” i.e. “Entrust things to the chef”) was popular in the neighborhood, but it closed down after a year. Fortunately, a regular customer referred them to a new and bigger location. Because they knew that a full-blown restaurant would require more capital and manpower, they teamed up with siblings and in-laws who wanted to help turn the new Omakase into a profitable venture. Francis’s sister Malou took on marketing, while their brother Andre helped with operations. “Being an employee is very different from being an entrepreneur,” explains Andre who used to work for one of the country’s fast-food giants. “Funding was a big challenge in the beginning.”

In 2006, Andy finally moved back to Manila to join the business and help run Omakase’s second branch. Much like years ago, the Encisa brothers were at it again. But instead of serving designer sushi to cruise-ship passengers, they were now working for themselves. Together with the other couples who run the different branches or work from the back office, Ed, Andy, and Francis have successfully left their stamp on the local restaurant scene.



From left: Andy Encisa, Malou Llona, Jean Encisa, Gina and Francis Rosales, Andre Rosales, Cecille Encisa, Merly Rosales, and Ed Encisa.



A pan of glorious paella sits atop a beautifully dressed table in Pio's Kitchen. **Opposite page, from left:** Chef Chin Gallegos-Bagis adds the finishing touches to her Galician Seafood Stew. The dining tables were built using the doors of an old closet.







## a gracious plenty

A pursuit of food leads to a feast of plenty. At Pio's Kitchen, **Clifford Olanday** finds chef Chin Gallegos-Bagis offering a private dining experience starring authentic paellas, Galician dishes, and more.

PHOTOGRAPHY BY **Patrick Martires**





**Clockwise, from top left:** Chef Chin and her husband Mon who handles operations and marketing. The restaurant's name, mounted on distressed wooden planks, greets visitors. The Caldo de Gallego—pork knuckle, beef, bacon, and chili stew with garbanzos and potatoes—is simmered for six hours. The image of Padre Pio, the patron saint of the chef, was found amid the renovations. A specially made burner accommodates large *paelleras*. A collection of teacups, mugs, and cake stands graces the kitchen shelves. The devil is in the details, from fresh blooms on each place setting to a personalized menu on a small blackboard to tin pails filled with summer flowers. **Opposite:** *Paelleras* in various sizes are on display over a vintage cooking range.







**“B**oth of us would eat the rice out of the shells,” remembers Chin Gallegos-Bagis of her mother’s paella. There she was, meddling in the kitchen of her girlhood, watching her mom Ana Marie prepare a feast in a *caldero*. She and her mother would linger at the dining table, loosening grains of rice stuck in half-opened mussel shells. The Spanish rice dish cooked with meat, seafood, and vegetables, along with the sights, smells, and, of course, tastes of the kitchen awakened in the future chef an interest in food.

It was an attraction that turned into a pursuit. Even when she was thousands of feet in the air, as a galley manager for Qatar Airways, Chin found herself working with food, preparing and plating à la carte dishes for VIP passengers. And when she wasn’t aloft, in between bouncing from one airport to another, she would chase food. She’d hie off to Morocco just to taste the exotic dishes. On short layovers, as soon as the plane landed, she’d change out of her uniform and attend cooking classes. Or she would just walk around the city until she ended up in the market. “I just immersed myself [in food].”

In Barcelona, she learned how to cook paella. It was an experience that put the paella of her youth in perspective. “My mom was doing it wrong,” she reports. Whether by accident or adaptation, there were deviations—from the use of rice plus *malagkit*, which created a thick porridgy texture like that of *bringhe*, to the practice of cooking in a *caldero* instead of a *paellera*. “You have to cook the paella in a flat, open pan,” she asserts. “It will cook faster because the rice is in an even layer. In a *caldero*, it will take hours because you need to keep stirring and stirring. That breaks

the rice and makes it gooey. The flat pan, on the other hand, keeps the rice’s integrity.”

Chin took up the Catalan paella, which is “so much richer in flavor,” Chin says, as compared to the Valenciana version that Filipinos are more familiar with. It is the tomatoes in the sofrito, the flavor base of all paellas, that make the difference. Here, it is tomatoes in a packet, whether sauce or paste. There, it is fresh tomatoes, real tomatoes, ground through a box grater until they turn into a fleshy pulp. The pulp, seeds and all, is thrown into the pan. “And then, they burn it,” she says. “They sauté it until it caramelizes.” They allow the tomatoes to bring out their own sweetness.” The result is a browner (almost burnt) color, “a dirty rice color” that is far, in both appearance and taste, from the yellow paella in her memory.

The daughter still looks to her mother’s paella with fondness, especially now that they don’t get to enjoy it anymore. “Now, I am the one who ends up making paella for the family,” she explains. The Gallegoses are so enamored by her version that it has become a must for her to cook paella whenever they come over.

In 2012, the chef, who took up Hotel and Restaurant Management in St. Paul College and also trained at the International School for Culinary Arts and Hotel Management, channeled her paella pursuit into different avenues. There was the live cooking service, Pio’s Paella. Like a private chef, Chin would assemble her little kitchen in yours, and cook her paellas: the *marisco*, the *negra*, the *mixta*, or the current favorite, the *bagnet*. The service evolved into gourmet catering with a full menu of Mediterranean and Spanish dishes. Eventually, she





ventured into private dining, which was first housed in a rented space—too small to welcome large parties.

In 2013, she moved to a larger venue, creating Pio's Kitchen on the first floor of a 1950s house, the former home of her *lola*, who was also a great influence in her culinary life. Before Chin and her husband Mon, currently Pio's Kitchen's chief operating officer, moved in, the mid-century house lived in shadow. Chin knocked down three walls to allow a profusion of light to pour in and spaces to flow into one another. Bedrooms became additional entertaining spaces, and torn-down closets were repurposed—their doors converted into tabletops.

Workers were tasked to empty out the old house. They came upon an altar and removed it, but when they saw a photograph of Padre Pio, they stopped. They were afraid of damaging the image. It was left on the wall and Chin, who has been a devotee of the saint, saw it as a sign. "How can you not think that you're being led to the right direction?" she asks. "Let's take the risk, open the place... and we called it Pio's Kitchen."

On a rainy afternoon, chef Chin is cooking a private feast for food lovers. On the menu, written in neat cursive on a chalkboard, are her greatest hits: the Galician Seafood Stew, a saffron broth with *maya-maya* belly and squid; the Caldo de Gallego, a pork knuckle dish similar to her mother's *pochero* minus the *saba*; and the Vegetarian Paella. It may seem like a strange decision not to include the heartier paellas, including that *bagnet* version with eggplant chimichurri, but Chin points to balance: "The *caldo* is so flavorful. We have to complement it with something lighter."

The apron-clad chef prepares the dishes in the kitchen. You can watch her from your seat at the table or you can come closer, right before the fires of the stove and, if you are up to it, participate in the creation of your feast. The chef sets the enamel pan on a specially made burner (two concentric rings, in the overlarge size of the *paellera*, set on a metal table) and begins. All the ingredients are laid out on the counter, ready to be sautéed: garlic, onions, bell peppers, and shiitake and enoki mushrooms, which add earthiness to the paella. Then, the fresh tomatoes go in and you learn how to cook the most crucial ingredient. "You have to take your time," she says. "Wait until all the liquid evaporates." After the jasmine rice and the chicken stock are added, another important ingredient makes its appearance. Floss-like strands of saffron are thrown in.

In a feat of graceful multitasking, the chef, who cooked all the food and dressed all the plates, also participates in the table service. Chin assembles the stew: The blanched *ampalaya* shoots are arranged into a soft mound at the bottom of a bowl. The *maya-maya* belly (with its velvety crust of aioli), octopus, shrimps, and mussels are placed over and around the bed. Finally, fresh *ampalaya* shoots crown the hill of sea creatures (the hot soup, the chef says, will cook the greens later). Chef Chin places the bowl in front of you and then pours the saffron broth into it, plunging the seafood in a butter-yellow bath.

The bowl is full, but you finish the entire thing—creamy soup, bitter shoots, sweet fish. "I love that when you eat, there is abundance," she reflects. The last traces of golden broth clear your throat. You wait for the next dish. And you're sure it'll be as satisfying as the last. 4





The venue of your lunch or dinner is a mid-century house (the former home of Chin's grandparents) that has been refurbished to let light in and spaces flow. **Opposite, from left:** The Galician Seafood Stew with seafood swimming in a golden saffron broth. Refreshing melon and basil coolers.



# RESTAURANTS

The Black Pig

/ Bawai's

/ Magosaburo







## RESTAURANTS

# The meat of the matter

Jamón Ibérico headlines a stellar Mediterranean menu at **The Black Pig**.

REVIEW BY RYAN FERNANDEZ

It may be the Year of the Horse, but it might as well be the pig's, too, if we are to believe the glistening Spanish hams served at The Black Pig. Having opened late last year, the restaurant is run by Michelin-starred chef Carlos Garcia, who helmed menu development at London's Gauthier Soho for a decade, and Tricia MacDonald, who was part of L'Autre Pied.

Their current collaboration makes intimate the tantalizing flavors of the Mediterranean, but while the food seems Eurocentric—sausage and cheese, risottos, beef, and lamb—its individual parts are remarkably familiar. *Pechay*, homegrown baby carrots, and even *calamansi* find their way into ravioli and crème brûlée as Garcia experiments further with local ingredients. But pork is king on the menu, and its two breeds—the acorn-chomping Iberian hog and our own native pig—are more than enough reason for would-be diners to come and to stay.

You'll swoon over the house's charcuterie platter, which is served on a rustic wooden slab. The pickings may vary slightly, but will often include ruby-red cuts of salty chorizo, *morcilla* laced with paprika, and the sweetish Lomo Ibérico. The most prized, however, is the Jamón Ibérico made from Spain's native Iberian black pig, whose curing takes two years, sometimes longer. At the restaurant, an order comes in ribbons of pink to scarlet to deep maroon with streaks of white marbling.



The Black Pig Charcuterie Board

Oven-baked Pork Belly with Bone Marrow

But don't overlook the local pork belly, which is rendered so soft that it practically jiggles when forked and lifted. Laid out on the plate along with it is garlic-infused pork jus and an exposed bone marrow with crumbs sprinkled on top. Elsewhere on the menu, you'll find deconstructed ravioli with quail eggs and ricotta-stuffed gnocchi, and also a creamy shiitake mushroom risotto topped with a Parmesan crisp. Eye the bar, and you'll spot Aussie craft beers from Holgate Brewery on tap.

The chefs are just as thorough when it comes to dessert. After all the savory meats, the *calamansi* crème brûlée served with a scoop of sorbet and infused black pepper is a welcome interplay of lip-puckering tart dovetailed by a swift sweetness. Should you wish to indulge (and you really should), ask for the chocolate praline—a multilayered masterpiece of mousse, fudge, and crushed hazelnuts. Think a gussied-up, Nutella-drizzled Kit Kat bar. Savor it slowly. Really, there's no rush. And if in case Garcia wanders over to your table, asking how you found your praline, the right response would be, "*Uno mas, por favor.*"

### in a nutshell

#### THE BLACK PIG

2/F The Commercenter Alabang, Commerce Avenue corner East Asia Drive, Filinvest, Muntinlupa; tel. no. 808-1406

**MUST-TRIES** The Black Pig Charcuterie Board (P850), Jamón Ibérico de Bellota (P850/60g), Mushroom Risotto (P280), Oven-baked Pork Belly with Bone Marrow (P480), Open Ravioli of Local Vegetables with Quail Eggs (P380), Calamansi Crème Brûlée (P350), Chocolate Praline (P290)

**THUMBS UP** Do the Beer Flight: Sample four Aussie craft beers (from light to dark) and savor the distinct flavor of each one.



# So pho, so good

Fresh salads, comforting pho, delicious grilled pork—**Bawai's** does Vietnamese cuisine right.

REVIEW BY SASHA LIM UY

**B**awai's used to be one of Tagaytay's best kept secrets—an unassuming house deep in the heart of the city, where the roads are dusty and narrow. Blink and you'll miss it. Bawai's has finally branched out to Manila, and the new restaurant gives off the same vibe. It's tucked away in the end of a strip of restaurants and comes with a view that will make you forget that you're in the middle of the city.

The menu is faithful to the Tagaytay flagship's and is in Vietnamese. Attempt to order "Com Suon Cha," and the server will helpfully say "*liempo*," proof of its similarity to our own cuisine. The flavor profile is close, but the cut is thicker and the end result more tender: Thick layers of fat melt away into a savory-sweet jus when you pop a piece in your mouth.

But Vietnamese food is defined by their practice in fresh and clean flavors—perfected in the Bawai's Salad. A single lettuce leaf serves as mere embellishment while coconut sprouts and shredded carrots make up most of the starter. Glazed pork and crisp shrimp keep the mix interesting, adding sweetness and tang over the nutty crunch. Simplicity speaks in the Goi Cuon: a plate of six garden rolls with caramelized pork, steamed shrimp, and vermicelli. A bold-flavored peanut sauce highlights its subtle flavors.

Of course, pho is present at Bawai's. All of the variants on offer are prepped with the same base, a slow-cooked stock that reveals itself under the rich top-layer of coriander, clove, lime, bean sprouts, and basil. Try the best-selling Pho Bo, whose flavor can be misconstrued as timid. But add some hoisin and sriracha, and suddenly the focus will shift from the tender pieces of shank and tenderloin to the depth of flavors in the broth.

Dessert seems like a bit of an afterthought at Bawai's, and it's clearly not where the strength of the menu lies. But no matter. You'll be coming back for the *liempo* and pho, anyway.



## in a nutshell

**BAWAI'S VIETNAMESE KITCHEN** Bellitudo Lifestyle Strip, 79 Katipunan Avenue, White Plains, Quezon City; tel. no. 442-8874; mobile no. 0917-8851445

**MUST-TRIES** Bawai's Salad (P335), Goi Cuon (P255), Com Suon Cha (P420), Ga Kho Guong (P390), Hu Tieu (P330), Pho Bo (P325), Pho Ga (P315)

**THUMBS UP** Bring home a pack of their coffee-coated peanuts. They're so addictive!





# Oriental bliss

Indulge in the luxurious Japanese fare **Magosaburo** has to offer.

REVIEW BY DARREN MCDERMOTT

**T**he tyranny of choice is perhaps one of the biggest challenges facing those going out for Japanese food in Manila these days.

One can stand in any of the capital's locales and recite a litany of highly regarded establishments serving the many different variations of Japanese fare.

The arrival of Magosaburo provides another option for a unique and elevated Japanese dining experience, what with its *kaiseki* and wine pairings. The restaurant boasts of a streamlined, almost monolithic exterior, and inside, the spectacular high ceiling, deconstructed chandelier, and comfortable furniture are conducive to a leisurely gastronomic experience.

Magosaburo's menu is extensive and diners have the option of ordering à la carte or choosing from one of the multi-course menus, which showcase the best of what Magosaburo offers. There are three different course options: the Mago Kaiseki, the Sakura Course, and the Fuji-Sukiyaki/Lava Stone Steak Course. For those wishing to forgo the sweet stuff, the Lava Set comes with two appetizers, salad, soup, rice, and a choice of



Foie Gras  
Chawanmushi



Assorted Wagyu  
Steak Palette

Kurobuta, Wagyu, or Special Japanese Wagyu, which is cooked on a hot lava stone at your table. The amuse bouche of Assorted Namuru with kimchi and pickles hints at the Japanese-Korean fusion that runs through much of the Magosaburo menu. The Luxury Green Salad choice has an abundance of shaved black truffle which really complements the balsamic dressing. The Clam Soup clears the palate before the main course of lava stone-cooked Wagyu. The Assorted Wagyu Steak Palette of the Lava Set includes Chuck-Roll, which was buttery and soft; Hanging Tender, which was somewhat stringy; and Wagyu Sirloin, which, while very nicely cooked, was the toughest of the trio. As is customary, rice is served last and perhaps the Chicken Rice is more favorable than the Cheese Curry Rice at this point in the meal. While not included in this set, the Foie Gras Chawanmushi is worth ordering for that extra umami factor. Should the dessert menu catch your fancy, good options include the Coconut Panna Cotta and the Earl Grey Crème Brûlée.

The Magosaburo experience is one that shouldn't be rushed, and following their meal, diners may well wish to relax in the casual elegance of the wine lounge in the mezzanine. After all, why pass up any opportunity to withdraw from the increasingly frenetic pace of life? Magosaburo may just be the change of pace you've been looking for.

## in a nutshell

**MAGOSABURO** Fort  
Pointe 2 Building,  
28th street, Bonifacio  
Global City, Taguig  
City; tel. no. 856-1808

**MUST-TRIES** Lava  
Set with Assorted  
Wagyu Steak Palette  
(P3,600), Cream  
Cheese Tofu (P280),  
Magosaburo Winter  
Degustation Set  
(P2,800)

**THUMBS UP** Cap your  
meal with a glass of  
one of their fine wines,  
sourced from all over  
the world.







Manuel V. Pangilinan, Chairman, PLDT & Smart, Metro Pacific & First Pacific Group of Companies; & Philippine Disaster Recovery Foundation



## A GALA DINNER WITH IRON CHEF GEOFFREY ZAKARIAN

Filipinos are lovers of food and cooking shows, but most Filipinos never actually get to taste the food they see on cooking shows. That's why Colours, the living magazine channel, decided to bring in a famous TV chef to cook a meal that Filipinos could taste for themselves. For one night, multi-awarded restaurateur, author, and winner of Season 4 of The Next Iron Chef, Geoffrey Zakarian presided over Feast of Colours, a once in a lifetime dinner gala held at the Sofitel Philippine Plaza for the benefit of the Philippine Disaster Recovery Foundation (PDRF), the country's first permanent, year round private sector vehicle for disaster management.



Signal TV COO & Managing Director Annie Naval with PDRF President Butch Meily



L-R: Chef Zakarian's protégé Chef Eric Haugen, Babe Romualdez and Mike Toledo



L - R: Butch & Pam Meily, Sen. Nancy Binay, Mike Toledo & Signal's Ericson Dela Cruz



Chef Zakarian congratulates Feast of Colours for helping thousands of Typhoon Yolanda victims



Kaye Tinga with daughter Kerry



Host Daphne Oseña-Paez

Basketball superstar LA Tenorio and wife Chesca



Posing with the great Iron Chef. From L - R: Pepper Teehankee, Maurice Arcache and Mike Toledo



Noel Lorenzana CEO & President of TV 5 with wife Gina

Sec. Joel Villanueva of TESDA together with Chef Geoffrey Zakarian



Jenni Epperson with daughter Aryanna

Patrick Filart & Patty Laurel



Belinda Laker, General Manager of Sofitel Adam Laker, Pebbles Reyes-Juan, Signal TV VP & Head of Marketing Guido Zaballero

Marvin Agustin



Broadway mavens Isay Alvarez and Robert Sena with Signal heads (L-R) Nathan Salera, Kate Villena, Aileen Samson & Ericson Dela Cruz



Chaye & husband

Washington Sycip



L-R: Andi Manzano-Reyes, GP Reyes, Patty Pineda & Ida Gomez.



Sean Anthony & Tessa Herrera

Jane Walker & Associate Director of First Pacific Ray Espinosa



L - R: Charles Lim, Maria Lourdes Lim, Cecille Nazareno & Napoleon Nazareno



US Ambassador Philip Goldberg & Iron Chef Geoffrey Zakarian



Guido Zaballero with wife Cassie



Phoemela Baranda



L - R: Kaye Tinga, Maurice Arcache, Ana Lorenzana De Ocampo, Annie Naval, Nina Naval, Onewit Naval & Henrie Chavarria



# Yummy Lessons

## Soften up

Many baking recipes call for softened butter, which requires letting the butter stand at room temperature for about 40 minutes to an hour. But there are instances when we're not able to prepare this ahead of time or are simply in a hurry to bake. Here are a few tricks to quickly soften butter. One way is to cut it up into small cubes and let the chunks of butter sit for about 15 minutes. Another method is to place the butter between two sheets of waxed or greaseproof paper, then flatten the butter into a 1/4-inch-thick layer with a rolling pin or meat mallet. Let this sit for about five minutes to allow it to come to room temperature.



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

Bake **CHICKEN  
EMPANADAS** at home

Whip up **LOW-FAT  
PESTO**

Make your own  
**BUTTERBEER**

Cook **APPLE CHIPS**  
with the kids

Use **SALTED CARAMEL**  
in 10 new ways

PHOTOGRAPHY: PATRICK MARTINES, TEXT & STYLING: RACHELLE SANTOS







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

# Empanadas

The empanada, also known as a pocket pie or turnover, is essentially a pie that's transformed into a convenient hand-held snack. Made with the same shortcrust dough, this tasty pastry is also incredibly versatile, as it can be stuffed with sweet or savory fillings. To achieve a tender, flaky crust, always remember to handle the dough gently to avoid overworking the gluten. Experiment with different fillings such as chili con carne, roasted vegetables, or apples and caramel.





# Chicken Empanadas

**Makes** 18 to 20 pieces **Prep Time**

1 hour **Cooking Time** 15 minutes

**Baking Time** 20 minutes

## WHAT YOU NEED

### For the dough

- ✓ 3 cups all-purpose flour, plus extra for dusting
- ✓ 1/4 cup sugar
- ✓ 1/2 teaspoon baking powder
- ✓ 1/2 teaspoon salt
- ✓ 1 cup cold butter or margarine, cut into small cubes
- ✓ 2 to 3 tablespoons cold water, or as needed
- ✓ 1 medium egg, beaten with 1 tablespoon water (egg wash)

### For the chicken filling

- ✓ 2 tablespoons butter or margarine
- ✓ 1/4 cup chopped onions
- ✓ 1 teaspoon minced garlic
- ✓ 250 grams chicken breast fillet, boiled and shredded
- ✓ 1/4 cup diced potatoes, blanched until half-cooked
- ✓ 1/4 cup diced carrots, blanched until half-cooked
- ✓ 1/2 cup condensed cream of mushroom soup (we used Campbell's)
- ✓ 1/4 cup evaporated milk
- ✓ salt, pepper, and sugar, to taste

## WHAT TO DO

**1** Make the dough: Combine flour, sugar, baking powder, and salt in a bowl. Add cold butter cubes. Work butter into the flour mixture, cutting the butter in using two paring knives or rubbing the butter into the flour with your hands

until the mixture resembles coarse crumbs. (You can also use a food processor for this step.)

**2** Add water a few tablespoons at a time. Gently mix until a ball of dough forms. Cover in plastic wrap and chill for 30 minutes.

**3** While dough is resting, make the chicken filling: Melt butter or margarine in a medium pan. Add onions and sauté until translucent. Add garlic and sauté until fragrant.

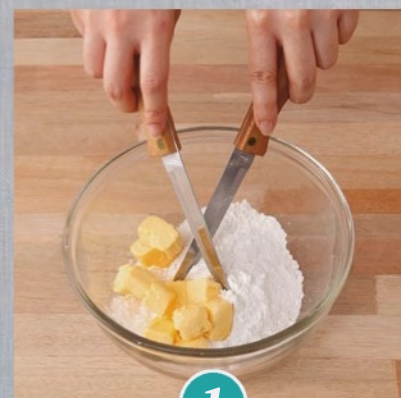
**4** Add chicken, potatoes, and carrots. Cook for 1 minute. Add cream of mushroom and evaporated milk; mix well. Cook for 2 to 3 minutes. Season with salt, pepper, and sugar to taste. Let mixture cool.

**5** When the dough is ready, preheat oven to 350°F. Dust your hands and work surface with flour. Place the dough on the floured surface and press it down with your hands. Use a rolling pin to flatten it to about 1/8-inch thick. Using a bowl or cookie cutter, cut the dough into 3 1/2- or 4-inch diameter circles.

**6** Place about 1 tablespoon chicken filling in the center of each circle. Fold half of the circle over. Seal by pressing the edges with a fork. Lightly dock the tops of the empanadas with a fork.

**7** Arrange empanadas on a baking tray lined with greaseproof paper. Brush each empanada with egg wash.

**8** Bake for about 20 minutes or until the empanadas turn light brown. Transfer to a wire rack to cool for a few minutes before serving.



1



5



6



6



## 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](http://www.kitchenrevolution.ph).



TO COOK BEANS, SOAK  $\frac{2}{3}$  CUP DRY WHITE BEANS IN WATER AND REFRIGERATE FOR 8 TO 12 HOURS. RINSE AND DRAIN; PLACE BEANS IN A POT AND COVER WITH WATER. BRING TO A BOIL, THEN SIMMER ON MEDIUM TO LOW FOR 45 MINUTES OR UNTIL TENDER.

### RECIPE FILE

## Low-fat Pesto Sauce

Pesto may seem like a healthy pasta sauce in theory—it's easy to eat too much of it and forget that oil contains 14 grams of fat and 120 calories per tablespoon. If you love pesto as much as I do but don't like the oiliness it comes with, give this revamped recipe a shot. The sauce gets its creaminess from puréed white beans, which are naturally low in fat and high in protein and fiber. It's got the cheesy factor, thanks to miso paste (my go-to ingredient whenever I want to make something cheesy and savory), cashews, and lemon juice. Toss it with your favorite whole-grain pasta and you'll have a healthy dinner on the table in 10 minutes.

Combine **1 clove garlic**,  **$\frac{1}{2}$  cups cooked white beans**, and  **$\frac{1}{4}$  cup cashews** in a food processor. Pulse until crumbly. You may need to stop the machine a few times to scrape down the sides. Add  **$\frac{1}{2}$  cup water**, **1 tablespoon Japanese or Korean brown miso paste**, **2 tablespoons lemon juice**, **1 tablespoon**

**extra virgin olive oil (optional)**, and **salt and pepper to taste**. Process until smooth. Add **1 tightly packed cup basil leaves** and pulse until the mixture is flecked with green. Use about  $\frac{1}{4}$  to  $\frac{1}{3}$  cup sauce per serving of pasta. Leftover sauce can be stored in the refrigerator for up to 5 days. **Makes  $1\frac{3}{4}$  cups.**



## Produce Focus

THREE WAYS WITH...

# Canned chickpeas

FOOD FIND



## Herb's Best vegetable noodles

I'm all about healthier pasta options, and right now I'm loving Herb's Best oven-baked vegetable noodles. It comes in 2 variants: moringa and spinach or squash and carrot. Each serving contains 7 grams each of fiber and protein, and cooks in 1 to 2 minutes. **Available at leading supermarkets for P195 for a 200-gram box. For more information, visit [www.herbsbestinternational.com](http://www.herbsbestinternational.com).**



### JUST DIP IT

Blend 1 can chickpeas (rinsed and drained), 1 clove garlic, 1 tablespoon lemon juice, 1 tablespoon olive oil, 1 teaspoon cumin, salt, and pepper with  $\frac{1}{2}$  cup water until smooth. Serve with crackers or melba toast.



### GOOD BURGER

Mash 1 can chickpeas (rinsed and drained) with  $\frac{1}{2}$  diced red onion,  $\frac{1}{3}$  cup quick oats, 2 teaspoons dried herbs, 3 tablespoons water, salt, and pepper. Form into burger patties; pan-sear in oil until cooked.



### GONE SNACKIN'

Pat dry 1 can drained chickpeas with paper towels. Toss in 2 teaspoons oil,  $\frac{1}{2}$  teaspoon cumin,  $\frac{1}{4}$  teaspoon salt, and pepper. Bake at 400°F for 30 minutes, shaking every 10 minutes, until crispy.

Q

CAN YOU REALLY GET ENOUGH PROTEIN ON A VEGETARIAN DIET? IS PLANT PROTEIN JUST AS GOOD AS MEAT?

A

You can definitely get enough protein without meat, fish, dairy, or eggs. If you're racking your brain to come up with non-meat sources of protein, let me help you.

The main sources of protein in the plant kingdom are beans and legumes, tofu, nuts, and seeds. But nature is pretty amazing—you can find protein in everything from broccoli to brown rice and bananas. If you eat a varied and balanced diet, you definitely won't develop a protein deficiency.

Beans, nuts, and seeds may not contain as much protein as meat by weight, but their nutritional content

is definitely far more superior. Not only do you get the protein you need in these foods, you also get a good dose of fiber, vitamins, and minerals with less fat and no cholesterol.

With the dawn of modern animal agriculture, we are able to eat more meat now than 100 years ago, but unfortunately, with the affordability and availability of meat comes an increase in the risk of inflammation, uric acid, kidney disease, diabetes, heart disease, and cancer. If you'd like to protect yourself from these, decrease your meat intake (maximum of 2 to 3 servings per week) and amp up on plant protein.

## Healthify This!

### CASHEW PARMESAN CHEESE

Here's a dairy-free alternative to Parmesan cheese that's just as nutty as the real thing! Combine  $\frac{3}{4}$  cup cashews, 3 tablespoons toasted sesame seeds, zest of 1 lemon, 2 teaspoons lemon juice, and  $\frac{3}{4}$  teaspoon salt in a food processor. Pulse until crumbly. Place mixture on a parchment paper-lined baking sheet in one layer. Bake at 275°F for 15 to 20 minutes or until dry, mixing halfway through. Store in the refrigerator for up to 2 months. **Makes 1 cup.**







## Butterbeer

Calling all Muggles! This Harry Potter-inspired drink is the most fun way to beat the heat this summer.

### WHAT YOU NEED

- ✓ 1½ cups sugar
- ✓ ¼ cup water
- ✓ 1 teaspoon lemon juice
- ✓ 6 tablespoons unsalted butter, cubed
- ✓ ½ cup whole milk
- ✓ 1 cup heavy cream
- ✓ 2 (350-ml) cans club soda

### WHAT TO DO

- 1** Make butterscotch sauce by combining sugar, water, and lemon juice in a saucepan. Simmer until mixture turns amber in color. Turn off heat.
- 2** Whisk in butter, milk, and cream. Set aside to cool completely.
- 3** Pour butterscotch sauce into a glass until ¼ full. Top off with club soda. Repeat with remaining ingredients. Serve immediately. **Makes 3 glasses.**





# Apple Chips with Honey- Yogurt Dip

Summer is a great time to introduce kids to the kitchen! Ask them to help you make this healthy and delicious snack.

## WHAT YOU NEED

- ✓ 2 Granny Smith apples
- ✓ ½ cup sugar
- ✓ 1 tablespoon ground cinnamon
- ✓ ¼ cup plain yogurt
- ✓ 2 tablespoons honey

## WHAT TO DO

- 1** Preheat oven to 200°F. Slice apples into thin and uniform slices using a mandoline or a very sharp knife. Arrange on a baking sheet lined with parchment paper or a silicone mat.
- 2** Combine sugar and cinnamon in a small bowl. Sprinkle cinnamon sugar all over apple slices.
- 3** Bake apple slices in the oven for 2 hours. Turn off heat but keep the apple chips in the oven for another hour.
- 4** Meanwhile, make the dip: Combine yogurt and honey in a small bowl. Mix until smooth and chill until ready to use.
- 5** Serve apple chips with the dip on the side.



**TIP**  
KNIVES AND  
MANDOLINES ARE  
TOO SHARP FOR KIDS  
TO HANDLE. LET THEM  
HELP WITH STEPS 2  
AND 4 INSTEAD!



1



2



4





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

# Salted caramel

From truffles to *pastillas*, these treats will show you how you can have the best of sweet and salty in one bite!

## MUNCH 'N' CRUNCH



### 1 Liquid gold

Want to make your own salted caramel sauce? It only takes five ingredients and a few easy steps! Combine sugar and water in a saucepan, letting it cook until amber in color. Stir in butter until melted, remove from heat, then add cream and sea salt. For an exciting kick, try adding orange zest, rum, or sriracha to the mix.

### 2 Choco loco

Forget about adding milk or creamer to your cup of hot chocolate. Instead, stir in a tablespoon of salted caramel sauce instead! The result? A decadent beverage you'll be craving for all day. Try it iced, too!

### 3 Munch 'n' crunch

Making salted caramel popcorn is as easy as combining popped corn kernels and ready-made sauce! But to make it extra light and crunchy, bake the coated popcorn in a 250°F oven for an hour. Add some cashews, dried cranberries, and banana chips for an updated trail mix—perfect for your next movie marathon!

### 4 Wow, wonton!

Apples and caramel go together perfectly! Need proof? Make

caramel-apple wontons! Combine diced apples, salted caramel sauce, lemon juice, and cinnamon in a bowl. Fill wonton wrappers with the mixture, fold into triangles, seal ends with milk, and fry until golden.

### 5 Let's do the Twix

Make hearts melt by giving homemade Twix bars as gifts! To make, arrange store-bought shortbread cookies on a baking pan. Spread a thick layer of salted caramel on top then refrigerate until set. Cut into bars, dip in melted chocolate, and sprinkle with flaky salt. Let chocolate set before wrapping.

### 6 The good 'wich

Looking for a new way to serve *ensaymada*? Grill these buttery treats and turn them into sandwiches! Slice an *ensaymada* horizontally, spread salted caramel sauce on one half, then cover with the other half. Melt butter on a nonstick

pan and grill *ensaymada* sandwiches to golden perfection.

### 7 Have a ball

Salted caramel cookies sound like a good idea. But to turn a good idea into a great one, make salted caramel cookie dough truffles instead. Prepare an edible batch of eggless chocolate chip cookie dough, chill, and form into small balls. Using a pastry bag fitted with an injector tip, fill balls with salted caramel sauce, then freeze. Once firm, dip balls in melted chocolate, then let set before serving.

### 8 Raise the jar

Desserts in jars is the new trend when it

comes to sweet treats, and you can easily make your own version at home. Head over to Yummy.ph and check out the recipe for Salted Caramel Budino. You get a cookie base, a light pudding, and a sweet-salty sauce all in one delicious glass.

### 9 Got milk?

Make no-cook *pastillas* yourself—but with a salted caramel twist! Just mix together condensed milk, salted caramel sauce, and powdered milk. Roll into small logs, coat in sugar, and wrap in colored paper.

### 10 Pop culture

This summer, turn to salted caramel-banana pops to stay cool. Combine bananas, almond milk, and salted caramel sauce in a blender. Pulse until smooth and transfer to popsicle molds. To serve, unmold pops, drizzle with more salted caramel sauce, and sprinkle with chopped cashews or pistachios.



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- 52 Chocolate-Coffee Cheesecake Bars
- 32 Frozen Turtle Pies
- 61 Fruity Yogurt Parfait
- 12 Goopy Marshmallow Sandwich
- 63 Grilled Banana Split
- 11 Mango Sticky Rice
- 12 Marshmallow Cereal Bars
- 12 Marshmallow Pops
- 12 Marshmallow-topped Cookies
- 51 Peanut Butter and Jelly Bars
- 67 Peanut Butter and Jelly Parfait
- 29 Portuguese Egg Tarts
- 69 Potato Chip and Hot Fudge Sundaes
- 53 Salted Caramel Brownies
- 55 White Chocolate Pecan Blondies

## BEVERAGES

- 92 Butterbeer
- 66 Chunky Monkey Milkshakes
- 68 Coffee Soda Float
- 13 Nutella Iced Chocolate
- 66 Strawberry Basil Milkshakes

## OTHERS

- 57 Baked Eggs
- 91 Cashew Parmesan Cheese
- 90 Low-fat Pesto Sauce
- 27 Tomato Pasta Sauce

# DIRECTORY

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

## SUPERMARKETS

### The Landmark

Ayala Center, Makati City (tel. no.: 810-0990);  
[www.landmark.com.ph](http://www.landmark.com.ph)

### Robinsons Supermarket

At leading malls nationwide including Robinsons Galleria, Robinsons Forum, and Robinsons Place Manila; for a list of all branches, see [www.robinsons-supermarket.com.ph](http://www.robinsons-supermarket.com.ph).

### Rustan's Supermarket

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

### SM Supermarket

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

## RESTAURANTS

### Banapple

206 & 225 Katipunan Avenue, Blue Ridge, Quezon City (tel. nos.: 439-2675 and 438-2675); for a list of all branches, see [www.banapplekitchen.com](http://www.banapplekitchen.com).

### Cupcakes by Sonja

G/F Serendra Piazza, Bonifacio Global City, Taguig City (tel. no.: 915-2936); for a list of all branches see [www.facebook.com/CupcakesBySonjaOfficial](http://www.facebook.com/CupcakesBySonjaOfficial).

### Nathaniel's

ITC Commercial Building, Timog Avenue, Quezon City (tel. no.: 332-1305); for a list of all branches, see [www.nathaniels.com.ph](http://www.nathaniels.com.ph).

### Omakase

Unit 207 Interpid Plaza Building, E. Rodriguez Jr. Avenue, Libis, Quezon City (tel. no.: 437-0075); for a list of all branches, see [www.facebook.com/weloveomakase](http://www.facebook.com/weloveomakase).

### The Sweet Spot Bakery + Café

Unit 6, G/F 189 Maginhawa Street corner Makadios Street, Sikatuna Village, Quezon City (tel. no.: 435-3045)

## OTHERS

### Bayani Brew

For information on availability, see [www.facebook.com/BayaniBrew](http://www.facebook.com/BayaniBrew).

### Connie's Kitchen

4th Street corner Broadway Avenue, Quezon City (tel. no.: 448-5885)

### The Cookery Place

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

### Gourdo's

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

### Feed 5000 (Chef Len Santos-Ding)

186 Luzon Drive, Ayala Alabang Village, Muntinlupa City (mobile no.: 0917-8428496); [www.facebook.com/Feed5000KitchenStudio](http://www.facebook.com/Feed5000KitchenStudio)

### Living Well

2/L SM Mall of Asia, Pacific Drive and Ocean Drive, Mall of Asia Complex, Pasay City (tel. no.: 556-0739); 3/L The Podium, 12 ADB Avenue, Ortigas Center, Mandaluyong City

### miradips at Sandwicheese

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

### Pio's Kitchen

96 Scout Reyes Street corner Scout Fuentebella Street, Barangay Laging Handa, Quezon City (tel. nos.: 501-2391, 509-4529; mobile no.: 0917-5322892); [www.piospaella.com](http://www.piospaella.com)

### Rustan's Department Store

For a list of all branches, visit [www.rustans.com.ph](http://www.rustans.com.ph).

### Weaves of Asia

132 Jupiter Street, Makati City (tel. no.: 897-65405)



## OH! FUDGE

BY RANDIE RYAN TAN

Randie Ryan Tan knew three things: He knew he wanted to be his own man; he knew he wanted to work with food; and he knew he had friends he could count on.

"I asked my family to give me a chance. I promised to go back full-time to the family hardware business if I didn't make it, but I had to give this a try," Randie says. The opportunity came when a friend found an ad for the Next Big Food Entrepreneur Challenge, and pushed Randie to join the competition, which would award the winner P100,000 in cash, along with six months' worth of kiosk space in one of the Mercato Centrale branches around the metro.

Randie chose to develop fudge as a product partly because of practical considerations—it could be prepared in advance, didn't need any on-site cooking, and could be packaged as *pasalubong*. But, most importantly, "I really love fudge," he says.

The main hurdle was introducing fudge to the market, because most people think of fudge as chocolate, instead of the rich, chewy confection made of milk, butter, and sugar. But Randie worked at perfecting a recipe, and then developing flavors that would make it more interesting and friendly to the local palate. So he made green tea, peanut butter, white chocolate, and double chocolate.

Friends also came by to pitch in: They came to help him during the time-consuming process, helping him mix the fudge and package it, everything by hand. Another friend came up with the Oh! Fudge brand and logo. They did it purely out of friendship and goodwill—and faith in Randie's recipes.

A few months and countless hours working over a hot stove in his home kitchen later, Randie Tan found himself accepting the top award as

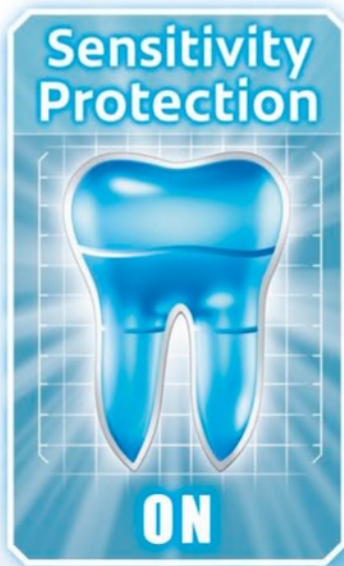
the Next Big Food Entrepreneur, beating out 60 other entrants after facing a panel of judges that included representatives from Solane, the Mercato Centrale Group, *Entrepreneur* magazine, and *Yummy*. Oh! Fudge was cited because of the unique offerings of the shop, along with its well thought-out business plan. But mostly there was the product itself: It was really just very, very good fudge.

For now, Oh! Fudge is on hiatus, gearing up for its debut as a full-fledged business at one of the Mercato Centrale food markets. Randie is finalizing packaging and developing new products, using part of his winnings to fine-tune Oh! Fudge. But first he paid off a debt of gratitude: The first portion of his winnings went to the friends who had helped him make his dream of becoming a food entrepreneur come true.



For more information about OH! FUDGE, visit their Facebook page at [www.facebook.com/ohfudgeph](http://www.facebook.com/ohfudgeph).





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