

10 BREAKFAST IDEAS \* GOOEY GRILLED CHEESE SAMMIES

# Yummy

\* EASY MEALS EVERY DAY

JUNE 2014

## THE BIG Bacon ISSUE!

EASY RICE MEALS, PASTAS,  
and SANDWICHES

Our COOKING CLASS  
ADVENTURES

DIY  
DIM SUM

FATHER'S DAY grill

Crispy Chicken  
Burger with Cabbage-  
Cucumber Slaw



75  
RECIPES  
INSIDE

super salads

HEALTHY MEALS  
THAT PACK A PUNCH  
ON PAGE 58

ISSN 1908-5869

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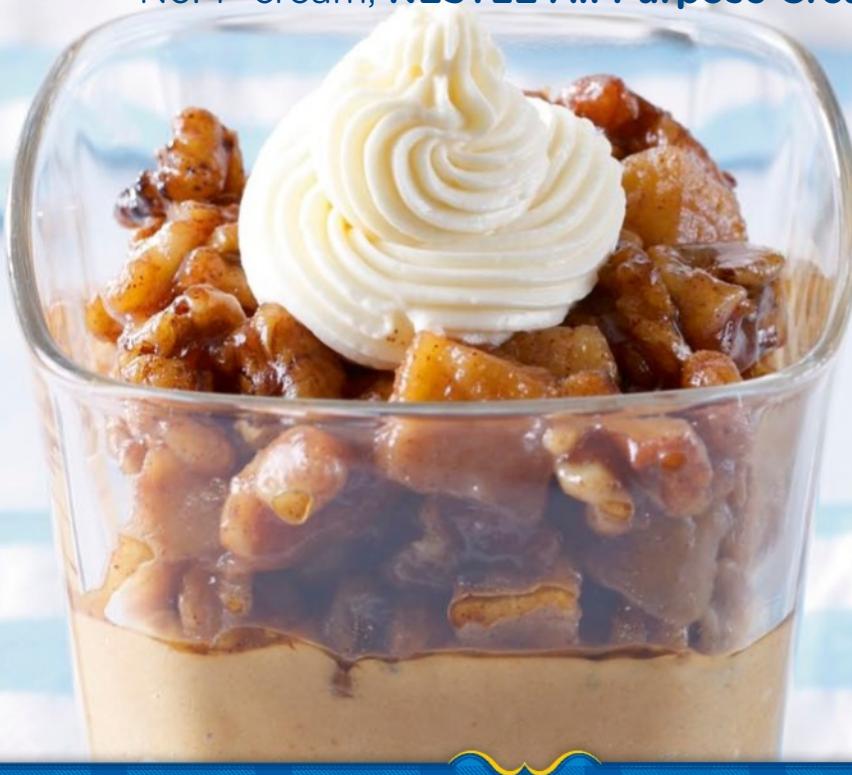
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# Baon Makeover with the No. 1 Cream\*

Get your kids excited for recess! Surprise them with these filling baon treats by the No. 1\* cream, **NESTLÉ All Purpose Cream**.



Why It Works



## Caramel Apple Trifle

### INGREDIENTS

#### **Stewed Apples:**

3 tbsps	butter
1/2 cup	brown sugar, tightly packed
4 cups	apples, peeled and cubed
1/2 tsp	cinnamon powder
1 cup	walnuts, chopped

#### **Caramel Sauce:** (option to use store bought caramel sauce)

1/2 cup	white sugar
1/2 cup	NESTLÉ, All Purpose Cream
2 tbsps	water
1/2 tsp	salt
2 tbsps	unsalted butter

#### **Caramel Mousse:**

2 packs	NESTLÉ, All Purpose Cream, chilled
1 cup	caramel sauce

### PROCEDURES

#### **Stewed Apples:**

In a saute pan, melt butter. Add apples, walnuts, brown sugar and cinnamon powder. Cook for 8-10 minutes or until apples are tender. Transfer to a bowl and set aside.

#### **Caramel Sauce:**

In a saucepan, add white sugar and water. Cook over low heat until sugar dissolves. Increase heat to medium high and continue cooking sugar until amber-colored, about 5-7 minutes. Add butter and NESTLÉ All Purpose Cream and whisk to combine. Add salt and stir to combine. Set aside to cool.

#### **Caramel Mousse:**

Beat chilled NESTLÉ All Purpose Cream in a bowl until soft peaks form and cream is light and fluffy. Gently fold in caramel sauce.

#### **To assemble:**

1. In individual glass bowls or one big trifle bowl layer: Butter cake (store bought), caramel mousse and Stewed apples and walnuts
2. Top with remaining caramel sauce.

## Creamy Perfection!

The No. 1\* cream, NESTLÉ All Purpose Cream adds a creamy consistency to both sweet and savory sauces, making it perfect for fried recipes.



Keep the little ones interested in school through your sweet and yummy creations. The No. 1\* cream, NESTLÉ All Purpose Cream blends well with delectably sweet ingredients such as fruits, and sauces like vanilla and caramel. Add richness to your recipes and transform your kids' baon from ordinary to special.



## Crispy Chicken Tenders

### INGREDIENTS

#### Creamy Mustard Sauce:

Combine-  
1/4 cup prepared mustard  
1 tsp lemon juice  
1/2 cup NESTLÉ, All Purpose Cream  
1/2 tsp MAGGI MAGIC SARAP®  
1 tbsp sugar or to taste

#### Batter:

1 whole egg, beaten  
1/4 cup milk  
1 cup all-purpose flour  
1 1/2 tsp baking powder  
3/4 cup water  
1 sachet 8g MAGGI MAGIC SARAP®  
1/2 tsp freshly ground pepper  
500 gms chicken tenders  
1/2 cup all-purpose flour  
Oil, for deep frying

### PROCEDURES

#### Batter:

1. In bowl, combine egg, milk, all-purpose flour, baking powder, water, MAGGI MAGIC SARAP® & freshly ground pepper. Whisk to have a smooth batter.
2. Heat oil in a deep fryer.
3. Roll each piece of chicken tender in all-purpose flour. Shake off excess flour and then dip in batter. Deep fry in hot oil until golden brown. Serve with honey mustard sauce.

\*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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# Contents

JUNE 2014



## On the cover

- 39 Father's Day barbecue**
- 42 Make-ahead baon recipes**
- 52 D-I-Y dim sum**
- 58 Hearty salads for lunch**
- 64 The YUMMY editors go back to school!**
- 82 Quick and easy breakfast ideas**

### **Yummy Ideas and Shopping**

#### **09 Rainbow bright**

Treat your senses to a vibrant fruit-and-veggie medley!

#### **10 Cheese is it!**

Gooey grilled cheese sandwiches make the perfect after-school snack for hungry kids!

#### **12 Yummy Ideas**

Unwind with a glass of warm vanilla milk, discover a new book that teaches you how to make bento box lunches, make malunggay pesto with only four ingredients, learn about Brussels sprouts, and more!

#### **17 Yummy Shopping**

Hallmark Chalkboard Sticker Labels from National Book Store

#### **18 Grocery Grab**

Loco for choco

#### **19 Pantry Basics**

It's a wrap!

### **Everyday Recipes**

#### **20 Everyday Recipes**

#### **24 Family Kitchen**

Joey de Larrazabal-Blanco's Chocolate Candy Cookies

#### **26 Hey, Home Baker!**

Aileen Anastacio's Peanut Butter Crisp Bars

#### **28 Chef At Home**

Jun Jun de Guzman's Chicken Estofado

#### **30 Biz Whiz**

Sharlene Tan's French Toast With Roasted Cinnamon Apples

#### **31 Around The World**

Sari Jorge's Pork Schnitzel

#### **33 Weekday Cooking**

Wrap stars

#### **39 Weekend Entertaining**

Grilled to perfection



Peanut Butter Crisp Bars  
Pg. 26



## CRISPY CHICKEN BURGER WITH CABBAGE-CUCUMBER SLAW

Craving for the popular crispy chicken sandwich? No need to go to a fast-food joint. Make it right in your own kitchen!

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

- ✓ 4 skinless chicken breast fillet halves
- ✓ juice from 1 lemon
- ✓ salt and pepper, to season
- ✓ 2 cups all-purpose flour
- ✓ 1/2 teaspoons salt
- ✓ 1 teaspoon garlic powder
- ✓ 1 teaspoon paprika
- ✓ 1/2 teaspoon ground black pepper
- ✓ 1 large egg, beaten lightly
- ✓ oil for deep-frying
- ✓ 4 hard rolls or hamburger buns, halved and toasted
- ✓ 4 tablespoons Japanese mayonnaise or melted butter
- ✓ 4 slices cheddar cheese

### FOR THE CABBAGE-CUCUMBER SLAW

- ✓ 1/2 cup Japanese mayonnaise
- ✓ 1 teaspoon wasabi paste, or to taste (optional)
- ✓ 3/4 cup shredded cabbage
- ✓ 1/2 cup shredded cucumber
- ✓ 1/2 cup shredded carrot
- ✓ salt, pepper, and sugar, to season

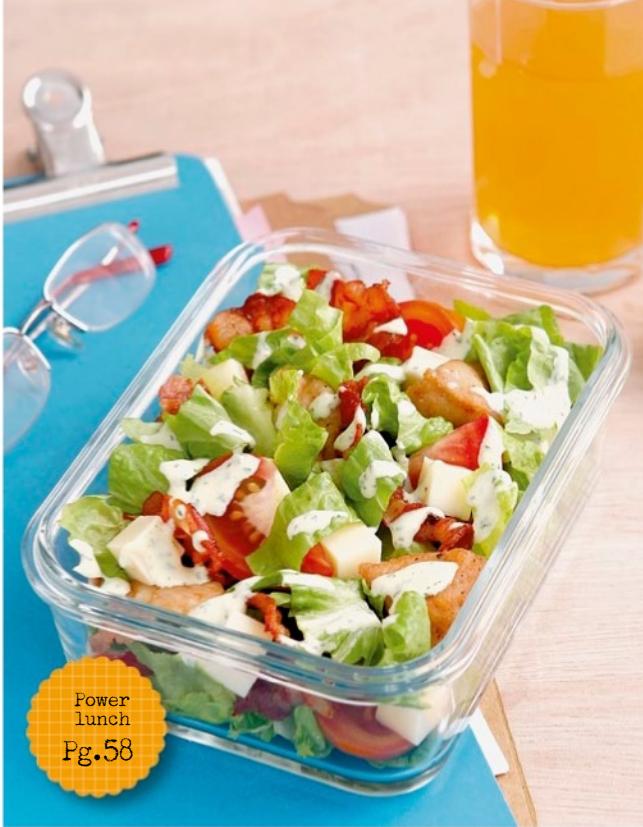
**1** Wrap chicken loosely in plastic wrap. Lightly pound with a meat mallet to even out fillets. Combine chicken with lemon juice and season with salt and pepper.

**2** Combine flour, salt, garlic powder, paprika, and black pepper in a shallow bowl. Dredge chicken fillets in seasoned flour and shake off excess. Dip in beaten egg then dredge again in seasoned flour.

**3** Preheat oil to 320°F and deep-fry chicken until coating is crispy and chicken is cooked through. Drain on paper towels.

**4** Make the slaw: Mix together mayonnaise and wasabi, if using, in a small bowl. Combine cabbage, cucumber, and carrot in a large bowl. Add wasabi mayonnaise and season to taste with salt, pepper, and sugar.

**5** Spread insides of toasted bread with mayonnaise or brush with melted butter. Place chicken fillet on a bottom bread half. Top with cheese and slaw. Cover with a top bread half. Repeat to make 4 sandwiches. Serve hot.



Power lunch  
Pg.58

## Recipe Features

### 42 Baon basics

Planning your kids' lunches has never been easier! Master six basic dishes and make at least 12 new meals.

### 52 Dim sum express

Craving for dumplings? We give you the recipes for your all-time favorites!

### 58 Power lunch

Fuel up for the rest of the day with our hefty salads.

## Features

### 64 Back to school

June signals the start of classes for the YUMMY editors as they try out different culinary courses.

## Restaurants

### 71 Welcome home

Comfort food paired with heartfelt hospitality will have you going back to Bamba Bistro for more!

### 72 Bowl of champs

Pork lovers rejoice! Hanamaruken's ramen menu celebrates pork in all its glory.

### 73 A taste of Taipei

Bold, new Taiwanese flavors await you at Red Onion.

## Yummy Lessons

### 75 Red hot!

### 76 Back to basics

Lechon Manok

### 78 Healthy Approach

Vegan and vegetarian cooking with Marie Gonzalez

### 80 D-I-Y

Chocolate spoons

### 81 In the Kid-chen

Onigiri

### 82 Idge's 10 Ideas

Grab-and-go breakfast

## Departments

### 04 Yummy At A Glance

### 06 Editor's Note

### 83 Recipe Index

### 83 Directory

### 84 Making It

The Butchery

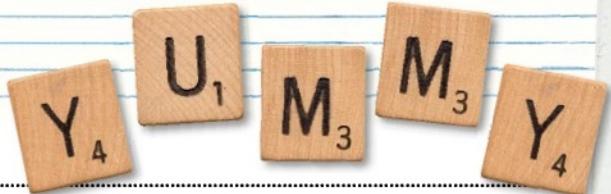


# Yummy at a glance

Looking for new and unique baon ideas? Love cheese and want to include more of it in your dishes? Craving for lighter, fresher meals? Want sandwich recipes you can make in a snap? Here's your guide to planning yummy meals.

## Lunchbox favorites

- Creamy Chicken and Mushroom Casserole Pasta [Page 49](#)
- Easy Pancit Canton with Chicken Barbecue [Page 51](#)
- Grilled Chicken Shawarma [Page 36](#)
- Margherita Sandwich [Page 10](#)
- Meatball Pasta with Creamy Tomato Sauce [Page 47](#)
- Pan-grilled Mediterranean Burger Steak with Garlic-Yogurt Sauce and Vegetable Fried Rice [Page 46](#)
- Pork Schnitzel [Page 31](#)
- Southwestern Rice and Bean Salad with Chipotle Cream Dressing [Page 59](#)
- Tapa Breakfast Burritos [Page 34](#)
- Tuna Salad Roll-ups [Page 35](#)



## SUPER SANDWICHES

Recipes on [Yummy.ph](#)



Chicken and Egg Pimiento Spread Sandwich



Beef Stroganoff Sandwich



Double Decker Ham and Egg Sandwich



Shrimp and Scallop Salad Sub



## CREAMY CHICKEN AND MUSHROOM CASSEROLE PASTA

### Cheesy goodness



GRILLED CHORIZO- AND BLUE CHEESE-STUFFED BURGERS [PAGE 40](#)



GRILLED CHEESE STICKS [PAGE 10](#)



CREAM CHEESE CHICKEN FILLET BURGER [PAGE 45](#)

### Fresh start



KANI AND MANGO FRESH SPRING ROLLS [PAGE 37](#)



SHRIMP AND TUNA SALAD WITH VINAIGRETTE [PAGE 62](#)



RAINBOW SALAD IN A JAR [PAGE 9](#)

# THE BEST FILIPINO BEER THAT DESERVES THE GOLD



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Gold Medal  
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Award 2007

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# editor's note

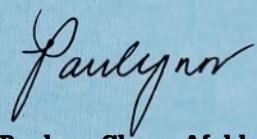
## A time to learn

June means different things to different people.

It means going back to school and planning what to put in the kids' lunchboxes. And if you're like most moms out there, you've been at it for a couple of years and might be running on empty. Just think about the challenge baon planning poses: The meals have to be yummy, easy to prepare, and nutritious, too! I remember that my baon every day would be chicken. It was all my brothers would eat, so that's what my mom would pack for me, too. How I wish she had YUMMY to turn to back then! Check out "Baon Basics" on page 42 and "Power Lunch" on page 58 for a bunch of sandwiches, rice toppings, noodles, and salads everyone—kids and adults alike—will love.

It means Father's Day and honoring a man who helped shape you to become the person you are today. It's a wonderful coincidence that my first issue holds recipes both my dads would have loved. My daddy loved anything meaty or fried to a golden crisp! I can imagine him digging into the Grilled Chorizo-stuffed Burger on page 40 or the Pork Schnitzel on page 31. My father-in-law, on the other hand, would always ask for Chinese food each time we'd dine out to celebrate a special occasion. His weakness was juicy, plump hakaw. Try our take—and other delectable dim sum recipes—on page 52. Whatever your father's favorite, take the time to prepare it on his special day and let YUMMY be your guide.

As for me, June signals a new beginning: a time to learn and to take on greater responsibility—because really, what's more important than helping homemakers provide meals for their families that feed both the stomach and the soul? I love food and everything it stands for—nourishing the body, honoring nature's bounty, encouraging creativity, celebrating with family. More than to help you plan meals, I hope to help you learn to love food just as much as I do. So, I invite you to join me and discover the best homemade dishes, the best restaurants, the best cooking tools and gadgets, and the best tips and tricks. I can't wait to start this delicious journey with you!



**Paulynn Chang Afable**  
**Editor in chief**

P.S. I'd love to hear from you! Drop me a line anytime at [paulynn@yummy.ph](mailto:paulynn@yummy.ph).



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2014  
*A food fair like no other*

Save the date! This year's Yummy Eats is bigger than ever, with cooking demos, tons of freebies, and the best food finds from over 70 concessionaires.

See you at 10 a.m. on July 12 (Saturday), at the Metrotent on Meralco Avenue, Pasig City!

# Yummy eats 2014

*A food fair like no other*

It's bigger than ever, now with  
75 food concessionaires!



When: **July 12, 2014**

Where: **Metrotent, Metrowalk Plaza,  
Meralco Avenue, Pasig City**

Fair runs from **10:00 a.m. to 6:00 p.m.**

Buy your tickets now! Avail of the special  
promo via [www.yummy.ph/yummyeats](http://www.yummy.ph/yummyeats).

Online Pre-selling Promo: P250 for single entry  
(valid until June 30 only) P1000 for 5 tickets

Onsite Selling: P300 for single entry  
P1000 for 4 tickets

Check out  
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you can enjoy discounts  
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# Yummy Ideas

## RAINBOW BRIGHT

Start your meal with a colorful medley of fruits and vegetables!

**TO MAKE:** Layer the following ingredients in a 1-liter glass jar:  $\frac{1}{4}$  cup roasted sesame dressing, 8 to 10 cherry tomatoes (halved), 3 to 4 crab sticks or *kani* (shredded),  $\frac{1}{2}$  carrot (sliced into thin strips), 3 to 4 cheeks ripe mangoes (cubed),  $\frac{1}{4}$  cup corn kernels, 1 small head romaine lettuce (torn into bite-sized pieces),  $\frac{1}{2}$  cucumber (sliced into thin strips),  $\frac{1}{2}$  red onion (sliced thinly), and 1 small head lollo rosso lettuce (torn into bite-sized pieces). Make sure ingredients are distributed evenly to create layers following the colors of the rainbow. Cover with the lid and store in the refrigerator. To serve, shake jar until ingredients are well combined. **Serves 2 to 4.**

Rainbow salad  
in a jar



# Yummy Ideas

Stick with you



## GRILLED CHEESE STICKS

The kids will have a grand time with these easy-to-handle treats! Remove the crusts of 2 slices white bread. Top a slice with 2 cheddar cheese slices. Cover with another bread slice and spread 1 teaspoon butter on top. Heat a pan over medium heat and grill sandwich, buttered side down, for 2 minutes. Spread 1 teaspoon butter on the outside of the other slice, flip sandwich, and grill for another 2 minutes until cheese is completely melted. Let rest for 1 minute before slicing into 3 even strips. Serve with marinara sauce on the side, if desired. **Makes 3 sticks.**

Mighty mushroom



## CHEESY MUSHROOM SANDWICH

Make the filling: Heat 2 tablespoons olive oil in a pan. Add 1 white onion (sliced thinly) and 1 (198-gram) can mushroom slices (drained); mix well. Season with 1 teaspoon sugar, 1/2 teaspoon chili flakes, salt, and pepper. Cook until mixture is browned. Top a whole wheat bread slice with 2 tablespoons shredded mild cheddar cheese, 2 tablespoons filling, and 1 1/2 tablespoons shredded Monterey Jack cheese. Cover with another bread slice. Spread 1 teaspoon butter on top. Heat a pan over medium heat and grill sandwich, buttered side down, for 2 minutes. Spread 1 teaspoon butter on the outside of the other slice, flip sandwich, and grill for another 2 to 3 minutes until cheese is completely melted. **Makes 1 sandwich.**

# CHEESE IS IT!

AFTER AN EXCELLENT DAY AT SCHOOL, TREAT YOUR KIDS TO A WARM, GOOEY GRILLED CHEESE SANDWICH!

## CARAMEL, APPLE, AND BRIE SANDWICH

This sweet-salty slider is perfect for an afternoon snack or even for dessert. Slice a baguette into 2 3/4-inch-thick rounds. Top one slice with 2 teaspoons caramel sauce, 1/4 Granny Smith apple (sliced thinly), and 1 (1-inch-thick) slice Brie cheese. Cover with another bread slice and spread 1 teaspoon butter on top. Heat a pan over medium heat and grill sandwich, buttered side down, for 2 minutes. Spread 1 teaspoon butter on the outside of the other slice, flip sandwich, and grill for another 2 minutes until cheese is completely melted. **Makes 1 sandwich.**



Gold standard

## MARGHERITA SANDWICH

Take a trip to Italy with this sammie! To make, spread 2 teaspoons pesto on a whole wheat bread slice, then top with 2 to 3 tomato slices, 3 to 4 fresh basil leaves, and 2 1/2 tablespoons shredded mozzarella. Cover with another bread slice. Spread 1 teaspoon butter on top. Heat a pan over medium heat and grill sandwich, buttered side down, for 2 to 3 minutes. Spread 1 teaspoon butter on the outside of the other slice, flip sandwich, and grill for another 2 to 3 minutes until cheese is completely melted. **Makes 1 sandwich.**



## WARM VANILLA MILK

UNWIND AND SAVOR THIS DRINK BEFORE FINALLY CALLING IT A DAY. CAN'T FIND VANILLA BEANS? USE VANILLA EXTRACT OR PASTE INSTEAD.

Split 1 (2-inch) vanilla bean lengthwise in half. Scrape the seeds out and set aside along with the pods. Scald 2 cups whole milk; remove from heat. Stir in scraped vanilla seeds and pods and 1 teaspoon sugar. Let sit, stirring occasionally, for 20 minutes. Remove vanilla pods and transfer milk to 2 mugs. Top with mini marshmallows, if desired. **Serves 2.**



## → GREAT GADGET

### COFFEEMAKER

Your coffeemaker can offer more than your usual morning brew! Start with these three nifty ideas.

#### • SOMETHING FISHY

Poach salmon in your coffee pot! Place salmon in the pot; add soy sauce, ginger, or your choice of seasonings. Fill machine with 3 cups water; brew. Let fish sit in hot water until opaque and flaky. It's an instant meal in less than 10 minutes!

#### • INSTANT VEGGIES

Instead of microwaving broccoli, steam it in your coffee pot! Place as many broccoli florets as you can in the pot. Pour 1/4 cup water through the machine, and let the broccoli sit for about 5 minutes (the steam will make it tender).

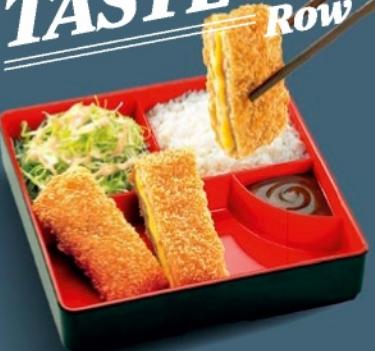


Kyowa Coffeemaker, P1,200,  
at leading appliance stores

#### • EASY OATS

Need a quick breakfast? No problem! Place oats, spices, and even fruit in the pot, pour water through the top of the machine, and hit brew. Let sit for about 5 minutes, making sure the machine is on so the oats can soak up the water.

## The TRY-IT TASTE-IT Row



### KATSU SURPRISE

Tokyo Tokyo changes the game with its new cheesy tonkatsu bento. Savor a different kind of katsu as you bite into the golden-fried, flavorful breaded pork cutlets and enjoy creamy cheese oozing from every forkful. It'll keep tonkatsu fans coming back for more! Available at all Tokyo Tokyo branches nationwide.



### HEALTHY SIPS

Taiwanese tea and juice store CoCo Fresh Tea and Juice offers a variety of good-for-you drinks perfect for anyone looking to cut down on coffee or milk tea consumption. Whether you're in the mood for crowd-favorite CoCo's Lemon Green Tea or the enticing Pineapple Black Tea Jelly, you'll find yourself feeling light and revitalized. Available at CoCo Fresh Tea and Juice, 2/F Techno Plaza 2, Eastwood City, Libis, Quezon City.



### BREAD ADVENTURE

Experience a treasure trove of bread offerings from our country's different regions at OVN Bread Co. If your cravings take you to as far as Coron for Calamansi Meringue Pie or all the way to Benguet for its famous raisin bread, take a ride with OVN instead and sample the best local treats and pastries. Available at OVN Bread Co., SM Aura Premier, Bonifacio Global City, Taguig City.

## Yummy Ideas



Bookmark it!

### { The Forest Feast }

Imagine beautiful food set against a lush forest backdrop—this is food photographer Erin Gleeson's reality. After working in New York for years, she moved to Northern California, where she found a quaint cabin in the woods. Embracing her new location, Erin was instantly inspired by local ingredients in season, leading her to create the visually-pleasing recipe illustrations that make her blog stand out. With easy-to-make dishes like Chocolate Ricotta Mousse Cups, The Forest Feast is an invitation to take a glimpse into Erin's life right in your own kitchen. Try her seasonal recipes at [www.theforestfeast.com](http://www.theforestfeast.com).

## Yummy FOOD ADDITION

### Malunggay Pesto

Perfect as a dip or pasta sauce, this pesto uses one of the most nutritious vegetables you'll find in the market.



Wash and dry 1 cup malunggay leaves. Place leaves in a food processor or blender. Add  $\frac{1}{2}$  cup Doña Elena olive oil, 3 tablespoons grated Parmesan cheese, and 1 tablespoon garlic peanuts.

Process until smooth, pausing in between to scrape down mixture. Season with salt and pepper. Transfer to a serving bowl or a sterilized jar. Serve with toast or toss with your favorite noodles. **Serves 2 to 3.**

## BOOKSHELF

WHAT WE'RE READING THIS MONTH



Kids' lunches can get a little monotonous and it isn't uncommon for you—the baon idea machine—to start running out of options. **Everyday Bento** by Wendy Thorpe Copley (P699, National Book Store) is the perfect guide for sprucing up your kids' everyday lunch pack. Everything you need to know about creating decorative bentos is included in this helpful how-to tome—from lists of bento box ideas to bento foods by color to the necessary tools and equipment. Have fun creating a Star Wars Bento Box, complete with a Yoda-shaped sandwich, or a Ballerina Bento Box, using ham as pointe shoes. The smiles on your kids' faces will end each day on a positive note.



## Yummy LESSON

### HOW TO STORE COOKIES

**THE DILEMMA** You baked a really good batch of cookies and stored them for later. When you open the cookie jar, you find that your once soft and chewy cookies are hard, or your crispy cookies are soft. What's the proper way to store cookies?

**WHAT TO DO** Knowing that different types of cookies require different storing methods is key to ensuring they stay the way they're meant to be. But before storing any kind of cookie, allow them to cool completely—the steam given off by warm cookies can make them soggy. When it comes to soft, chewy cookies, you don't want to leave them exposed to air because it will make them lose moisture, dry out, and harden. As such, chewy cookies should be stored in airtight containers. Another trick is to place a small apple slice or a slice of white bread with the cookies. The cookies will absorb the moisture from the apple or bread, allowing them to retain their softness. For crispy cookies, containers with easily removable lids, such as traditional cookie jars, are perfect. Remember that you shouldn't store different types of cookies together as the crisp ones will soften. If you're layering cookies in a container, it's best to place parchment paper in between pieces to prevent them from sticking together.



## We asked:

WHAT'S YOUR  
FAVORITE WAY TO  
ENJOY VANILLA  
ICE CREAM?

“Here's an easy sundae I like to make: Place a scoop or two of vanilla ice cream in a glass. Add fresh strawberry slices, a heaping tablespoon of cookie butter, and a waffle cookie on top. Drizzle with some luscious caramel sauce and enjoy! It's quite sinful but worth every calorie.” —**Raissa Jaojoco Villasin**

“I make frozen tropical vanilla ice cream sticks! It's my own creation and I love to make them as soon as summer starts. Layer slices of caramelized pineapples, mangoes, watermelons, and melons in a rectangular pan. Spread a good amount of vanilla ice cream between each fruit layer. Insert popsicle sticks into the pan, freeze until hard, then slice into small rectangles just before serving.” —**Melissa Sabido**

“I once tried recreating one of my childhood favorites: Presto's Tivoli Chocolate Bar. It was really easy to make, and tasted just like the original. I spread vanilla ice cream in a small rectangular tray, then added some caramel and nuts on top. After freezing, I dipped it in a chocolate hardening syrup. Voilà! A homemade Tivoli bar made by me!” —**Cherie Chan**

“You know what sounds good at around three o'clock in the afternoon, right when the temperature is too hot to handle? A tall glass of ice-cold coffee with a big scoop of vanilla ice cream on top. Glorious!” —**Lely Macaspac**

“We make a cold, refreshing dessert we call the Summer Fruit Parfait. My whole family loves it when we end our meals with this cool treat. All you need to do is layer fruits like strawberry, kiwi, mango, and banana with some vanilla ice cream in between, then garnish with some whipped cream, jelly, and crushed nuts.” —**Verlen De Barja**

“Who can resist a warm chocolate lava cake or a big brownie topped with vanilla ice cream? Add some chopped walnuts and whole fresh strawberries and you're in heaven.” —**Jomillie Lerey**

“I like to use Pinoy ingredients when it comes to making dessert. For a Filipino-style sundae, top vanilla ice cream with some tapioca pearls (sago), pandan-flavored jelly, and *nata de coco*. It's a version of *buko pandan* you shouldn't miss.” —**Pebbles Aya Cunanan**

**Next question:** WHAT'S YOUR FAVORITE UNDER-15-MINUTE OR 5-INGREDIENT MEAL?

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



## The Green Grocer & Curiosities

Battling cancer was something Nikki Herrera-Bharwani, a young advertising executive, never expected to face. She turned to freshly harvested organic vegetables, and she quickly noticed the huge difference they made. It was through this cancer survivor's passion for real food that The Green Grocer, Manila's first home delivery service for fresh produce, artisan bread, and premium meats, was born. The service provides customers not only with a different grocery experience, but also the knowledge of where your food comes from and the recognition of your role in helping local communities.

A few years and many deliveries later, The Green Grocer finally has its own stand-alone store, tucked away in the busy streets of Parañaque city. Teaming up with two like-minded friends who have collected knickknacks from all over the world, Nikki opened The Green Grocer & Curiosities for those looking to nourish their bodies and decorate their homes. Whether you're hunting for organic virgin coconut oil and *malunggay* peanut butter or mirrored trays and gorgeous tableware from an Asian night market, the store will surely surprise you when you least expect it.

**The Green Grocer & Curiosities** is at 12 Laurel Street, Teoville East, BF Homes, Parañaque City (tel. no.: 820-2435; mobile nos.: 0917-8244220, 0918-9594220); [inquire@thegreengrocermanila.com](mailto:inquire@thegreengrocermanila.com); [www.thegreengrocermanila.com](http://www.thegreengrocermanila.com).



Go organic in the kitchen with Organic Extra Virgin Olive Oil (P570 for 1 liter), Organic Raw Virgin Coconut Oil (P570 for 1 liter), and Organic Culinary Virgin Coconut Oil (P550 for 1 liter).



Handmade origami flowers (P20) and vintage chopsticks (P400) from Japan are some of the discoveries you'll make at the shop.

Made especially for The Green Grocer using real shrimp and pork, Gourmet Bagoong (P150) is so addictive that eating it with rice alone is good enough!



## INGREDIENT SPOTLIGHT

### BRUSSELS SPROUTS

Measuring about an inch in diameter, Brussels sprouts (P90 for 100 grams, Rustan's Supermarket) are sometimes considered as baby cabbages because they come from the same family of veggies. Adding them to your grocery list will surely be beneficial—they're a great source of vitamins A, C, and K, as well as iron, fiber, and selenium. Fresh Brussels sprouts are firm with vivid green leaves. When cooked, they should be crisp with a slightly sweet flavor. Try them roasted, steamed, or stir-fried. They make for a perfect side dish when tossed with some olive oil, garlic, and bacon. You can even add them into the mix the next time you make *bulalo* or *nilaga*!



### Kitchen glossary

#### Julienne

To julienne a vegetable or a fruit is to cut it into long, thin strips that resemble matchsticks. The cut may differ in thickness—some may be wedge-like and others slivers—but they're usually square. The main purpose of julienning vegetables and fruit is to keep food looking even and symmetrical, whether in sushi rolls or on top of salads.

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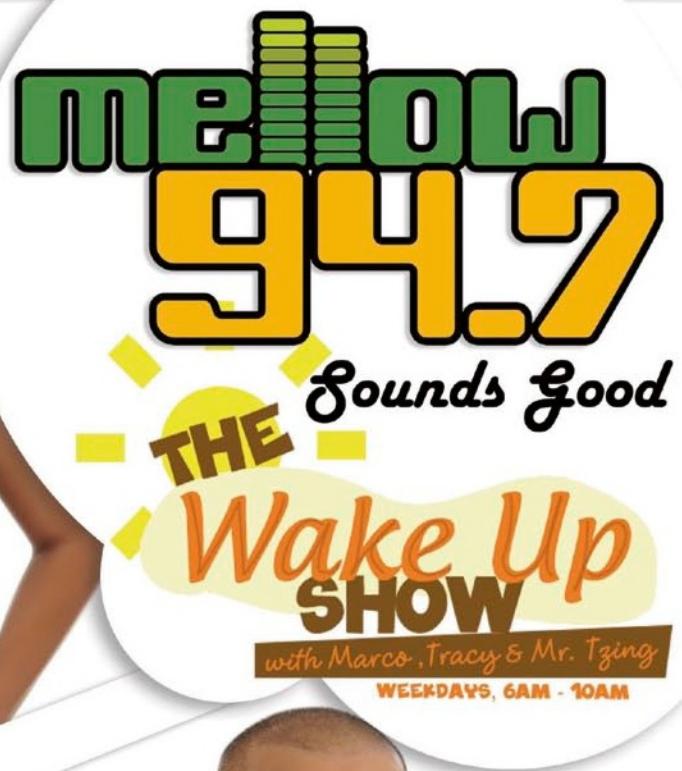
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# Yummy Shopping



Must-  
buy!

HALLMARK  
CHALKBOARD  
STICKER  
LABELS

## Chalk it up

When it comes to kitchen storage, these chalkboard sticker labels put the fun in functional!

**LABEL LOVE** Practical, repositionable, and reusable, these sticker labels will make pantry organization easy and that much more fun! Doodle on the chalkboard material, stick them on mason jars or food containers, and you're good to go. Reusing the container? Don't fret. Simply erase the writing with a damp cloth and it's good as new!

**PARTY TIME** These stickers will make cute additions to celebrations and events. Label bottles of dressings and condiments, boxes of cookies and pastries—you can even label your entire dessert table! Take them further by using them as favor tags and guest place cards.

Hallmark Chalkboard Sticker Labels (P37 for a pack of six stickers and one piece of chalk) are available at National Book Store. For a complete list of branches, visit [www.nationalbookstore.com.ph](http://www.nationalbookstore.com.ph).



# Loco for choco

Chocolate-dipped ice cream bars are always a winner! Indulge in any—or all—of our yummy picks.



## CHERRY GOOD

The popular Cherry Garcia ice cream, Ben & Jerry's tribute to guitarist Jerry Garcia, is also available in bar form, studded with bits of dark cherries and fudge flakes. Rock on!

**Ben & Jerry's Cherry Garcia, P150, Shopwise**



## GUILTY PLEASURE

Guess what? You can enjoy a chocolate-coated, toffee-sprinkled vanilla ice cream bar sans the guilt! At only 100 calories a pop, it's truly a sweet treat.

**Weight Watchers English Toffee Crunch, P426 for a pack of 12, Rustan's Supermarket**



## GOIN' COCO

Lactose intolerant? This bar's for you! It's dairy-free, made from organic ingredients, and is quite yummy to boot.

**So Delicious Dairy Free Coconut Almond Minis, P75, Marketplace by Rustan's**



## COOKIE CRAVING

Chocolate-caramel ice cream dipped in chocolate and sprinkled with cookie bits—sounds heavenly, right? The bonus: It's really affordable, too!

**Magnolia Chocolate Caramel Cookie Monster Ice Cream, P20, Robinsons Supermarket**



## LE CLASSIQUE

This bar proves that when done right, simple flavors shine the brightest! Go ahead and indulge in the best.

**Häagen-Dazs Vanilla & Milk Chocolate, P199, Rustan's Supermarket**



# It's a wrap!

Wraps and rolls exist in cuisines the world over. Here's a rundown of the wrappers available in local groceries and delis.

**1 FILO** or phyllo is a delicate, paper-thin sheet of unleavened dough. Oil or melted fat is brushed between sheets, creating as much layers as desired. Once baked, the pastry becomes golden and crisp. In Greek cuisine, filo is filled with spinach and cheese to make spanakopita, or filled with nuts and syrup to make Turkish baklava.

**2** Light and flaky, **PUFF PASTRY** is unleavened dough that's repeatedly folded and rolled with fat to create multiple layers. It's commonly used to make sweet and savory turnovers and rolls. Puff pastry can also be used as a crust for pies or cut into rounds to create an edible vessel called *vol-au-vent*.

**3** A staple in Mexican cooking, **FLOUR TORTILLA** is a type of unleavened or flat bread. The dough is rolled flat then baked in the oven or fried on a griddle. They're used to make burritos, quesadillas, and enchiladas.

**4 LUMPIA WRAPPER** is a soft, thin wrapper of Chinese origin popular in Southeast Asian cooking. It can be eaten fresh, like in *lumpiang sariwa*, filled with *ubod*, chicken, and other vegetables. This wrapper can also be filled and fried to make classic Filipino favorites like *lumpiang shanghai*, *lumpiang gulay*, and *turon*.

**5 VIETNAMESE RICE PAPER**, called *banh trang*, is a thin, dried, translucent round sheet made from rice flour and tapioca flour. Before using, it must be softened by briefly dipping it in warm water. Rice paper can be used for both fresh and fried Vietnamese spring rolls.

**6** A common ingredient in Chinese cooking, **WONTON WRAPPER** is a small, thin, round or square wrapper. It's used to make dumplings that can be boiled, steamed, or fried. Classic fillings include ground meat, seafood, and vegetables.

4

1

6

2

5



# Everyday Recipes



## Pasta with Bacon, Peas, and Ricotta

A creamy pasta recipe is always a hit! And with bacon thrown into the mix, it becomes a dish your family will ask for again and again.

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

- ✓ 400 grams pasta of choice
- ✓ 2 tablespoons extra virgin olive oil
- ✓ 1 onion, chopped
- ✓ 2 cloves garlic, chopped finely
- ✓ 250 grams bacon, chopped
- ✓ 1/2 cup cream
- ✓ 1/4 cup grated Parmesan cheese, plus extra to serve
- ✓ salt and pepper, to taste
- ✓ 1 cup frozen peas
- ✓ 1/4 cup mint leaves, plus extra to serve
- ✓ finely grated zest from 1 lemon
- ✓ crumbled ricotta or feta cheese, to serve

- 1 Cook pasta according to package directions. Drain well, reserving 1/2 cup cooking water. Return pasta to pan.
- 2 Meanwhile, heat oil in a frying pan over high heat. Sauté onion and garlic for 1 to 2 minutes or until onion is tender. Add bacon and cook for 2 to 3 minutes or until bacon turns pink.
- 3 Stir in cream and Parmesan cheese. Simmer for 1 to 2 minutes or until sauce has thickened. Season to taste.
- 4 Pour sauce over pasta in pan. Add peas, mint leaves, and lemon zest. Heat over medium heat, tossing, for 1 minute.
- 5 Serve pasta topped with crumbled ricotta cheese, extra Parmesan cheese, and extra mint leaves.



PHOTOGRAPHY: ANDRE MARTIN

# Curried Prawn Fried Rice

This one-bowl meal is best made with day-old rice or rice that has been cooked several hours earlier. Spread the rice on a tray, cover, and chill to keep rice from becoming heavy and starchy.

**Serves 4 Prep Time 20 minutes Cooking**

**Time 10 minutes**

- ✓ 1/2 cup vegetable oil
- ✓ 125 grams green beans or sugar snap peas (*chicharo*), trimmed and sliced
- ✓ 2 onions, chopped
- ✓ 1 tomato, chopped finely
- ✓ 2 cloves garlic, chopped
- ✓ 1 tablespoon red curry paste
- ✓ 500 grams small cooked prawns, peeled and deveined with tails left on
- ✓ 3 eggs, beaten lightly
- ✓ 4 cups cold cooked rice
- ✓ 1/2 cup cilantro leaves
- ✓ 2 tablespoons fish sauce
- ✓ soy sauce or chili sauce, to serve

**1** Heat oil in a wok or large frying pan over high heat. Add beans, onions, tomato, and garlic. Stir-fry for 1 to 2 minutes or until onions are tender.

**2** Add curry paste. Stir-fry for 30 seconds until fragrant. Add prawns, stirring to coat.

**3** Make a well in the center of the mixture. Pour in eggs and cook, stirring, for 1 to 2 minutes or until set.

**4** Add rice. Stir-fry for 1 to 2 minutes until heated through. Add cilantro and fish sauce; stir-fry for 1 minute. Drizzle with soy sauce or chili sauce to serve.

**B.Y.O. BAON**





20 MINUTES  
OR LESS

## Pork and Green Bean Stir-fry

Stir-fries are so quick and easy! Instead of serving this with rice, you can toss some noodles into the mix while cooking. If you like some heat, add dried chili flakes or chopped fresh chili in Step 2.

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

**Cooking Time** 10 minutes

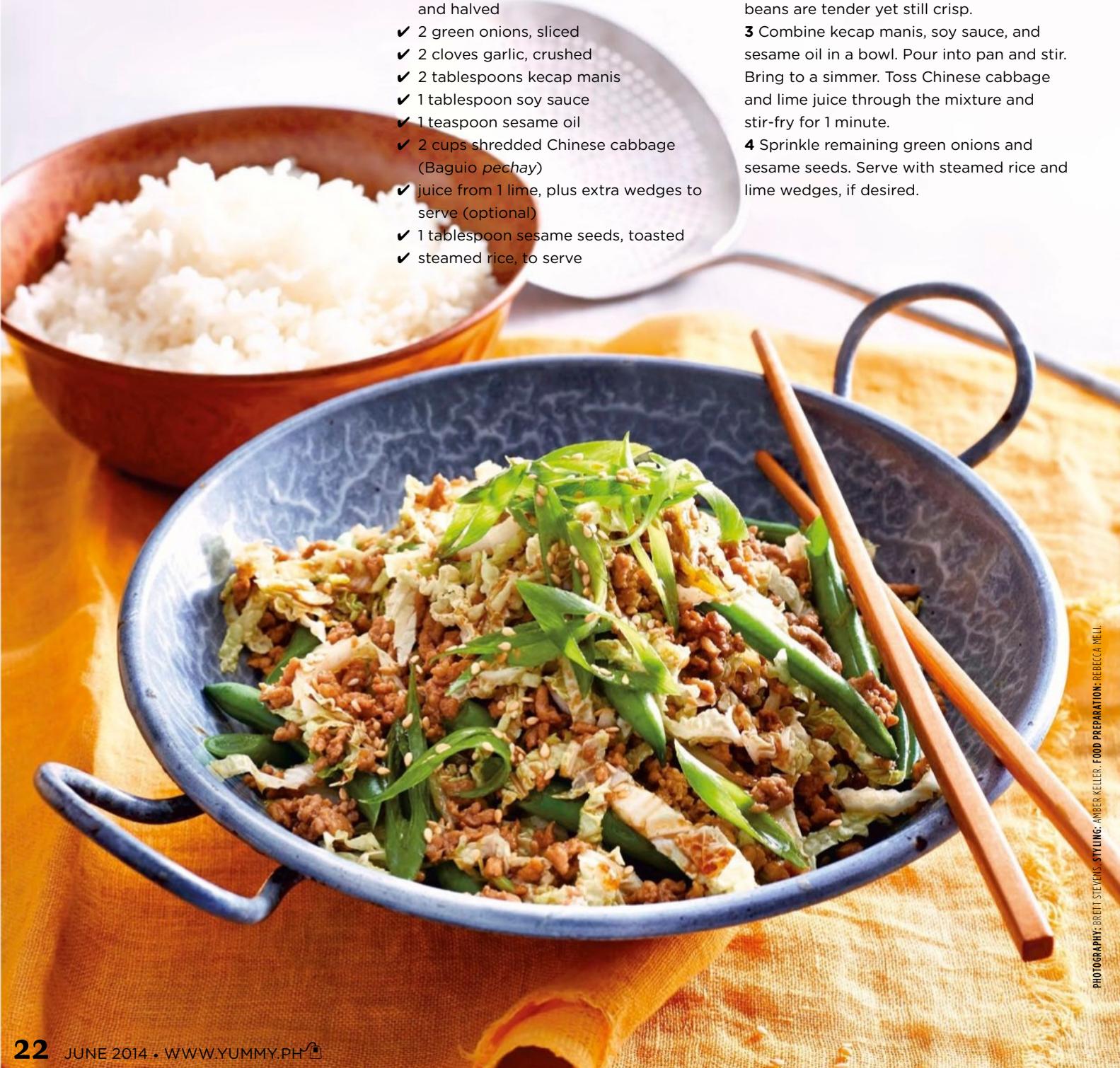
- ✓ 1 tablespoon vegetable oil
- ✓ 500 grams ground pork
- ✓ 200 grams green beans, trimmed and halved
- ✓ 2 green onions, sliced
- ✓ 2 cloves garlic, crushed
- ✓ 2 tablespoons kecap manis
- ✓ 1 tablespoon soy sauce
- ✓ 1 teaspoon sesame oil
- ✓ 2 cups shredded Chinese cabbage (Baguio pechay)
- ✓ juice from 1 lime, plus extra wedges to serve (optional)
- ✓ 1 tablespoon sesame seeds, toasted
- ✓ steamed rice, to serve

**1** Heat oil in a wok over high heat. Stir-fry ground pork for 4 to 5 minutes, breaking up lumps with a wooden spoon, until well browned.

**2** Add beans, white end of green onions, and garlic. Stir-fry for 1 to 2 minutes or until beans are tender yet still crisp.

**3** Combine kecap manis, soy sauce, and sesame oil in a bowl. Pour into pan and stir. Bring to a simmer. Toss Chinese cabbage and lime juice through the mixture and stir-fry for 1 minute.

**4** Sprinkle remaining green onions and sesame seeds. Serve with steamed rice and lime wedges, if desired.





"Knorr Chicken Powder consistently provides meaty taste and aroma, perfect for Authentic Asian Cuisine."

— Joanne Limoanco, Executive Chef UFS

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Get recipes at  
[www.ufs.com](http://www.ufs.com)



## Family Kitchen

BY JOEY DE LARRAZABAL-BLANCO

### About the columnist

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

As much as I would like my kids to eat healthy all the time, certain events like parties and bonding time with Grandma provide occasions for food that is, let's just say, extra indulgent. And you know what? That's okay! I try to have my children eat a variety of healthy meals, but I also don't drive myself—and my children, for that matter—crazy by implementing a too-strict regimen. That means having the good stuff on offer, but not turning into a drill sergeant when the bad stuff rears its ugly head. At the end of the day, I want my kids to love food, to celebrate it, enjoy it, and not have meals turn into a chore and a constant battle. So I've found my own balance: Wholesome food at home with the occasional treat, and a more relaxed attitude at parties and while on holiday.

Remember that homemade can be wholesome. Sure, a regular chocolate chip cookie is by no means healthy, but a homemade one, prepared with the help of your children, can do so much to get

them interested in what goes on in the kitchen.

Here, I have a chocolate chip cookie recipe where you can mix in your child's favorite candy. I like to use the usual semi-sweet chocolate chips along with the candy simply because I think the cookies taste better this way. You can actually add anything you like: chopped candy bars, marshmallows, Hershey's Kisses, Choc Nut—let your desires lead you! I added M&M's here because it's one of my daughter's favorites. I involved her in the planning of the mix-ins which made her personally invested in the outcome. This recipe was also easy enough to get her engrossed in the preparation: She measured out ingredients (hello, Math!), mixed, and shaped the dough into balls.

These chocolate candy cookies are a yummy treat to tuck into lunchboxes, too. If your child helped you make them, he or she will proudly bring them to school and share them with classmates. My little girl certainly did! →



PHOTOGRAPHY: PATRICK MARTIRE, STYLING: JUDGE MENDIOLA, HAIR & MAKEUP: TATIN YANG

## CHOCOLATE CANDY COOKIES

**Makes** about 36 cookies **Prep Time**

15 minutes, plus chilling time **Baking**

**Time** 12 to 14 minutes per batch

- ✓ 1 cup unsalted butter, softened
- ✓ ½ cup sugar
- ✓ 1½ cups packed brown sugar
- ✓ 2 large eggs
- ✓ 1 teaspoon vanilla extract
- ✓ 1 teaspoon baking soda
- ✓ ½ teaspoons baking powder
- ✓ ½ teaspoon fine sea salt
- ✓ 2¾ cups all-purpose flour
- ✓ 2 cups of your favorite chocolate candy (we used a combination of M&M's and semi-sweet chocolate chips) or chopped candy bars

**1** In the bowl of an electric mixer fitted with the paddle attachment, cream butter and sugars on medium-high speed until fluffy, about 3 minutes.

**2** Add eggs and vanilla extract to the butter mixture; beat for 2 minutes.

**3** Sift together baking soda, baking powder, salt, and flour. Add to the butter-egg mixture; mix just until everything is fully incorporated.

**4** Add chocolate chips and your candy of choice; mix by hand just until well distributed. Chill batter in the refrigerator for at least an hour or up to 36 hours.

**5** When ready to bake, preheat oven to 360°F and line baking sheets with parchment paper. Shape dough, about 2 tablespoons each, into balls (you can also use a medium-sized ice-cream scoop) and place, 2 inches apart, on the prepared baking sheets. Bake for 12 to 14 minutes in the preheated oven until the edges are nice and golden brown. Do not over bake.

**6** Remove from the oven; allow cookies to stay on the baking sheet for 2 minutes. Transfer cookies to a wire rack; let cool for at least 3 minutes before serving.

### Tip

FREEZE SOME OF THE DOUGH, ALREADY SHAPED INTO BALLS, FOR THOSE EMERGENCIES THAT CAN ONLY BE REMEDIED BY A WARM COOKIE!





## Hey, Home Baker!

BY AILEEN ANASTACIO

School is just about to start again and I know parents are going to be busier than ever! For a fuss-free after-school or weekend treat, why not try making Peanut Butter Crisp Bars? They're somewhat like the traditional Rice Krispies treats, but they're extra special because they're topped with chocolate and creamy peanut butter. The result is amazing! The flavor reminds me of a Reese's Peanut Butter Cup. If you love nuts, you can even add some chopped roasted peanuts together with the Rice Krispies.

This is a no-bake recipe, hence it's so much easier to prepare. Give it about 20 minutes and it's done. You can serve these tasty treats with a cold glass of milk for the kids. And for the adults? Whip up a Caffè Americano or a glass of ice-cold milk tea.



### 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).

# PEANUT BUTTER CRISP BARS

**Makes** 32 bars **Prep Time** 20 minutes

## FOR THE BASE

- ✓ 3 tablespoons butter
- ✓ 1½ cups marshmallows
- ✓ 1½ cups Rice Krispies

## FOR THE PEANUT BUTTER LAYER

- ✓ 113 grams bittersweet chocolate, chopped
- ✓ 2/3 cup creamy peanut butter

## FOR THE CHOCOLATE ICING

- ✓ 85 grams dark chocolate, chopped
- ✓ 2 tablespoons butter

**1** Make the base: Melt butter in a medium saucepan. Add marshmallows and stir until melted.

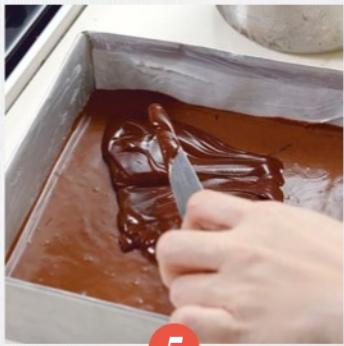
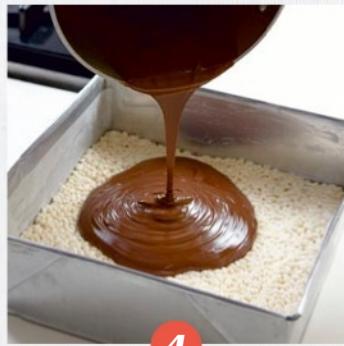
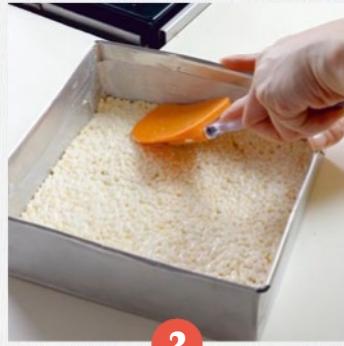
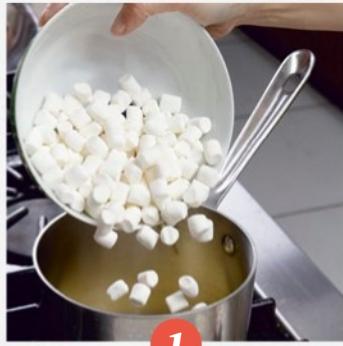
Add Rice Krispies and stir until well combined.

**2** Remove pan from heat. Pat mixture onto an 8x8-inch buttered pan lined with parchment paper; let cool.

**3** Make the peanut butter layer: Melt chocolate and peanut butter in a small saucepan over low heat. Stir until completely melted and smooth.

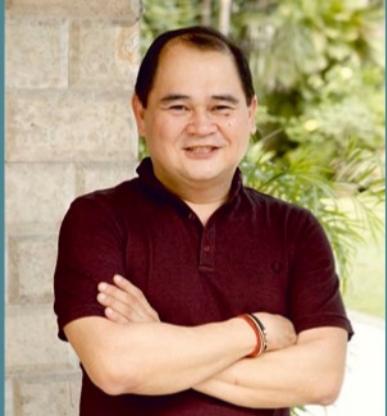
**4** Pour over the base in the pan and let it set in the refrigerator for about 30 minutes.

**5** Make the chocolate icing: Place chocolate and butter in a microwave-safe bowl. Melt chocolate on the defrost or low setting. Stir until smooth. Pour over the peanut butter layer. Let it set for at least an hour or overnight in the refrigerator. Slice into 1x2-inch bars before serving.



## Tip

TO ENSURE NICE, CLEAN SLICES, PLACE THE PAN IN THE REFRIGERATOR FOR AT LEAST AN HOUR BEFORE SLICING AND USE A SHARP KNIFE DIPPED IN HOT WATER TO CUT INTO BARS.



## Chef at Home

BY JUN JUN DE GUZMAN

Growing up, I always wanted my *baon* to be something packed with flavor and swimming in a lot of sauce. Our helpers at home would always prepare delicious stews and I would happily mix the chunks of meat and savory sauce into my rice. For us, stews were great since they could be prepared in advance and any leftovers could be refrigerated for tomorrow's lunch. This also allowed the flavors to develop, resulting in an even tastier dish the next day. One constant concern though was making sure the stew wouldn't spoil because of sudden temperature changes. Also, the addition of vegetables was a no-no, and putting other ingredients into the stew, like *gata* and dairy products, wasn't a great idea, either.

*Estofadong pata* is a dish my family loves and this month, I'm sharing my own take which substitutes the pork with chicken, making it healthier. This can last overnight without refrigeration as long as it's placed in a cool area.

I will always hold childhood memories of delicious *baon* close to my heart, and this one has definitely remained a favorite.

### 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 @chefielise.



### Tip

YOU CAN ALSO USE 2 (1½-INCH-THICK) SLICES OF PORK PATA INSTEAD OF CHICKEN IN THIS RECIPE. IF THE PORK SMELLS DURING THE BOILING PROCESS, KEEP BOILING THE PORK AND CHANGING THE WATER UNTIL YOU CAN NO LONGER DETECT A FOUL ODOR.

## CHICKEN ESTOFADO

**Serves** 5 to 6 **Prep Time** 15 minutes, plus marinating time **Cooking Time** 30 to 45 minutes

- ✓ 1 whole chicken, cut into 12 to 15 pieces
- ✓ 2/3 cup white vinegar
- ✓ 1/2 cup brown sugar
- ✓ 1/2 cup regular soy sauce
- ✓ 2 bay leaves
- ✓ 1 tablespoon whole black peppercorns
- ✓ 1½ tablespoons minced garlic

- ✓ 2 to 3 cups water
- ✓ salt and pepper, to taste

1 Combine all ingredients except the water in a deep casserole. Marinate for 30 minutes to 1 hour.

2 Add water and mix thoroughly. Let mixture boil for 10 to 15 minutes. Remove the impurities that form on the surface.

3 Simmer for 30 to 45 minutes more or until chicken is tender. Season to taste with salt and pepper.



# Must Cook

## Baon Recipes

### Steamed Egg Vermicelli Hotdog

#### Ingredients:

- 250 grams Sapporo Long Kow Vermicelli (sotanghon)
- 1 kilo ground pork
- 1 kilo hotdog
- $\frac{1}{2}$  kilo shrimp
- 2 large eggs, (1 egg for the sotanghon, and 1 for the top)
- 1 tsp. fish sauce
- 1/2 tsp. white pepper
- Wood ear mushroom (tengang daga)
- Celery, fresh
- Onion

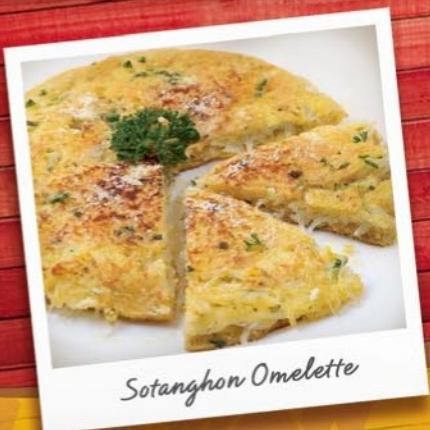
Procedure: Soak Sapporo Long Kow Vermicelli (sotanghon) in hot water for about 15 minutes. Drain and set aside. Meanwhile, set up a steamer and bring the water to a boil. Mix the sotanghon with chopped onions then add the ground pork and season with fish sauce, white pepper, wood ear mushroom, shrimp, celery. Add the egg into the sotanghon. When the sotanghon has been combined thoroughly, spray some vegetable oil or grease a steam proof container. Beat the other egg and pour it on top. If you like more eggs on then put a second one to make a thicker egg cover. Put plastic wrap over the sotanghon and steam for about 25-35 minutes depending on how thick the patty is. Serve while hot.



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Sotanghon Pinoy Pesto



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## Biz Whiz

BY SHARLENE TAN

★ Inspiration for new dishes can come from anywhere. This recipe is the perfect example! My favorites at crepe-specialist Café Breton are the Adam and Eve and the Normandy, which is basically a cinnamon apple crepe topped with whipped cream or caramel ice cream. I love it so much that I decided to make a simpler version at home, substituting the crepe with French toast, which is one of the first things I learned to cook when I was a kid.

Thickly cut brioche, a type of bread rich in butter and eggs, is a must for great French toast. And with the many bakeries opening around the city, buying brioche has never been easier! I like to use bread that's cut nice and thick because the slices absorb enough of the milk-egg mixture without getting soggy and disintegrating. I don't really recommend substituting them with regular white bread slices because the outcome just won't be the same.

When it comes to roasting fruits, make sure you use those that are ripe yet still firm. This ensures that you don't end up with a mushy product. If you don't like apples, try this same recipe with pineapples or pears—it'll be just as yummy!

### 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).

### TIP

DON'T HAVE AN OVEN OR TURBO BROILER? YOU CAN ALSO COOK THE APPLES IN A SAUCEPAN OVER MEDIUM HEAT.

## FRENCH TOAST WITH ROASTED CINNAMON APPLES

Serves 2 Prep Time 15 minutes

Cooking Time 30 minutes

### FOR THE ROASTED CINNAMON APPLES

- ✓ 2 tablespoons unsalted butter
- ✓ 2 tablespoons brown sugar
- ✓ 1 teaspoon ground cinnamon
- ✓ 1/4 teaspoon ground nutmeg
- ✓ 2 Granny Smith apples, peeled, cored, and sliced into wedges
- ✓ 2 large eggs, beaten slightly
- ✓ 1/2 cup sugar
- ✓ 3/4 cup whole milk
- ✓ 1/4 cup heavy cream
- ✓ 1 teaspoon vanilla extract
- ✓ 2 tablespoons unsalted butter
- ✓ 4 slices brioche or any thickly sliced bread
- ✓ whipped cream and ground cinnamon for topping (optional)

**1** Make the roasted cinnamon apples: Brush a small oven-safe

dish with butter. Combine brown sugar, cinnamon, and nutmeg in a small bowl. Layer half of the sliced apples on the baking dish then sprinkle half of the cinnamon-sugar mixture on top; repeat to make another layer. Roast apples in an oven preheated to 350°F or turbo broiler for about 20 to 30 minutes. You can pour some hot water into the baking dish if the apples look dry midway through roasting. Set aside.

**2** Whisk together eggs, sugar, milk, cream, and vanilla extract in a shallow bowl until well combined.

**3** Heat butter on a nonstick pan over low heat. Dip both sides of a brioche slice quickly in the egg mixture. Pan-fry until golden brown on both sides. Repeat with the remaining slices. Transfer to a plate.

**4** Top toast with apples. Garnish with whipped cream and dust with cinnamon, if desired.

PHOTOGRAPH: MIGUEL NACIÁNENO. STYLING: IRINKA GONZALES. HAIR & MAKEUP: VIDA NON-JAUCAN.

30

JUNE 2014 • WWW.YUMMY.PH



## Around the World

BY SARI JORGE

It's back to school for the kids! A new school year brings new hopes and dreams for our children, not to mention new shoes, uniforms, and school supplies. So why not create something new for *baon*, as well? While you can never go wrong with typical Filipino food, maybe it's time for a little experiment.

Let me share with you a recipe called Pork Schnitzel. It's German comfort food made with tender pork cutlets pan-fried to perfection. You might have a hard time pronouncing this dish's name, but you will definitely find it fast and easy to prepare. It's perfect for your kids' lunchboxes as well as for busy weeknight dinners. Served with a potato salad, a fried egg, some herbed dill sauce, and fresh greens, it's a complete meal your family will look forward to again and again.

### 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.



## PORK SCHNITZEL

**Serves 4** **Prep Time** 40 minutes

**Cooking Time** 30 minutes

- ✓ 4 (1/2-inch-thick) boneless pork chops
- ✓ 1/4 cup all-purpose flour
- ✓ salt and pepper, to season
- ✓ 1 egg, beaten
- ✓ 3/4 cup Japanese breadcrumbs
- ✓ 1/2 teaspoon paprika
- ✓ 3 tablespoons canola oil

### FOR THE DILL SAUCE

- ✓ 1/4 cup chicken stock (1/4 chicken bouillon cube dissolved in 1/4 cup water)
- ✓ 1/2 teaspoon dried dill or 2 teaspoons chopped fresh dill
- ✓ 1/4 teaspoon salt
- ✓ 1/2 cup sour cream
- ✓ 1 tablespoon mayonnaise

### FOR THE GERMAN POTATO SALAD

- ✓ 1 cup mayonnaise
- ✓ 2 teaspoons mustard
- ✓ 1/3 cup pickle relish
- ✓ salt and pepper, to taste
- ✓ 300 grams marble potatoes, boiled, halved, and cooled
- ✓ 100 grams bacon, cooked and chopped
- ✓ 2 hard-boiled eggs, chopped

✓ 4 sunny-side-up eggs

✓ lemon slices, to serve

**1** Using a meat mallet, pound pork cutlets until 1/4- to 1/8-inch thick. Make small slits around the edges of the cutlets to prevent curling.

**2** Mix flour, salt, and pepper in a bowl. Place beaten egg in another bowl, and breadcrumbs and paprika in a third one.

**3** Heat oil in a large skillet over medium-high heat. Dredge pork cutlets in the seasoned flour, dip in egg, then coat with breadcrumbs.

**4** Working in batches, fry cutlets for 3 to 4 minutes on each side. Transfer to a plate; cover with foil to keep warm.

**5** Make the dill sauce: Heat chicken stock in a saucepan; remove from heat and set aside. In a small bowl, mix dill, salt, sour cream, and mayonnaise. Add the sour cream mixture to chicken stock. Bring back to heat, stirring until mixture thickens. Do not boil.

**6** Make the German potato salad: In a bowl, mix together mayonnaise, mustard, pickle relish, salt, and pepper. Add potatoes, bacon, and eggs. Mix until well combined.

**7** Top cutlets with fried eggs and serve with dill sauce, potato salad, and lemon slices on the side.

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# WRAP STARS

Tasty and handy, these **rolls and wraps** will make delicious additions to your recipe repertoire.



PHOTOGRAPH: ALDWIN ASPILLERA RECIPES & FOOD PREPARATION: THE COOKERY PLACE STYLING: BACHELLE SANTOS.

RECIPES THIS WAY ↗

## TAPA BREAKFAST BURRITOS

All your favorite breakfast components are bundled up in this hearty wrap. It's the perfect grab-and-go meal during the early morning rush.

**Serves 4** Prep Time 30 minutes Cooking

Time 15 minutes

**FOR THE ATSUETE RICE**

- ✓ 2 tablespoons atsuete oil
- ✓ 6 cloves garlic, minced
- ✓ 4 cups cooked rice, preferably a day old
- ✓ salt and pepper, to taste
- ✓ 4 flour tortillas
- ✓ 500 grams beef tapa, cooked and chopped
- ✓ 6 scrambled eggs

- ✓ 1 medium cucumber, diced
- ✓ 4 tomatoes, diced
- ✓ 1/2 head iceberg lettuce, shredded
- ✓ 1/2 cup grated cheddar cheese
- ✓ pickled vegetables (*atsara*), to serve

- 1 Make the atsuete rice: Heat atsuete oil in a frying pan. Add garlic and sauté until brown. Add rice and mix well. Season to taste with salt and pepper. Set aside.
- 2 Heat a flour tortilla on a preheated grill or frying pan. Place the tortilla on a plate.
- 3 Arrange atsuete rice, cooked tapa, scrambled eggs, cucumber, tomatoes, lettuce, and cheese on the center of the tortilla. Roll tightly and secure with a toothpick or wrap in aluminum foil. Repeat with remaining ingredients to make a total of 4 burritos. Serve with *atsara* on the side.





## TUESDAY

### TUNA SALAD ROLL-UPS

Instead of the usual tuna sandwich with toasted white bread, try this roll-up for a lighter option.

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

#### FOR THE TUNA SALAD

- ✓ 1 apple (Red Delicious variety), diced
- ✓ 2 tablespoons lemon juice
- ✓ 1 (184-gram) can tuna, drained
- ✓ 2 stalks celery, chopped

- ✓ 1/4 cup mayonnaise
- ✓ 2 tablespoons walnuts, chopped
- ✓ salt and pepper, to taste

- ✓ 4 flour tortillas
- ✓ 4 leaves romaine lettuce
- ✓ 1/2 cup grated provolone or cheddar cheese

- 1 Make the tuna salad: Mix diced apple and lemon juice in a small bowl. Drain.
- 2 Combine tuna, drained diced apple,

celery, mayonnaise, and walnuts in a bowl. Season to taste with salt and pepper. Set aside.

**3** Heat a flour tortilla on a preheated grill or frying pan. Place tortilla on a plate.

**4** Arrange a lettuce leaf on the center of the tortilla. Top with tuna salad and sprinkle with grated cheese.

**5** Fold bottom and sides to secure the filling. Wrap with aluminum foil or secure with a toothpick. Repeat with remaining ingredients to make a total of 4 wraps.



## WEDNESDAY

### GRILLED CHICKEN SHAWARMA

Satisfy your shawarma craving with this easy homemade chicken wrap.

**Serves 4** Prep Time 40 minutes, plus marinating time **Cooking Time** 15 minutes

#### FOR THE GRILLED CHICKEN

- ✓ 500 grams skinless chicken thigh fillets, cubed
- ✓ 3 teaspoons curry powder
- ✓ 1 tablespoon lemon juice
- ✓ 2 teaspoons olive oil
- ✓ 1 tablespoon cilantro leaves (wansoy), chopped
- ✓ 2 cloves garlic, minced
- ✓ salt and pepper, to season

#### FOR THE YOGURT SAUCE

- ✓ 1 cup plain yogurt

- ✓ 1/4 cup tahini or sesame seed paste (available at Santis Delicatessen and Assad Mini Mart)
- ✓ 2 cloves garlic, grated or minced
- ✓ 1 tablespoon lemon juice or to taste
- ✓ salt and pepper, to taste

- ✓ 8 (6-inch) flour tortillas or 4 pita bread rounds
- ✓ 4 tomatoes, chopped
- ✓ 1 red onion, sliced thinly
- ✓ 1 medium cucumber, seeded and sliced into thin strips
- ✓ 1 head iceberg lettuce, shredded

**1** Make the grilled chicken: Combine all ingredients in a bowl. Cover bowl with plastic wrap. Marinate chicken in the refrigerator overnight.

**2** Make the yogurt sauce: Mix all ingredients in a bowl. Season to taste with salt and pepper. Set aside in the refrigerator until ready to use.

**3** Preheat a grill pan or prepare a charcoal grill. Thread the marinated chicken pieces onto barbecue sticks or metal skewers.

Grill over medium heat until cooked through, about 6 to 8 minutes. Remove chicken pieces from skewers. Set aside.

**4** Place tortillas on the grill and heat both sides of each tortilla.

**5** Lay a grilled tortilla on a plate. Place a few chicken pieces, tomatoes, onions, cucumber, and lettuce on the tortilla. Drizzle with yogurt sauce. Fold and secure with a toothpick or wrap in aluminum foil. Repeat to make a total of 8 tortilla wraps or 4 pita sandwiches. Serve hot.

# THURSDAY

## KANI AND MANGO FRESH SPRING ROLLS

**Japanese and Vietnamese flavors come together in this refreshing roll. Kani and mangoes are wrapped in rice paper, making for a delicious snack or starter.**

**Serves 3 to 4 Prep Time 20 minutes**

- ✓ 1 cucumber, seeded and sliced into thin strips
- ✓ 12 crab sticks (*kani*), separated into threads
- ✓ 2 to 3 tablespoons Japanese mayonnaise, plus extra to serve
- ✓ salt and pepper, to taste
- ✓ 6 (8-inch) pieces Vietnamese rice paper
- ✓ 6 leaves lettuce
- ✓ 1 mango, sliced into thin strips

- 1 Squeeze cucumber strips to remove excess water.
- 2 Combine cucumber, crab sticks, and mayonnaise in a bowl. Season to taste with salt and pepper.
- 3 Dip a piece of rice paper quickly in a big bowl of water to soften it. Lay the softened wrapper on a clean chopping board.
- 4 Place a lettuce leaf on the lower third portion of the rice paper. Place a spoonful of crab mixture on top of the lettuce leaf and top with 1 to 2 mango slices. Roll the rice paper tightly to secure the filling. Repeat to make a total of 6 rolls.
- 5 Arrange on a serving platter and serve with extra Japanese mayonnaise, if desired.



# FRIDAY

## CRISPY BANANAS FOSTER SPRING ROLLS

**Give *turon* a makeover by adding cinnamon and serving it with butterscotch sauce and a scoop of ice cream.**

**Serves 6 Prep Time 25 minutes**

**Cooking Time 15 minutes**

- ✓ 1/2 cup brown sugar
- ✓ 2 teaspoons ground cinnamon
- ✓ 6 bananas (*saba* variety), halved lengthwise
- ✓ 12 large *lumpia* wrappers
- ✓ oil for pan-frying

### FOR THE BUTTERSCOTCH SAUCE

- ✓ 1/4 cup butter
- ✓ 1/2 cup brown sugar
- ✓ 1/2 teaspoon ground cinnamon
- ✓ 1 teaspoon vanilla extract
- ✓ 3 tablespoons rum (optional)
- ✓ 6 scoops vanilla ice cream or your preferred flavor

- 1 Mix brown sugar and cinnamon on a plate. Coat bananas with the mixture.
- 2 Arrange a banana slice on the lower third portion of a *lumpia* wrapper. Fold the bottom then the sides of the wrapper over the banana. Roll and dab edges with water to seal. Repeat to make 12 pieces. Set aside.
- 3 Make the butterscotch sauce: Melt butter in a small frying pan. Add sugar, cinnamon, and vanilla extract. Mix well and let sugar dissolve. Gently pour in rum, if using, and cook for about a minute to let the alcohol evaporate. Set aside and keep warm.
- 4 Heat oil in a pan. Fry banana rolls in batches until crisp and golden. Drain on paper towels to remove excess oil.
- 5 Place 2 rolls on a plate or bowl. Top with a scoop of ice cream and drizzle with butterscotch sauce. Repeat with the remaining ingredients.



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# WEEKEND Entertaining

## THE MENU

Grilled Chorizo- and Blue Cheese-stuffed Burgers with Candied Bacon

Grilled Potato Salad

Peach and Toasted Pound Cake Sundaes

## Grilled to perfection

Get the grill ready, grab some ice-cold beer, and honor an extraordinary man on Father's Day with these smokin' hot recipes!



PHOTOGRAPHY: TOTO LABRADOR. RECIPES & FOOD PREPARATION: PAUL SAMSON OF THE COOKERY PLACE. STYLING: TRINIA GONZALES.

RECIPES THIS WAY ↗

## GRILLED CHORIZO- AND BLUE CHEESE-STUFFED BURGERS WITH CANDIED BACON

**100-percent pure beef patties, chorizo, and candied bacon—only the best for the world's greatest dad!**

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

- ✓ 250 grams bacon strips
- ✓ ¼ cup brown sugar
- ✓ 2 tablespoons olive oil
- ✓ 1 chorizo, diced
- ✓ 1 red onion, minced
- ✓ 500 grams ground beef
- ✓ ¼ cup blue cheese, divided
- ✓ 2 burger buns
- ✓ 6 leaves arugula
- ✓ 2 tomatoes, sliced

**1** Arrange bacon strips in a single layer on a baking sheet. Sprinkle with brown sugar and bake for 20 minutes. Set aside and keep warm.

**2** Heat olive oil in a saucepan and sauté chorizo and red onion for 5 minutes. Set aside.

**3** Divide ground beef into 4 portions. Sandwich half of the blue cheese and chorizo mixture between 2 portions of ground beef, making sure to seal the edges of the patty around the filling. Repeat to make another patty.

**4** Preheat the grill. Grill burger patties for about 5 minutes on both sides. Finish cooking the burger patties in an oven preheated to 350°F for 8 to 10 minutes.

**5** Toast burger buns on the grill for 1 to 2 minutes. Place 3 arugula leaves and a burger patty on a bottom bun half. Top with tomatoes and candied bacon; cover with the top bun half. Repeat to make a second burger.





## GRILLED POTATO SALAD

**Grilling adds a smoky flavor profile to the potato chunks that complements their creaminess.**

**Serves 6** **Prep Time** 20 minutes

**Cooking Time** 20 minutes

- ✓ 6 potatoes, unpeeled and cut into large chunks
- ✓ 2 sweet potatoes, unpeeled and cut into large chunks
- ✓  $\frac{1}{4}$  cup mayonnaise
- ✓ 1 tablespoon Dijon mustard
- ✓ 2 teaspoons garlic powder
- ✓ 2 teaspoons onion powder
- ✓  $\frac{1}{4}$  teaspoon cayenne pepper
- ✓ salt and pepper, to taste

### FOR THE DRESSING

- ✓ 100 grams bacon, chopped roughly
- ✓ 2 tablespoons olive oil
- ✓ 2 tablespoons vinegar
- ✓ 2 tablespoons flat-leaf parsley, chopped
- ✓ 4 tablespoons chopped spring onions
- ✓ salt and pepper, to taste

**1** Cook potatoes and sweet potatoes in a pot of gently boiling water until tender. Drain and set aside.

**2** Combine mayonnaise, mustard, garlic powder, onion powder, and cayenne pepper in a large bowl. Season with salt and pepper. Mix in potatoes, gently coating them with the mayonnaise mixture. Be careful not to break the potatoes.

**3** Grill potatoes on a preheated grill until slightly charred. Set aside and keep warm.

**4** Make the dressing: Cook bacon in a skillet until crispy and renders 2 tablespoons of fat. Set bacon aside and transfer bacon fat to a bowl. Whisk olive oil, vinegar, parsley, and spring onion into the bacon fat. Season with salt and pepper.

**5** Coat the grilled potatoes with the dressing and top with crispy bacon bits.

## PEACH AND TOASTED POUND CAKE SUNDAES

**Ice cream, plump peaches, and toasted pound cake chunks create a symphony of tastes and textures! Go ahead and use other juicy fruits such as mangoes—it'll be just as delicious.**

**Serves 4** **Prep Time** 15 minutes **Cooking Time** 30 minutes

- ✓ 3 cups diced store-bought pound cake

✓ 12 peach halves (we used canned peaches)

✓ 2 cups vanilla ice cream

**1** Arrange pound cake chunks in a single layer on a baking sheet. Broil in an oven until golden brown in color and toasted, about 10 to 15 minutes. Set aside.

**2** Divide peaches among 4 plates and top with vanilla ice cream and pound cake chunks.



# BAON

## basics

Use our lunchbox ideas to score an A+ with the kids! Master just six basic dishes and make at least 12 new meals. Baon planning will be easy as 1, 2, 3!



PHOTOGRAPHY BY  
Miguel Nacianceno

RECIPES AND FOOD PREPARATION BY  
Chin Gallegos-Bagis of Pio's Kitchen  
STYLING BY Rachelle Santos

# MASTER THIS!

## Chicken Bacon Spread

Give good ol' chicken spread a tasty upgrade by adding smoky chunks of bacon, carrots, celery, and sautéed sliced mushrooms.

**Makes** about 1 cup **Prep Time** 10 minutes **Cooking Time** 10 minutes

✓ 500 grams chicken breast, boiled and shredded

- ✓ 1/2 cup mayonnaise
- ✓ 1/4 cup bacon, cooked until crisp and chopped
- ✓ salt and pepper, to taste

1 Combine all the ingredients in a bowl. Season to taste with salt and pepper.

2 Place in an airtight container and chill until ready to use.



MAKE THESE!



## Chicken and Grilled Vegetable Sandwich

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

- ✓ 4 pieces small focaccia bread, sliced in half crosswise
- ✓ 1/3 cup butter, softened
- ✓ 1 cup Chicken Bacon Spread
- ✓ 1 large red bell pepper, grilled or roasted and sliced into strips
- ✓ 1 medium onion, sliced into rings and grilled

## Chicken Roll-ups

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

- ✓ 4 (12-inch) flour tortillas
- ✓ 1 cup Chicken Bacon Spread
- ✓ 1 cup shredded lettuce
- ✓ 1/4 cup grated cheddar cheese
- ✓ 4 hard-boiled eggs, shelled and chopped

1 Place tortilla on a plate. Spread about 3 tablespoons Chicken Bacon Spread on the center of the tortilla.

2 Top with lettuce, cheese, and chopped eggs. Fold the bottom of the tortilla then fold the sides to secure the filling. Wrap in aluminum foil or secure with a toothpick. Repeat to make a total of four roll-ups.



- ✓ 1/2 cup sliced fresh button mushrooms, grilled or sautéed
- ✓ flat-leaf parsley leaves for garnish

1 Spread butter on the insides of the bread halves. Toast until warm and lightly golden.

2 Spread Chicken Bacon Spread on one bottom bread half. Top with grilled bell pepper strips, onion rings, mushrooms, and parsley. Cover with a top bread half. Repeat to make a total of four sandwiches.

# MASTER THIS!

## Tuna Pesto Spread

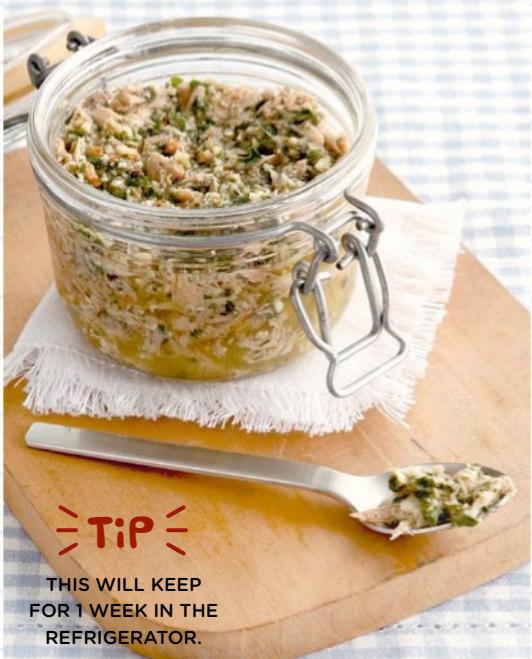
In this tasty spread, flavor-packed basil pesto stands in for mayonnaise to make a lighter and healthier tuna spread. Instead of using it for sandwiches, try mixing it in with pasta for a quick and easy noodle dish.

**Makes** about 1 1/4 cups **Prep Time** 10 minutes

### FOR THE PESTO

- ✓ 1 cup basil leaves, washed and spun dry
- ✓ 2 tablespoons grated Parmesan cheese
- ✓ 2 tablespoons whole almonds or pine nuts
- ✓ 1 clove garlic
- ✓ 1/2 cup olive oil
- ✓ salt and pepper, to taste
  
- ✓ 2 (150-gram) cans tuna in brine, drained
- ✓ lemon juice, to taste

**1** Make the pesto: Place all the ingredients in the bowl of a food processor fitted with the blade attachment. Blend until smooth but do not over process, as the basil will get very dark. Season to taste with salt and pepper.  
**2** Mix together pesto, drained tuna, and lemon juice in a bowl. Place in an airtight container and chill until ready to use.



### Tip

THIS WILL KEEP FOR 1 WEEK IN THE REFRIGERATOR.



## Hearty Tuna Sub Sandwich

**Serves 2** **Prep Time** 5 minutes

- ✓ 3 tablespoons butter, softened
- ✓ 1 medium baguette or 2 hotdog buns, sliced crosswise
- ✓ 8 slices assorted cold cuts (such as ham, Lyoner, or salami)
- ✓ 4 tablespoons Tuna Pesto Spread

**1** Spread butter on the insides of the bread halves. Toast until warm and lightly golden.

**2** Arrange cold cuts on the bottom bread half. Spread Tuna Pesto Spread on top. Cover with the top bread half. Slice in half.

## MAKE THESE!

## Tuna and Scrambled Egg Sandwich

**Serves 2** **Prep Time** 5 minutes

**Cooking Time** 5 minutes

- ✓ 4 leaves lettuce
- ✓ 4 slices wheat or white bread, toasted
- ✓ 5 tablespoons Tuna Pesto Spread
- ✓ 3 scrambled eggs
- ✓ 4 slices American or cheddar cheese

**1** Place 2 lettuce leaves on a slice of bread. Top lettuce with Tuna Pesto Spread, scrambled eggs, and 2 slices of cheese. Cover with another slice of bread.

**2** Repeat with remaining ingredients. Slice sandwiches diagonally.



# MASTER THIS!

## Garlic Cream Cheese and Mushroom Spread

This delicious creamy spread is so versatile! Eat it with crackers or spread it on bread to give sandwiches a delightful tang.

**Makes** about 1 cup

**Prep Time** 5 minutes

- ✓ 100 grams fresh button mushrooms, sliced
- ✓ olive oil for sautéing
- ✓ 200 grams bottled cream cheese spread or 1 bar cream cheese, softened
- ✓ 3 cloves garlic, pressed or grated into a paste
- ✓ 1 tablespoon lemon juice
- ✓ pinch of pepper

- 1 Sauté fresh button mushrooms in olive oil for about 3 minutes.
- 2 Mix mushrooms and remaining ingredients in a bowl. Season to taste with pepper.
- 3 Transfer to an airtight container and chill until ready to use.



### Tip

THIS WILL KEEP FOR 1 WEEK IN THE REFRIGERATOR.



## Cream Cheese Chicken Fillet Burger

**Serves 2** **Prep Time** 20 minutes

**Cooking Time** 15 minutes

### FOR THE COLESLAW

- ✓ 1 cup shredded cabbage
- ✓ 1/8 cup shredded carrots
- ✓ 1/2 cup mayonnaise
- ✓ 1 tablespoon pickle relish
- ✓ 1/2 tablespoon lemon juice or to taste
- ✓ salt and pepper, to taste

- ✓ 2 tablespoons cooking oil
- ✓ 300 grams chicken breast or thigh fillets, seasoned with salt and pepper
- ✓ 4 tablespoons Garlic Cream Cheese and Mushroom Spread
- ✓ 2 hamburger buns, sliced crosswise and toasted lightly
- ✓ 6 slices bacon, cooked until crisp

**1** Make the coleslaw: Combine cabbage, carrots, mayonnaise, and pickle relish in a bowl until well mixed. Season to taste with lemon juice, salt, and pepper. Chill until ready to use.

**2** Heat oil in a medium frying pan over medium heat. Fry chicken fillets until cooked through, about 8 to 10 minutes.

**3** Spread Garlic Cream Cheese and Mushroom Spread on the insides of the toasted buns. Place 1 chicken fillet on a bottom bun half. Top with coleslaw. Place 3 bacon strips on top. Cover with top bun half. Repeat to make another sandwich.

## Creamy Cheesesteak Sandwich

**Serves 1 to 2** **Prep Time** 5 minutes **Cooking Time** 3 minutes

- ✓ 1/2 tablespoon cooking oil
- ✓ 1 tablespoon butter
- ✓ 200 grams beef sirloin, cut sukiyaki-style and seasoned with salt and pepper
- ✓ 3 tablespoons Garlic Cream Cheese and Mushroom Spread
- ✓ 1 medium baguette or 2 hotdog buns, sliced crosswise and toasted lightly
- ✓ 1 leaf lettuce

**1** Heat oil and melt butter in a medium frying pan over medium heat. Fry beef until cooked, about 2 to 3 minutes. Set aside.

**2** Spread Garlic Cream Cheese and Mushroom Spread on the insides of the toasted baguette halves. Place lettuce leaf on the bottom bread half. Top with beef and cover with the top bread half. Slice in half.

## MAKE THESE!



# MASTER THIS!

## Beef Burger Patties

Use this recipe to make other delicious dishes. Simply add herbs and spices to change its flavor profile. You can serve the patties with rice and gravy, sandwich them with lettuce and tomatoes between buns, or place them in a flour tortilla with your favorite toppings to make a wrap.

**Makes 8 patties** **Prep**

**Time** 10 minutes, plus chilling time **Cooking**

**Time** 10 minutes

- ✓ 1 kilo ground beef
- ✓ 1 tablespoon salt
- ✓ 1 tablespoon ground black pepper
- ✓ 1 large egg
- ✓ 1/2 cup all-purpose flour

- 1 Mix all the ingredients together in a bowl.
- 2 Form into 3-inch-wide, 1/2-inch-thick patties and keep refrigerated for 20 minutes to 1 hour.
- 3 Pan-fry or grill burgers for about five to seven minutes or until cooked through.

### Tip

YOU CAN MAKE THIS RECIPE AHEAD OF TIME. AFTER STEP 1, PLACE MIXTURE IN A FREEZER-SAFE CONTAINER AND FREEZE FOR UP TO 1 MONTH. YOU CAN ALSO DO THE FREEZING AFTER FORMING THE MIXTURE INTO PATTIES IN STEP 2, PLACING A PIECE OF PARCHMENT PAPER IN BETWEEN EACH PATTY. TO THAW, PLACE IN THE REFRIGERATOR OVERNIGHT.



## MAKE THESE!



## Pan-grilled Mediterranean Burger Steak with Garlic-Yogurt Sauce and Vegetable Fried Rice

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

### FOR THE MEDITERRANEAN BURGER STEAK

- ✓ 1/2 kilo uncooked Beef Burger Patties mixture
- ✓ 1 tablespoon dried oregano
- ✓ 1 tablespoon ground cumin
- ✓ 1 medium white onion, grated
- ✓ cooking oil for pan-frying

### FOR THE GARLIC-YOGURT SAUCE

- ✓ 1 cup plain yogurt
- ✓ 1 tablespoon lemon juice
- ✓ 2 tablespoons chopped mint
- ✓ 1 clove garlic, minced
- ✓ salt and pepper, to taste

### FOR THE VEGETABLE FRIED RICE

- ✓ 2 tablespoons olive oil or butter
- ✓ 1/4 cup cubed carrots
- ✓ 1/4 cup green peas
- ✓ 4 cups cooked rice, cooled
- ✓ salt and pepper, to taste

**1** Make the Mediterranean burger steak: Mix together Beef Burger mixture, oregano, cumin, and grated onion. Form into 2-inch-wide, 1/2-inch-thick patties. Heat oil and pan-fry patties until cooked through. Keep warm.

**2** Make the garlic-yogurt sauce: Mix together all the ingredients in a bowl. Season to taste with salt and pepper. Chill until ready to use.

**3** Make the vegetable fried rice: Heat olive oil or melt butter in a wok or medium frying pan. Sauté carrots for 2 minutes. Add peas and sauté until tender. Add rice and toss to mix. Season to taste with salt and pepper.

**4** Arrange fried rice and burger steak in a container; let cool for 10 minutes. Cover with the lid. Store garlic-yogurt sauce separately in a small covered container.

## Meatball Pasta with Creamy Tomato Sauce

**Serves 4 Prep Time** 15 minutes

**Cooking Time** 15 to 20 minutes

- ✓ 3 tablespoons olive oil
- ✓ 250 grams uncooked Beef Burger Patties mixture, formed into 10 (1-inch) balls
- ✓ 1 medium white onion, chopped
- ✓ 2 tablespoons minced garlic
- ✓ 3 cups canned diced tomatoes
- ✓ 1 cup heavy or all-purpose cream
- ✓ 1/2 cup chopped fresh basil, plus extra for garnish
- ✓ 1/2 cup cheddar, Parmesan, or quick-melt cheese, plus extra for topping
- ✓ 300 grams spaghetti noodles, cooked according to package directions

- 1 Heat olive oil in a large frying pan. Fry meatballs until golden brown on all sides. Set aside.
- 2 Remove oil from the pan but leave about 2 tablespoons. Sauté onions in the same pan until translucent. Add garlic and sauté until fragrant.
- 3 Add tomatoes and let simmer for about 10 minutes.
- 4 Stir in cream, basil, cheese, and meatballs. Simmer for 5 minutes.
- 5 Add cooked noodles to the sauce and toss to mix. You can also arrange the noodles in a container and top with sauce or serve sauce on the side. Sprinkle with grated cheese and garnish with a basil sprig. Transfer to a container; let cool for 10 minutes. Cover with the lid.



# MASTER THIS!

## Chicken Casserole

**This casserole is a complete one-pan meal! Creamy chicken is topped with fluffy mashed potatoes, creating a hearty, comforting dish. Feel free to add sliced carrots and smoky sausages to the mix.**

**Serves 6 Prep Time** 15 minutes

**Cooking Time** 45 minutes

- ✓ 2 tablespoons olive oil
- ✓ 1 medium onion, chopped
- ✓ 4 cloves garlic, minced
- ✓ 1 cup sliced canned or fresh mushrooms
- ✓ 1 kilo chicken, boiled and shredded
- ✓ 2 (290-gram) cans condensed cream of mushroom soup

- ✓ 1 cup all-purpose cream
- ✓ salt and pepper, to taste
- ✓ 1 kilo potatoes, boiled, peeled, and mashed
- ✓ 2 tablespoons butter
- ✓ chopped parsley for garnish
- ✓ side salad or buttered mixed vegetables, to serve (optional)

- 1 Heat olive oil in a saucepot. Add onions and sauté until translucent. Add garlic and sauté until fragrant. Add mushrooms and cook until tender.
- 2 Add shredded chicken and mix until well incorporated.
- 3 Add cream of mushroom soup and all-purpose cream. Fill 1 can

of mushroom soup with water and add to the pot; stir the mixture well. Simmer for about 15 minutes and season to taste with salt and pepper. Let mixture cool.

**4** Transfer to a baking dish. Cover with mashed potatoes and dot with butter.

**5** Bake in an oven preheated to 350°F or in a turbo broiler for 20 minutes or until golden brown and bubbly. Garnish with chopped parsley. Serve with a side salad or buttered mixed vegetables.

**6** If packing for baon, carefully transfer to a container and let cool for 10 minutes. Cover container with the lid.



### Tip

WHEN MAKING THIS DISH AHEAD, FOLLOW THE RECIPE UNTIL STEP 3. STORE THE CHICKEN STEW IN A COVERED CONTAINER AND FREEZE UNTIL READY TO USE. WHEN READY TO SERVE OR PACK IN CONTAINERS FOR BAON, THAW AND HEAT THE CHICKEN STEW IN A SAUCEPOT AND PROCEED WITH STEPS 4 TO 6.



SCHOOL  
DAYS

### Creamy Chicken and Mushroom Casserole Pasta

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

- ✓ 1 tablespoon olive oil
- ✓ 3 cups Chicken Casserole
- ✓ 4 cups cooked tri-color pasta
- ✓  $\frac{1}{3}$  cup grated Parmesan cheese (optional)
- ✓ chopped parsley for garnish (optional)

**1** Heat olive oil in a medium pan. Add Chicken Casserole and let simmer.

**2** Add cooked pasta and mix until well incorporated.

**3** Sprinkle with Parmesan cheese and chopped parsley, if desired.

**4** Transfer to a container; let cool for 10 minutes. Cover container with the lid.

← **MAKE THESE!** ↓

### Chicken Casserole Pies

**Serves 1 to 2** **Prep Time** 10 minutes **Baking Time** 30 minutes

- ✓ 2 (14x14-inch) sheets puff pastry
- ✓ 2 cups Chicken Casserole
- ✓ 1 egg mixed with 1 tablespoon water, beaten
- ✓ salad greens, to serve (optional)

**1** Preheat oven to 350°F.

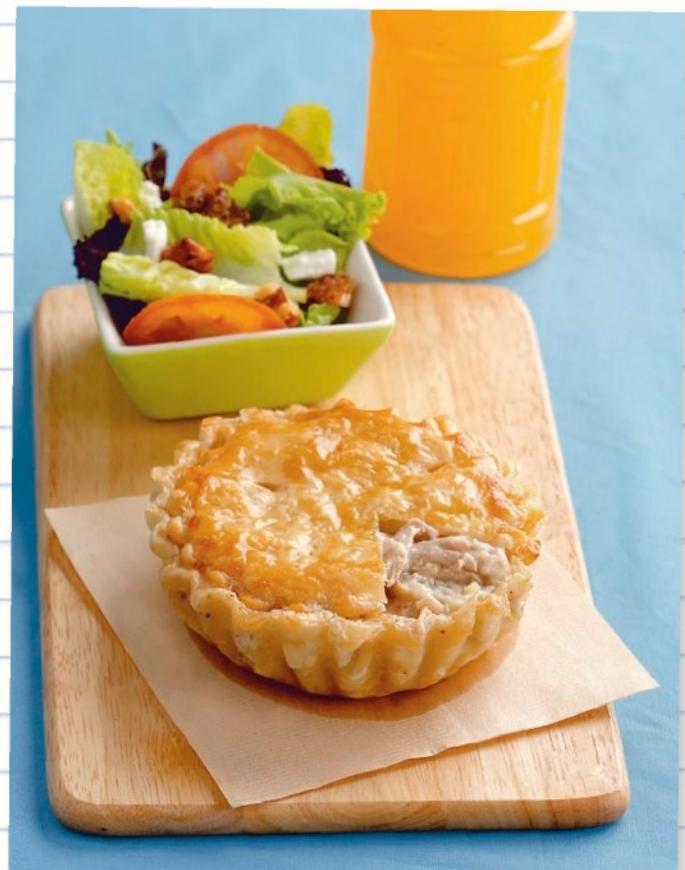
**2** Lightly grease 2 round (1-cup-capacity) individual baking dishes or ramekins. Line baking dishes or ramekins with

puff pastry and cut off excess dough. Reserve some of the puff pastry to cover the pies.

**3** Fill puff pastry crusts with Chicken Casserole. Cover with remaining puff pastry sheets and seal with egg wash. Dock the tops lightly with a fork.

**4** Bake for 30 minutes in the preheated oven until puffed and golden brown. Let cool for a few minutes before unmolding the pie from the baking dish or ramekin.

**5** Wrap in aluminum foil or transfer to a container. Serve with salad greens, if desired.



# MASTER THIS!

## Chicken Barbecue

**Prepare a big batch of this tasty dish and top over salads or use as a filling for tortilla wraps.**

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

- ✓ 1/2 kilo chicken thigh fillet, skin on
- ✓ 1 cup store-bought barbecue marinade (we used Mama Sita's)
- ✓ 1/4 cup soy sauce
- ✓ 3 tablespoons minced garlic
- ✓ 2 tablespoons calamansi juice
- ✓ 1/2 tablespoon black pepper

- ✓ cooking oil for grilling
- ✓ steamed rice and buttered vegetables, to serve (optional)

- 1 Mix all the ingredients together in a bowl. Marinate, covered, for 4 hours or overnight.
- 2 Heat oil in a grill pan or preheat a charcoal grill. Cook chicken until caramelized and cooked through, about 7 minutes per side.
- 3 Transfer to a container together with steamed rice and buttered vegetables; let cool for 10 minutes. Cover with the lid.



### Tip

STORE COOKED CHICKEN BARBECUE IN A COVERED CONTAINER IN THE REFRIGERATOR FOR UP TO 3 DAYS. YOU CAN ALSO MARINATE A BIG BATCH, STORE IN A COVERED CONTAINER, AND FREEZE FOR UP TO 1 MONTH.

## MAKE THESE!



### Barbecue Chicken Fried Rice

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

- ✓ 2 tablespoons vegetable oil or butter
- ✓ 2 tablespoons minced garlic
- ✓ 4 cups cooked rice, cooled
- ✓ salt and pepper, to taste
- ✓ 200 grams (about 1 1/2 cups) grilled and cubed Chicken Barbecue
- ✓ 2 tablespoons store-bought barbecue marinade (we used Mama Sita's)

- 1 Heat oil or melt butter in a wok or frying pan. Sauté garlic until fragrant. Add rice and season with salt and pepper.
- 2 Add cubed Chicken Barbecue and barbecue marinade. Toss to mix well. Garnish with chopped parsley, if desired.
- 3 Transfer to a container; let cool for 10 minutes. Cover with the lid.

## Easy Pancit Canton with Chicken Barbecue

**Serves 4 Prep Time** 15 minutes

**Cooking Time** 20 minutes

- ✓ 1½ tablespoons vegetable oil
- ✓ 1 medium white onion, sliced
- ✓ 2 tablespoons minced garlic
- ✓ 1 cup thinly sliced carrots
- ✓ 2 cups chicken stock, plus extra, if needed
- ✓ 2 tablespoons soy sauce

- ✓ 2 tablespoons store-bought barbecue marinade (we used Mama Sita's)
- ✓ salt and pepper, to season
- ✓ 300 grams uncooked *pancit canton* (egg noodles)
- ✓ 1 tablespoon sesame oil
- ✓ 300 grams (about 4 fillets) grilled and sliced Chicken Barbecue
- ✓ 1 head bok choy, steamed or blanched

**1** Heat oil in a wok or frying pan. Sauté onions until translucent. Add garlic and sauté until fragrant. Add carrots and sauté until tender.

**2** Add chicken stock, soy sauce, and barbecue marinade. Season with salt and pepper, if needed. Simmer for 5 minutes.

**3** Add *pancit canton* and mix until the noodles have absorbed the liquid. Drizzle with sesame oil. If the noodles are dry, add more stock.

**4** Transfer *pancit* to a container and top with sliced Chicken Barbecue and bok choy; let cool for 10 minutes. Cover with the lid.



# DIM SUM EXPRESS

Shrimp  
Dumplings  
(Hakaw)

Japanese Siomai

Craving for pillow-soft pork buns and succulent shrimp dumplings? Make these and more for a dim sum feast right in your own kitchen.

PHOTOGRAPHY BY  
Miguel Nacianceno

RECIPES AND  
FOOD STYLING BY  
Katherine Jao

PROP STYLING BY  
Idge Mendiola

## Tip

ALWAYS COVER  
UNUSED WRAPPERS  
WITH A DAMP CLOTH  
TO PREVENT THEM  
FROM DRYING.

### Japanese Siomai

Instead of wonton wrappers, nori sheets are used to make these dumplings, making them look—and even taste—a bit like sushi!

**Makes** 24 to 32 pieces **Prep Time** 40 minutes, plus marinating time **Cooking Time** 20 minutes

#### FOR THE PORK FILLING

- ✓ 2 cups ground pork
- ✓ 1/2 teaspoon sesame oil
- ✓ 1/2 teaspoon rice wine
- ✓ salt and white pepper, to taste
- ✓ chicken powder, to taste
- ✓ 1 egg, beaten
- ✓ 1 tablespoon cornstarch
  
- ✓ 8 sheets nori
- ✓ 8 crab sticks (*kani*)

**1** Make the pork filling: Mix all the ingredients in a bowl until well combined. Marinate for at least 1 hour.

**2** To assemble, lay a nori sheet on a clean work surface. Spread 1/4 of the pork mixture on half of the nori sheet. Arrange 2 crab sticks in a single row on top of the pork. Roll to form a log. Repeat with the remaining ingredients.

**3** Steam logs over low heat for 12 to 15 minutes. After steaming, roll another sheet of nori around each log. The nori will absorb the moisture and stick to the steamed rolls after 3 to 5 minutes. Slice each log into 6 to 8 pieces. Steam again for 3 to 5 minutes before serving.

### Shrimp Dumplings (Hakaw)

Enjoy the sweet succulence of shrimps in this beloved dumpling. Make sure to use only the freshest seafood available in the market.

**Makes** 36 pieces **Prep Time** 60 minutes, plus marinating time **Cooking Time** 15 minutes

#### FOR THE FILLING

- ✓ 2 cups peeled and chopped shrimp
- ✓ 1/2 teaspoon grated ginger
- ✓ 1 teaspoon Shaoxing rice wine (optional)
- ✓ 1/2 teaspoon sesame oil
- ✓ 1 teaspoon cornstarch
- ✓ chicken powder, to taste
- ✓ garlic powder, to taste

#### FOR THE HAKAW SKIN

- ✓ 1 1/3 cups wheat starch (known as *ting hun* in Chinese delis)
- ✓ 2/3 cup cassava or tapioca starch
- ✓ 1 1/3 cups boiling water
- ✓ 2 tablespoons vegetable oil

**1** Make the filling: Mix all the ingredients together in a bowl until well combined. Marinate for at least 1 hour.

**2** Make the *hakaw* skin: Whisk together wheat starch and cassava starch in a bowl. Make a well in the center and pour in boiling water and oil. Mix with a wooden spoon.

**3** Once the heat of the mixture is manageable, knead using your hands until smooth, about 5 to 7 minutes. Cover dough with a damp piece of cloth. Divide into 4 portions and shape into logs. Let rest, covered, for 20 minutes.

**4** Slice logs into 1/2-inch disks. Flatten with a rolling pin or cleaver until about 2-mm thick and 3 inches in diameter.

**5** Fill 1 disk with 1 to 2 teaspoons of the shrimp mixture. Form 5 to 7 uniform pleats on one side of the disk. Fold the other side over to seal. Repeat with remaining ingredients. Freeze until ready to cook.

**6** To cook, steam *hakaw* for 12 to 15 minutes. Do not overcook as the skin may break easily. Serve immediately.

## Bola-bola Siopao

There's no denying the goodness of anything homemade! Call in the gang and spend one afternoon making these cloud-like buns.

**Makes** 16 pieces **Prep Time** 2 hours

**Cooking Time** 20 minutes

### FOR THE BOLA-BOLA FILLING

- ✓ 2½ cups ground pork
- ✓ ½ cup chopped shiitake mushrooms
- ✓ 2 tablespoons light soy sauce
- ✓ 1 teaspoon sesame oil
- ✓ 1 teaspoon sugar
- ✓ ½ egg, beaten
- ✓ 2 tablespoons cornstarch
- ✓ salt and pepper, to taste
- ✓ chicken powder, to taste

### FOR THE DOUGH

- ✓ 4 cups all-purpose flour, plus 1 cup for dusting
- ✓ 1 tablespoon baking powder

- ✓ 1 teaspoon salt
- ✓ 2 teaspoons instant yeast
- ✓ ½ cup sugar
- ✓ 1¼ cups lukewarm water
- ✓ 2 tablespoons shortening

**1** Make the *bola-bola* filling: Mix together all the ingredients in a bowl. Season to taste. Set aside in the chiller until ready to use.

**2** Make the dough: Whisk together all-purpose flour, baking powder, salt, instant yeast, and sugar in a bowl. Make a well in the center and pour in lukewarm water. Add shortening. Mix with a wooden spoon until the dough comes together, but is not yet smooth (this is also known as the shaggy dough stage).

**3** Remove dough from bowl and transfer to a clean work surface dusted with 1 cup

flour. Knead the dough until smooth and elastic, about 12 to 15 minutes. Transfer dough to a lightly greased bowl. Cover with a damp piece of cloth and let rest for 30 to 40 minutes or until double in size.

**4** Divide dough into 16 pieces and form into balls. Using your palm, flatten each into a 5-inch circle. Fill each dough circle with a spoonful of *bola-bola* filling. Seal by forming into a ball. Repeat with the rest of the ingredients. Make pleats on top of the buns, if desired.

**5** Place buns in a steamer lined with parchment paper, leaving spaces in between each bun. Let buns rise, covered with a thin piece of cloth, for 30 to 40 minutes or until double in size.

**6** Steam over high heat for 18 to 20 minutes or until puffed and cooked.

### Tip

TO MAKE THE SIOPAO SAUCE, WHISK TOGETHER 2 TABLESPOONS OYSTER SAUCE, 3 TABLESPOONS SUGAR, 1 TABLESPOON SOY SAUCE, 1 CUP WATER, AND 3 TABLESPOONS CORNSTARCH IN A SAUCEPAN.

BOIL MIXTURE, WHISKING CONTINUOUSLY, UNTIL IT THICKENS.

## Taosi Spareribs

For an extra-filling dish, add some chopped taro and bell peppers to the mix.  
Don't forget to serve this with lots of steaming hot rice!

**Serves 8** **Prep Time** 45 minutes, plus marinating time **Cooking Time** 60 minutes

- ✓ 1 kilo spareribs, *menudo* cut
- ✓ 2 to 3 tablespoons dried taosi black beans (see tip)
- ✓ 3 tablespoons cornstarch
- ✓ 1 tablespoon ginger strips
- ✓ 2 tablespoons Shaoxing rice wine
- ✓ 1 teaspoon minced garlic
- ✓ 1 teaspoon sesame oil
- ✓ 1 teaspoon meat tenderizer

- ✓ salt and pepper, to taste
- ✓ chicken powder, to taste
- ✓ sliced leeks for garnish

1 Mix all the ingredients together in a bowl. Marinate for at least 30 minutes.

2 Steam spareribs for 50 to 60 minutes or until tender. Transfer to a serving plate and garnish with sliced leeks.

### Tip

YOU CAN FIND DRIED TAOSI BLACK BEANS IN CHINESE DELIS LIKE THE LITTLE STORE, WEI WANG, AND THE ARRANQUE MARKET, AND SUPERMARKETS LIKE UNIMART.

## Pork Asado

No need to head to a Chinese restaurant to get your *asado* fix. You can prepare this sweet pork dish at home in a jiffy!

**Serves** 8 to 10 **Prep Time** 10 minutes, plus marinating time **Cooking Time** 30 minutes

- ✓ 1 teaspoon meat tenderizer (optional)
- ✓ 1 kilo pork shoulder, portioned into fillets
- ✓ honey, to serve

### FOR THE MARINADE

- ✓ 2 tablespoons store-bought hoisin sauce (we used Lee Kum Kee)
- ✓ 1 cup store-bought *char siu* sauce (we used Lee Kum Kee)
- ✓ 1 bulb garlic, crushed and peeled

1 Sprinkle meat tenderizer over pork fillets. Set aside.

2 Make the marinade: Mix all the ingredients together in a bowl. Add pork fillets and marinate for 5 hours.

3 Preheat oven to 375°F. When ready, transfer pork fillets to a baking dish. Roast for 20 to 25 minutes or until completely cooked. Baste pork with marinade halfway through roasting.

4 Preheat a griller or a grill pan. Grill pork for 3 to 5 minutes to give it a charred finish. Finish by brushing pork with honey. Slice into thin pieces and serve.



Pork Asado



Baked Pork Buns

## Pork and Shrimp Siomai

Everyone's favorite dumpling is really easy to make! You can even prep it in advance, store in the freezer, and steam whenever the craving hits.

**Makes** 40 pieces **Prep Time** 45 minutes, plus marinating time **Cooking Time** 15 minutes

### FOR THE FILLING

- ✓ 2½ cups ground pork
- ✓ ½ cup pork fat, cut into small cubes
- ✓ 1 cup peeled and chopped shrimp
- ✓ ½ cup chopped shiitake mushrooms
- ✓ ½ teaspoon sesame oil
- ✓ ½ teaspoon rice wine
- ✓ salt and pepper, to taste
- ✓ chicken powder, to taste
  
- ✓ 40 store-bought *siomai* wrappers
- ✓ soy sauce and *calamansi*, to serve

**1** Make the filling: Mix all the ingredients together in a bowl until well combined. Marinate for at least 1 hour.

**2** Fill each wrapper with a tablespoon of filling. Bring up the edges of the wrapper to envelop the filling. Freeze until ready to cook.

**3** To cook, steam *siomai* for 12 to 15 minutes. Serve immediately with soy sauce and *calamansi* on the side.

### Tip

TO MAKE THE RESTAURANT-STYLE ORANGE TOPPING FOR THE *SIOMAI*, MIX TOGETHER 1 TABLESPOON ALL-PURPOSE FLOUR, 1 TEASPOON WATER, AND SOME RED-ORANGE FOOD COLORING. FORM INTO SMALL BALLS AND PLACE ON TOP OF UNCOOKED *SIOMAI*.

# POWER LUNCH

Are you running low on energy? Dig into our healthy—and hefty—salads to fuel up for the busy afternoon ahead!



## TIP

INSTEAD OF UDON, YOU CAN USE ANY OTHER WIDE NOODLE. THE DRESSING WILL KEEP FOR 3 TO 5 DAYS IN THE FRIDGE. LET IT COME TO ROOM TEMPERATURE FIRST BEFORE TOSSED WITH THE SALAD.

PHOTOGRAPHY BY Miguel Nacianceno  
RECIPES AND FOOD STYLING BY Melanie Jimenez  
PROP STYLING BY Trinka Gonzales

## PORK, UDON, AND BOK CHOY SALAD

This one's almost a stir-fry, but to retain the fresh nature of a salad, we kept the cooking of the bok choy to a minimum.

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

- ✓ 2 tablespoons soy sauce
- ✓ 1 tablespoon chopped garlic
- ✓ pinch of salt and pepper
- ✓ 300 grams pork tenderloin, sliced into strips

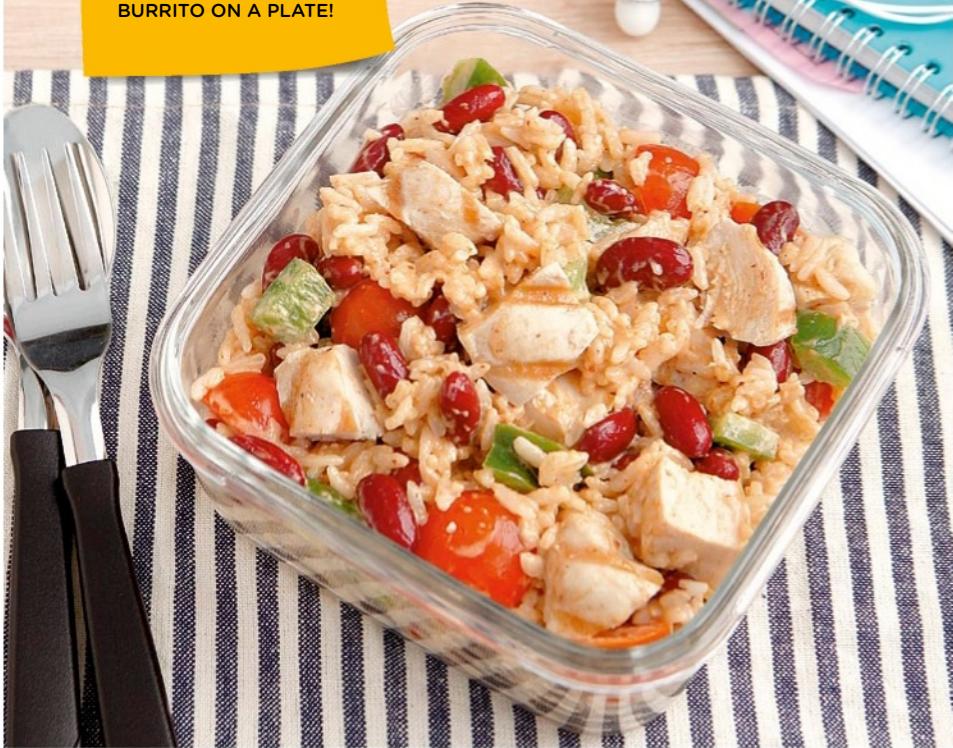
### FOR THE SOY-GARLIC DRESSING

- ✓ 2 tablespoons canola oil
- ✓ 1 tablespoon finely chopped garlic
- ✓ 4 tablespoons soy sauce
- ✓ 2 teaspoons white wine vinegar
- ✓ pinch of sugar
- ✓ 1/2 teaspoon sesame oil
- ✓ salt and pepper, to taste
- ✓ canola oil for stir-frying
- ✓ pinch of salt
- ✓ 8 pieces baby bok choy, washed and halved lengthwise
- ✓ 1 (200-gram) pack udon noodles
- ✓ 1 medium bell pepper, seeded and sliced into thin strips

- 1 Place soy sauce, garlic, salt, and pepper in a bowl; stir. Add pork; marinate for 20 minutes or overnight in the refrigerator.
- 2 Make the dressing: Combine canola oil and garlic in a saucepan over low heat. Stir constantly until the garlic softens, about 2 minutes; remove from pan. Add soy sauce, vinegar, sugar, and sesame oil. Season with salt and pepper. Set aside.
- 3 Add canola oil to the same pan and stir-fry marinated pork over medium-high heat until done, about 2 minutes. Set aside.
- 4 Bring water to a boil in a medium saucepot. Once boiling, add salt and bok choy. Cook for about 1 minute, then shock in an ice bath; drain and set aside.
- 5 Warm and loosen the udon noodles in the same pot of water. Once they begin to separate, stir and drain. Set aside.
- 6 Assemble the salad: Toss noodles with the dressing in a large bowl. Add bok choy, bell pepper, and pork.

### TIP

YOU CAN ALSO USE SHREDDED LEFTOVER ROTISSERIE CHICKEN OR EVEN STEAK—THINK BURRITO ON A PLATE!



## SOUTHWESTERN RICE AND BEAN SALAD WITH CHIPOTLE CREAM DRESSING

**This salad is best served at room temperature. Looking for some crunch? Add crumbled tortilla chips on top!**

**Serves 2 to 3** **Prep Time** 20 minutes **Cooking Time** 15 to 20 minutes

### FOR THE CHIPOTLE CREAM DRESSING

- ✓ 1/4 cup mayonnaise
- ✓ 1/2 cup sour cream
- ✓ 2 teaspoons fresh calamansi juice
- ✓ 1 teaspoon salt
- ✓ 2 cloves garlic, chopped
- ✓ 1 piece canned chipotle pepper (available in S&R) or 1 teaspoon chili powder
- ✓ 4 pieces boneless chicken breast
- ✓ 1/4 teaspoon salt
- ✓ 1/4 teaspoon pepper
- ✓ vegetable oil for grilling
- ✓ 2 cups leftover rice, chilled
- ✓ 1 (15-ounce) can red kidney beans

(we used Progresso), drained, rinsed, and then drained again

- ✓ 1 large green bell pepper, seeded and diced into 1/2-inch pieces
- ✓ 6 cherry tomatoes, halved

1 Make the dressing: Combine all the ingredients in a blender and purée until completely combined. Set aside. (Dressing will keep for up to 1 week in the refrigerator.)

2 Season chicken breast pieces on both sides with salt and pepper. Set aside.

3 Brush a grill pan with oil. Grill chicken over medium-high heat until the juices run clear, about 2 minutes on each side. Let rest for 15 minutes before cutting into cubes.

4 Combine rice, kidney beans, peppers, tomatoes, and chicken in a large bowl. Toss to distribute evenly. Pour dressing over and toss to combine. Serve at room temperature.



## CHICKEN, BACON, AND MOZZARELLA CHOPPED SALAD WITH RANCH DRESSING

**This is one protein-packed salad! For extra carbs, add croutons to the mix. The dressing goes well with almost any other vegetable, so go ahead and drizzle it on top of steamed broccoli for another meal.**

**Serves 4** Prep Time 25 to 30 minutes  
**Cooking Time** 15 to 20 minutes

### FOR THE RANCH DRESSING

- ✓  $\frac{3}{4}$  cup sour cream
- ✓  $\frac{1}{4}$  cup mayonnaise
- ✓ 2 tablespoons whole milk
- ✓  $\frac{1}{4}$  teaspoon onion powder
- ✓  $\frac{1}{2}$  teaspoon salt
- ✓ 1 tablespoon chopped parsley

- ✓ 1 tablespoon chopped dill
- ✓ 1 teaspoon fresh calamansi juice
- ✓ 1 teaspoon mustard
- ✓  $\frac{1}{2}$  teaspoon freshly ground black pepper

### FOR THE CHICKEN NUGGETS

- ✓ 4 pieces boneless chicken breast or 6 boneless chicken thighs, sliced into  $\frac{3}{4}$ -inch cubes
- ✓  $\frac{3}{4}$  teaspoon salt, divided
- ✓  $\frac{3}{4}$  teaspoon pepper, divided
- ✓ 1 cup all-purpose flour
- ✓ pinch of paprika
- ✓ 1 large egg
- ✓ 1 cup Japanese breadcrumbs
- ✓ vegetable oil for deep-frying

- ✓ 8 strips bacon, sliced into 4 pieces each
- ✓ 1 (250-gram) pack mozzarella cheese
- ✓ 2 large heads romaine lettuce, washed and chopped into bite-sized pieces (about 5 cups)
- ✓ 3 salad tomatoes, washed, sliced into wedges

**1** Make the dressing: Combine all the ingredients in a medium bowl and whisk until combined. Set aside. (Dressing will keep in the refrigerator for up to 1 week.)

**2** Make the chicken nuggets: Season chicken cubes with  $\frac{1}{2}$  teaspoon each salt and pepper. Mix flour, remaining salt and pepper, and paprika in a bowl. Whisk egg in another bowl. Place breadcrumbs in a third bowl. Coat chicken cubes with flour, then dip in egg and coat with breadcrumbs. Deep-fry breaded chicken cubes over medium heat until golden brown. Set aside.

**3** Fry bacon in a nonstick frying pan until crisp. Drain and set aside.

**4** Slice mozzarella into bite-sized cubes. Set aside.

**5** Toss together lettuce and tomatoes in a large bowl. Add dressing and toss. Divide among bowls and top with chicken nuggets, bacon, and mozzarella. Serve.

## TOFU SESAME SOBA SALAD WITH SESAME-GINGER VINAIGRETTE

Frying the tofu cubes first before dressing them allows all the fabulous flavors to be absorbed by the chunks. Pairing them with crunchy cucumbers and tender noodles creates a medley of textures!

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

### FOR THE SESAME-GINGER VINAIGRETTE

- ✓ 1 leek, sliced diagonally into thin pieces (about  $\frac{1}{4}$  to  $\frac{1}{3}$  cup)
- ✓ 1 tablespoon grated ginger
- ✓ 2 teaspoons finely chopped garlic
- ✓ 2 tablespoons honey
- ✓ 1 tablespoon rice vinegar
- ✓ 1 tablespoon white wine vinegar
- ✓  $\frac{3}{4}$  teaspoon salt
- ✓ 1 tablespoon soy sauce
- ✓  $\frac{1}{2}$  to  $\frac{2}{3}$  cup canola oil
- ✓  $\frac{1}{2}$  teaspoon sesame oil

- ✓ 500 grams firm tofu, drained and sliced into  $1\frac{1}{4} \times 1\frac{1}{2}$ -inch pieces
- ✓ 2 bundles soba noodles from a 300-gram pack
- ✓ 2 Japanese cucumbers, sliced diagonally into  $\frac{1}{4}$ -inch-thick pieces
- ✓ 1 teaspoon toasted sesame seeds

**1** Make the vinaigrette: Place leeks, ginger, garlic, honey, vinegars, salt, and soy sauce in a medium bowl. Whisk to combine. Drizzle in canola oil while whisking constantly. Once all the canola oil has been mixed in and the dressing is emulsified, whisk in sesame oil. Taste and adjust seasoning, if needed. Set aside. (The vinaigrette will keep in the refrigerator for up to 5 days.)

**2** Fry tofu in a large pan over medium heat until light golden in color. Drain and set aside to cool.

**3** Cook noodles according to package directions. Drain and cool completely.

**4** About 15 minutes before serving, toss all ingredients with vinaigrette. Sprinkle with toasted sesame seeds and serve.

## SHRIMP AND TUNA SALAD WITH VINAIGRETTE

**Prepare this salad at least four hours before serving to give the flavors enough time to meld. Serving it slightly chilled or at room temperature allows all the bright flavors to shine.**

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

**Cooking Time 15 minutes**

### FOR THE VINAIGRETTE

- ✓ 2 tablespoons white wine vinegar
- ✓ 1 tablespoon lemon juice
- ✓ 1/2 cup olive oil
- ✓ salt and pepper, to taste
- ✓ 2 to 6 tablespoons chopped fresh flat-leaf parsley, depending on your preference for the herb

- ✓ 500 grams shrimp, steamed and peeled
- ✓ 2 salad tomatoes, seeded and diced
- ✓ 1 cucumber, peeled, seeded, and diced
- ✓ 1 (184-gram) can solid tuna in water, drained and flaked
- ✓ lemon wedges, to serve

**1** Make the vinaigrette: Whisk all the ingredients together in a large bowl.

**2** Add shrimps, chopped tomatoes, and cucumber to the vinaigrette in the bowl; toss to combine. Add tuna and toss to combine. Serve with lemon wedges. (The salad will keep in the refrigerator for up to 3 days.)



### Tip

YOU CAN ADD OTHER KINDS OF SEAFOOD TO THIS DISH. SHELLFISH LIKE MUSSELS AND CLAMS DO WELL, TOO!

## FRAGRANT BEEF SALAD WITH VIETNAMESE DRESSING

Adding red cabbage gives the salad even more color! But if you use it and toss the salad ahead of time, your noodles will turn light pink. We like to toss everything together just 15 minutes before mealtime.

**Serves** 4 to 6 **Prep Time** 20 to 25 minutes  
**Cooking Time** 15 to 20 minutes

### FOR THE VIETNAMESE DRESSING

- ✓ ½ cup Thai fish sauce
- ✓ 2 tablespoons coconut sugar
- ✓ 2 to 3 tablespoons fresh lime or calamansi juice
- ✓ 1 tablespoon water
- ✓ 3 bird's eye chilies (optional)
  
- ✓ 3 small bundles vermicelli noodles (*sotanghon*), soaked in water (we used Sapporo)
  
- ✓ 1 tablespoon vegetable oil
- ✓ 500 grams sirloin or tenderloin steaks, each about ½-inch thick
- ✓ ½ teaspoon salt
- ✓ ½ teaspoon pepper
  
- ✓ 1 head cabbage, washed and sliced into thin strips (about 4 to 5 cups)
- ✓ 1 large carrot, peeled and sliced into thin strips
- ✓ 2 cups bean sprouts, washed
- ✓ 1 cup packed basil leaves, sliced into thin strips
- ✓ 1 cup packed mint leaves, sliced into thin strips
- ✓ 2 cups thinly sliced red cabbage (optional)



### TIP

AS VIETNAMESE CUISINE DICTATES, THIS SALAD IS HEAVY ON VEGETABLES, NOT MEAT. YOU CAN PLAY WITH THE PORTIONS AS YOU LIKE—GO MEATLESS IF YOU WANT TO!

- 1 Make the Vietnamese dressing: Combine all the ingredients in a small bowl. Stir until the sugar is completely dissolved. Set aside. (Dressing will keep for 5 days in the refrigerator.) If using chilies, the heat will intensify the longer you keep it.
- 2 Cook vermicelli noodles according to package directions. Drain, rinse, drain again, and set aside.
- 3 Heat vegetable oil in a pan over medium-high heat. Season steaks with salt and

pepper. Cook for about 2 minutes on each side. Let rest for at least 15 minutes before slicing thinly into 2-mm-thick slices. Set aside.

- 4 Combine cabbage, carrots, bean sprouts, basil leaves, mint leaves, and red cabbage, if using, in a large bowl. Add vermicelli noodles into the bowl and pour in dressing. Toss a couple of times to combine well.
- 5 Portion the salad among plates or containers and top with beef slices.



# BACK TO SCHOOL

June signals the start of classes for kids—and the same goes for us here at YUMMY! Follow our journey as we take culinary courses at unconventional schools and prove why it's great to keep on learning.

## The student

### Regine Rafael

EDITORIAL ASSISTANT

**The Class** Wüsthof Knife Skills Class at Living Well, The Podium

**The Cost and Duration** P5,000 for 2 days, 4 hours each

**The Instructor** Chef Brando Santos of Global Culinary and Hospitality Academy

**The Curriculum** This class for beginners teaches you how to use a knife properly and cut vegetables, debone a chicken, fillet a fish, devein and butterfly shrimp, and clean and cut squid.

**The Target Audience** Home cooks who are looking to improve their knife skills and technique

## My experience

I'm not exactly the most seasoned cook, so I was excited to join Gourdo's Wüsthof Knife Skills class and learn more about kitchen prep—something I have little patience with. It was the perfect opportunity for me to learn how to be more efficient in the kitchen, especially when it comes to slicing and dicing.

The first day focused on the basics: Organizing your mise en place and identifying the different kinds of knives, as well as gripping your knife properly, taking care of it, and keeping it sharp. After the introduction, the actual slicing happened. Day one focused on vegetables and basic cuts and shapes. Aside from learning how to batonnet an eggplant, julienne a carrot, chiffonade basil leaves, and tourne a potato, I also learned why precision and uniformity in cutting is so important—it ensures even cooking and makes your dish presentable!

Day two was even more interesting since we concentrated on how to debone a whole chicken, devein and butterfly shrimp, clean and cut squid, and fillet an entire fish. The most challenging part for me was working with fish—I couldn't seem to get a clean cut! But with Chef Brando's help, and after observing some of my classmates' techniques, I managed to get through it successfully.

Going into this class, I thought two days was a long time, but it sped by quickly. I loved learning from Chef Brando, as well as from my classmates—all home cooks—and it felt great to actually apply these skills afterwards. I ended up cooking a paella pasta dish for my family a few weeks later, and the veggie cuts were perfect!



## The lessons I learned

**1** I supremed a chicken! This means cutting the breast with the wing bone attached.

**2** A straight-edge knife is best for cutting vegetables because of its smooth blade which ensures clean, precise cuts.

**3** When deboning a fish, cut off its tail in a neat v-shape before slicing the belly open.

## JAPANESE STIR-FRIED VEGETABLES

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

- ✓ 3 tablespoons corn oil
- ✓ 250 grams onions, sliced
- ✓ 45 grams minced garlic
- ✓ 250 grams red bell peppers, sliced
- ✓ 250 grams carrots, julienned
- ✓ 250 grams cabbage, sliced
- ✓ salt and pepper, to taste
- ✓ 1 tablespoon sesame oil
- ✓ 3 tablespoons butter

**1** Heat oil in a pan and sauté all the vegetables until cooked, but not too wilted.

**2** Season with salt and pepper. Drizzle with sesame oil and finish cooking by stirring in butter.

## Tip

WANT A HEARTIER DISH?  
THROW IN SOME SQUID,  
SHRIMP, AND CHICKEN INTO  
YOUR STIR-FRY!

## The student

### Trinka Gonzales

ASSISTANT STYLE EDITOR

**The Class** Yummylicious Filled Cupcakes at the Heny Sison Culinary School

**The Cost and Duration** P2,800 for 6 hours

**The Teacher** Chef Carrie Madrid, trained at the Culinary Institute of America, California Culinary Academy, and the Heny Sison Culinary School

**The Curriculum** The course combines chef demonstrations and hands-on workshops to teach students how to create five cupcakes: Funfetti, Chocolate Cookie Dough, Hummingbird, Cheesecake, and Salted Caramel.

**The Target Audience** Anyone and everyone who wants to make their own cupcakes, regardless of age and kitchen experience



## My experience

There were 30 people in class that day, more than the typical number. I suppose it shouldn't have been surprising—after all, it was a cupcake class. Of the 30 students, 90 percent were women, and they ranged from elementary students to stay-at-home moms. While scraping, scooping, and piping that day, I learned that my classmates were complete beginners, passionate hobbyists, or seasoned baking entrepreneurs—it is the kind of class that anyone of any skill level can learn from!

Chef Carrie Madrid demonstrated each recipe clearly and adjusted her pace based on how well we were responding. She guided everyone during the hands-on workshop and was generous with tips and tricks, sharing possible recipe variations and other nuggets of kitchen wisdom.

The class was divided into four, each group tasked to recreate the recipes demonstrated earlier. It was a great way

to meet new people and learn from them. However, due to the number of students, I didn't get to work on all the recipes because we wanted everyone to get a chance to get their hands dirty.

Covering five recipes in just six hours seemed daunting, but I soon realized that the secret to getting this done was the superb kitchen staff, who were well-acquainted with the recipes and tools. They provided exactly what we needed at the right time and their efficiency allowed us to focus on each lesson.

Chef Carrie told us that this class was formed to ultimately answer the question “What else can I do with cupcakes?”—and the class definitely delivered on this promise! It provides endless cupcake possibilities and encourages you to spice up regular ol' chocolate and vanilla. It tickles your imagination, teases your taste buds, and encourages you to let your creativity shine.



## The lessons I learned

**1** I found out that anything you bake with fruits in it will be moist, but also heavy.

**2** The story goes that the Hummingbird cake was named as such because taking a bite will make you hum in delight.

**3** To cream butter and sugar until “light and fluffy” means to beat them together for at least 5 minutes.

## The student

### Idge Mendiola

ASSISTANT MANAGING EDITOR

**The Class** Italian Cooking Class at The Cookery Place

**The Cost and Duration** P10,000 for 6 students for 3 hours

**The Instructor** Chef Paul Samson, and chefs Rhenee Sy and Jan Viray

**The Curriculum** The course combines chef demonstrations and hands-on activities. Groups are taught how to prepare a complete Italian meal, consisting of an appetizer, pasta, main, and dessert.

**The Target Audience** Food enthusiasts of all skill levels who want to learn the basics of preparing authentic Italian dishes. The class is perfect for teambuilding activities, parties, and even bridal showers.

## My experience

The air was filled with fun and excitement when my friends and I took this short course. Sounds like a party, right? That's exactly what it felt like working in the kitchen.

As soon as we entered the quirky cooking studio, we chose our own stations, wore our aprons, and watched Chef Paul demonstrate the first dish. It wasn't just a listen-and-take-notes type of class—we had to prep, cook, and plate our individual meals. So, if you burn your carbonara during class (like I did), you can only hope that a friend will generously share his portion with you. It was a completely hands-on class that challenged our multitasking skills and brought out our competitive spirit—of course, I wanted my herbed chicken to be the best!

My friends and I took the class hoping to improve our varied individual skill sets: I can cook Pinoy-style carbonara, a friend can barely chop bacon, while another can prepare pesto without measuring ingredients. Some were doubtful they'd learn anything new, yet only halfway through the course, we were all impressed by the tricks Chef Paul taught us. The Cookery was successful in pinning down our bad habits and correcting them via easy-to-follow tips—like how to cook noodles properly, handle a knife safely, and slice an onion evenly without losing a finger. We all knew the class to be a fairly basic one, yet we were surprised to leave with all our expectations met, our feet tired, and our tummies satisfied.



## The lessons I learned

**1** You don't need to add oil when cooking pasta. If you follow the directions properly, the noodles won't stick together. Don't forget to add a lot of salt to the water.

**2** Make use of your time wisely by multitasking (cook more than one dish at a time!). If you need garlic for two recipes, chop all the cloves needed at once.

**3** No copying or cheating. Just because your friend's bacon sizzles more than yours doesn't mean you should increase your heat—that's how you burn your pasta.

### HERB-CRUSTED CHICKEN

**Serves 2** Prep Time 15 minutes

Cooking Time 10 minutes

- ✓ 1 teaspoon minced fresh thyme
- ✓ 1 tablespoon minced fresh basil
- ✓ 1 teaspoon minced fresh rosemary
- ✓ 1 teaspoon minced fresh oregano
- ✓ 2 skinless chicken breast fillets
- ✓ salt and pepper, to taste
- ✓ 2 cloves garlic, minced
- ✓ 2 tablespoons olive oil
- ✓ pesto and pasta, to serve (optional)

**1** Mix herbs in a bowl; set aside.

**2** Season chicken with salt, pepper, and minced garlic. Coat with fresh herbs.

**3** Pan-fry chicken in olive oil until cooked through and golden. Serve atop pasta and with pesto on the side, if desired.



## The student

### Rachelle Santos

FOOD DIRECTOR

**The Class** A Master in the Palace II at the Makati Shangri-La Hotel

**The Cost and Duration** P3,300 for a 2-hour cooking demo and 1.5-hour lunch

**The Instructor** Chef Richard Thong, Executive Chef at Shang Palace

**The Curriculum** The class teaches three Asian recipes and treats students to a six-course lunch at Shang Palace.

**The Target Audience** Homemakers, cooking enthusiasts, and restaurant cooks



## My experience

When searching for a cooking class, going to a hotel is likely not tops on your list. But the Makati Shangri-La's lifestyle cooking classes offer the chance to recreate some of the hotel's specialty dishes—something that regular culinary courses can't do. What's more, these classes are instructed by the executive chefs of the hotel's pastry department and restaurants. At times, guest chefs from the other Shangri-La properties fly in and conduct classes, too. The theme of the class is then matched with the guest chef's expertise. Thus, the dishes demonstrated are as authentic as they can get. You'll also learn valuable cooking tips that only a seasoned chef can impart.

In the class I attended, Chef Richard, who is Singaporean, taught us the proper way to cook Hainanese chicken rice. He shared the secrets to a moist, tender chicken and flavorful rice. After the cooking demonstration, we were rewarded with a sumptuous multi-course lunch that included the dishes made in the class. All in all, it was an enjoyable and informative experience capped by a delicious meal.

## The lessons I learned

**1** To make a tasty chicken, stuff the cavity with green onions and ginger before poaching, then season all over with salt.

**2** I learned to debone a Hainanese chicken properly and plate it just like how restaurants and hawker markets do it.

**3** I was introduced to Taiwanese fried crispy soybeans. They're used to make a delicious topping for seafood.



### CRISPY BEAN STEAMED COD

**Serves 4 Prep Time** 15 minutes

**Cooking Time** 15 minutes

- ✓ 800 grams black cod fillets (or any white fish like sea bass, *lapu-lapu*, or red snapper), sliced into 3x2-inch pieces
- ✓ 1 teaspoon salt
- ✓ 2 tablespoons white rice wine
- ✓ 1/4 cup thinly sliced ginger strips
- ✓ 2 tablespoons chopped green onions
- ✓ cilantro leaves and thinly sliced leeks for garnish

#### FOR THE CRISPY BEAN TOPPING

- ✓ 3 tablespoons vegetable oil
- ✓ 1 1/2 tablespoons chopped ginger
- ✓ 3 cloves garlic, minced
- ✓ 1/2 cup fried crispy soybeans (available at Ongpin supermarket)
- ✓ hot bean paste, to taste
- ✓ sugar, to taste

**1** Preheat a steamer. Season fish with salt and rice wine. Top each fillet with ginger strips and green onions.

**2** Place fish on a heat-proof plate. Arrange plate in steamer. Steam fish for about 7 to 10 minutes or just until cooked. Discard ginger strips and green onions; set aside and keep warm.

**3** Make the crispy bean topping: Heat oil in a wok. Sauté ginger until fragrant. Add garlic; sauté until soft.

**4** Add fried crispy soybeans; sauté until the oil is bubbling, about 1 minute. Season with hot bean paste and sugar. Remove from heat and keep warm.

**5** Arrange fish fillets on a serving platter. Top with crispy bean topping and garnish with cilantro leaves and thinly sliced leeks.



## The student

### **Jon Tolentino**

ART DIRECTOR

**The Class** Tasting Specialty Coffee Class at The Y.A.R.D. (The Yardstick Academy of Research and Development)

**The Cost and Duration** P800 for 1.25 hours

**The Instructor** Andre Chanco, one of Yardstick's founding partners

**The Curriculum** An introduction to specialty coffee, the workshop focuses on describing and identifying flavors. It lays the groundwork for an awareness of the subtleties in taste—and smell—of specialty coffee.

**The Target Audience** Anyone who wants to broaden their knowledge of coffee



## My experience

What do you taste when you drink coffee? I love coffee, but I never thought to ask that question. Coffee was always bitter, sweet, creamy—coffee tasted like coffee. Going into the class, I never even knew that specialty coffee was an actual term (a rather specific one, at that). But I was here to learn, and learn I did.

We started where most classes start: definitions. Specialty coffee, as it turned out, referred to coffee with a score of 80 or higher from professionals all over the world. All specialty coffee is Arabica, but not the other way around. Arabica plants are more fragile, more sensitive to their environment than their Robusta cousins. The more sensitive the plant is, the wider the range of flavors to be found in the bean. Specialty coffee isn't just bitter. It has a combination of different flavors, rounded out and balanced by the bitterness. Now, we were ready to taste them.

Conducted by Andre Chanco who

gained his coffee expertise while living and working in Singapore, the session felt very loose and intimate. He made a point of keeping the class small, to encourage interaction. Yes, there was a program, but everyone was welcome to comment and question all throughout. It made for an engaging discussion, which led me right to the heart of the class. We sniffed at canisters trying to guess the contents and sipped from cups of flavored water to identify which was salty, sour, or sweet. We learned how to cup, the way professionals evaluate coffee, first by smell, then by taste. None of us were experts by the end, but that wasn't the point. Everything we did was about starting a personal connection: with the coffee, our senses, even each other.

The workshop ended, but I was only beginning to discover what I wanted my coffee to taste like. Before I even stepped out the door, I was already thinking about my next cup.



## The lessons I learned

**1** A sensitive palate requires training. Don't worry if everything tastes the same at first. You'll get used to it.

**2** From farmers to baristas, a lot of people put in a lot of work to make that cup of coffee possible.

**3** Coffee will always be a matter of preference. It always comes down to how you want it to taste.



# RESTAURANTS

Bamba Bistro

Hanamaruken

Red Onion

Dish





Artichoke Crostini



Huevos Flamencos



Pizzookie

# Welcome home

**Bamba Bistro** serves comfort food with heartfelt hospitality.

REVIEW BY ANDREA Y. SEE

Over the phone, Tina Legarda's upbeat voice conveys her passion for food. Our visit to her restaurant in the BF Homes area, even without her around, left us with an indelible sense of graciousness. The interiors of Bamba are in a seeming likeness to the chef—it's a cozy space filled with delightful touches, such as the handwritten specials board and framed prints on the wall. Her passion is reflected in the details, and it is likewise demonstrated in what her kitchen churns out.

With an extensive list of offerings, one will be hard-pressed to make a decision, but diners are assured that any dish will be prepared with utmost care. For instance, the Artichoke Crostini pleases the eye and piques the palate: Pretty artichoke rosettes are perched on a bed of delicate basil purée and light ricotta, topped with slivered almonds for crunch, and enlivened by a sweet balsamic glaze.

At the heart of Bamba's menu are the substantial preparations that encourage sharing, a manifestation of the chef's welcoming mien. The Huevos Flamencos, served oven-hot, is a baked

dish of chorizo, ham, and ground beef in stewed tomatoes. With a sunny, runny egg dropped in, it is comfort food at its best. We ordered another round of the buttered homemade bread, jockeying to make sure every ounce was mopped up. For those who like it rich, sample the Duck Ravioli: Generous portions of duck and ricotta stuffed in homemade pasta bathe in a porcini mushroom cream sauce and is topped with truffle oil.

For dessert, What's my name again?!, with its triple Cs of chocolate, cream, and cornflakes atop a graham crust, is reminiscent of a homemade layered pie; it's a simple, sweet meal ender. The Pizzookie—a cookie served in a skillet with vanilla ice cream, salted caramel sauce, and walnuts—brings together crowd-pleasing elements.

During my visit, there were dishes that could be written off to a bad day, such as the Le Cochon Sliders that had greasy wonton crisps, but at Bamba, service enhances the experience, with staff displaying an attentiveness that more upscale eateries in the metro strive for. With food that is hearty and homey, this little bistro that could is a pleasant spot for neighborhood dining.

## in a nutshell

**BAMBA BISTRO**  
55 Aguirre Avenue,  
Barangay BF Homes,  
Parañaque City; tel.  
no. 519-7097

**MUST-TRIES**  
Artichoke Crostini  
(P290), Huevos  
Flamencos (P210),  
Duck Ravioli (P495)

**THUMBS UP** After  
your meal, move  
to the adjoining  
confiteria and enjoy  
homemade pastries  
over warm ambience.

# Bowl of champs

Hailing from Osaka, **Hanamaruken** brings a new brand of ramen happiness to Manila.

REVIEW BY DARREN MCDERMOTT

**O**saka is a city as famous throughout Japan for its rich food culture as it is for its unique local dialect. It's the birthplace of *okonomiyaki*, *takoyaki*, and *kushikatsu*. Wander into the Dotonbori district on any given evening and you'll find the steam rising from legions of *yatai* (street stalls) and small restaurants, thronged with locals and tourists alike.

Osaka is home to some of Japan's most revered ramen stables. Well regarded among them is Takaku Arakawa's Hanamaruken, which evolved out of his family's pork business and has grown to over 40 restaurants since the early '80s. The Arakawas have been in the business of supplying high-grade pork to ramen restaurants throughout Kansai since the '50s and now they've brought it to Manila.

Hanamaruken's menu is a celebration of pork in all its versatility—from its braised pork belly to sliced pork shoulder to the soft-boned pork rib and *tonkotsu* broth, Hanamaruken is porcine nirvana. The pinnacle of its porkiness is the Signature Happiness Ramen of which only a limited number of bowls are available each day. The sight of the large, slow-braised bone rib sitting atop the broth and noodles is visually arresting. One might think chopsticks and a spoon alone aren't enough to tackle the bowl, but the rib's succulent meat gives way easily and melds with the *shoyu tonkotsu* to infuse a rich smokiness throughout the bowl.

The Pot Belly Ramen is a more traditional *buta bara* (pork belly) ramen; it's melt-in-your-mouth tender. Hanamaruken's noodles are thin and hard



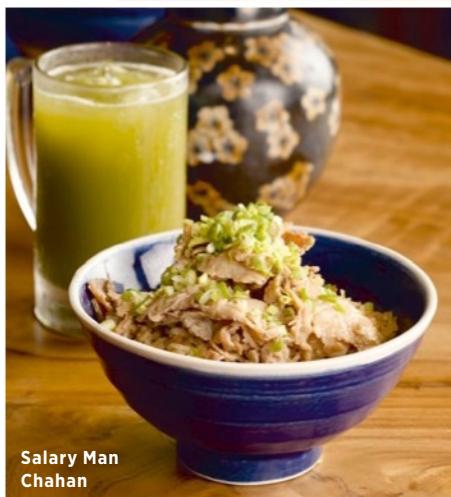
in the Hakata style and pair very nicely with the medium *kotteri* (thick) *shoyu tonkotsu* broth. Adding in a nicely executed *ajitama* (marinated boiled egg) is always a winner. Hanamaruken also offers Spicy Tobanjan Ramen and Curry Tan Tan Mien for those who like some heat.

What's a bowl of ramen without something on the side? With a nice sear on the outside and tightly packed moist minced pork and spring onions, Hanamaruken's juicy gyoza doesn't disappoint. Want a little crunch? The chicken *karaage* is top notch and reminiscent of old-school *izakaya* fare.

An old Kansai proverb exhorting pleasure seekers to "kuidaore" or "eat till they drop in Osaka" is a challenge that can easily be taken up at Hanamaruken, but you won't feel the need to rush as the comfortable surroundings and attentive staff make it conducive to lingering a little longer.



Signature Happiness Ramen



Salary Man Chahan

## in a nutshell

**HANAMARUKEN** 2/F  
Trinoma Mall, North Avenue corner EDSA, Quezon City; tel. no. 720-9283

**MUST-TRIES** Signature Happiness Ramen (P480), Pot Belly Ramen (P380), Drunk Man Rice Bowl (P240), Gyoza (P150), Karaage (P220)

**THUMBS UP** Looking for a ramen alternative? Hanamaruken offers an extensive selection of rice bowls topped with porky delights.



Green Onion Chicken, Fried Rice, and Sichuan Mala Chicken

## A taste of Taipei

At **Red Onion**, a bold welcome awaits your first encounter with Taiwanese cuisine.

REVIEW BY SASHA LIM UY

**T**hough our countries are geographically close, Taiwanese fare is still largely an enigma in Manila. But the modest cuisine is crossing culinary borders with dishes that are packed with bold flavors.

Leading the charge is Red Onion's Gourmet Beef Noodles. It's spiked with 39 special secret spices, so a sip of its broth will surely delight with an explosion of flavor. Next, the 39 Spices Beef Noodles is Red Onion's specialty: It's a salty, saucy, herby bowl with cubes of beef and noodles—your choice between thin or hand-shaved. The production of the latter involves a spectacle of sorts, staged in a glass-encased corner of the kitchen where a robot (yes, a robot!) efficiently shaves thick stubby strings into a large boiling pot of broth. The noodles, as with the intensely seasoned broth, come unlimited so you can appreciate all the flavors to your heart's desire. Too bad the glistening beef cubes that instantly dissolve in your mouth—the highlight of every bowl—stand firm at eight pieces, enough only for your first refill. The 39 spices make another appearance in the Sichuan Spicy Mala. Imagine the heartiness of regular beef, but with an added layer of intense heat. "Mild" isn't mild at all, but a tear-jerking hotness that can only be soothed by two glasses of their creamy Papaya Milkshake.

Unfortunately, Red Onion doesn't offer *xiao*



Gourmet Beef Noodles



### in a nutshell

**RED ONION CAFE**  
G/F Ayala UP Town Center, Katipunan Avenue, Quezon City; tel. no. 955-2263

**MUST-TRIES** Sichuan Spicy Mala (P258/all meat; P228/meat and tendon), Gourmet Beef Noodles (P288/all meat; P258/meat and tendon), Green Onion Chicken (P198 to P378), Shi Lin Night Market Pork Chop (P188), Red Onion House Fried Rice (P188), Taiwanese Papaya Milk (P128)

**THUMBS UP** Continue the Taiwanese experience at home by buying a bottle of their Sichuan Mala Chili Oil.



CHECK OUT

## The Girl + The Bull

Looking for the best buttermilk fried chicken in town? Head down south and check out The Girl + The Bull at the far end of Aguirre Avenue in BF Homes. There, you'll be welcomed by artful interiors and a laid-back vibe. Take a minute or two to snap some photos of the highly Instagrammable space before moving on to the main event: the fried chicken, pride and joy of owners Gab Bustos and Thea de Rivera who make sure the 12-hour brining process results in crisp, golden, juicy meat. The same eye for detail is showcased in other beautiful dishes like the Wild Arugula Salad, Maple Pork Belly, and Hanging Tender. For the perfect meal-ender, order the Faux Twix Bar—layers of delicate shortbread, rich caramel sauce, and decadent chocolate, sprinkled with some sea salt. It's another masterpiece you shouldn't miss. **The Girl + The Bull is at 346 Aguirre Avenue, BF Homes Parañaque City (mobile no.: 0905-5722556).**

### EVERYONE'S TALKING ABOUT... Beni's Falafel!

Warm homemade pita bread is generously stuffed with golden, crunchy chickpea patties, chopped fresh tomatoes, and shredded cabbage. To finish it off, the authentic wrap is drizzled with Beni's special yogurt sauce. It's a healthy and delicious alternative to fast food sandwiches, and at P135, it's a great bargain to boot.



Want to try good, authentic Indian food but don't know where to start? Have your fill of samosas, chicken biryani, and paneer tikka at **OM Lifestyle + Café**. This quaint spot in San Juan will give you the perfect introduction to Indian cuisine as the spices are used carefully to avoid overwhelming the Filipino palate. The space also doubles as a lifestyle store, so make sure to pick up Indian jewelry and tableware on your way out.



French Escargot, Italian Four Cheese Pizza, Filipino Guava Pork Adobo—find all these and more at **M Bistro by Mesclun**. The restaurant showcases chef-owner Katrina Kuhn Alcantara's culinary style, which takes inspiration from various cuisines. So whether it's the Hawaiian poke or house-cured corned beef you want, M Bistro can satisfy every one of your cravings.

# Yummy Lessons



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

Cook **LECHON MANOK**  
in your own kitchen

• Whip up some  
**MARINATED TOFU**

• Make your own  
**CHOCOLATE SPOONS**

• Make **ONIGIRI** with  
the kids

• Prepare 10 new **GRAB-**  
**AND-GO BREKKIES**



PHOTOGRAPHY: PATRICK MARTIREZ. TEXT & STYLING: RACHELLE SANTOS.

## Red hot!

Chilies give food a deliciously fiery kick. Capsaicin, a compound found in chilies, is responsible for this intense heat. When chopping chilies, make sure to wear thick rubber gloves and to wash your knife and chopping board thoroughly after chopping to prevent capsaicin oil from burning your skin or transferring to the other ingredients that you will be prepping. Always remember to avoid touching your eyes and nose. To tame the heat level that the chilies impart to your dishes, remove the seeds and the white rib where capsaicin is concentrated. This way, your creations still get a mild kick without the overwhelming heat.

**Yummy Lessons**  
BACK TO BASICS



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

*Lechon manok* may be sold on every street corner, but with so little effort required to prepare this all-time favorite, why not consider making it at home? The secret to a moist and flavorful roast chicken is in the herbs stuffed in the cavity and the butter tucked underneath the skin. Feel free to experiment with other aromatics such as lemon slices and herbs like rosemary and tarragon. Try rubbing the skin with your personal spice mix for a boost in flavor. Finally, after roasting, make sure to collect all the tasty drippings and use it to make a sumptuous gravy. Bon appétit!



# Lechon Manok

**Serves 4** **Prep Time** 15 minutes, plus marinating time **Cooking Time** 1 to 1½ hours

## WHAT YOU NEED

- ✓ 1 (1.2-kilo) whole chicken, washed and dried
- ✓ 1 (150-ml) pack barbecue marinade (we used Mama Sita's)
- ✓ ¼ cup *calamansi* juice
- ✓ salt and pepper, to season
- ✓ 4 stalks lemongrass (*tanglad*), trimmed, stalks pounded, and leaves tied in a knot
- ✓ 4 pandan leaves, tied in a knot
- ✓ cloves from 2 heads garlic, smashed
- ✓ ¼ cup butter or margarine, plus 3 tablespoons melted butter or margarine
- ✓ gravy, pork liver *lechon* sauce, or banana ketchup, to serve (optional)

## WHAT TO DO

- 1 Marinate chicken in barbecue marinade and *calamansi* juice for 4 hours or overnight in the refrigerator.

## Tip

TO TRUSS THE CHICKEN, POSITION THE CHICKEN BREAST SIDE UP ON A CLEAN SURFACE. CROSS THE LEGS AND TIE THEM TIGHTLY WITH KITCHEN TWINE. NEXT, TUCK THE WINGS UNDER THE BREAST.

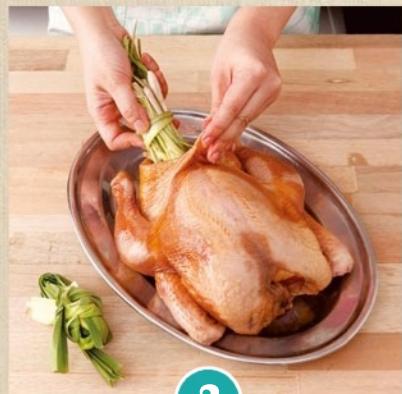
**2** Rub chicken skin and cavity with salt and pepper.

**3** Stuff chicken cavity with lemongrass, pandan leaves, and garlic cloves.

**4** Spread butter or margarine underneath the skin of the breast and leg parts, being careful not to tear the skin.

**5** Truss the chicken (see tip). Place chicken on a baking rack with a baking sheet or pan underneath.

**6** Roast in a turbo broiler or in a preheated oven set at 350°F for 1 to 1½ hours, occasionally basting the chicken with melted butter. Roast until the chicken is golden brown and the juices run clear when the thickest part of the chicken legs or thighs are pierced. If the breast is already cooked but the legs and thighs are not, remove the chicken from the oven or turbo broiler, cover the breast and wings with aluminum foil to keep them from drying out, then place the chicken back in the oven or turbo broiler to cook through. Serve hot with your preferred sauce.



3



4



6



6



**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).

## RECIPE FILE

### Marinated Tofu

*Adobo, daing na bangus, and menudo* are all *baon* staples—unfortunately, *tofu* isn't in the equation. Maybe because it's only known for being deep-fried or used for *taho*; perhaps its mild flavor turns people off. The key to flavorful *tofu* is to marinate it overnight or at least an hour. Here's my go-to marinated *tofu* recipe; I like to make a big batch, store it in the fridge for up to a week, and cook whenever I please. I love it with sautéed vegetables and brown rice, or over a salad or stir-fried noodles. Feel free to play around with the marinade components—switch up the juices, omit the ginger, or pump up the garlic. You can also dredge it in flour before pan-searing to get it crispy.

Slice **1 (300-gram) block tofu** into 8 slabs. Blot well with paper towels to remove excess moisture. Place *tofu* in a container. Whisk together **1/2 cup warm water** and **1/3 cup muscovado or coconut sugar** in a bowl until dissolved. Stir in **4 cloves garlic (minced)**, **1/4 cup pineapple or orange juice**, **1/2 cup soy sauce**, and **2 teaspoons grated ginger**. Pour marinade over *tofu*; chill for at least 1

hour or up to 1 week in the refrigerator.

Preheat oven to 375°F. Remove *tofu* from the marinade and brush with **sesame oil**. Place on a baking dish and pour a spoonful of marinade over each slice. Bake for 25 minutes, flipping *tofu* halfway through and spooning more marinade over it. Alternatively, pan-fry *tofu* in some **vegetable oil** over medium heat until browned and slightly crisp.



THE MARINADE CAN ACCOMMODATE UP TO 2 (300-GRAM) BLOCKS TOFU.

THREE WAYS WITH...

## Eggplant



### SPREAD IT GOOD

Make a flavorful lemony spread for sandwiches or to serve with crackers. Grill, peel, and chop 6 eggplants; mash with garlic, olive oil, lemon juice, salt, and pepper.



### CARB-FREE LASAGNA

Have some lasagna without the carbs—sub eggplant for the noodles. Slice eggplant into long 1/2-inch-thick slices and roast in the oven at 400°F for 7 minutes on each side.



### SALAD ADDITION

Give your favorite salad (or a fuss-free combination of lettuce and tomatoes) some smoky goodness by adding roasted eggplant slices simply seasoned with salt and pepper.

FOOD  
FIND



## Leaf Kitchen's Raw Super Chews

The next time you get the munchies, try these nutrient-rich, nut- and seed-based savory crackers. They're great alone or with salads and soups. Flavors include cheesy pimiento, curry rosemary garlic, onion dill, and barbecue. **Find Leaf Kitchen's Raw Super Chews at [www.thesuperfoodgrocer.com](http://www.thesuperfoodgrocer.com) for P300 per container.**



## HOW CAN I GET MY KIDS TO EAT MORE VEGETABLES?

A

If you're pregnant or are nursing, now is the time to eat vegetables.

Studies show that flavors from the mother's diet are transmitted through amniotic fluid and breast milk. Eating greens now will help get your baby used to their clean fresh flavor.

Exposing kids to vegetables as soon as they start to eat solids is extremely important. This helps them get used to the taste! (If they can't chew yet, go ahead and purée some vegetables.) Instill good eating habits early on and limit junk food. My 16-month-old niece loves my green smoothies. Blend fresh fruit (mangoes, pineapples, bananas) with ice and leafy greens (lettuce, *pechay*, or spinach). They're so nutritious!

Another trick to get your kids to eat their greens is to blend vegetables into their favorite foods. Blend steamed white *kamote* and cauliflower into mashed potatoes; purée zucchini and carrots, and fold them into tomato sauce for pasta. You can also serve vegetables with flavorful sauces. I like making a dairy-free cheesy sauce with puréed squash as the base.

Kids who are exposed to cooking and preparing vegetables will most likely eat them, too. Bring them with you to the supermarket when you shop for produce. Get them to wash leafy greens and peel carrots, or chop veggies if they're eight years old or older. Before you know it, your kids will want to eat their veggies and may inspire you to do the same.

## Healthify this!

### ALL-FRUIT, SUGAR-FREE POPSICLES

Here's a perfect after-school snack idea: Blend whole fresh fruit in a blender (try strawberries, bananas, mangoes, pineapples, or oranges—or have fun with different fruit combinations), pour into popsicle molds, and freeze. Easy!





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5

## Chocolate Spoons

These simple treats make preparing chocolate milk with the kids so much fun! You can also use them to stir some chocolatey goodness into your coffee.

### WHAT YOU NEED

- ✓ 250 grams good-quality baking chocolate, chopped (we used dark and white chocolate)
- ✓ 125 ml heavy cream
- ✓ 1/4 cup assorted sprinkles
- ✓ 8 to 10 plastic or wooden spoons

### WHAT TO DO

- 1 Place chocolate in a clean and dry stainless-steel bowl. Set aside.
- 2 Pour cream in a saucepan and boil over medium-high heat.

3 Pour the hot cream over the chocolate and let rest for 5 minutes. Stir until the mixture is smooth.

4 Let the chocolate ganache set in the chiller for 45 to 60 minutes.

5 Once the ganache has set, dip and coat spoons one at a time, immediately topping with sprinkles. Chill in the refrigerator to set.

6 To make hot chocolate, place hot milk in a mug and stir using the spoons. The chocolate will melt into the hot milk.

**Makes 8 to 10 spoons.**



# Onigiri

We used canned tuna for these super cute lunch treats, but you can try other fillings, too. Think salmon, shrimp, or even leftover adobo flakes!

● **WHAT YOU NEED**

- ✓ 2 cups cooked Japanese rice
- ✓ 1 (100-gram) can tuna in brine
- ✓ nori strips
- ✓ 1 tablespoon black and white sesame seeds (optional)

● **WHAT TO DO**

- 1 Place a 2-inch cookie cutter on a tray. (We used a heart-shaped cutter, but you can use other shapes, too.) Pack rice into cutter until about  $\frac{1}{4}$ -inch thick. Unmold heart-shaped rice. Repeat to make another piece.
- 2 Spoon about a teaspoon of tuna in the middle of 1 heart, leaving some space on the sides.
- 3 Sandwich the filling by placing the second heart on top. Seal edges with your fingers, being careful to retain the shape.
- 4 Wrap with a nori strip and sprinkle with sesame seeds, if desired. Repeat with the remaining ingredients. **Makes 4 pieces.**



**Tip**

PREVENT THE RICE FROM STICKING TO YOUR HANDS! SIMPLY WET YOUR HANDS WITH WATER AND RUB WITH COARSE SALT BEFORE HANDLING THE RICE.



1

2

4



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

### 1 Cereal thriller

Enjoy a tall glass of ice-cold milk infused with the flavor of your favorite cereal. Here's how: Toast your cereal of choice until fragrant. Combine toasted cereal and milk in a glass; let sit for 30 to 45 minutes. Strain, add honey and vanilla extract; chill. Bottoms up!

### 2 Waffle time

Can't get enough of waffles? Turn these crunchy, fluffy treats into a wafflewich and bring it everywhere you go! Make a classic BLT wafflewich: Lay lettuce and tomatoes on one waffle; top with another waffle, some ham, bacon, and shredded cheese; then top it all with one last waffle. You're good to go!

### 3 Snuggle up

Make Pinoy-style pigs in a blanket by using two local favorites: *longganisa* and *pandesal*. Flatten a *pandesal* using a rolling pin. Lay a pre-cooked *longganisa* over the flattened bread and roll tightly. Secure with a toothpick and toast to desired doneness.

### 4 Banana buns

No time to bake banana bread in the morning? Fret not and try this simple trick instead: Spread peanut butter

# Breakfast on the go

Are you a victim of the morning rush? Don't forget the most important meal of the day! Here are 10 quick grab-and-go eats.

### WAFFLE TIME



on the insides of a hotdog bun and fill with a whole, peeled banana. Drizzle with chocolate or caramel syrup and sprinkle with some crushed nuts. It's just like a hotdog in a bun but with a sweet surprise!

### 5 Wrap remix

The usual *silog* requires you to sit down and use both hands to enjoy the meal. You can't do that when you're late for an early morning meeting, right? The solution: Wrap the whole meal and make a breakfast burrito. All you need to do is place the usual components on top of a heated tortilla then roll, wrap, and go!

### 6 Overnight sensation

Prepare your breakfast the night before and save yourself some precious sleeping time. Make overnight oats by combining rolled oats, milk, nuts, dried fruit, and honey in a jar. Seal and store in the refrigerator overnight. In the morning, just add some chopped fresh fruit

and more nuts and you're ready to head out the door.

### 7 Caffeine fix

Still want to enjoy a cup of joe even when on the go? Avoid spills by turning your beloved beverage into coffee buns instead. It's quick, practical, and keeps you away from messy situations. Head to [Yummy.ph](http://Yummy.ph) for the recipe!

### 8 Pop stars

Here's an idea your kids will love. Hand them some mini pancake pops which they can enjoy on the way to school. It's as easy as placing wooden stirrers or skewers on the center of mini pancakes

while they're still cooking. Don't forget to pack them with a cup of fruit-flavored syrup for dipping!

### 9 Fruity surprise

An apple a day should keep the doctor—and all the bad vibes—away! Prepare apples with a surprise center: Slice an apple in half and scoop out the core and some of the flesh around it. Place a spoonful of your favorite spread into each half (think peanut butter and jam or chocolate spread), sprinkle with nuts, then wrap to form a whole apple again.

### 10 So egg-citing

Guess what? You can make scrambled eggs in your microwave! To make this morning treat, just beat eggs in a regular mug then add some herbs, seasonings, and flavorings. Microwave on high for 30 seconds, stir, then cook again for another 30 seconds. It's so easy!

# INDEX

This Month's Recipes  
by Category

## APPETIZERS

- 56 Baked Pork Buns
- 10 Grilled Cheese Sticks
- 53 Japanese Siomai
- 81 Onigiri
- 57 Pork and Shrimp Siomai
- 53 Shrimp Dumplings (Hakaw)

## SANDWICHES AND WRAPS

- 10 Caramel, Apple, and Brie Sandwich
- 10 Cheesy Mushroom and Onion Sandwich
- 43 Chicken and Grilled Vegetable Sandwich
- 43 Chicken Roll-ups
- 45 Cream Cheese Chicken Fillet Burger
- 45 Creamy Cheesesteak Sandwich
- 36 Grilled Chicken Shawarma
- 40 Grilled Chorizo- and Blue Cheese-stuffed Burgers with Candied Bacon
- 44 Hearty Tuna Sub Sandwich
- 37 Kani and Mango Fresh Spring Rolls
- 10 Margherita Sandwich
- 34 Tapa Breakfast Burritos
- 44 Tuna and Scrambled Egg Sandwich
- 35 Tuna Salad Roll-ups

## SALADS

- 60 Chicken, Bacon, and Mozzarella Chopped Salad with Ranch Dressing
- 63 Fragrant Beef Salad with Vietnamese Dressing
- 41 Grilled Potato Salad
- 65 Japanese Stir-fried Vegetables
- 59 Pork, Udon, and Wilted Bok Choy Salad with Soy-Garlic Dressing
- 09 Rainbow Salad in a Jar
- 62 Shrimp and Tuna Salad with Vinaigrette
- 59 Southwestern Rice and Bean Salad with Chipotle Cream Dressing
- 61 Tofu Sesame Soba Salad with Sesame-Ginger Vinaigrette

## FISH AND SEAFOOD

- 68 Crispy Bean Steamed Cod
- 21 Curried Prawn Fried Rice
- 44 Hearty Tuna Sub Sandwich
- 37 Kani and Mango Fresh Spring Rolls
- 57 Pork and Shrimp Siomai
- 62 Shrimp and Tuna Salad with Vinaigrette
- 53 Shrimp Dumplings (Hakaw)
- 44 Tuna and Scrambled Egg Sandwich
- 35 Tuna Salad Roll-ups

## MEAT AND POULTRY

- 56 Baked Pork Buns
- 50 Barbecue Chicken Fried Rice
- 46 Beef Burger Patties

- 54 Bola-bola Siopao
- 43 Chicken and Grilled Vegetable Sandwich
- 60 Chicken, Bacon, and Mozzarella Chopped Salad with Ranch Dressing
- 50 Chicken Barbecue
- 48 Chicken Casserole
- 49 Chicken Casserole Pies
- 28 Chicken Estofado
- 43 Chicken Roll-ups
- 45 Cream Cheese Chicken Fillet Burger
- 45 Creamy Cheesesteak Sandwich
- 49 Creamy Chicken and Mushroom Casserole Pasta
- 51 Easy Pancit Canton with Chicken Barbecue
- 63 Fragrant Beef Salad with Vietnamese Dressing
- 36 Grilled Chicken Shawarma
- 40 Grilled Chorizo- and Blue Cheese-stuffed Burgers with Candied Bacon
- 67 Herb-crusted Chicken
- 53 Japanese Siomai
- 76 Lechon Manok
- 47 Meatball Pasta with Creamy Tomato Sauce
- 46 Pan-grilled Mediterranean Burger Steak with Garlic-Yogurt Sauce and Vegetable Fried Rice
- 22 Pork and Green Bean Stir-fry
- 57 Pork and Shrimp Siomai
- 56 Pork Asado
- 31 Pork Schnitzel
- 59 Pork, Udon, and Wilted Bok Choy Salad with Soy-Garlic Dressing
- 55 Taosi Spareribs
- 34 Tapa Breakfast Burritos

## DESSERTS AND SWEET SNACKS

- 25 Chocolate Candy Cookies
- 37 Crispy Bananas Foster Spring Rolls
- 30 French Toast with Roasted Cinnamon Apples
- 41 Peach and Toasted Pound Cake Sundaes
- 27 Peanut Butter Crisp Bars

## OTHERS

- 43 Chicken Bacon Spread
- 80 Chocolate Spoons
- 45 Garlic Cream Cheese and Mushroom Spread
- 12 Malunggay Pesto
- 78 Marinated Tofu
- 20 Pasta with Bacon, Peas, and Ricotta
- 44 Tuna Pesto Spread
- 11 Warm Vanilla Milk

# DIRECTORY

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

## SUPERMARKETS AND GROCERIES

**Assad Mini Mart**  
G/F Eurocrest Building, 126 Jupiter Street,  
Bel-Air Village, Makati City (tel. no.: 897-2543)

## Marketplace by Rustan's

G/L Power Plant Mall, Rockwell Drive corner  
Estrella Street, Makati City

## 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).

## S&R Membership Shopping

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

## Santis Delicatessen

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

## Shopwise

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

## Unimart

Greenhills Shopping Center, Ortigas Avenue, Greenhills, San Juan City (tel. nos.: 721-0572, 722-6795)

## RESTAURANTS

### Beni's Falafel

4632 Valdez Street, Poblacion, Makati City (mobile no.: 0906-3491300)

### M Bistro by Mesclun

G/F Eastwood Mall, Libis, Quezon City (tel. no.: 900-0503)

### OM Lifestyle + Store

2/F Fox Square Building, 53 Connecticut Street, San Juan City (tel. nos.: 705-7072, 631-6983; mobile no.: 0917-5067288)

### Pio's Kitchen

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

## ESTABLISHMENTS FEATURED IN "BACK TO SCHOOL"

### The Cookery Place

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

### EDSA Shangri-La

1 Garden Way, Ortigas Center, Mandaluyong City (tel. no.: 633-8888); [www.shangri-la.com/manila/edsashangrila/](http://www.shangri-la.com/manila/edsashangrila/)

### Gourdo's

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

### Henry Sison Culinary School

33 Boni Serrano Avenue, Quezon City (tel. no.: 412-7792; mobile no.: 0918-3715478); [info@henysison.com](mailto:info@henysison.com); [www.henysison.com](http://www.henysison.com)

### Yardstick Coffee

G/F Universal LMS Building, 106 Esteban Street, Legaspi Village, Makati City (tel. no.: 845-0073; mobile no.: 0917-7236079); [hello@yardstickcoffee.com](mailto:hello@yardstickcoffee.com); [www.yardstickcoffee.com](http://www.yardstickcoffee.com)

# making it

by Kristine  
D. Fonacier

## THE BUTCHERY ARTISAN SAUSAGES

BY JESSICA GALLEGOS AND KIKO DY

There's that saying that people who like sausage and respect the law shouldn't see either being made.

If you're squeamish about raw meat, it may get a little difficult to see the ground meat stuffed into its casings, which are traditionally made from a layer of beef or sheep intestines. Not the most glamorous process, but refined over the years, it does allow for the most delicious marriages of meat and flavorings.

Jessica Gallegos and Kiko Dy, the pair behind The Butchery, have always loved food and travel, and have made it a point to attend culinary classes wherever they go. That was how they found themselves attending a sausage-making class in Brooklyn, New York, which also marked the beginning of their sausage journey.

Their broad knowledge of international cuisines shows itself in the flavors they chose to play around with—they eventually settled on seven perfect links that they began offering to the public in December last year: mint and tarragon, jalapeño, rosemary and red wine, Parmesan and parsley, saffron, caramelized onion and mozzarella, and their version of the buffalo wing, a chicken sausage flavored with celery and spices.

Made fresh and always by hand, the flavors range from subtle and delicate to hearty and robust, and the meat—mixed in with just the right amount of fat for each variant—cooks perfectly.

Using organic meat and only premium ingredients, the sausages aren't inexpensive (a sampler set of all the different flavors costs upward of P1,300), but the flavors don't lie: In the weeks that followed, The Butchery sold over 150 kilos of sausages. That's about three times the weight of a small adult, and it's certainly a lot of sausages. It's a lot of work that goes into producing every juicy, tasty link.

You've got to hand it to Jessica and Kiko: Though they have staff working the commissary from which the sausages are churned out, you will always find at least one of them working the kitchen. And that's the secret ingredient to really good sausages: the care that can only come from working with your own hands.



For orders and inquiries, contact  
THE BUTCHERY at 0917-7955005, email  
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## Sweet and Savory California Raisins

All natural. Fat and cholesterol free. Naturally low in sodium and naturally sweet (containing no added sugar). A great addition to the day's total intake of dietary fiber and potassium. All these, combined, make California Raisins truly beneficial to health.

For a wife and mom like Chef Jackie Ang Po, who runs her own Fleur de Lys Patisserie, these facts matter. She uses a lot of California Raisins in her bakeshop, and she feels secure in the knowledge that she is using a healthy ingredient.

"We often associate raisins with the famous Raisin Bread of Baguio, but we also use a lot of raisins in savory dishes like morcon, galantina and embutido. It is not uncommon to use California Raisins in both sweet and savory recipes," says Chef Jackie.

Chef Jackie's *California Raisin Pecan Tart with Dark Chocolate Ganache and Raisin Vanilla Marshmallows*, highlights the wonders of California Raisins in terms of flavor, plumpness and juiciness, and texture as a baking ingredient. Chef Jackie gives her raisin pecan tart a brownie-like texture and moistness. She made small square cakes instead of a big one so she could plate them nicely and garnish them with raisin vanilla marshmallows and chocolate strings. When assembled, the California Raisin Pecan Tart looks heavenly. It is great for a sit-down dinner but is also well-suited in a casual dining setting.

### California Raisin Pecan Tart with Dark Chocolate Ganache and Raisin Vanilla Marshmallows

By Chef Jackie Ang Po

#### Ingredients:

110	grams	Butter, cubed, softened	45	grams	Hot water
90	grams	Cream cheese	8	grams	Unflavored powder gelatin
100	grams	All-purpose flour	45	grams	Cold water
20	grams	Cocoa powder	75	grams	California Raisins
1		Egg			
130	grams	Brown sugar			
60	grams	Butter, melted			
65	grams	Pecans, coarsely chopped			
65	grams	California Raisins, soaked in water			

#### Procedure:

1. Preheat oven to 325°F.
2. **For the pastry:** In a bowl of an electric mixer, beat butter and cream cheese on medium speed using a paddle attachment.
3. Reduce the speed to low and gradually stir in the flour and cocoa powder.
4. Line baking pan with sheeted dough.
5. **For the filling:** In a small bowl, combine egg, brown sugar and butter. Stir until well combined. Stir in the pecans and California Raisins.
6. Spoon the filling into each crust. Bake in the oven until set. Allow to cool completely.
7. Decorate with chocolate ganache and California Raisin marshmallows.

### California Raisin Marshmallows

#### Ingredients:

100	grams	Sugar	100	grams	Dark chocolate
75	grams	Light corn syrup	150	grams	Heavy cream
1	pod	Vanilla bean	10	grams	Corn syrup

*Extra powder sugar and cornstarch (1:1) for dusting*

#### Procedure:

1. Mix gelatin in hot water, stir and let stand. Set aside.
2. Add and combine sugar, vanilla bean seeds, cold water, corn syrup, flavoring and color.
3. Blend well and cook until it reaches 240°F.
4. In a mixer, beat until thick, snowy white and heavy for approximately 10 minutes.
5. Pour into a tray lined with parchment paper and sprinkle California Raisins. Cool overnight.
6. Cut into squares and dust with powder sugar and cornstarch.

### Dark Chocolate Ganache

#### Ingredients:

100	grams	Dark chocolate
150	grams	Heavy cream
10	grams	Corn syrup

#### Procedure:

1. Heat cream and pour over chocolate and corn syrup. Stir and strain. Set aside and refrigerate until needed.

### Chef Jackie Says:



"You need to treat your ingredients right. If you do, like any other type of food or ingredient, it should work well for you. The important thing to remember is that your ingredients have to go well with one another. You shouldn't force the issue. That's a mistake that a lot of people commit. Thankfully, California Raisins work well with most other ingredients, so you can use them in a lot of recipes, both sweet or savory."



### Be the first 100 Yummy readers to respond to our survey to get 'The Sweet Stage' California Raisin recipe book!

Simply answer these questions and email your answers together with your details (name, address and telephone number), to [californiaraisinspromo@gmail.com](mailto:californiaraisinspromo@gmail.com).

1. Are you aware of the high quality of California Raisins?
2. Are you aware of the health benefits of California Raisins?
3. Do you buy raisins for consumption as a daily diet/snack?
4. Do you use California Raisins in your home cooking/baking at least once a week?



## Kitchens by Whirlpool

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