

BEST BREAKFASTS fresh new takes on pancakes and French toast



EASY MEALS EVERY DAY

AUGUST 2014

Family favorites



BONUS!
YUMMY KIDS ☺
MINI MAG
flip to back

Trio of
Beef Tacos

BACON BONANZA

11 recipes using
the crispy treat



BUTTERMILK
FRIED CHICKEN
**SALTED CARAMEL
PASTILLAS**
GRILLED THREE-
CHEESE SANDWICH
CHOCOLATE AND
COFFEE CHEESECAKE
OSO BUO
BUTTERFINGER PIES
PECAN PIE
PASTA CARBONARA
TRIPLE CHOCOLATE
BROWNIES

ISSN 1908-5869

07



THE
COMPLETE
GUIDE TO

SELECTING + STORING PANTRY STAPLES



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Must Cook

Soup Recipes

Coconut Curry Soup over Vermicelli Noodles

Ingredients:

- 250 grams Sapporo Long Kow Vermicelli (sotanghon)
- 2 cups fresh coconut milk
- 1 green or red bell pepper, sliced
- 1 small zucchini, sliced into matchsticks
- 2 carrots, sliced into matchsticks
- 3-4 tbsps.. hot curry paste
- 1 tbsp. soy sauce
- 10 basil leaves, chiffonade
- 1 cup baby bok choy, stalks sliced, leaves chiffonade
- 2 cups vegetable broth
- 2 tbsps. vegetable oil

Procedure:

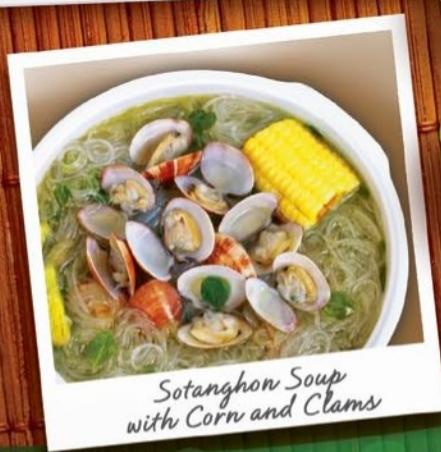
Soak the Sapporo sotanghon in hot water for 15 minutes. Drain and set aside. Heat the vegetable oil in a large saucepan then add in the curry paste and stir until combined, allowing to cook for about 1 minute. Pour in the coconut milk and vegetable broth, bringing to a boil. Add in the carrots and allow to cook for a couple of minutes. Pour in the soy sauce, along with the zucchini, bell pepper, and bok choy stalks. Cook until they reach the desired consistency. Add in the bok choy leaves and cook for another minute. Turn off heat and add the basil, stirring until combined. Place the sotanghon into bowls then pour the soup and put the basil leaves on top. Serve and enjoy this rich and flavourful dish!



Get hooked on more
Soup dishes. Log on to
www.sapporo products.com.ph



Sotanghon Shabu Shabu



Sotanghon Soup
with Corn and Clams



Noodleliciously Healthy

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YUMMY Kids mini mag



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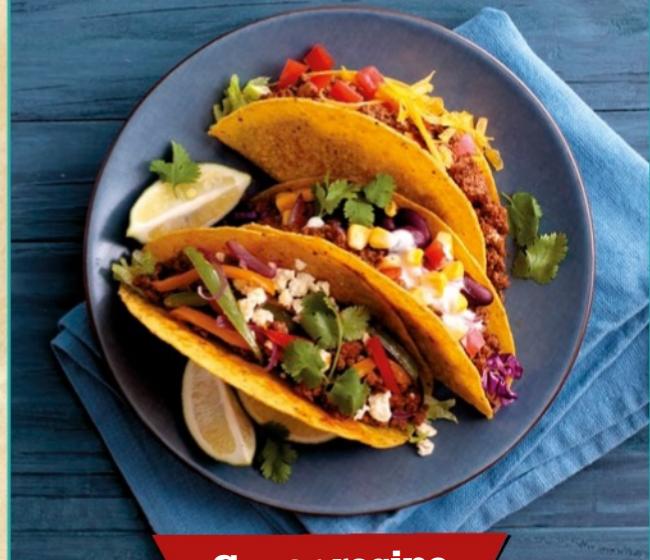
Southern comfort

Chocolate and Coffee Cheesecake

Pg. 24



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Cover recipe

BEEF TACOS WITH SAUTÉED BELL PEPPERS AND FETA CHEESE

Tacos are easy, accessible, healthy, and family-friendly. What more could you ask for?

Makes 8 **Prep Time** 30 minutes **Cooking Time** 20 minutes

- ✓ cilantro sprigs for garnish
- ✓ lime wedges, to serve

FOR THE BEEF FILLING

- ✓ 2 tablespoons chili powder
- ✓ 2 teaspoons ground cumin
- ✓ 1½ teaspoons ground coriander
- ✓ 1 teaspoon ground oregano
- ✓ ¼ teaspoon cayenne pepper (optional)
- ✓ 1 tablespoon vegetable oil
- ✓ ½ cup chopped white onions
- ✓ 2 teaspoons minced garlic
- ✓ ½ kilo ground round
- ✓ 1 (110-gram) pack tomato sauce
- ✓ ½ cup chicken stock
- ✓ 1 teaspoon brown sugar

1 Make the beef filling: Combine chili powder, cumin, coriander, oregano, and cayenne pepper in a bowl. **2** Heat oil in a large frying pan. Sauté onions and garlic until fragrant and tender. Add spice mixture; cook for 20 seconds.

3 Add beef; mix well. Cook until beef turns brown. Season with salt.

4 Add tomato sauce; mix well. Cook for 1 minute.

5 Add chicken stock and brown sugar; lower heat. Simmer for 15 minutes or until beef is tender and sauce has reduced. Adjust seasoning. Set aside.

6 Make the bell pepper topping: Heat oil in a frying pan. Sauté onions until translucent. Add bell peppers; season with salt. Cook until tender. Set aside.

7 Fill shells with 2 tablespoons lettuce. Top with 4 tablespoons beef. Add bell peppers and feta. Garnish with cilantro. Serve with lime wedges on the side.

FOR THE BELL PEPPER TOPPING

- ✓ ½ tablespoon vegetable oil
- ✓ ¼ cup thinly sliced red onions
- ✓ 1 cup thinly sliced assorted bell peppers
- ✓ 8 corn taco shells, heated
- ✓ 1 cup shredded iceberg lettuce
- ✓ ½ cup crumbled feta cheese

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EDSA Beverage Design Group



CAPTIVATING PASTA CREATION of the Month

AJ OMANDAC
Watercolor

Inspired by the nostalgic vibe of The Beatles' "Penny Lane" song, this artwork captures the inimitable joy of preparing good food--scouting for ingredients, the smiles you receive along the way, and the anticipation of something good and tasteful...

Pastabilities do not start and end on the dinner plate. It's the burst of emotions and memories that a bonafide pasta lover feels and remembers in every flavorful bite of his favorite pasta dish.



Watch out
for another
captivating
pasta creation
next issue!

Love the Pastabilities!



Bring your own pasta creation to life with this recipe:

PENNE IN CREAMY TOMATO

Ingredients

250g La Filipina Penne, cooked
500ml tomato Sauce
50g white Onion, minced
20g garlic, minced
30g olive oil
30g fresh Basil, chiffonade cut
150g culinary cream
15g parmesan cheese
sugar, to taste
salt and pepper, to taste

Procedure

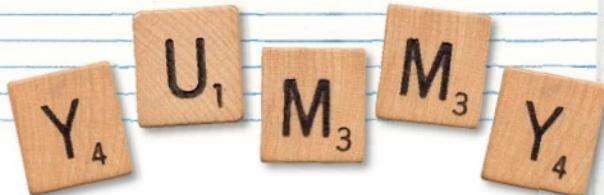
1. Saute onions and garlic in olive oil.
2. Add tomato sauce. Let it simmer.
3. Add culinary cream and parmesan cheese.
4. Season with salt, pepper, and sugar.
5. Toss the sauce with cooked La Filipina Penne pasta. Top with basil.

Yummy at a glance

Want recipes that'll put a smile on your kid's face? Craving for sweet-salty treats? Looking for comfort food you can whip up at home? Inspired to cook healthier dishes for the little ones? Here's your guide to planning yummy meals.

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HEALTHY BITES

Recipes on [Yummy.ph](#)



A.M. Fruity Crunch



Colorful Melon Wedges with Gelatin



No-bake Oatmeal Drops



Pita Pizza



CHOCOLATE CHIP PANCAKES WITH STRAWBERRY COMPOTE

Best of both worlds



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At-home comfort



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BANANA AND CHOCOLATE MUFFINS [PAGE 11](#)



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

— Joanne Limonco, Executive Chef UFS



Most preferred
by Hotel Chefs*



*Preferred by 7 out of 10 chefs based on consumer research conducted by IPSOS in 2012 among hotel chefs in the Philippines.

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editor's note

Family first

Why do you cook the dishes you cook?

Is it because you have a craving that absolutely can't be ignored? Is it because you want to recreate a dish you discovered at a new restaurant last weekend? Or is it because your kids clean their plates each time you put some sliders and spaghetti with meat sauce on the table?

I'll bet that more often than not, it's because of the latter. We love our families, so we strive to give them (and their tummies) the best in each and every meal.

This is why we've dedicated our August issue to family. We've loaded this month's pages with all of your favorites. Dreaming of a tall stack of pancakes slathered with maple syrup for breakfast like I often do? Flip to "Rise and shine" on page XX. Hankering after golden buttermilk fried chicken? No need to eat out! Check out our take on page XX. We promise that it's just as good. If you can't get enough of bacon, try the Bacon-Chocolate Cupcakes with Maple Butter Frosting on page XX. It's to die for!

And what's an issue dedicated to family without something extra special for the children? Our team is mighty proud to bring you Yummy Kids! (If you haven't seen our cute mini mag yet, flip to the back cover.) It's packed not only with recipes the little ones will love, but also with dishes they'll want to make with you.

Finally, since we're on the subject of those nearest and dearest to our hearts, we'd like to thank YOU, dear reader. You are our family. Thank you for coming to Yummy Eats last July and for continuing to entrust us with feeding your loved ones. We hope you had a blast. We can't wait till next year! We promise, the best is yet to come.



Paulynn Chang Afable

Editor in chief

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A huge shout out to the Yummy staff, my own lovely family at work. You guys rock!



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Yummy Ideas

SWEET TREAT

The no-cook Filipino favorite gets a trendy salted caramel twist!

TO MAKE: Combine $\frac{1}{2}$ cup store-bought caramel sauce and $\frac{1}{2}$ teaspoon sea salt in a mixing bowl. Gradually add $1\frac{1}{4}$ cups powdered milk and mix until well combined. Prepare a plate with $\frac{1}{2}$ cup sugar for coating the *pastillas*. Take about $\frac{1}{2}$ tablespoon of the *pastillas* mixture and form into a ball. Roll in sugar and wrap in parchment paper, cellophane, or Japanese paper. Repeat with remaining ingredients. **Makes about 40 balls.**

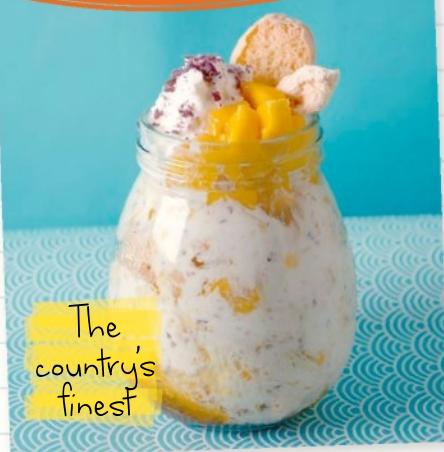
Tip

WANT TO MAKE YOUR OWN CARAMEL SAUCE?
HEAD TO YUMMY.PH AND SEARCH FOR THE CARAMEL SAUCE RECIPE!

Salted Caramel Pastillas

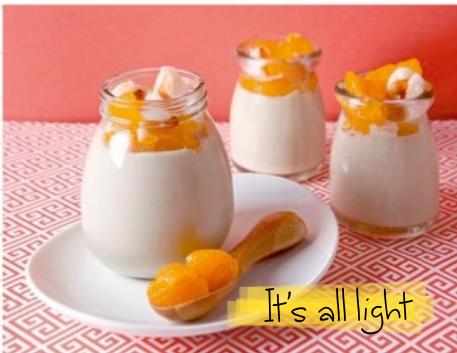


Yummy Ideas



MANILA MESS

Take pride in local fruits and sweets in this dessert inspired by the classic Eton Mess. Place 2 cups whipped cream in a mixing bowl. Fold in the flesh of 1 ripe mango (cubed), 2½ tablespoons mango-pineapple jam, ½ cup crumbled meringue, ¼ cup crumbled *broas*, and 2 tablespoons crushed *otap*. Divide mixture among 2 to 3 medium sterilized jars and refrigerate until ready to serve. Garnish with more whipped cream, mangoes, *broas*, and *otap*, if desired. **Serves 2 to 3.**



BROWN SUGAR PANNA COTTA

Here's a light and refreshing dessert to end a heavy meal. Place ¼ cup cold milk in a bowl and sprinkle 1 teaspoon gelatin powder on top; let stand for 5 minutes. Meanwhile, combine 1 cup heavy cream, ¼ cup brown sugar, ½ teaspoon vanilla extract, and a pinch of salt in a saucepot. Cook until sugar has dissolved; remove from heat. Stir in gelatin mixture and ¼ cup plain yogurt. Pour into small sterilized jars and refrigerate for 4 hours or overnight. Top with lychees and orange slices before serving. **Serves 4.**

BUTTERFINGER PIES

Transform the well-loved chocolate bar into a no-bake pie-in-a-jar! Make the crust: Combine ½ cup graham cracker crumbs, 3 tablespoons melted butter, and ½ tablespoon sugar in a bowl. Mix well and press onto the bottoms of 2 to 3 medium sterilized jars. Place 1 tablespoon chopped Butterfinger chocolate bar in each jar. Make the filling: Beat together 1 (8-ounce) bar softened cream cheese, ½ cup peanut butter, and 2½ tablespoons sugar. Fold in 2 cups whipped cream. Divide mixture among the jars and refrigerate for 2 hours or overnight. Top with whipped cream, chocolate syrup, and chopped Butterfinger before serving. **Serves 2 to 3.**

For all ages



HAPPINESS IN A JAR

TRY THESE EASY RECIPES AT HOME AND FIND OUT WHY EVERYONE'S HOOKED ON BOTTLED DESSERTS.



UBE-KESO TRIFLE

Combine easy-to-find ingredients to make a lovely layered dessert. Make the *ube-keso* cream: Beat together ½ (8-ounce) bar cream cheese, ¼ cup *ube* jam, and ¼ cup all-purpose cream until smooth. Prepare a tall sterilized jar and place about ½ cup cubed store-bought *ube* cake at the bottom. Top with 3 tablespoons *ube-keso* cream, ½ tablespoons sweetened macapuno strings, and 1 tablespoon chopped peanut brittle. Continue layering until jar is full. **Serves 2 to 3.**

Drink
OF THE MONTH



PEANUT BUTTER AND HONEY MILKSHAKE

THICK, CREAMY, BUT NOT OVERLY SWEET, THIS CONCOCTION IS FOR BOTH KIDS AND KIDS AT HEART!

Combine $\frac{1}{2}$ (1.5-liter) tub vanilla ice cream, 2 cups milk, 4 tablespoons creamy peanut butter, and 2 tablespoons honey in a blender. Blend until well combined. Swirl 1 tablespoon honey inside 4 tall glasses to create a pattern on the base and sides. Pour in mixture and top with whipped cream, if desired. **Serves 4.**

→ GREAT GADGET

SLOW COOKER

A slow cooker (or crockpot) uses low, steady heat. Throw some ingredients in the pot—dinner will be ready when you get home from work!

• FLAVORED NUTS

Live up plain ol' nuts using your crockpot. Go with sugar and cinnamon if you want a sweeter version, or try cayenne pepper and curry powder for a savory option.

• FONDUE PARTY

Whip up chocolate fondue! Throw in a bag of mini marshmallows, 5 chocolate bars, and $\frac{1}{2}$ cup whipping cream in the crockpot; cook on high. Once it starts melting, stir every 10 minutes until the chocolate is smooth and creamy.



Oster Crock-Pot slow cooker, P5,500, Anson's, Rustan's Department Store, and SM Appliance Center

• INSTANT GRANOLA

Throw in 5 cups oats, $\frac{1}{4}$ cup honey, $\frac{1}{4}$ cup melted butter, and your favorite nuts and seeds. Cook on high for about 3 to 4 hours, stirring every so often. Let cool on parchment paper. Easy!

The TRY-IT TASTE-IT Row



A CUPCAKE A DAY

Hailing from Singapore, Twelve Cupcakes offers the metro an even wider choice of freshly baked gourmet cupcakes. Moist, fluffy, and not too sweet, these cupcakes are tailor-made for the Asian palate. From Raspberry and Chocolate to Peppermint and Mango, there's bound to be a cupcake flavor for you! Available at Century City Mall, Lucky Chinatown Mall, SM BF Parañaque, and SM Mall of Asia.



POP THE BUBBLY

End your weekend on a high note with New World Makati Hotel's Chandon Sunday Brunch at Café 1228. From 11:30 a.m. to 3 p.m., enjoy an array of delectable brunch fare, sip on sparkling Chandon champagne and mimosas, and savor a languid Sunday afternoon. Until December 28, 2014 at Café 1228, New World Makati Hotel, Esperanza Street corner Makati Avenue, Ayala Center, Makati City.

FRESH AND FIT

A household name for the past 35 years, Yakult recently launched a new variant that provides the same benefits as the original, sans the guilt. With Yakult Light, you'll get the same taste, but with fewer calories and zero fat—perfect for staying fit and healthy! Available in leading supermarkets.



Yummy Ideas



Bookmark it!

{ Cannelle et Vanille }

Browse through Aran Goyoaga's stunning food snaps, and you'll never guess that this Basque native is a self-taught food stylist-photographer with a business and economics degree under her belt. Aran calls *Cannelle et Vanille* her baby, a blank canvas for her gorgeous photos and delicious recipes. Looking for refreshing breakfast ideas or some dinner party pegs, perhaps? Find inspiration in the heartwarming stories she shares through each well-thought out post. Visit *Cannelle et Vanille* at www.cannellevanille.com.

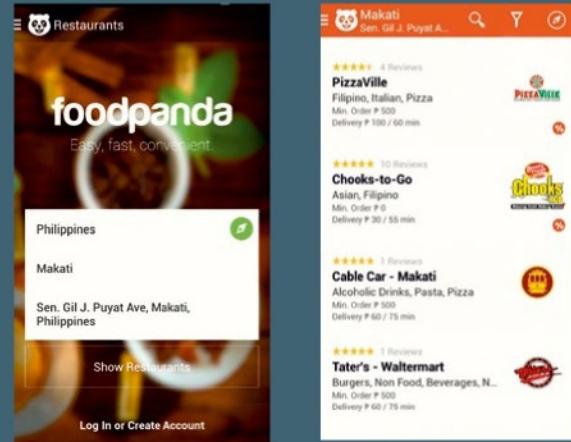
AWESOME APP



Food Panda

WHAT WE'RE
DOWNLOADING
THIS MONTH

Filipinos eat at least four times a day and it's typical to have a conversation about what you're going to have for lunch while you're still having breakfast. Food-loving folks can rejoice: Metro Manila has a new food delivery mobile app that'll make looking for lunch a whole lot easier. With Food Panda, you can access several restaurants around your area, find great meals and deals, order food with a couple of taps on the screen and have it delivered directly to your doorstep! Whether you're craving for burgers from Wendy's, local fare from Adobo Connection, pizzas from California Pizza Kitchen, or salads from Café Mary Grace, the choices are endless. Available for free to iOS and Android users. For more information, visit www.foodpanda.ph.



Yummy FOOD ADDITION

Doughnut Pudding

Don't know what to do with these leftover sweet treats? Turn them into an easy bread pudding!

Cut 6 doughnuts (we used J.CO Al Capone) into pieces; place in a mixing bowl. Chill for 1 to 2 hours. Beat 2 medium eggs in another bowl. Add $\frac{1}{4}$ cup condensed milk and $\frac{1}{2}$ cup milk; whisk to combine. Add milk mixture to doughnuts, mix well, and transfer to 3 to 4

oven-safe bowls. Cover with foil; chill for 45 minutes to 1 hour to allow doughnuts to absorb the milk mixture. Preheat a toaster oven. Bake pudding, covered, for 15 minutes. Remove foil; bake for another 3 to 5 minutes until tops are browned. **Serves 3 to 4.**

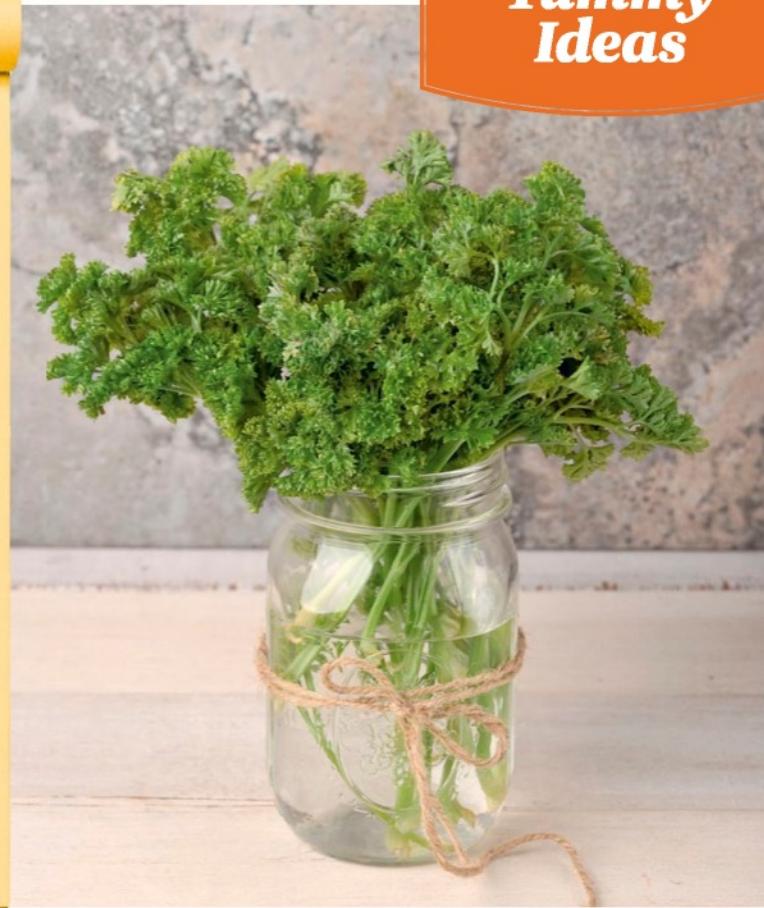


Yummy LESSON

HOW TO STORE FRESH HERBS PROPERLY

THE DILEMMA You've decided to make herb-crusted chicken for dinner and bought a wide array of fresh herbs at the supermarket. After your delicious meal, you find there's a good amount of herbs left over! How do you store them and prolong their freshness? Can all herbs be stored in the same manner?

WHAT TO DO There are two kinds of herbs: soft and hard. Soft herbs, those with soft stems such as cilantro, parsley, and basil, should be treated like flowers. After snipping off the ends of their stems, put them in a glass of water. Afterwards, loosely cover them with plastic then place them in the refrigerator. Basil, on the other hand, is best kept at room temperature. Hard herbs, or those with woody stems such as rosemary, thyme, and tarragon, should be wrapped in a damp paper towel and loosely wrapped in plastic before being stored in the refrigerator. Wash your herbs only when you're about to use them.



We asked:

“WHAT KITCHEN LESSONS HAVE YOU TAUGHT YOUR KIDS?”

“I taught my kids to smile and be happy when in the kitchen! The love and happiness you exude when cooking or baking will always be reflected in your end product. Smile even if chopping onions is making you cry!”—**Marites S. Masilang**

“Since my kid loves school so much, I compared cooking to his favorite subjects. I told him that preparing meals is like math, science, and art all rolled into one. That got him interested, and now he's actually excelling in the kitchen. Sometimes, I also give him assignments that require him to research on ingredients and recipes.”—**Bjoy Castañeda**

“To always be extra careful when she's in the kitchen. I tell her that it's not a play area so she knows that the tools and gadgets on the counter aren't toys. Before we go to the kitchen, I remind her to never play with knives and go too near the hot stove.”—**Bernadette Garcia Sto. Domingo**

“My kid knows that preparation is key when it comes to preventing mishaps while cooking. I've taught her to always read the recipe thoroughly before beginning. I even tell her to read through

it twice or thrice! I also taught her to gather all ingredients in one spot and line them up based on the order in the recipe.”—**Michelle Pinheiro**

“Patience is a virtue, especially at a young age! I have successfully taught my child the value of time through cooking and baking. Now she knows how to follow the time prescribed in preparing and cooking a recipe. And she can now wait for cakes and other pastries to bake without opening the oven door numerous times.”—**Mindy Reyes**

“Even at the tender age of two, my daughter already knows how important cleanliness is in the kitchen. I constantly remind her to wash her hands before and after helping me cook. She likes being my little helper, so I make her responsible for keeping the cleanliness of the whole kitchen in check.”—**Rachelle Angeleen Soriano Magalang**

“Use separate chopping boards for vegetables, meats, and seafood to avoid contamination. Use your senses throughout the whole cooking process. Clean your area before and after working. Finally, enjoy! Cooking is never a chore.”—**Maria Sigrid Jimenez**

Next question: WHAT YUMMY PASALUBONG CAN BE FOUND ONLY IN YOUR PROVINCE?

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

Yummy Ideas



STOP BY

Wonderbake

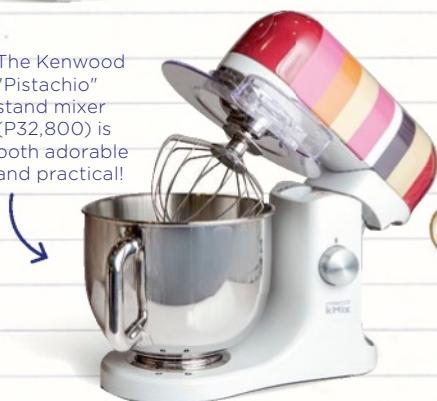
Enter Wonderbake's spacious, brightly lit store and you'll find yourself in baker's paradise. Starting out as a humble specialty store in Bacolod, Wonderbake has made its way to Manila, offering baking fanatics a wide, exciting variety of baking products.

Husband and wife team Mac and Ellie Galinato carefully curate the items sold in their store, making sure each product is of top quality. While many products are imported from the likes of the US and Taiwan, they proudly carry local items, including their own line of butter, syrups, and soft-serve ice cream manufactured especially for them by their local partners. Besides offering cute and affordable cupcake liners, cupcake Ferris wheels, and one-of-a-kind Kenwood mixers, Wonderbake also creates customized cookie cutters and cake toppers. Each topper is intricately designed, showing their attention to quality and detail. "We want to be known not only for our wide range of baking supplies, but for our toppers, too," says Mac. "We're very flexible with the size and design." To top it all off, Wonderbake also holds cake decorating classes twice a month. Visit the shop and be amazed by creativity that goes above and beyond what is expected.

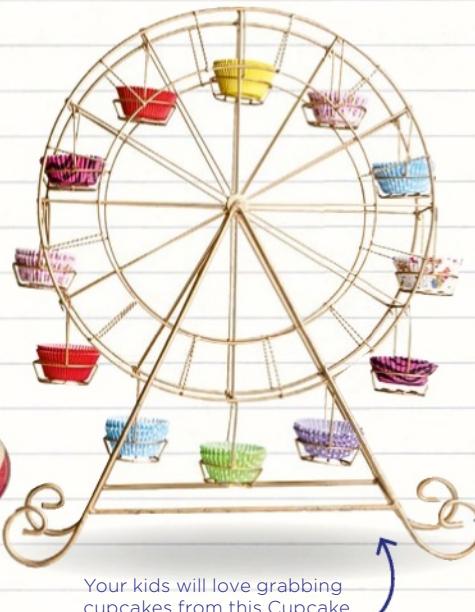
**Wonderbake is at L/G Fairview Terraces
Mall, Novaliches, Quezon City (tel. no.:
956-8950; mobile nos.: 0918-9659453,
0917-5361018); info@wonderbake.ph.**



Your pretty cupcake deserves the spotlight and this mini stand (P150) is the perfect way to show it off.



The Kenwood "Pistachio" stand mixer (P32,800) is both adorable and practical!



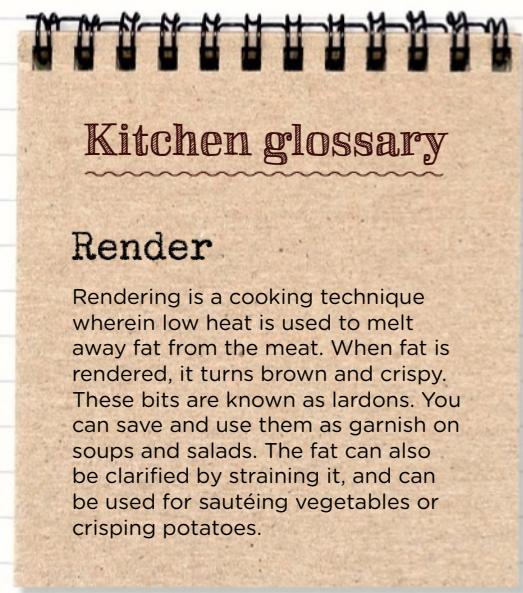
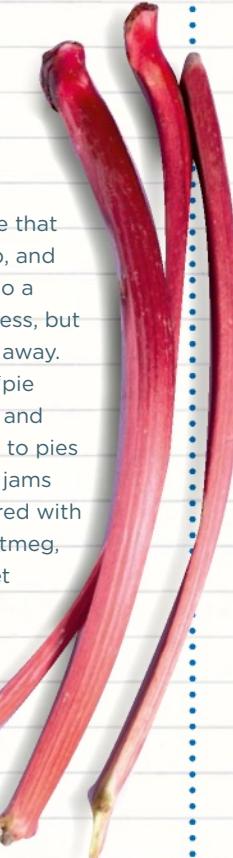
Your kids will love grabbing cupcakes from this Cupcake Ferris Wheel (P995)! It's a great addition to any party.

INGREDIENT SPOTLIGHT

RHUBARB

Rhubarb is a vegetable known for its long red stalks and tart flavor profile. When buying fresh rhubarb (P70.96 for 100 grams, Rustan's Supermarket), make sure that the stalks are thick, crisp, and vibrant. Its leaves are also a good indicator of freshness, but must be discarded right away.

Rhubarb, known as the "pie plant" of North America and Europe, is usually added to pies and tarts, or turned into jams and soups. It's great paired with spices like cinnamon, nutmeg, and ginger, or with sweet fruits like cherries and berries. Make rhubarb syrup by simmering a stalk with sugar and water until soft. Let cool, then strain. You can add it to fresh salads, drizzle over pancakes, or stir into beverages.



Kitchen glossary

Render

Rendering is a cooking technique wherein low heat is used to melt away fat from the meat. When fat is rendered, it turns brown and crispy. These bits are known as lardons. You can save and use them as garnish on soups and salads. The fat can also be clarified by straining it, and can be used for sautéing vegetables or crisping potatoes.

Yummy Shopping



LODGE CAST IRON LOGIC SKILLETS

Lodge Cast Iron Logic Skillets (P1,325 for a 9-inch pan and P1,490 for a 10.25-inch pan) are available at Gourdo's. For a complete list of branches, visit www.gourdos.com.

PHOTOGRAPH: MIGUEL NACIACENCO. TEXT AND STYLING: TRINIA GONZALES.

Iron age

Invest in a good cast iron skillet—it just might be the only pan you'll ever need!

HOT PLATE. Traditionally made of molten iron, cast iron pans are highly durable and last for years! They heat up quickly and maintain their temperature, making them perfect for baking and nonstick frying. These heavy-duty pans can also go straight from the oven to your tabletop, and keep your food warm while on the table.

PAN HANDLING. Cleaning up is a breeze with this pan! Simply wash it with a sponge under warm running water; skip the soap and steel brushes as these strip the skillet of its seasoning. To deal with stubborn residue, boil water in the pan to loosen it, or scrub the pan with some salt and water. Before storing, remember to dry it well and wipe it down with a paper towel moistened with a few drops of vegetable oil.

Squeaky clean

Take good care of your culinary haven with these reliable kitchen cleaners.

HAND IN HAND

With this hand-softening dishwashing liquid, you can make cleaning up part of your beauty regimen. **Dawn with Olay Beauty, P237, Rustan's Supermarket**

DOUBLE DUTY

Want to gently scrub away grease and stains from pots and pans? Want to deodorize your fridge? The answer is right in your pantry. **Arm & Hammer Pure Baking Soda, P88.50, Rustan's Supermarket**

GOING GREEN

A scrub sponge made from plant-based fibers and recycled materials means you just found a greener way to clean your kitchen! **Scotch-Brite Greener Clean, P44.75, Rustan's Supermarket**



SMELLS SO SWEET

Cook fried fish without having to worry about the smell it leaves behind. This air freshener eliminates odor and makes the whole room smell like a lavender field! **Ambi Pur Air Effects, P219, The Landmark**

CLEAN AS A WHISTLE

This mighty cleaner immediately loosens grease and grime upon contact. All you need to do is spray, swipe, and wipe your way to a fresher kitchen. **Mr. Muscle Total Kitchen, P142.75, SM Supermarket**

HANDLE WITH CARE

Dish brushes with handles make scrubbing pots, pans, and dishes easier—you don't even need to get your hands dirty. **Home Gallery Dish Brush, P39.75, The Landmark**

Season to taste

A kitchen is never without salt, which plays a crucial role in seasoning and preserving. Check out what's on the supermarket shelves!

TABLE SALT's small, refined grains contain 97 to 99 percent sodium chloride. Anti-caking agents are often added to make it free flowing. **IODIZED**

TABLE SALT, on the other hand, is fortified with potassium iodide as a dietary supplement to prevent goiter and mental retardation.

FLAVORED SALT is rock or sea salt combined with one or more seasonings. Common flavorings include garlic, onion, celery, black truffle, and herbs.

Considered one of the purest salts, **HIMALAYAN SALT** is a type of rock salt mined in Pakistan. Its color ranges from off-white to translucent pink and it contains 84 vital trace minerals that are highly beneficial to the body.

NATURAL SALT CRYSTALS are large, delicate salt flakes hand-mined from sea salt deposits. Place the crystals in a salt grinder to make freshly ground sea salt or sprinkle on meat or fish to create a salt crust.

KOSHER SALT is used in preparing meat according to Jewish dietary guidelines. Its flat crystals are larger than table salt's, and weigh less, too. Increase the amount of kosher salt in a recipe when substituting it for table salt. Kosher salt dissolves easily, making it a good all-purpose salt.



Everyday Recipes



B.Y.O. BAON



Mom's Spaghetti Bolognese

The beauty of this sauce is that you can prepare it ahead of time and freeze until you're ready to use it. Get creative—with this recipe in your arsenal, you can make sloppy joes, chili dogs, and loaded nachos!

Serves 4 to 6 **Prep Time** 15 minutes

Cooking Time 30 minutes

- ✓ 2 tablespoons olive oil
- ✓ ½ medium (about 75 grams) onion, chopped finely
- ✓ 3 cloves garlic, chopped finely
- ✓ 500 grams ground beef
- ✓ 1 teaspoon dried oregano
- ✓ 1 cup red wine (we used Shiraz)
- ✓ 2 tablespoons tomato paste
- ✓ ¼ cup tomato sauce
- ✓ 1 tablespoon sweet chili sauce

- ✓ 1 (400-gram) can tomato soup
- ✓ 1 cup chicken stock, divided
- ✓ salt and pepper, to season
- ✓ 500 grams spaghetti noodles
- ✓ ¼ cup chopped fresh flat-leaf parsley
- ✓ grated Parmesan cheese, to serve

1 Heat oil in a large frying pan. Add onion and garlic; cook, stirring, until soft. Add beef; cook, stirring, until browned. Stir in oregano and wine; cook until wine has almost evaporated.

2 Add tomato paste and sauces; cook for

1 minute. Add tomato soup, half the stock, and a good sprinkling of salt and freshly ground black pepper. Simmer over low heat, uncovered, for 30 minutes, adding the remaining stock if needed.

3 Meanwhile, cook spaghetti noodles according to package directions in a large pan of well-salted boiling water, uncovered, until tender but still firm. Drain; return to pan. Add half the meat sauce and parsley; toss well.

4 Serve spaghetti topped with remaining meat sauce and Parmesan cheese.

Sweet and Sour Pork Spare Ribs

Enjoy the Chinese restaurant favorite right in your own home. All you need are a few pantry staples and a couple of minutes in the kitchen!

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

- ✓ 500 grams pork ribs, cut into 1-inch pieces
- ✓ 1 tablespoon soy sauce
- ✓ 1 tablespoon cornstarch
- ✓ 4 cloves garlic, sliced
- ✓ 2 tablespoons all-purpose flour
- ✓ oil for deep-frying
- ✓ whites from 2 eggs, lightly beaten
- ✓ steamed rice, to serve
- ✓ 200 grams green beans, to serve
- ✓ sliced green onions, to serve

FOR THE SAUCE

- ✓ $\frac{1}{4}$ cup tomato sauce
- ✓ 2 tablespoons white vinegar
- ✓ 2 tablespoons sugar

1 Combine pork, soy sauce, cornstarch, and garlic in a shallow bowl. Marinate for 1 hour in the refrigerator.

2 Place flour in a small bowl. Whisk in $\frac{1}{3}$ cup water to make a smooth batter.

3 Heat oil in a large saucepan or wok over medium heat.

4 Working in 2 batches, dip pork in egg white then batter, draining off excess. Deep-fry for 2 to 3 minutes or until golden and cooked. Drain on paper towels.

5 Make the sauce: Combine all ingredients in a wok or large frying pan over high heat; simmer. Add pork, tossing to coat.

6 Serve with rice, steamed green beans, and green onions.

20 MINUTES
OR LESS



FAMILY
FAVORITE

Triple Chocolate Brownies

Indulge your sweet tooth! Make this classic and top it with vanilla ice cream for an extra decadent treat. It's also freezer-friendly! Just thaw at room temperature before serving.

Yield 1 (8-inch) pan **Prep Time** 5 minutes
Cooking Time 40 minutes

- ✓ 125 grams cold butter, chopped
- ✓ 200 grams dark eating chocolate, chopped finely
- ✓ $\frac{3}{4}$ cup (about 165 grams) sugar
- ✓ 2 eggs, beaten lightly
- ✓ 1 cup all-purpose flour, sifted
- ✓ 150 grams white chocolate, chopped
- ✓ 100 grams milk chocolate, chopped
- ✓ sifted cocoa powder or confectioners' sugar for dusting (optional)

- 1 Preheat oven to 350°F. Grease an 8-inch baking pan; line the base and sides with parchment paper. Set aside.
- 2 Combine butter and dark chocolate in a large saucepan; stir over very low heat until melted. Remove from heat.
- 3 Stir in sugar, then eggs. Stir in flour, then chopped chocolate. Spread mixture into prepared pan.
- 4 Bake in preheated oven for 35 minutes or until firm to touch. Remove from oven. Cool in pan.
- 5 Cut into squares. Dust with cocoa powder or confectioners' sugar, if desired.



PHOTOGRAPH: BRETT STILES/BAUERS INDICATION.COM.AU

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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.

I have never been one to lecture vehemently on eating healthily. Eating wholesomely, yes. Eating home cooked meals, preparing food yourself instead of opening a can or a box, buying good ingredients—these are ideas I can get behind. But to say that I live an absolutely healthy lifestyle would be stretching the truth. Truth is, I love too many dishes and food items that are not particularly healthy at all. I love pork, especially the fattier parts. I love butter, *bulalo*, *chicharon*, and crispy *pata*. I like to cut the fat off my steak and fry it until the edges are black, then mix it into hot rice. I'm certainly not an angel of virtue in the food department!

That being said, I also, thankfully, love many things that are good for me: broccoli, Brussels sprouts, rolled oats, and quinoa are just some of them. I truly enjoy almost all vegetables, and many times can be completely content with a bowl of veggies and brown rice topped with garlic yogurt. As such, I feel I never go completely astray since I eat a lot of “the good stuff” to balance out my

more shameful food choices.

One of my favorite things to do with vegetables is to roast them. Roasting brings out their sweetness by caramelizing their natural sugars. It also has the uncanny ability to both mellow and intensify flavors. Roasting is also, in my humble opinion, one of the easiest and most convenient ways to cook because you just throw things in the oven and forget about them for a bit.

In this salad, I roast different vegetables to bring out their various characteristics. The asparagus become soft and almost charred at the edges; the onions become sweet and pliant; and the tomatoes become rich and intensified. Accented by pine nuts and bacon, and tied together by a balsamic glaze, it's different from the crunchy green leafy salads you regularly have. It's heartier and more luxurious, but healthy nonetheless.

Now that I have kids, I am grateful for my love of vegetables. They say that the best way to get children to eat their greens is to eat them yourself. On that count, at least I can say I'm doing my job!



PHOTOGRAPH: PATRICK MARTIRE, STYLING: JIGE MENDIOLA, HAIR & MAKEUP: TATIN YANG

Tip

YOU CAN GET BALSAMIC GLAZE OR CREMA DI BALSAMICO AT SUPERMARKETS LIKE RUSTAN'S OR SPECIALTY FOOD STORES LIKE SANTIS OR TERRY'S SELECTION.

ROASTED ASPARAGUS SALAD

Serves 4 Prep Time 10 minutes Cooking Time 30 minutes

- ✓ 4 strips bacon
- ✓ 500 grams asparagus, woody parts discarded
- ✓ 200 grams cherry tomatoes, halved
- ✓ 4 red onions, quartered
- ✓ olive oil for drizzling
- ✓ sea salt and freshly cracked black pepper, to taste
- ✓ 2 tablespoons pine nuts, toasted
- ✓ balsamic glaze for drizzling (see tip)

- 1 Preheat oven to 400°F.
- 2 Place a nonstick skillet over medium-high heat. When hot, add bacon and fry until crisp. Drain on paper towels. Once cooled, chop into bits and set aside.
- 3 Arrange asparagus on a baking sheet or pan. Arrange tomatoes and onions on another baking pan. Make sure everything is in one layer. Drizzle vegetables with

olive oil and season with salt and pepper.

4 Roast vegetables in the preheated oven for 20 to 30 minutes or until soft and brown around the edges. (The onions and tomatoes will take longer to cook.) You may have to toss them around once or twice during cooking if some edges start to look darker than others. Remove from oven once done.

5 Meanwhile, place nuts in a dry pan over medium heat and toast, tossing continuously, until fragrant and parts start to get a little brown. Do not leave the pan unattended as they burn easily. Once you see some browning, immediately remove the nuts from the pan to cool.

6 Assemble the salad: Lay asparagus on a platter, top with onions and tomatoes, and sprinkle with pine nuts and bacon bits. Drizzle some balsamic glaze on top, along with an extra drizzle of olive oil, if desired. Adjust seasoning if needed.





Hey, Home Baker!

BY AILEEN ANASTACIO

◆ Impress the entire family without breaking a sweat with this recipe! It's a sure winner, especially because chocolate and coffee make such a great pair. Don't let the photo intimidate you—it isn't as complicated as it seems. I'd give it a six out of 10 in terms of level of difficulty. Don't you think that's completely manageable? There might be more prep involved since this cheesecake has three layers (crust, chocolate, coffee), but if you have all your ingredients ready and follow the instructions carefully, you'll have a successful, delicious home-baked treat!

Here are some tips when whipping up this dessert. First, make sure to soften your cream cheese at room temperature before mixing it in with the sugar and eggs to prevent lumps

from forming. If lumps do form, you can always pass the mixture through a strainer. Second, I like separating the egg whites and whipping them into stiff peaks before adding it to the mixture, making the texture slightly light and airy. If you want a denser cheesecake, you don't need to whip the egg whites; you can mix in whole eggs directly into the cream cheese instead. Third, it's necessary to stir some of the cream cheese mixture into the melted chocolate before adding all the chocolate to the cream cheese. This tempers the chocolate, preventing a grainy texture.

I hope these guidelines encourage you to try this wonderful dessert and help you in coming up with the best possible product. The sense of achievement alone will be worth it!



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.

CHOCOLATE AND COFFEE CHEESECAKE

Makes 1 (9-inch) cake **Prep Time**

15 minutes **Baking Time** 1 hour

FOR THE CRUST

- ✓ 160 grams chocolate sandwich cookie crumbs (we used Oreo cookies)
- ✓ $\frac{1}{4}$ cup sugar
- ✓ 2 tablespoons butter, melted

FOR THE FILLING

- ✓ 3 (8-ounce) bars cream cheese, at room temperature
- ✓ $\frac{2}{3}$ cup sugar
- ✓ 6 large eggs, separated
- ✓ 1 teaspoon vanilla extract

FOR THE CHOCOLATE LAYER

- ✓ 8 ounces bittersweet chocolate, melted

FOR THE COFFEE LAYER

- ✓ 2 teaspoons instant coffee powder
- ✓ 1 tablespoon water
- ✓ 2 ounces bittersweet chocolate for garnish

1 Preheat oven to 300°F.

2 Make the crust: Combine cookie crumbs, sugar, and butter in a bowl. Stir until well combined. Press onto the bottom of a 9-inch springform pan. Set aside.

3 Make the filling: In the bowl of an electric mixer fitted with the paddle attachment, beat cream cheese on medium speed.

Gradually add sugar. Mix until well blended. Add egg yolks one at a time, then vanilla; mix well.

4 In a separate bowl, whip egg whites for about 5 minutes or until stiff peaks form (mixture should not be dry).

Gradually fold egg whites into the cream cheese mixture. Divide mixture evenly between 2 bowls.

5 Make the chocolate layer: Scoop about $\frac{1}{2}$ cup of the cream cheese mixture from the first bowl and combine with melted chocolate. Pour chocolate mixture back into the bowl and gradually stir until chocolate is well distributed. Pour over the cookie crust. Set aside.

6 Make the coffee layer: Combine coffee powder and water in a small bowl. Stir until granules are dissolved. Pour coffee mixture into the second cream cheese mixture; stir gently until well combined. Gradually pour over the chocolate mixture to create a layer. You can use a large spoon for this and gently place scoops of the batter on the sides, then on the center. Smoothen the surface using the back of a spoon.

7 Place the pan on a baking tray. Bake in the center of the oven for about 1 hour or until it's no longer wet but still jiggles when shaken. Remove cake from the oven and let cool completely.

8 Make chocolate curls using a peeler. Garnish cheesecake with chocolate curls before serving.



Tip

WHEN BAKING, PLACE A PAN WITH WATER ON THE SIDE OF THE CAKE AND ANOTHER ON THE BOTTOM LAYER OF THE OVEN. THE MOISTURE WILL HELP PREVENT THE CHEESECAKE FROM CRACKING.



3



4



8





Chef at Home

BY JUN JUN DE GUZMAN

I spent eight beautiful days in Japan last year with my sister's family. We left on Christmas day and arrived in Osaka with just enough time to catch a train to Kyoto. As it was winter, we opted to start every meal with a good bowl of hot soup. It was also a way to prep ourselves for all the tours we had out in the cold.

Miso soup is one of those soups we thoroughly enjoyed during our stay in the Land of the Rising Sun. This simple yet nutritious broth has already become a favorite among Filipinos, which is why I'm sharing this recipe with you.

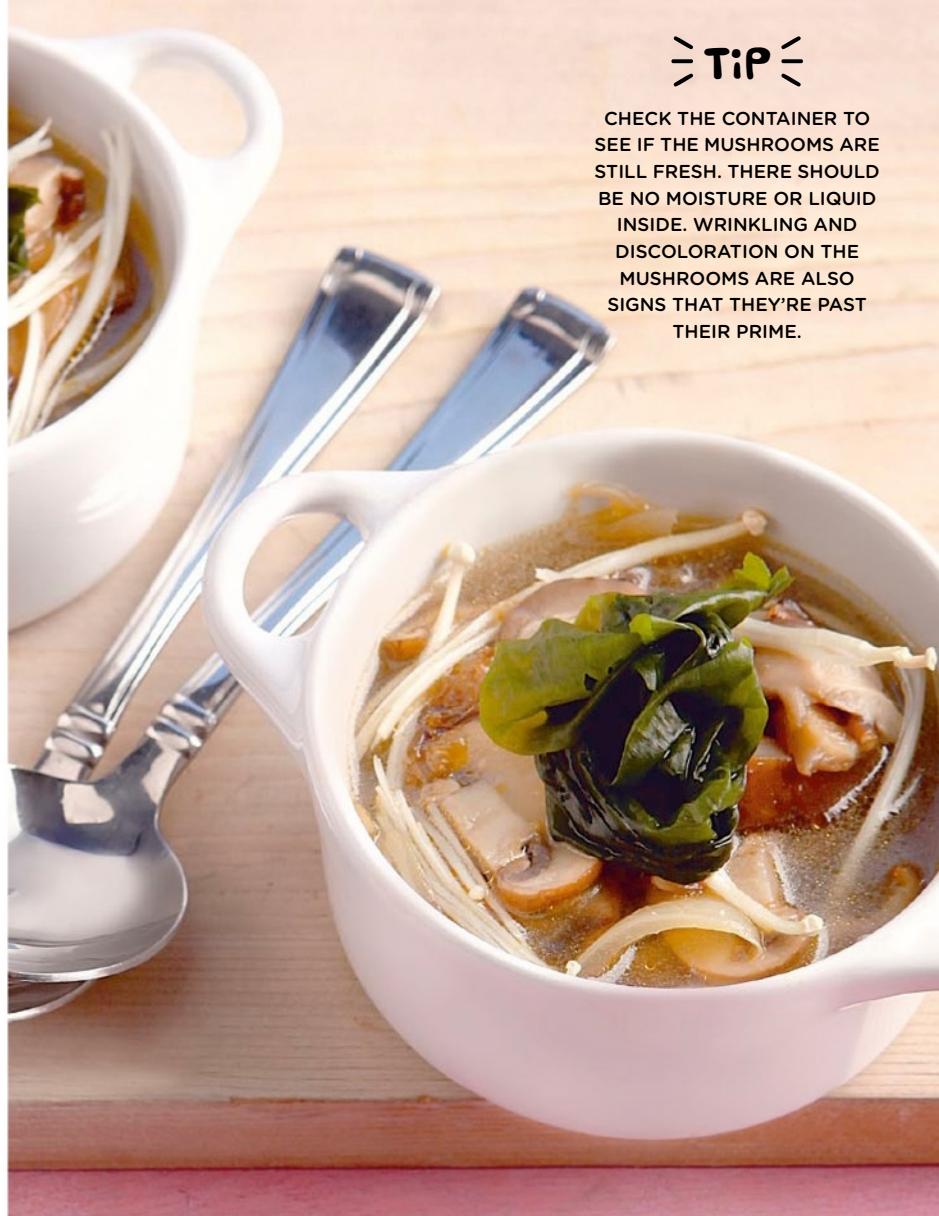
It always starts with good quality stock made with bonito flakes and some dashida powder. Make sure to use the freshest mushrooms you can find. Also try combining different types of mushrooms to achieve a new flavor profile. I've tried adding different vegetables, even boiled chicken and seafood to the soup. The result has always been fantastic. Some Japanese restaurants add fresh clams into their blend, so don't be afraid to try that, too. *Itadakimasu!*

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

CHECK THE CONTAINER TO SEE IF THE MUSHROOMS ARE STILL FRESH. THERE SHOULD BE NO MOISTURE OR LIQUID INSIDE. WRINKLING AND DISCOLORATION ON THE MUSHROOMS ARE ALSO SIGNS THAT THEY'RE PAST THEIR PRIME.



THREE MUSHROOM MISO SOUP

Serves 5 to 6 **Prep Time** 30 to 40 minutes **Cooking Time** 20 minutes

✓ salt and pepper, to taste
✓ 1 (8-inch) piece dried wakame seaweed, rehydrated

FOR THE DASHI STOCK

- ✓ 5 cups water
- ✓ 3 tablespoons dried bonito flakes (*katsuobushi*)
- ✓ 2 teaspoons dashi powder
- ✓ oil for sautéing
- ✓ 2 medium white onions, sliced
- ✓ 3 to 4 cups fresh mushrooms, sliced (choose 3 kinds among button, oyster, straw, shiitake, and enoki)
- ✓ 4 to 5 cups dashi stock
- ✓ 2 to 3 tablespoons light brown miso paste

- 1 Make the dashi stock: Mix all ingredients together in a pot and bring to a boil. Lower heat and simmer for 5 minutes; set aside.
- 2 Heat oil in another pot and sauté onions until half-cooked. Add mushrooms; cook for a minute. Pour in dashi stock; bring to a boil.
- 3 Add miso paste. Taste to adjust seasoning with more miso, salt, and pepper.
- 4 Add wakame and bring to a boil again. Serve immediately.



Biz Whiz

BY SHARLENE TAN

Nothing offers comfort quite like a bowl of soup on a rainy day. I especially like having my soup with a sandwich, bringing my tummy instant satisfaction. This particular recipe is inspired by one of my all-time favorite *baon* dishes—a cheese pimiento spread my dad would lovingly prepare for us every weekend. I came up with this recipe when I was looking for a new way to enjoy my grilled cheese sandwich. I found different kinds of cheese in our fridge that day, so I added a little twist to my dad's recipe, using three kinds of cheese instead of just the usual cheddar. I tried each and experimented with them to come up with the best possible combination. I also used crusty bread instead of the regular white loaf, and grilled the sandwich to give it a distinct taste and texture.

That's how I come up with new dishes—I modernize old favorites by swapping the usual ingredients for new discoveries, or by adding a new ingredient into the mix. That's a little helpful tip if you want to offer something new and exciting to your family, or even your clients. With just a little effort and creativity, I now have a recipe everyone can enjoy for years to come.

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.

GRILLED THREE-CHEESE PIMENTO SANDWICH

Serves 4 Prep Time 15 minutes Cooking Time 15 minutes

- ✓ 1/2 cup butter, softened, plus extra for brushing
- ✓ 1/2 cup light mayonnaise
- ✓ 1/2 cup grated American cheddar cheese
- ✓ 1/2 cup grated Gouda cheese
- ✓ 1/2 cup grated Monterey Jack cheese
- ✓ 1 (190-gram) can pimiento, minced
- ✓ 2 teaspoons garlic powder
- ✓ 1 teaspoon onion powder
- ✓ salt and pepper, to taste
- ✓ 8 slices sourdough bread or baguette

1 Combine softened butter and mayonnaise in a mixing bowl. Add cheeses, canned pimiento, garlic powder, onion powder, salt, and pepper. Mix until well combined.

2 Arrange bread on a chopping board and brush softened butter on one side of each slice. Place bread slices, buttered side down, on the board. Spread prepared cheese pimiento on 4 slices. Cover with the rest of the bread slices, keeping the buttered side up.

3 Prepare a panini press or heat a grill pan over low heat. Toast sandwiches until slightly brown. Serve warm.





Around the World

BY SARIJORGE

Just because a dish has a fancy name doesn't mean that it's difficult to cook. Many people get discouraged by the likes of beef stroganoff, waldorf salad, and ratatouille because they think the recipe is as complicated as it sounds.

I used to feel the same about beef bourguignon, the iconic French dish popularized by Julia Child in *Mastering the Art of French Cooking*. I finally tried it, and to my surprise, I realized that it's really easy to make.

This classic is basically beef stewed with aromatic vegetables, herbs, and spices. It's strained, reduced, and finally topped with a butter-flour mixture to create a densely flavored, dark, silky sauce. Its sweet aroma and distinct flavors will linger in your mouth long after the meal is over.

Beef bourguignon is the perfect dish for family dinner. Pair it with mashed potatoes and you have a hearty meal. Although the prep time is about an hour and cooking will take another three, the four-hour wait is worth it.

So, never judge a meal by its name. Fancy or not, if prepared well, it'll be a sure hit!

About the columnist

For Sari Jorge, food has always been instrumental in bringing her family together. Thanks to a doting grandmother who made sure her grandchildren knew their way around the kitchen, she has been cooking since she was 10 years old. These days, she channels this same love for cooking into a thriving business, 25 Mushrooms Kitchen, where she teaches cooking classes for household helpers. Aside from food, Sari is passionate about playing squash, collecting paintings and antiques, and traveling.



Tip

FOR A SAUCE WITH THICKER CONSISTENCY,
ADD 2 TEASPOONS CORNSTARCH MIXED WITH
2 TEASPOONS WATER.

BEEF BOURGUIGNON

Serves 4 to 6 **Prep Time** 45 minutes, plus marinating time **Cooking Time** 3½ hours

- ✓ 500 grams beef short ribs or *mechado* cut
- ✓ 2 sprigs fresh thyme leaves or 2 teaspoons dried thyme
- ✓ 1 teaspoon black pepper
- ✓ ½ cup extra virgin olive oil
- ✓ 1 large white onion, sliced into 4
- ✓ 1 small carrot, chopped roughly
- ✓ 4 stalks celery, chopped roughly
- ✓ 2 bay leaves
- ✓ 1 tablespoon balsamic vinegar
- ✓ 3 cups red wine
- ✓ 5 cups beef stock (2 beef bouillon cubes dissolved in 5 cups water)
- ✓ 4 sprigs flat-leaf parsley
- ✓ 1 carrot, sliced into thick rounds
- ✓ 1 potato, sliced into large cubes (optional)

1 Season beef with thyme and black pepper. Cover and chill for 1 hour

or longer. Remove beef from the refrigerator; allow to thaw.

2 Heat olive oil in a heavy casserole. Sear beef until all sides are browned. Transfer to a plate and set aside.

3 Add onions, carrots, celery, and bay leaves to the same casserole; stir together. Cook for 5 minutes.

4 Place beef back in the casserole. Add balsamic vinegar, red wine, and beef stock. Add parsley, cover, and let simmer for 3 hours or until beef is tender. You can add a little water if beef is not yet tender and sauce is drying out.

5 Meanwhile, boil carrots and potatoes, if using, in another pot until tender. Strain and set aside.

6 Transfer beef together with carrots and potatoes to a serving dish.

7 Strain broth into a saucepan, skimming off fat. Let sauce reduce to half and adjust seasoning to taste.

8 To serve, pour sauce over beef and mix in boiled carrots and potatoes.

OPEN THE CAN!

Canned goods can be a springboard for countless other dishes. Get the can opener ready—we're going to get creative in the kitchen!



RECIPES THIS WAY ↗



MONDAY

SARDINE PAELLA

Here's a unique, flavorful (and fuss-free!) paella. Guess what? It's topped with sardines! Serve it in the morning for a hearty breakfast.

Serves 6 to 8 **Prep Time** 15 minutes
Cooking Time 30 minutes

- ✓ 1 (275-gram) can sardines in tomato sauce
- ✓ 2 tablespoons vegetable oil
- ✓ 1 tablespoon minced garlic
- ✓ 2 tablespoons chopped onions
- ✓ 1 tablespoon minced ginger
- ✓ ½ cup chopped tomatoes
- ✓ salt and pepper, to season

- ✓ 1 teaspoon paprika
- ✓ 2 cups short grain rice (*dinorado*), washed 5 times and drained for 10 minutes
- ✓ 2 tablespoons soy sauce
- ✓ 3 cups vegetable stock
- ✓ ½ cup green peas
- ✓ ¼ cup bell peppers, sliced into strips
- ✓ 2 eggs, hard-boiled, shelled, and sliced into rounds
- ✓ 3 calamansi, sliced in half

- 1 Drain tomato sauce from the sardines; set both aside.
- 2 Heat oil in a *paellera* or a wide, shallow pan. Sauté garlic, onions, ginger, and

tomatoes until fragrant; season with salt and pepper. Add paprika.

3 Add rice and toast until every grain is coated in oil. Once rice is toasted, add soy sauce and tomato sauce from the sardines; mix until well combined.

4 Add stock and let it boil until rice grains rise to the top.

5 Lower heat. Arrange green peas, bell peppers, and sardines on top.

6 Cover with a lid or foil and cook until all the liquid is absorbed, about 10 to 15 minutes. Turn off heat and let it sit for another 5 minutes.

7 Top with hard-boiled eggs and serve with calamansi.

T U E S D A Y

LUNCHEON MEAT CROQUE MONSIEUR

Let's take luncheon meat to the next level by blanketing it with creamy béchamel sauce and gooey melted cheese. Yum!

Serves 3 Prep Time 20 minutes **Cooking Time** 20 minutes

- ✓ 1 tablespoon vegetable oil
- ✓ 6 slices luncheon meat
- ✓ 3 tablespoons butter, softened
- ✓ 6 slices white or wheat bread
- ✓ 2 tablespoons mustard
- ✓ 3 slices American cheese

FOR THE BÉCHAMEL SAUCE

- ✓ 2 tablespoons butter
- ✓ 2 tablespoons all-purpose flour
- ✓ 1½ cups milk
- ✓ salt, ground white pepper, and ground nutmeg, to season

- 1 Heat oil in a frying pan. Fry luncheon meat until lightly golden; drain on paper towels to remove excess oil. Set aside.
- 2 Spread butter on both sides of each bread slice and toast lightly.
- 3 Make the béchamel sauce: Melt butter in a saucepan. Add flour and cook for half a minute. Slowly add milk and whisk continuously until thick and smooth. Season with salt, white pepper, and a pinch of nutmeg.
- 4 To assemble the sandwiches, spread mustard on a bread slice, place 2 luncheon meat slices over, and cover with another bread slice. Spread a thick layer of béchamel sauce on top of the sandwich then top with a cheese slice. Repeat with remaining ingredients.
- 5 Heat sandwiches in a toaster oven until cheese is melted. Serve immediately.



WEDNESDAY

TUNA AND CHEESE DUMPLINGS

These golden parcels make for a delicious starter or snack. Try throwing other vegetables like spinach, zucchini, or bell peppers into the mix.

Serves 4 to 6 **Prep Time** 30 minutes
Cooking Time 10 minutes

- ✓ 1½ tablespoons vegetable oil
- ✓ ¼ cup chopped onions
- ✓ 1 tablespoon minced garlic
- ✓ 1 tablespoon minced ginger
- ✓ ½ cup grated carrots
- ✓ ¼ cup chopped celery
- ✓ 2 (180-gram) cans tuna flakes in oil or brine, drained
- ✓ 1 cup grated cheddar cheese
- ✓ 24 (4x4-inch) wonton wrappers
- ✓ 1 small egg, beaten
- ✓ vegetable oil for deep-frying

FOR THE SPICY MAYO

- ✓ ½ cup mayonnaise
- ✓ ½ cup ketchup
- ✓ 2 tablespoons hot sauce or to taste

- 1 Heat oil in a medium frying pan. Sauté vegetables until tender. Set aside; let cool.
- 2 Combine cooled vegetables, tuna, and cheese in a bowl.

3 Place a small amount of the mixture on the center of a wonton wrapper. Fold wrapper to form a triangle and brush the sides with beaten egg to seal. Repeat with remaining ingredients.

4 Make the spicy mayo: Combine all the ingredients in a bowl. Set aside until ready to serve.

5 Heat oil in a deep pan. Deep-fry dumplings in batches until cheese is melted and the dumplings are crisp and golden.

Drain on paper towels to remove excess oil.
6 Arrange dumplings on a platter and serve with spicy mayo.

Tip

INSTEAD OF WONTON WRAPPERS, YOU CAN ALSO USE LUMPIA WRAPPER. ALTERNATIVELY, YOU CAN USE FILO PASTRY AND BAKE THE PARCELS INSTEAD OF FRYING THEM.





THURSDAY

COCONUT MILK AND PUMPKIN PANNA COTTA

The delicious flavor combination of coconut milk and pumpkin is evident in this satisfying dessert. It's perfect for those who are lactose intolerant, too!

Serves 6 to 8 **Prep Time** 10 minutes, plus chilling time **Cooking Time** 20 minutes

- ✓ 1/2 cup cold water
- ✓ 2 tablespoons gelatin powder
- ✓ 1 1/2 cups canned coconut milk
- ✓ 1 1/2 cups canned coconut cream
- ✓ 1 cup canned pumpkin purée
- ✓ 3/4 cup coconut sugar or to taste
- ✓ 1 teaspoon vanilla extract
- ✓ whipped cream, coconut flakes, and ground cinnamon for topping

- 1 Place cold water in a bowl and sprinkle gelatin. Set aside and let gelatin bloom.
- 2 Scald coconut milk and coconut cream in a pot over medium heat.
- 3 Once warm, slowly add pumpkin purée and coconut sugar. (You can add more sugar for a sweeter panna cotta.) Let mixture simmer. Turn off heat; set aside.
- 4 Slowly pour about 1 cup of the hot coconut-pumpkin mixture into gelatin until gelatin is dissolved. Slowly add gelatin mixture back to the rest of the coconut-pumpkin mixture. Mix until well combined. Strain mixture to get rid of lumps.
- 5 Pour into ramekins or shot glasses. Chill until set.
- 6 Garnish with whipped cream, coconut flakes, and ground cinnamon.

FRIDAY

BEEF STROGANOFF

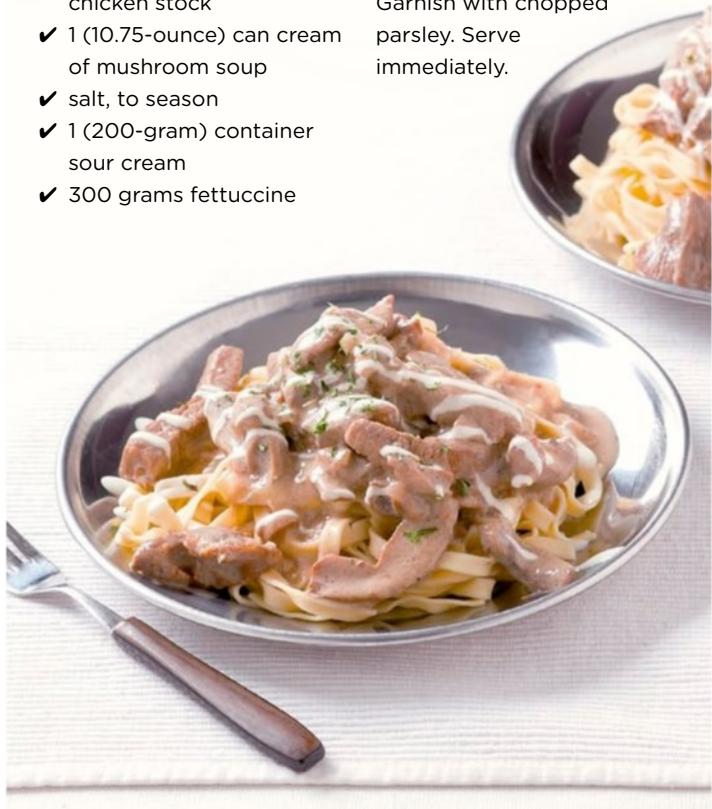
The classic becomes extra tasty with cream of mushroom soup! You can serve it over buttered rice or even mashed potatoes.

noodles, cooked according to package directions
✓ chopped parsley for garnish

Serves 3 **Prep Time** 15 minutes, plus marinating time **Cooking Time** 20 minutes

- ✓ 500 grams rib eye or sirloin, sliced into 1 1/2-inch strips
- ✓ 1/2 cup Worcestershire sauce
- ✓ ground black pepper, to season
- ✓ 1 1/2 tablespoons butter
- ✓ 1/2 tablespoon olive or vegetable oil
- ✓ 1 white onion, chopped
- ✓ 1 (156-gram) can button mushrooms, sliced
- ✓ 1/4 cup dry white wine or chicken stock
- ✓ 1 (10.75-ounce) can cream of mushroom soup
- ✓ salt, to season
- ✓ 1 (200-gram) container sour cream
- ✓ 300 grams fettuccine

- 1 Marinate beef strips in Worcestershire sauce and black pepper for 30 minutes.
- 2 Melt butter and heat oil in a large pan or wok. Sauté onions and mushrooms until onions are translucent. Add wine and let reduce until almost dry.
- 3 Drain beef from marinade. Increase heat and add sliced beef. Cook until evenly browned.
- 4 Add cream of mushroom soup; season to taste with salt and pepper. Simmer for a few minutes.
- 5 Stir in sour cream and pour over cooked noodles. Garnish with chopped parsley. Serve immediately.





OUR

ULAM

FOR

TONIGHT



CREAMY BISTEK

Turn everyday dishes to exciting ulam
na masarap uwian with NESTLE All Purpose Cream.
Ang sarap umuwi!

More #OUFT recipes at [f](#) NestleCream.PH

ASC Ref. No. NO58PO71514N



Good Food, Good Life



WEEKEND Entertaining

Southern comfort

Buttermilk fried chicken is all the rage these days. Make it in your own kitchen and pair it with classic Southern-style sides.

PHOTOGRAPH: ALDWIN ASPILLERA. RECIPES & FOOD PREPARATION: AILEEN ANASTACIO OF MARMALADE KITCHEN. STYLING: TRINKA GONZALES.



THE MENU

Buttermilk
Fried
Chicken
with Gravy

Chunky
Cornbread

Pecan Pie

RECIPES THIS WAY ↗



BUTTERMILK FRIED CHICKEN WITH GRAVY

Elevate everyday fried chicken by marinating it in buttermilk and dredging it in an extra flavorful breading. The result? Unbelievably crisp skin and juicy flesh like you've never had before.

Serves 4 to 6 **Prep Time** 15 minutes, plus marinating time **Cooking Time** 30 to 45 minutes

FOR THE BREADING

- ✓ 2½ cups all-purpose flour
- ✓ ½ cup yellow cornmeal (available at Rustan's and Market! Market!)
- ✓ 2 tablespoons salt
- ✓ 1 teaspoon white pepper
- ✓ 1 teaspoon onion powder
- ✓ 1 teaspoon garlic powder
- ✓ 1 teaspoon paprika

- ✓ 2 cups milk
- ✓ 2 tablespoons vinegar
- ✓ 2 teaspoons salt
- ✓ 1 whole chicken, cut into 8 pieces
- ✓ vegetable or corn oil for deep-frying
- ✓ chopped parsley for garnish

FOR THE GRAVY

- ✓ ¼ cup butter
- ✓ ¼ cup all-purpose flour
- ✓ 1 cup chicken stock (or ¼ chicken bouillon cube dissolved in 1 cup water)
- ✓ ¼ teaspoon salt
- ✓ ⅛ teaspoon pepper

1 Make the breading: Combine all dry ingredients in a bowl and mix until well combined. Set aside.

2 Combine milk and vinegar in a large bowl; let sit for 5 minutes. Add salt and stir.

3 Marinate chicken in buttermilk mixture for 30 minutes or overnight in the fridge.

4 Heat oil to 360°F in a deep-frying pan. When oil is ready, dredge chicken pieces one at a time in the breading, tossing to coat completely. Dip dredged chicken in the buttermilk mixture and coat again with the flour mixture.

5 Deep-fry chicken until golden, about 10 to 15 minutes. Drain on paper towels to remove excess oil. Set aside. Garnish with chopped parsley before serving.

6 Make the gravy: Heat butter in a small saucepan. Cook flour; mix until it turns brown and smells nutty, about 5 to 10 minutes. Gradually add chicken stock, stirring with a wire whisk. Be careful as the initial pour will create some smoke. Season with salt and pepper. Cook until slightly thickened. Serve with chicken.

CHUNKY CORNBREAD

The perfect partner to crispy fried chicken? Warm cornbread slathered with butter or jam.

Serves 9 **Prep Time** 15 minutes **Baking Time** 22 to 25 minutes

- ✓ 2 cups all-purpose flour
- ✓ 1/2 cup yellow cornmeal (available at Rustan's and Market! Market!)
- ✓ 1 cup sugar
- ✓ 1 1/2 tablespoons baking powder
- ✓ 1/2 teaspoon salt
- ✓ 1 cup vegetable or corn oil
- ✓ 1 1/3 cups buttermilk, or 4 teaspoons white vinegar mixed into 1 1/3 cups milk (let sit undisturbed for 5 minutes)
- ✓ 1 large egg
- ✓ 1 teaspoon vanilla extract
- ✓ 2 cups canned corn kernels, drained
- ✓ butter, jam, or honey, to serve

1 Preheat oven to 375°F. Grease and line a 9x9-inch baking pan. Set aside.

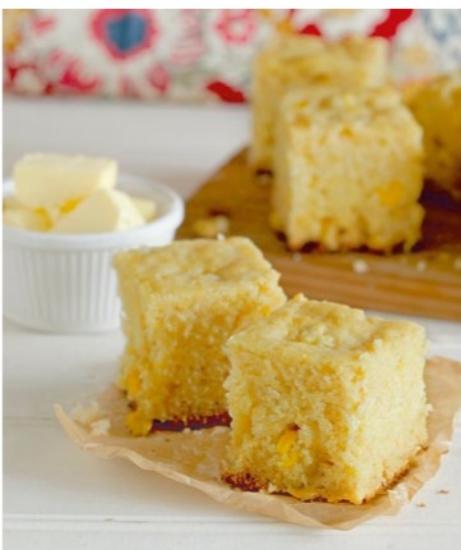
2 Combine flour, cornmeal, sugar, baking powder, and salt in a bowl. Set aside.

3 Whisk together oil, buttermilk, egg, and vanilla in another bowl. Pour over the flour mixture and mix until well combined.

4 Add corn and mix until well combined.

5 Pour batter into prepared baking pan and bake until the top is golden and a toothpick inserted in the center comes out clean, about 22 to 25 minutes. Let cool.

6 Cut into squares and serve warm with butter, jam, or honey, if desired.



PECAN PIE

Serve the pie at room temperature or slightly warmed with a scoop of ice cream for a truly indulgent dessert.

Makes 1 (9-inch) pie **Prep Time** 15 minutes, plus chilling time **Baking Time** 70 to 80 minutes

FOR THE CRUST

- ✓ 1 1/4 cups all-purpose flour
- ✓ 1/2 teaspoon salt
- ✓ 1/3 cup butter, cubed and chilled
- ✓ 3 tablespoons shortening, cut into pieces
- ✓ 2 tablespoons ice-cold water

FOR THE FILLING

- ✓ 1/3 cup unsalted butter, cubed
- ✓ 1 cup packed dark brown sugar
- ✓ 1/2 teaspoon salt
- ✓ 3 large eggs
- ✓ 3/4 cup light corn syrup
- ✓ 1 tablespoon vanilla extract
- ✓ 2 cups pecans, toasted and chopped
- ✓ 1 1/2 cups whole pecans for topping

1 Make the crust: Combine flour and salt in a large bowl; stir until well combined. Scatter butter and shortening over flour mixture. Using two forks or knives, cut in butter and shortening until mixture resembles

coarse pea-size crumbs. Drizzle ice-cold water over mixture. Toss until dough is evenly moist and begins to come together but does not form into a ball. Transfer dough to a clean work surface and form into a 6-inch disk. Wrap disk tightly in plastic wrap and chill, about 1 hour or overnight.

2 Preheat oven to 375°F. Let dough soften at room temperature for 15 minutes. Roll out dough between 2 sheets parchment or wax paper into an 11-inch circle. Press dough into a 9-inch tart pan. Level dough along the edges of the pan. Gently mold aluminum foil onto dough. Add pie weights (dried beans work well); bake for 20 minutes. Remove from oven; let stand.

3 Make the filling: Melt butter in a medium saucepot over low heat. Add sugar and salt. Beat in eggs, corn syrup, and vanilla. Stir well until mixture is shiny and warm to the touch. Remove from heat; stir in pecans.

4 Pour pecan mixture into the warm pie shell, decorate with whole pecans, and bake until the center feels set yet soft like gelatin when gently pressed, about 50 to 60 minutes.

5 Remove from the oven and transfer to a cooling rack. Let cool completely, about 4 hours, before slicing.

Chaise AND Shine

Jump out of bed and dive into a stack of fluffy pancakes or layers of golden French toast. A perfect breakfast awaits.

PHOTOGRAPHY BY Miguel Nacianceno
RECIPES AND FOOD STYLING BY Mel Jimenez
PROP STYLING BY Rachelle Santos
ART DIRECTION BY Jon Tolentino
WATERCOLOR CALLIGRAPHY BY Fozzy Castro-Dayrit

HOMEMADE PANCAKE BATTER

This is such a versatile base to play with! Mix in herbs, spices, and other flavorings of your choice.

Makes 12 to 16 (4½- to 5-inch) pancakes **Prep**

Time 20 minutes **Cooking**

Time 20 minutes

- ✓ 1 ¾ cups whole milk, at room temperature
- ✓ 5 teaspoons vinegar
- ✓ 2 cups all-purpose flour
- ✓ 1 tablespoon sugar
- ✓ 1 teaspoon salt
- ✓ 1 teaspoon baking powder
- ✓ ½ teaspoon baking soda
- ✓ 2 large eggs, separated
- ✓ 4 tablespoons butter, melted and cooled

1 Combine milk and vinegar in a medium bowl; let stand for at least 5 minutes. (The mixture will thicken slightly and form small clumps.)

2 Sift all the dry ingredients into a large bowl and whisk several times to distribute ingredients evenly.

3 Combine yolks with melted butter in a small bowl and whisk to combine. Pour into milk mixture; mix well.

4 In the bowl of an electric mixer fitted with the whisk attachment, whip egg whites until stiff peaks form.

5 Pour wet ingredients into dry ingredients all at once; whisk until just mixed. Using a spatula, fold egg whites into the batter.

Chocolate Chip Pancakes with Strawberry Compote



Make pancakes even more delicious by adding chocolate chips to the mix and serving them with fresh strawberry compote.

Makes 12 to 16 (4½- to 5-inch) pancakes
Prep Time 20 minutes **Cooking Time** 20 minutes

- ✓ butter for cooking
- ✓ 1 recipe Homemade Pancake Batter
- ✓ 1 cup semisweet chocolate chips
- ✓ whipped cream for garnish (optional)

FOR THE STRAWBERRY COMPOTE

- ✓ 20 to 30 fresh strawberries, hulled, washed, and halved
- ✓ ½ cup sugar
- ✓ ⅓ cup water

1 Heat griddle over medium-high heat and brush the surface lightly with butter. Pour ½ to 1 cup batter into pan and evenly sprinkle a good amount of chocolate chips on top. Cook for 2 to 3 minutes or until bottom is golden brown and surface begins to bubble. Flip and cook for 1 to 2

minutes more. Repeat with the remaining batter and chocolate chips.

2 Make the strawberry compote: Combine all ingredients in a small saucepan over low heat; stir. Once sugar is dissolved, increase heat to medium and bring to a steady simmer. Simmer for about 10 minutes or until berries soften and the syrup turns pink. Use immediately or let cool for the syrup to thicken slightly.

3 Stack pancakes on a plate. Top with strawberry compote and whipped cream, if desired. Serve warm.

Tip

TO MAKE WHIPPED CREAM, WHIP 1 (8-OUNCE) PACK WHIPPING CREAM USING AN ELECTRIC MIXER FITTED WITH THE WHISK ATTACHMENT AT MEDIUM-HIGH SPEED. ADD ½ TEASPOON VANILLA AND 1 TABLESPOON CONFECTIONERS' SUGAR (SIFTED); WHIP UNTIL SOFT PEAKS FORM. TRANSFER TO A COVERED CONTAINER; CHILL.

Lemon-Cream Cheese Dollar Pancakes



Give pancakes a refreshing zing by slathering them with a delightfully tangy cream cheese filling.

Makes 8 to 10 (3-inch diameter) pancakes

Prep Time 20 minutes **Cooking Time**
20 minutes

✓ butter for cooking

✓ 1/2 recipe Homemade Pancake Batter

FOR THE LEMON-CREAM CHEESE FILLING

✓ 1/2 (8-ounce) bar cream cheese, softened

✓ 1 tablespoon butter, softened

✓ zest and juice from 1 lemon

✓ 1 cup confectioners' sugar, sifted

FOR THE CANDIED LEMON RIND AND SYRUP

✓ peel from 1 lemon, sliced into thin strips

✓ 3/4 cup water

✓ 1/2 cup sugar

✓ whipped cream, to serve (optional)

1 Heat a frying pan over medium-high heat and brush surface lightly with butter. Pour 1/4 cup batter into pan; cook for 2 to 3 minutes or until bottom is golden brown and surface begins to bubble. Flip and cook for 1 to 2 minutes more. Repeat with remaining batter.

2 Make the lemon-cream cheese filling: In the bowl of an electric mixer fitted with the whisk attachment, combine all ingredients over low speed. Increase speed to high and continue to whip until light and fluffy. Chill until ready to use.

3 Make the candied lemon rind and syrup: Combine all ingredients in a small saucepan over low heat. Stir until sugar is dissolved. Increase heat to medium. Once mixture comes to a boil, lower heat. Simmer for 15 minutes or until liquid is syrupy and peel is slightly translucent. For a thicker syrup, continue to simmer for 10 minutes. Let cool.

4 Spread filling on the tops of 3 or 4 pancakes; stack on a plate. Place another pancake on the top of the stack. Top with whipped cream and lemon rind. Drizzle with lemon syrup.



Start the day right with hearty, cheesy flapjacks. If you're feeling indulgent, swap out canned for smoked salmon and top it all off with caviar.

Makes about 18 (4½- to 5-inch) pancakes

Prep Time 30 minutes **Cooking Time** 30 minutes

- ✓ 1 cup chopped fresh spinach leaves, washed thoroughly
- ✓ 1 recipe Homemade Pancake Batter, omitting sugar and adding ¼ teaspoon ground white pepper
- ✓ butter for cooking
- ✓ 1 cup grated cheddar cheese
- ✓ 1 (213-gram) can pink salmon, drained and flaked
- ✓ 6 eggs, fried sunny side up
- ✓ 6 stalks green onions, chopped finely

FOR THE GREEN ONION SOUR CREAM SAUCE

- ✓ 1 cup sour cream
- ✓ 8 to 10 stalks green onions, chopped finely
- ✓ 1 teaspoon lemon juice
- ✓ ½ teaspoon salt
- ✓ ¼ teaspoon freshly ground black pepper

1 Blanch spinach in a pot of boiling water for 30 seconds; transfer to a bowl of ice-cold water. Drain and squeeze to remove moisture. Chop finely and set aside.

2 Prepare Homemade Pancake batter. Stir in spinach in Step 5.

3 Heat a frying pan over medium-high heat and brush surface with butter. Pour ⅓ to ½ cup batter into pan and sprinkle 1 tablespoon cheese on top. Cook for 2 to 3 minutes or until bottom is golden brown and surface begins to bubble. Flip and cook for 1 to 2 minutes more. Repeat with remaining batter.

4 Make the green onion sour cream sauce: Combine all ingredients in a medium bowl. Chill until ready to use. (Make this 1 hour before serving to allow flavors to meld.)

5 To serve, arrange 2 to 3 pancakes on a plate. Top with flaked salmon and a fried egg. Top with green onion sour cream sauce. Garnish with green onions.

Spinach-cheese pancakes with salmon and egg

Peanut butter-stuffed French Toast with bananas

This is perfect for kids and kids at heart. Peanut butter, cornflakes, and caramelized bananas come together in this sumptuous dish.

Serves 4 to 8 Prep Time 20 minutes
Cooking Time 20 to 25 minutes

- ✓ 1¼ cups creamy or crunchy peanut butter
- ✓ 16 slices white bread
- ✓ 1 recipe Basic French Toast Custard
- ✓ 2 cups cornflakes, crushed into roughly ½-centimeter pieces
- ✓ butter for frying
- ✓ maple or pancake syrup, to serve

FOR THE CARAMELIZED BANANAS

- ✓ 1 cup sugar
- ✓ 8 ripe bananas (*lakatan* variety), peeled and halved lengthwise
- ✓ 2 tablespoons butter

1 Spread peanut butter on 8 bread slices. Cover each with another bread slice to make a sandwich. Press sides of each sandwich firmly. Set aside.

2 Make the caramelized bananas: Sprinkle sugar on all sides of banana slices. Melt butter in a pan. Add bananas; cook until coated with butter and melted sugar.

3 Dip each side of one sandwich into custard, about 10 to 15 seconds per side depending on dryness of bread. Immediately press each side onto the cornflakes. Place coated sandwich on a tray. Repeat with remaining sandwiches.

4 Place a medium frying pan over medium-high heat. Melt butter and fry one side of soaked sandwich for 2 minutes or until golden brown. Flip; fry for 2 more minutes. Repeat with remaining sandwiches.

5 Slice each sandwich diagonally. Arrange 2 or 3 sandwich halves on a plate. Top with 2 to 4 caramelized banana slices and drizzle with maple or pancake syrup.

BASIC FRENCH TOAST CUSTARD

Feel free to use other flavorings like nutmeg, hot sauce, or cayenne pepper for savory French toast.

Good for about 8 (1-inch-thick) bread slices **Prep Time** 20 minutes **Cooking Time** 20 to 25 minutes

- ✓ 1½ cups milk
- ✓ 2 tablespoons butter
- ✓ 2 tablespoons sugar
- ✓ ½ teaspoon ground cinnamon
- ✓ ½ teaspoon salt
- ✓ 3 yolks from large eggs
- ✓ 2 teaspoons vanilla extract

1 Combine milk and butter in a medium saucepan over very low heat. Cook until butter is completely melted. Let cool just until warm to the touch.
2 Mix together sugar, cinnamon, and salt in a large bowl. Whisk in yolks and vanilla. Slowly whisk in warm milk-butter mixture.



Chicken AND Bacon French Toast



Chicken and smoky bacon lie on a bed of crispy toast and are blanketed with a velvety sauce for one lip-smacking dish.

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

Cooking Time 20 to 25 minutes

- ✓ 6 skinless chicken breast fillets, boiled in salted water and shredded
- ✓ 4 to 5 tablespoons olive oil
- ✓ salt and freshly ground black pepper, to taste
- ✓ 1 (12-inch) baguette, sliced into 1-inch-thick pieces
- ✓ 1 recipe Basic French Toast Custard, omitting sugar and vanilla and adding 1/4 teaspoon paprika and 1/4 teaspoon ground black pepper
- ✓ butter for frying
- ✓ 6 to 8 bacon strips, sliced in half and fried to a crisp

FOR THE CHEESE SAUCE

- ✓ 2 tablespoons butter
- ✓ 2 tablespoons all-purpose flour
- ✓ 1 1/2 cups whole milk
- ✓ 1 cup grated quick-melt cheese
- ✓ salt and pepper, to taste

1 Combine chicken and oil in a bowl. Season with salt and pepper. Toss to coat evenly. Set aside.

2 Make the cheese sauce: Melt butter in a medium saucepan over medium-high heat. Sprinkle flour and stir; cook for 1 minute. Pour milk slowly, stirring, to avoid clumps;

bring to a simmer. Stir in cheese; season with salt and pepper. Simmer until cheese is melted. Set aside and keep warm.

3 Dip each side of 1 bread slice into custard, about 15 to 20 seconds per side depending on dryness of bread.

4 Place a medium frying pan over medium-high heat. Melt butter and fry one side of soaked bread slice for 2 minutes or until golden brown. Flip and fry for 2 more minutes. Repeat with remaining bread.

5 Arrange 2 or 3 French toast slices on a plate. Top with shredded chicken and bacon. Pour cheese sauce over. Serve hot.

Tip

FRENCH TOAST IS BEST MADE WITH DAY-OLD (OR EVEN OLDER) BREAD. LEAVE SLICES EXPOSED ON A TRAY FOR UP TO 3 DAYS BEFORE USING. YOU CAN ALSO SPEED UP THE DRYING BY SLOWLY TOASTING BREAD IN AN OVEN PREHEATED TO 200°F UNTIL NO LONGER SOFT.

Thick slices of French toast are topped with sweet mangoes and drizzled with luscious chocolate-hazelnut sauce. Mmm.

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

FOR THE CANDIED WALNUTS

- ✓ 1 cup sugar
- ✓ $\frac{3}{4}$ cup water
- ✓ 1 cup walnuts

- ✓ 10 to 12 (1-inch-thick) slices Monroe bread (we used Jipan)
- ✓ 1 recipe Basic French Toast Custard
- ✓ butter for frying
- ✓ whipped cream (optional)
- ✓ 4 large ripe mangoes, sliced thinly
- ✓ chocolate-hazelnut sauce, to serve

1 Make the candied walnuts: Line a baking sheet with parchment paper; set aside. Combine sugar and water in a large frying pan over low heat. Stir until sugar is dissolved. Increase heat to medium and let cook. Once it turns a light gold, add

walnuts and keep swirling pan until mixture is amber in color. Pour mixture onto prepared tray. Separate walnuts with a fork and let cool completely. Store walnuts in an airtight container until ready to use.

- 2** Dip each side of 1 bread slice into custard, about 15 to 20 seconds per side depending on dryness of bread.
- 3** Place a medium frying pan over medium-high heat. Melt butter and fry one side of soaked bread slice for 2 minutes or until golden brown. Flip and fry for 2 more minutes. Repeat with remaining bread.
- 4** Arrange 2 to 3 French toast slices on a plate. Top with whipped cream, if desired, mango, and walnuts. Drizzle with chocolate-hazelnut syrup. Serve warm.

Tip

TO MAKE THE CHOCOLATE-HAZELNUT SAUCE, STIR TO COMBINE $\frac{1}{2}$ CUP CHOCOLATE-HAZELNUT SPREAD (WE USED NUTELLA), $2\frac{1}{2}$ TABLESPOONS CREAM, AND $2\frac{1}{2}$ TABLESPOONS CORN SYRUP.



Mango Candied Walnut French Toast

#OUFT

Creamy Sigarillas and Papaya Gising-Gising

PREPARATION TIME:

30 minutes total cooking time

SERVES: 6-8

INGREDIENTS

2 tbsp.	cooking oil
1 tbsp.	crushed garlic
1/4 cup	chopped onion
1/4 kg.	cubed pork
1 tbsp.	bagoong alamang
2 cups	chopped green papaya
2 cups	chopped sigarillas
1 sachet	8g MAGGI MAGIC SARAP®
1 pack	250ml NESTLÉ® All Purpose Cream
	chopped siling labuyo (optional)

PROCEDURE

1. Heat cooking oil, sauté garlic and onion until limp. Add pork and cook until slightly brown in color. Add bagoong and continue cooking for another minute.
2. Stir in papaya then sigarillas, add MAGGI MAGIC SARAP and continue cooking for another minute.
3. Pour in NESTLÉ All Purpose Cream. Simmer for another 5 minutes or until slightly dry. Serve immediately.



Our Ulam For Tonight

"Ano'ng ulam mamaya?" You've probably asked or heard this a thousand times. If you like the ulam, you'd probably be rushing home. If you don't, you'd consider getting a bite elsewhere. But here's good news: With NESTLÉ All Purpose Cream, the family will be asking and rushing home to Our Ulam For Tonight (#OUFT).

Every night, the main dish keeps the whole family excited for dinner. After a long day at work or in school, enjoying a freshly cooked meal is the perfect family bonding activity. Think family favorites couldn't get any more delectable? With

CREAMY #OUFT TIP:

Cap your savory dishes with a creamy and delicious flavor using NESTLÉ All Purpose Cream. Pour a pack of NESTLÉ All Purpose Cream into your favorite recipe right after turning the stove off. This trick makes sure that the cream does not get overcooked as it transfers its creamy perfection onto your dish.



With the rich and creamy goodness of **NESTLÉ All Purpose Cream**, the No. 1* cream, you just couldn't wait to taste Our Ulam For Tonight (#OUFT)!

NESTLÉ All Purpose Cream, your regular Bistek Tagalog can become extra-special Creamy Bistek. And your ordinary Gising-Gising? Rich and creamy #OUFT!

Regular ulam cooked with **NESTLÉ All Purpose Cream** can gain spotlight on the dinner table. Add it to your grocery list and make it a staple in your recipes to transform average ulam to gourmet dishes. From a dollop to a cup, it can give your creations added richness and creaminess. Flavors can easily stand out! With food this good, your family may think every day is a special occasion!



#OUFT Creamy Bistek

PREPARATION TIME:

5 minutes to plus 20 minutes to marinate beef and 25 minutes to cook

SERVES: 4-6

INGREDIENTS

1/2 kg beef sirloin, thinly-sliced
1 sachet 8g **MAGGI MAGIC SARAP**
2 tbsp **MAGGI Savor**, Calamansi
2 cup cooking oil
1 medium onion, sliced into rings
1 pack 250ml **NESTLÉ All Purpose Cream**

PROCEDURE

1. Rub beef with **MAGGI MAGIC SARAP** and **MAGGI Savor**. Marinate for at least 20 minutes.
2. Heat oil and sauté onions for 2 minutes or until crisp tender, then set aside.
3. In the same pan, add marinated beef and pan-fry until brown.
4. Add back fried onions. Pour in **NESTLÉ All Purpose Cream** and simmer for 5 minutes. Remove from heat and serve immediately.

[NestleCream.PH](#)

*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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BETTER WITH BACON

Can't get enough of the popular porky treat? Here are 6 delicious reasons to fall in love with it even more.

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RECIPES BY Len Santos-Ding of Feed 5000
STYLING BY Idge Mendiola and Regine Rafael

CREAMY BACON AND BROCCOLI PASTA

Want to make sure your kids get enough vegetables in every meal? Here's one solution! You can also sub cauliflower for broccoli.

Serves 6 Prep Time 15 minutes

Cooking Time 15 minutes

- ✓ 500 grams broccoli, washed and cut into florets
- ✓ 2 tablespoons olive oil
- ✓ 125 grams bacon, chopped finely
- ✓ 1 cup all-purpose cream
- ✓ 1/2 cup milk
- ✓ 500 grams pasta, cooked according to package directions (we used fusilli)
- ✓ salt and pepper, to taste
- ✓ 1/2 to 1 cup reserved pasta water
- ✓ 1/2 cup grated Parmesan cheese, plus extra to serve
- ✓ chili flakes (optional)

1 Boil broccoli florets in a pot of salted water for 12 to 15 minutes or until soft; drain. Mash broccoli with a fork or whiz in a food processor; set aside.

2 Heat olive oil in a pan over medium heat and fry bacon for 3 to 4 minutes. Add broccoli and stir.

3 Add cream and milk. Lower heat and simmer for 1 minute.

4 Add cooked pasta to sauce; stir until well combined. Season with salt and pepper. Add pasta water a tablespoon at a time if the sauce becomes too thick, making sure that it remains creamy. Toss in Parmesan cheese.

5 Divide among serving bowls and top with more Parmesan cheese and chili flakes, if desired.



GREEN SALAD IN BACON CUPS WITH WARM BACON DRESSING

These bacon cups are extremely versatile! You can fill them with mashed potatoes, steamed rice, or even ice cream.

Serves 6 Prep Time 20 minutes Cooking

Time 15 to 20 minutes

✓ 18 to 24 strips bacon

FOR THE WARM BACON DRESSING

✓ $\frac{1}{4}$ cup warm bacon oil (reserved from cooking bacon)
✓ 1 tablespoon red wine vinegar
✓ $\frac{1}{2}$ teaspoon mustard
✓ $\frac{1}{2}$ teaspoon maple syrup
✓ salt and pepper, to taste
✓ 4 strips bacon, chopped and fried

✓ lettuce leaves, julienned bell peppers, julienned carrots, cucumbers (halved, seeded, and sliced thinly), to serve

1 Make the bacon cups: Invert 6 large muffin tins over a baking tray. Cover each muffin tin with foil. Slice 1 bacon strip in half. Cover the top of a muffin tin with the two halves, overlapping bacon as necessary. Wrap 2 to 3 bacon strips around the muffin tin, weaving strips tightly to cover the entire surface. Repeat with remaining bacon. Bake in a preheated

375°F oven for about 15 minutes or until bacon cups are crisp and can hold their shape. Reserve rendered oil.

2 Meanwhile, make the warm bacon dressing: Place bacon oil in a bowl. Whisk in red wine vinegar, mustard, and maple syrup. Season with salt and pepper. Add chopped bacon.

3 Assemble the salad: Arrange lettuce leaves on the bacon cups and top with remaining vegetables. Drizzle with warm bacon dressing before serving.





BACON-WRAPPED TUNA STEAKS WITH WASABI CREAM SAUCE

This lighter alternative to filet mignon is loaded with Japanese flavor. You'll get hooked, for sure!

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

- ✓ 4 (120- to 150-gram) steaks tuna, each about 1-inch thick
- ✓ 4 strips bacon, slightly cooked but not crisp

FOR THE MARINADE

- ✓ 2 tablespoons butter, melted
- ✓ $\frac{1}{4}$ cup soy sauce
- ✓ 2 tablespoons mirin
- ✓ 1 tablespoon lemon juice
- ✓ 1 teaspoon grated ginger
- ✓ 1 teaspoon minced garlic
- ✓ 1 tablespoon brown sugar
- ✓ freshly ground pepper

FOR THE WASABI CREAM SAUCE

- ✓ 1 to 2 teaspoons wasabi paste
- ✓ 1 cup heavy cream
- ✓ 6 to 8 drops sesame oil

1 Wrap each tuna steak with a strip of bacon and secure with wooden skewers or toothpicks.

2 Make the marinade: Combine all ingredients in a bowl. Set aside 2 tablespoons of the marinade.

3 Marinate tuna steaks for about 15 minutes. Meanwhile, preheat oven to 400°F.

4 Arrange tuna steaks on a baking pan and bake in the preheated oven for 10 to 15 minutes or until completely cooked.

5 Make the wasabi cream sauce: Combine wasabi and reserved marinade in a saucepan over low heat. Add cream and bring to a simmer. Remove from heat and stir in sesame oil. Serve on the side or drizzle on top before serving.

BACON-BEER MUSSELS

Here's one for the muscle men! Serve it with warm crusty bread for mopping up all the delicious sauce and juices.

Serves 4 to 6 Prep Time 10 minutes

Cooking Time 10 minutes

- ✓ 3 tablespoons olive oil
- ✓ 125 grams bacon slab or thick-cut bacon, sliced into 1-inch pieces
- ✓ 1 medium white onion, sliced thinly
- ✓ 1 stalk celery, diced
- ✓ 750 grams mussels, cleaned and beards removed
- ✓ $\frac{1}{2}$ cup beer
- ✓ salt and pepper, to taste
- ✓ 1 tablespoon mustard

- ✓ 1 tablespoon all-purpose cream

1 Heat olive oil in a pot over medium heat. Sauté bacon until lightly browned. Add onions and celery. Sauté until onions are wilted.

2 Add mussels and beer. Lower heat and simmer, covered, for about 5 minutes or until shells open. Discard mussels that remain closed.

3 Season with salt and pepper to taste. Stir in mustard and cream before serving.





BACON-WRAPPED CHILI-CHEESE POPPERS

Start your feast with the unbeatable trio of bacon, cheese, and chilies. Not a fan of spicy starters? Try using small bell peppers instead.

Serves 4 Prep Time 15 minutes

Cooking Time 20 minutes

- ✓ 20 green finger chilies (*siling pangsigang*)
- ✓ 200 grams cheddar cheese, sliced into 20 (1½- to 2-inch) sticks
- ✓ 10 strips bacon, sliced in half
- ✓ cooking oil for deep-frying

FOR THE MARINARA SAUCE

- ✓ 1 clove garlic, sliced thinly
- ✓ ½ white onion, minced
- ✓ 1 tablespoon olive oil
- ✓ 1 cup diced tomatoes
- ✓ ½ cup chicken stock or water
- ✓ salt and pepper, to taste
- ✓ pinch of sugar
- ✓ chopped fresh basil leaves for garnish

1 Make a vertical slit on one side of each finger chili. Scrape off the seeds and core; discard.

2 Insert a cheese stick inside a finger chili and wrap chili tightly with a bacon slice. Secure with a toothpick. Repeat with remaining ingredients.

3 Make the marinara sauce: Sauté garlic and onion in olive oil; do not brown. Add tomatoes and chicken stock or water. Season with salt, pepper, and sugar. Simmer for about 10 to 15 minutes. Garnish with basil leaves before serving.

4 Deep-fry finger chilies until crisp. Serve immediately with marinara sauce.

BACON-CHOCOLATE CUPCAKES WITH MAPLE BUTTER FROSTING

There's no better way to cap off a meal than with bacon, chocolate, and maple syrup—all rolled into one amazing cupcake.

Makes 24 to 30 cupcakes **Prep Time** 25 minutes **Baking Time** 20 minutes

- ✓ 200 grams bacon
- ✓ 2 cups all-purpose flour
- ✓ 1 cup sifted unsweetened Dutch-processed cocoa powder
- ✓ 2 cups sugar
- ✓ 2 teaspoons baking soda
- ✓ 1 teaspoon baking powder
- ✓ 1/2 teaspoon salt
- ✓ 2 large eggs
- ✓ 1 cup cold strong brewed coffee
- ✓ 1 cup milk, mixed with 1 teaspoon white vinegar
- ✓ 1/2 cup vegetable oil

FOR THE MAPLE BUTTER FROSTING

- ✓ 1 cup unsalted butter, chilled
- ✓ 1/2 cup maple syrup (or maple-flavored pancake syrup)
- ✓ 2 to 3 cups sifted confectioners' sugar

1 Preheat oven to 375°F. Line muffin tins with cupcake liners; set aside.

2 Cook bacon in a skillet over medium-high heat until evenly brown and crisp. Drain, crumble, and set aside.

3 Combine flour, cocoa powder, sugar, baking soda, baking powder, and salt in a bowl. Make a well in the center and pour in eggs, coffee, milk mixture, and oil. Stir just until combined.

4 Add 3/4 of the crumbled bacon to the cupcake batter. Set aside remaining bacon for garnish.

5 Scoop batter into prepared muffin tins until 3/4 full. Bake in the preheated oven for about 20 minutes or until tops spring back when lightly pressed. Cool completely on wire racks before frosting.

6 Make the maple butter frosting: In the bowl of an electric mixer fitted with the paddle attachment, cream butter until smooth. Add maple syrup and mix until combined. Add confectioners' sugar 1/2 cup at a time. After adding about 2 cups, taste and check its consistency. For a thicker frosting, gradually add more sugar, being careful not to overpower the taste of the maple syrup.

7 Frost cooled cupcakes with maple butter frosting and sprinkle reserved bacon crumble on top.





SHOP STORE ~~AND~~

Food accounts for a good chunk of the monthly household budget. Unfortunately, we still make mistakes when it comes to buying and storing food items properly. **Jing Lejano** helps you take the guesswork out of your food organization dilemma.

PROTEINS

BEEF

Select: Meat must be firm and bright red. Make sure that the fat isn't too thick in proportion to the meat.
Store: Keep beef in its original packaging or repackage; the package must be secure and airtight. Label accordingly, noting down the date of purchase.
Shelflife: It is best to cook beef within 3 to 5 days. If you are going to keep it for later, wrap the packaging in aluminum foil or freezer-grade plastic wrap, or keep in a freezer-friendly plastic container in the freezer.
Steaks: 3 to 5 days in refrigerator; 6 to 12 months in freezer
Roasts: 3 to 5 days in refrigerator; 4 to 12 months in freezer
Ground: 1 to 2 days in refrigerator; 3 to 4 months in freezer

CANNED SEAFOOD

Store: Keep in a cool, dry place. Once opened, transfer to an airtight plastic container.
Shelflife: 5 years in the pantry; 3 to 4 days in the refrigerator

CHICKEN

Select: Its flesh must be pinkish in color. If the skin is gray, stay away. Check for a funny smell—it means that it's spoiled.
Store: Store as soon as you get home, making sure it doesn't sit in room temperature for more than 15 minutes. Keep chicken in its original packaging or repackage; the package must be secure and airtight. Label accordingly, noting down the date of purchase.

Shelflife: It is best to cook chicken within 2 to 3 days. If you are going to keep it for later, wrap the package in aluminum foil or freezer-grade plastic wrap, or keep in freezer-friendly plastic container in the freezer.

Whole: 1 to 2 days in refrigerator; 1 year in freezer

Pieces: 1 to 2 days in refrigerator; 9 months in freezer

CRABS

Select: Get them alive as they spoil rapidly after death. Tap their legs; they should spring to life. Go for those which are heavy and solid, with no liquid swirling inside them.
Store: Fresh crabs should be cooked immediately and consumed shortly. Cooked crabs may be kept in the freezer.
Shelflife: Consume frozen cooked crab within 3 months.

EGGS

Store: Keep them in the original carton. Place in the main section of the refrigerator; the door compartment may not be cold enough. Eggs may be frozen as long as you separate the yolk from the white and place them in airtight containers.

Shelflife: Raw, 3 to 5 weeks; frozen, 1 year

FISH

Select: Look for clear, bright eyes. Gills must be bright red and skin undamaged. Flesh must be firm and should spring back when pressed. It must have a clean, ocean-like smell, briny, not strong. For fillets, flesh must be firm, with no drying or discoloration around the edges. Flesh must spring back when pressed and must have a fresh, mild smell.

Store: Clean fish, removing gills and scales. Dry with paper towels, then wrap in plastic wrap, wax paper, or aluminum foil. Store in the chiller. If you are going to keep it for more than two days, it is best to freeze it. Clean, dry, wrap in aluminum foil, then wrap again in freezer paper before placing in the freezer.

Shelflife: Lean fish: 1 to 2 days in refrigerator; 6 months in freezer

Fatty fish: 1 to 2 days in refrigerator; 2 to 3 months in freezer

Cooked fish: 3 to 4 days in refrigerator; 4 to 6 months in freezer

Smoked fish: 14 days in refrigerator; 2 months in freezer

HOT DOGS

Store: Keep hot dogs in their original packaging. Note down the date of purchase.

Shelflife: Unopened, 2 weeks in refrigerator; opened, 1 week in refrigerator. 1 to 2 months in freezer

LEFTOVERS (COOKED MEAT), SOUPS WITH VEGETABLE OR MEAT

Store: Place in shallow, covered containers and refrigerate. If freezing, place in freezer-safe plastic containers.

Shelflife: 3 to 4 days in refrigerator; 2 to 6 months in freezer

PORK

Select: Meat must be firm and pale red. Make sure the fat isn't too thick in proportion to the meat.

Store: Keep pork in its original packaging or repackage; the package must be secure and airtight. Label accordingly, noting down the date of purchase.

Shelflife: It is best to cook pork within 3 to 5 days. If you are going to keep it for later, wrap the package in aluminum foil or freezer-grade plastic wrap, or keep in a freezer-friendly plastic container.

Chops: 3 to 5 days in refrigerator; 4 to 6 months in freezer

Roasts: 3 to 5 days in refrigerator; 4 to 12 months in freezer

Ground: 1 to 2 days in refrigerator; 3 to 4 months in freezer

SAUSAGE (CHICKEN, PORK, BEEF)

Store: Keep sausages in their original packaging. Note down the date of purchase.

Shelflife: 1 to 2 days in refrigerator; 1 to 2 months in freezer

SHELLFISH

Select: Get them alive, and cook them the same day. Live clams, oysters, and mussels will close when their shells are tapped. They must also have a clean, ocean-like smell. Stay away from shells that are cracked or broken.

SHRIMPS

Select: Get them alive. Flesh must be shiny and translucent. They must have a clean, ocean-like smell.

Store: If you're keeping them for longer than 2 days, wrap in plastic wrap or place in a freezer-friendly container and freeze.

Shelflife: 1 to 2 days in refrigerator; 3 to 6 months in freezer

SQUID

Select: Look for clear, bright eyes and shiny, firm, plump flesh. It must have a clean, ocean-like smell.

Store: If you're keeping them for longer than 2 days, wrap in plastic wrap or place in a freezer-friendly container and store in the freezer.

Shelflife: 1 to 2 days in refrigerator; 3 to 6 months in freezer



VEGETABLES

ASPARAGUS

Select: Look for straight stalks with closed, compact tips. They should be solid green in color. Stay away from those with shriveled stalks or spreading tips.

Store: Trim ends, place upright in a jar with water, and place in the refrigerator.

Shelflife: 3 days

BEANS, BAGUIO AND STRING

Select: Look for firm beans that are bright green in color. Skin must have no spots or blemishes.

Store: Put loosely in a plastic bag and place in crisper section of the refrigerator.

Shelflife: 1 week, Baguio; 3 days, string

BELL PEPPERS

Select: Look for peppers which are firm and thick-fleshed. Whether red, green, or yellow, the color must be vibrant and fresh. Stay away from those with soft spots and blemishes, as well as those with dark stems.

Store: Put loosely in a plastic bag and place in crisper section of the refrigerator.

Shelflife: 1 week, green peppers; 5 days, red and yellow peppers

BROCCOLI

Select: The head must be dark green and firmly clustered. The stalk must be firm.

Store: Put loosely in a plastic bag and place in crisper section of the refrigerator.

Shelflife: 1 week

CABBAGE

Select: The head must be firm and heavy for its size. Its outer leaves must be green to light green in color with no blemishes or dark edges.

Store: Put loosely in a plastic bag and place in crisper section of the refrigerator.

Shelflife: 2 weeks

CARROTS

Select: Look for firm, straight carrots; stay away from limp ones or those with cracks. Must be bright orange in color, preferably with fresh green leaves.

Store: Put loosely in a plastic bag and place in crisper section of the refrigerator.

Shelflife: 2 weeks

CAULIFLOWER

Select: The head must be firmly clustered with fresh green leaves. Stay away from those with black spots or blemishes.

Store: Put loosely in a plastic bag and place in crisper section of the refrigerator.

Shelflife: 1 week

CELERY

Select: Look for firm, crisp, pale green stalks with fresh green leaves; stay away from limp ones or those with tears.

Store: Put loosely in a plastic bag and place in crisper section of the refrigerator.

Shelflife: 2 weeks

CORN

Select: Go for those with smooth green husks, plump and milky kernels, and soft silky ends.

Store: Put loosely in a plastic bag and place in crisper section of the refrigerator.

Shelflife: Best to cook it on the day of purchase; consume within 3 days.

CUCUMBER

Select: Look for firm, unblemished vegetables which are bright green in color. Stay away from those with soft ends. Pick straight cucumbers; they say the curved ones may be infested with worms.

Store: Put loosely in a plastic bag and place in crisper section of the refrigerator.

Shelflife: 5 days

EGGPLANT

Select: Go for firm vegetables that are heavy for their size. Must be shiny purple in color with a fresh green cap. Stay away from those which are wrinkled or soft, or too thick-skinned. Pick straight cucumbers; they say the curved ones may be infested with worms.

Store: Put loosely in a plastic bag and place in crisper section of the refrigerator.

Shelflife: 5 days

GARLIC

Select: Look for firm, unblemished heads with compact cloves. The skin must be intact and soft, not brittle.

Store: Store in a cool, dry place without any packaging.

Shelflife: 2 months

HERBS

Select: Go for herbs which are firm, crisp, and distinctly aromatic.

Store: Treat leafy herbs like flowers—cut the edges, place stems upright in a jar with water, and place jar in the refrigerator (except for basil which should be stored at room temperature). For woody herbs, wrap in a damp paper towel, put loosely in a plastic bag, and place in the warmest part of the refrigerator, the door preferably. Do not wash herbs until ready to use.

Shelflife: 3 days for basil, cilantro, chives, tarragon; 5 days for mint and parsley; 2 weeks for rosemary and thyme

LEeks

Select: Look for leeks with a firm and unblemished white base. The leaves must be fresh and green.

Store: Cut off dark green tops, keep roots intact, put loosely in a plastic bag, and place in crisper section of the refrigerator.

Shelflife: 1 week

LETTUCE

Select: Leaves must be vibrant in color, crisp in texture, with no blemishes. Stay away from those with discolored edges.

Store: If dirty, rinse, dry, wrap in paper towel, and put in a plastic bag before placing in crisper section. If clean, put loosely in a plastic bag and place in crisper section of the refrigerator.

Shelflife: 5 days

MUSHROOMS

Select: In general, go for mushrooms with a clean and woodsy scent, plump and unblemished caps, and fresh stems. Avoid those which are wet, moldy, or shriveled.

Store: Put in a paper bag and place in crisper section. Do not wash until ready to use.

Shelflife: 1 week

OKRA

Select: Go for firm, young-looking vegetables which are tender at the same time.

Store: Put loosely in a plastic bag and place in crisper section of the refrigerator.

Shelflife: 3 days



ONIONS

Select: Look for firm onions which are dry with papery husks. There should be no spots nor any signs of moisture.

Store: Put in a basket and keep in a cool, dry, well-ventilated place, away from direct sunlight. Once cut, place in an airtight container and refrigerate.

Shelf life: 2 months, whole; 4 days in the refrigerator, cut.

POTATOES

Select: Potatoes must be firm. Skin must be smooth with no sprouts or blemishes, and must not exhibit any signs of decay.

Store: Put in a basket and keep in a cool, dry, well-ventilated place, away from direct sunlight. Don't wash. Don't refrigerate.

Shelf life: 1 month

SPINACH

Select: Leaves must be crisp, but tender with no wilting or yellowing.

Store: If dirty, rinse, dry, wrap in paper towel, and put loosely in a plastic bag before placing in the crisper section. If clean, put loosely in a plastic bag and place in the crisper section of the refrigerator.

Shelf life: 3 days

SQUASH

Select: Look for those which are firm and heavy for their size. The skin must be hard and unblemished with a rich, vibrant color. Preferably, the stem must be intact.

Store: Wrap tightly in a plastic bag and store in the refrigerator.

Shelf life: 3 to 5 days

TOMATOES

Select: Tomatoes must be firm and plump. It's better to buy them with their stems still on as this helps retain flavor and aroma. Stay away from those with bruises and soft spots.

Store: Put in a basket and keep in a cool, dry, well-ventilated place, away from direct sunlight. You can also store loosely in a plastic bag and place in the refrigerator.

Shelf life: 3 days

TIP

WHEN STORING VEGETABLES, REMOVE STRINGS OR RUBBER BANDS THAT HOLD THEM TOGETHER. PACK THEM IN A PLASTIC BAG WITH HOLES, WHICH ALLOW FOR AIR CIRCULATION. STORE THEM LOOSELY TOGETHER TO AVOID PREMATURE ROTTING.

NON-PERISHABLES

SHelf LIFE INDICATED IS FOR PACKS THAT HAVE ALREADY BEEN OPENED.

ALL-PURPOSE CREAM

Store: Store in the refrigerator.

Shelf life: 1 to 2 weeks in refrigerator

BAKING POWDER

Store: Transfer to an airtight container and keep in a cool, dry place.

Shelf life: 1½ years. To test if baking powder is still active, place ½ teaspoon in ¼ cup boiling hot water. It should bubble up if it's still good.

BAKING SODA

Store: Transfer to an airtight container and keep in a cool, dry place.

Shelf life: 2 years. To test if baking soda is still active, pour a few drops of vinegar into ¼ teaspoon baking soda. It should bubble up if it's still good.

BOTTLED SALAD DRESSINGS

Store: Keep unopened bottles in a cool, dry place. Once opened, put in the refrigerator.

Shelf life: 1 to 3 months in refrigerator

BREAD

Store: Do not refrigerate; keep bread at room temperature. If not consuming immediately, wrap bread tightly in plastic wrap and store in the freezer.

Shelf life: 3 to 5 days; 2 to 3 months in freezer

BUTTER

Store: Wrap tightly and place in the refrigerator. If not using immediately, store in the freezer.

Shelf life: 2 weeks in refrigerator; 1 year in freezer

CAKE MIX

Store: Transfer to an airtight container and store in a cool, dry place.

Shelf life: 9 months

CAKES

Store: Store cake in an airtight container.

Shelf life: 1 to 2 days at room temperature; 3 to 5 days in refrigerator; 2 to 3 months in freezer

CANNED MEAT

Store: Transfer opened meat to an airtight container. Place in the refrigerator with lid tightly closed.

Shelf life: 1 year in refrigerator

CEREAL

Store: Transfer to an airtight container and keep in a cool, dry place.

Shelf life: 1 year



Tip

WHEN BUYING NON-PERISHABLES, CHOOSE PACKS THAT ARE INTACT, WITH NO FOLDS, DENTS, BRUISES, LEAKAGE, OR RUSTING. READ LABELS AND TAKE NOTE OF INGREDIENTS, NUTRITION INFORMATION, AND EXPIRY DATES. SUPERMARKETS NORMALLY PLACE PRODUCTS WITH LATER EXPIRY DATES AT THE BACK OF THE SHELVES.

CHEESE

Store: Wrap in wax or parchment paper, place in a zip-top bag, and place in the refrigerator.
Shelflife: 1 month in refrigerator

GROUND COFFEE

Store: Transfer to an airtight container and keep in a cool, dry place.
Shelflife: 1 year, unopened; 2 to 4 weeks, opened

COOKIES

Store: Store in an airtight container and keep in a cool, dry place. Store together only cookies of the same type; do not store chewy and crunchy cookies together.
Shelflife: 2 to 3 weeks

CORNSTARCH

Store: Keep in a cool, dry place.
Shelflife: 1½ years

BREADCRUMBS

Store: Transfer to an airtight container and keep in a cool, dry place.
Shelflife: 6 months in the pantry or refrigerator; 1 year in freezer

EXTRA VIRGIN OLIVE OIL

Store: Keep in a cool, dark place.
Shelflife: 2 to 3 years in pantry

FLOUR

Store: Transfer to an airtight container and keep in a cool, dry place.
Shelflife: white, 1 year; whole wheat, 3 months

FROZEN FRUITS AND VEGGIES

Store: Keep in freezer.
Shelflife: 8 months

FRUIT JAMS

Store: Keep in a cool, dry place. Once opened, place in the refrigerator, making sure the lid is tightly closed.
Shelflife: 1 year in pantry; up to 15 months in refrigerator, depending on the sugar content

ICE CREAM

Store: Place in the freezer in their original container with lids tightly closed.
Shelflife: 2 to 3 months

KETCHUP

Store: Keep in the refrigerator.
Shelflife: 1 month

MAYONNAISE

Store: Keep unopened jars in a cool, dark place. Opened jars must be kept in the refrigerator, preferably at the door where temperature is the lowest. Keeping mayonnaise jars in the colder parts of the refrigerator may cause oil to separate.
Shelflife: 2 months

MILK

Store: Place in the refrigerator. You can also freeze milk for later consumption, however, note that taste and texture may change.
Shelflife: 1 week in refrigerator; 1 month in freezer

MUSTARD

Store: Keep in the refrigerator.
Shelflife: 6 to 8 months

NUTS

Store: Transfer to an airtight container and store at room temperature or in the refrigerator. You can also store in the freezer for future use. Check for a rancid smell.
Shelflife: Up to 6 months in pantry; 1 year in refrigerator; 1½ years in freezer

OLIVE OIL

Store: Keep in a cool, dark place.
Shelflife: 2 to 3 years in pantry

PACKAGED POTATO CHIPS

Store: Transfer contents of opened packs to an airtight container, and keep in a cool, dry place.
Shelflife: 1 week in pantry

PASTA

Store: Transfer contents of opened packs to an airtight container and tape 1 or 2 bay leaves to the lid to keep weevils away. Store in a cool, dry place.

Shelflife: 1 year

PEANUT BUTTER

Store: Keep in a cool, dry place. Natural variants must be refrigerated.
Shelflife: 2 to 3 months

RICE

Store: Contents of opened sacks must be transferred to an airtight container, and kept in a cool, dry place. The oil in the bran layer of brown rice may become rancid at room

temperature.

Shelflife: brown, 6 months; white, indefinite

SOY SAUCE

Store: Keep unopened bottles in a cool, dark place. Opened bottles, especially expensive ones, are best kept in the refrigerator. Since soy sauce contains a small amount of alcohol, its taste may become flat over time.

Shelflife: opened, 1 year, opened; unopened, 3 years

SPICES

Store: Place in tightly sealed opaque containers and keep in a dry, dark place in your cupboard. Spices don't do well with light.
Shelflife: Ground spices like nutmeg, cinnamon, and turmeric, 2 to 3 years; seasoning blends, 1 to 2 years; whole spices like cloves, cinnamon sticks, and peppercorns, 4 years; sesame seeds, 2 years

SUGAR

Store: Contents of opened packs must be placed in an airtight container, and kept in a cool, dry place. Keep in mind that brown sugar hardens when it dries out.

Shelflife: brown, 4 to 6 months; white, indefinite

TEA

Store: Keep in airtight tin containers. Store in a cool, dry place.

Shelflife: loose, 2 years; bags, 1½ years; instant, 2 years

TOMATO SAUCE

Store: Keep in a cool, dark place. Once can is opened, transfer contents to glass or plastic containers and place in the refrigerator.

Shelflife: unopened, 12 to 18 months; opened, 3 days

VEGETABLE OIL

Store: Keep in a cool, dark place.

Shelflife: 1 year in pantry

VINEGAR

Store: Keep in a cool, dark place.

Shelflife: unopened, 2 years; opened, 6 months

WORCESTERSHIRE SAUCE

Store: Keep in a cool, dark place. Worcestershire sauce actually tastes better with age.

Shelflife: 3 to 4 years

YOGURT

Store: Place in the refrigerator.

Shelflife: 1 month in refrigerator





FRUITS

TIP

MOST FRUITS PRODUCE ETHYLENE GAS, WHICH SPEEDS UP THE RIPENING PROCESS AND CAN CAUSE SPOILAGE. MAKE SURE TO SEPARATE ETHYLENE-PRODUCING FRUITS AND VEGETABLES FROM THOSE THAT ARE SENSITIVE TO IT. ETHYLENE-PRODUCING FRUITS INCLUDE APPLES, BANANAS, MELONS, MANGOES, AND PAPAYAS; YOU CAN STORE THEM TOGETHER. KEEP THEM AWAY FROM ETHYLENE-SENSITIVE PRODUCE, WHICH INCLUDES WATERMELONS AND MOST VEGETABLES.

APPLES

Select: Look for firm, plump fruit with no soft spots. Its skin must be bright in color with no shriveling or bruises.

Store: Place on the tabletop without packaging if you plan to consume them immediately. If not, store in a perforated plastic bag at the back of the refrigerator. Keep away from other fruits and vegetables.

Shelflife: 7 days at room temperature; up to 3 months in the refrigerator

AVOCADOS

Select: Look for firm fruit that yields to soft pressure. Must be either shiny green or purplish-black in color.

Store: Place on tabletop at room temperature without packaging.

Shelflife: 3 days at room temperature; transfer to refrigerator when ripe

BANANAS

Select: Look for firm fruit with no soft spots. Must be solid yellow in color, with light streaks of brown.

Store: Place on tabletop at room temperature without packaging.

Shelflife: 5 days at room temperature; transfer to refrigerator when ripe

GRAPES

Select: They must be plump and still attached to their stems. The colors must be vibrant, from deep purple to refreshing green. Skin must be smooth with no shriveling or bruises.

Store: Place in crisper section of the refrigerator.

Shelflife: 3 days

LEMON

Select: Get one that feels heavy for its size, with a smooth, thin, firm skin. Stay away from those with bumps and wrinkled skin.

Store: Place on tabletop at room temperature with no packaging.

Shelflife: 1 week at room temperature; 2 to 3 weeks in the refrigerator

MANGOES

Select: For yellow mangoes, look for firm fruit that yields to soft pressure. Its skin must be smooth with no shriveling or bruises, and its color yellow to yellow-orange. For green mangoes, look for firm fruit. Its skin must be smooth with no bruises, and its color should be bright green. Take a whiff of the area near the stem; the fruit should smell sweet.

Store: Place in crisper section of the refrigerator.

Shelflife: 4 days

MELONS

Select: Look for one that feels heavy for its size, with a wonderful smell. If you have a chance to take a look at the flesh, it should look rich and creamy.

Store: Place on tabletop at room temperature with no packaging.

Shelflife: 2 days at room temperature; when sliced and chilled, best to consume the next day or they'll start developing soft spots.

ORANGES

Select: Look for firm, plump fruit that is solid and heavy. Stay away from those with skin that has dried out.

Store: Place on tabletop at room temperature without packaging.

Shelflife: 3 days at room temperature; 2 weeks in the refrigerator

PAPAYA

Select: Papaya must be firm, but should yield to soft pressure. Its skin must be smooth with no shriveling or bruises, and its color should be greenish-yellow to yellow.

Store: Place ripe papaya in the refrigerator or at room temperature

Shelflife: 3 days at room temperature; 1 week in the refrigerator

PINEAPPLES

Select: Look for firm fruit that feels heavy for its size. The leaves must look fresh, the eyes plump and glossy, the color dark green. Sniff

the base of the fruit; it should smell sweet and fragrantly aromatic.

Store: Place whole fruit in crisper section of refrigerator or in your pantry at a cool temperature. Put pineapple slices in plastic containers and place in the refrigerator.

Shelflife: whole, 5 days; opened, 3 days

POMELO

Select: Pick fruit with oily, light yellow skin. Get one that feels heavy for its size.

Store: Place on tabletop at room temperature with no packaging.

Shelflife: 2 months at room temperature

STRAWBERRIES

Select: Strawberries must be bright red and firm with fresh-looking leaves and stems.

Store: Remove any damaged, moldy berries from the bunch. Place the berries in a colander (the holes allow the berries to breathe) and put in the refrigerator. You can also store the berries in an open plastic container lined with paper towels. Since they give off a lot of moisture, store them loosely to avoid mold formation. Wash them only before consumption.

Shelflife: 3 days

WATERMELON

Select: Look for fruit that feels heavy for its size. Its skin must be smooth with no blemishes. If you have a chance to take a look at the flesh, it should be bright red.

Store: Place whole fruit in crisper section of refrigerator or in your pantry at a cool temperature. Put cut watermelon in plastic containers and place in the refrigerator.

Shelflife: whole, 1 week; opened, 2 days



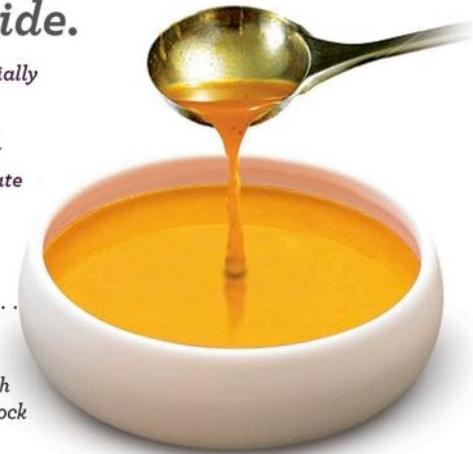
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Butternut Squash Soup

Ingredients:

- 2tbsp oil
- 1 onion, peeled and diced
- 2 cloves of garlic, peeled and crushed
- 500g Butternut Squash
- 4cups (1-L) chicken stock

Procedure:

1. Heat the oil in a large saucepan; sauté ingredients for 5 minutes. Add in the stock and bring the mixture to a boil.
2. Reduce to a simmer for 20 minutes, or until squash is tender. Put the mixture into the Breville Die Cast Kinetix™ Blender's bowl and press BLEND.
3. Best served warm.

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RESTAURANTS

Toby's Estate

Your Local

Osaka Ohsho

Dish



Traviata



Mocha and Calamansi Pie



Pork and Beans

The good cup

A passion for coffee fuels **Toby's Estate**.

REVIEW BY RYAN FERNANDEZ

Swing by Leviste Street at noon on a weekday and you'll spot the usual suspects of downtown Makati: yuppies, expats, ladies who lunch. Their new hub of choice these days is Toby's Estate, all gleaming in white-tiled walls and manned by a small battalion of servers and baristas. There's much to root for with Manila's third wave of coffeehouses—often indie artisanal dens that put a premium on grinding and roasting on location. They make handcrafted coffee, pure and simple.

That passion fuels the ethos behind founder Toby Smith's coffeehouses, whether in Brooklyn, Sydney, or Salcedo Village. Cup a flat white and you'll know what I'm talking about. The hybrid espresso-latte is an Aussie invention sporting a velvety layer of steamed milk over your drink. Just as rousing, however, is the thicker mocha spiced with Ghanese cocoa.

All this unfolds against the backdrop of the madcap bustling café. A single massive chestnut table meant for sharing sits center stage. To its right is the mother of all espresso machines, a La Marzocco, that fizzes, pumps, and whistles with every order. Surrounding the kitchen window are clocks set at different time zones, and above them,

a graphic mural trumpeting humanity at work and play—fueled by coffee.

The kitchen is diligent, though at times bogged down with orders. But when the food finally arrives, it's downright gratifying. Smoked salmon tossed with a bed of arugula makes for a lush salad, especially with boiled egg chunks and shoestring potatoes that add bite. A bevy of egg dishes is to be had, all served in skillets with crusty ciabattas. Ask for the Traviata, a vivid palette of sunny side ups, crisp arugula, and blushing tomato compote. Light meals like foie gras tapas start showing up at six o'clock.

More robust is the Patty Melt Sandwich: beef patty swathed in a heady blend of ricotta, Emmental, Parmesan, and mozzarella. Thrown in, too, are coleslaw and a mild hickory barbecue dip. The kitchen also makes an impressive Pork and Beans redux. It's jiggling soft with fork-tender cuts that sweetly glide down. A side of green and red *monggo* beans is a clever native twist. Going further local, there's a decent *calamansi* pie that's tart enough to swap in for key lime. Pair your coffee, though, with the dense pistachio cheesecake—chilled, not so sweet, and the ideal wingman for your beverage.

in a nutshell

TOBY'S ESTATE G/F
V Corporate Center,
LP Leviste Street,
Salcedo Village, Makati
City; tel. no. 403-1752

MUST-TRIES Flat
White (P150), Mocha
(P160), Smoked
Salmon and Greens
(P325), Traviata
(P315), Patty Melt
(P450), Calamansi
Pie (P190), Pistachio
Cheesecake (P250)

THUMBS UP Need
your double shot
of espresso? Order
Toby's Estate's
signature, off-the-
menu Gibraltar.

New wave

Familiar favorites are given a fresh, new spin at **Your Local**.

REVIEW BY ANNE H. YU

Danny Meyer once compared creating recipes to composing music. "There are only so many notes in the scale from which all melodies and harmonies are created," he said. "The trick is to put those notes together in a way not heard before." At Your Local, chefs Denny Antonino and Nicco Santos seem to understand this completely, turning the familiar into something fresh and altogether new. What's on the menu? Pomelo salad with Thai coconut ice cream, chili crab sliders ingeniously made with fried mantou buns—and that's just for starters.

The restaurant is decked out in subway tiles, trendy cage lights, tufted leather couches, and Tolix chairs to achieve a measure of retro-industrial cool. An open kitchen dominates the space, so if you can, definitely grab seats by the bar to watch the chefs in action.

The menu, set in small type over four short pages, is purposely kept brief at this neighborhood joint. Start with the aforementioned buns, available in chili crab and beef rendang versions. These bite-sized flavor bombs set the stage for a memorable meal. Move on to the Fried Egg Sandwich, with coffee-infused bacon jam, blue cheese, and wild rocket in a squid ink bun. There's no easy way to eat this without making



Fried Egg Sandwich



Torched Salmon Donburi



in a nutshell

YOUR LOCAL G/F
Universal LMS
Building, 106 Esteban
Street, Legazpi
Village, Makati City;
tel. no. 823-6206;
mobile no. 0917-
8109002

MUST-TRIES Beef
Rendang Buns
(P280), Chili Crab
Buns (P280), Fried
Egg Sandwich
(P475), Braised
Beef Pasta (P370),
Torched Salmon
Donburi (P390),
Dark Chocolate Earl
Grey Cheesecake
Ice Cream with Milk
Crumbs (P100)

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Yardstick Coffee next
door for a nightcap.

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Nori Gyoza



Japanese Parfait



Number one

Osaka Ohsho brings to Manila gyoza like you've never tasted before.

REVIEW BY SASHA LIM UY

Expectations come with Osaka Ohsho. This is a restaurant of bold claims and big promises—"The World's No. 1 Gyoza" is on the entrance, on the menu—that start and end with a little pouch of seasoned ground pork.

The establishment offers three types of the famous potsticker, each with its own character, built with Japanese flour-based dough, topnotch ingredients, and house-made sauces. The cheese gyoza offers a confident richness. Sometimes the cheese melts beautifully into the bits of pork; sometimes it settles contentedly on top like a king on a porky throne, creating a somewhat disconnected impression. The nori variant is staunchly earthy—sometimes it comes off a little brash; other times, it's elegant and delicate. But every bite of the original version is an epiphany of the 45-year-old perfected tradition. It is juicy and deeply savory, with traces of ginger and garlic, and wrapped in a soft, silky coat with golden grill marks adding a touch of toasted flavor. With its consistency and perfect wrapper-to-meat ratio, it is more than enough to speak for the Japanese franchise.

You'd think that the excitement would die down after the gyoza, but you'll come to realize that the dumplings are only a springboard to a delicious and varied gustatory voyage.

The Black Vinegar Chicken and the Fuwatoro Tenshin Han make an unlikely but delectable pair: the former, tangy chicken tossed with onions and pineapple, and the latter, a golden bowl where premium Japanese Koshihikari rice blanketed by a pillowowy omelet is submerged in rich gravy. Koshihikari rice, the grain counterpart of Kobe beef or Kurobuta pork, is a supple and sweet short grain that brings out every bit of the eggs' potential. There are other options, too. The Salmon Shio Yaki is bolstered further by a kiss of smokiness from the grill; the Kitayama Wagyu Steak is seasoned only as far as to enhance its natural flavors; and the Pork Cutlet Toji is tender enough to keep up with other specialty katsu houses. There's also no reason to search for dessert elsewhere—a viable alternative to *halo-halo* is the Japanese Parfait, a smorgasbord of ice cream, cornflakes, beans, and whipped cream.

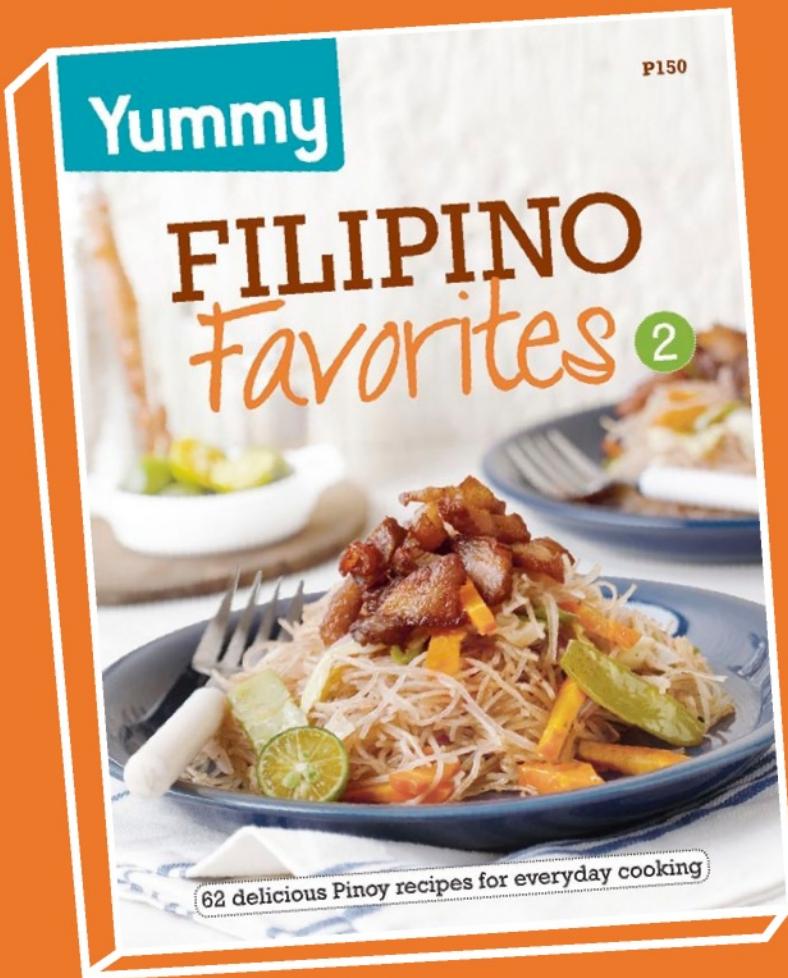
The menu is a good collection of Japanese favorites, but it's the gyoza that will always draw you back in. You might think that it's a brave assertion to say that it is the best, but finding one that will top it will be a long adventure.

in a nutshell

OSAKA OHSHO 3/F
SM Megamall Fashion Hall, EDSA corner J. Vargas Avenue, Mandaluyong City; tel. no. 631-7074; mobile no.: 0917-8285011

MUST-TRIES Original Gyoza (P175 to P350), Cheese Gyoza (P190 to P380), Nori Gyoza (P190 to P380), Fuwatoro Tenshin Han Gyoza Set (P650), Salmon Shio Yaki (P390), Kitayama Wagyu Steak (P1,800), Special Fuwatoro Tenshin Han (P310), Pork Cutlet Toji Afternoon Set (P220)

THUMBS UP Beat the heat by pairing your meal with a Matcha Milk Smoothie or Fresh Mango Yakult.



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CHECK OUT

Magnum Manila

There's no denying that the Filipino's love for Magnum ice cream is here to stay—the long line that extends past the Magnum Pleasure Store's door is proof of it. Enter the shop and your senses are instantly treated to a bevy of all things chocolate (that's when you realize that waiting in line is worth it). Here you can customize your own Magnum bar by choosing an ice cream flavor, a Belgian chocolate coating, and three out of 18 different toppings (chili flakes, freeze-dried raspberries, honeycomb bits, potato chips, and more!). There are artful cake and ice cream creations to be had, too. The Cookie Dough Skillet, Red Velvet, and Pink Friday are definite must-tries. If savory is your thing, try the Carbonara with Cocoa-dusted Bacon and Sous Vide Egg, which is as delicious as it sounds. The restaurant is around for only one year, so hurry and treat yourself to an indulgent experience like no other. As they say, you never know what you've got till it's gone. **Magnum Manila** is at 5/L SM Aura Premier, McKinley Parkway corner 26th Street, Bonifacio Global City, Taguig City.



EVERYONE'S TALKING ABOUT...
Tim Ho Wan's Baked Bun with BBQ Pork! Hong Kong's legendary hole-in-the-wall is now open in Manila, and the savory pork bun is undeniably its star. Crisp, fluffy, and filled with luscious, sweet-savory barbecued pork, these buns alone are reason enough to get in (the long) line.



Ninak continues to offer familiar Asian comfort food with new items on their already extensive menu. Make sure to try the Aligue Rice and Soft-shell Crab, a sight that will set your heart aflutter way before the first bite. There's also Nilagang Angus Belly sa Mais and Thai Steak (Ninak's version of Thailand's Weeping Tiger dish) with flavors that will bring you straight to your favorite Asian destination.

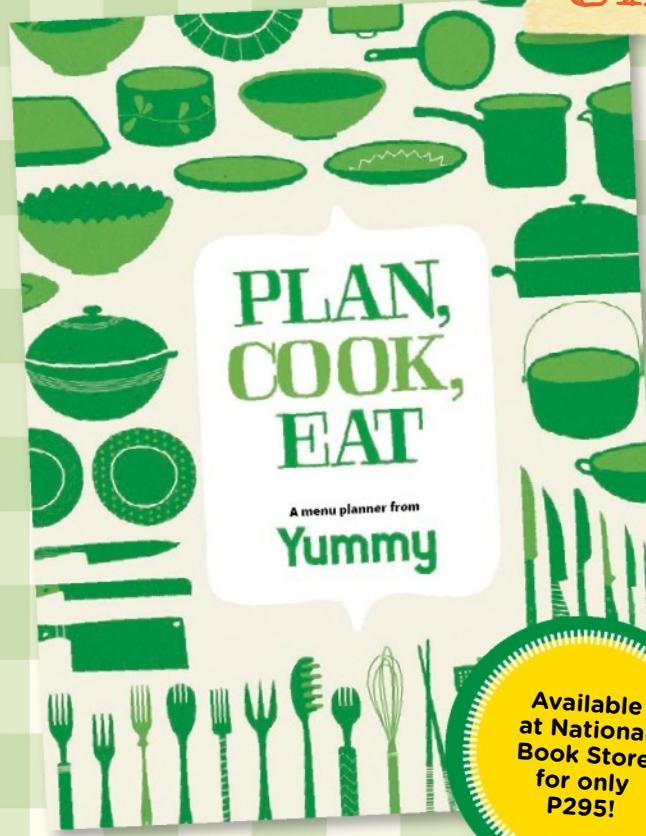


The wing experts at Wingstop have taken chicken wings to the next level with mouthwatering flavors like Lemon Pepper, Hickory Smoked BBQ, and Garlic Parmesan. Enjoy cooked-to-order buffalo-style chicken wings that are sauced, tossed, and served piping hot. Head over to their first branch in Katipunan and savor each delicious, finger-licking bite.

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

From fantastic breakfasts to leisurely nightcaps—we've got the scoop on the latest in the Manila dining scene and the most must-try dishes, including these Dutch Baby Pancakes at Refinery.

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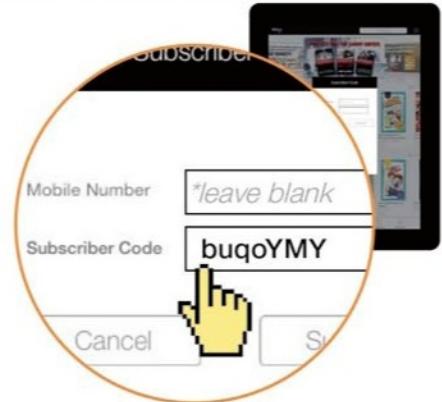
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Yummy Lessons



This month,
LEARN HOW TO...

Master the classic
OSO BUCO



Whip up a healthy
SPLIT PEA SOUP

Label it!

Identifying items in the freezer and figuring out how long they've been sitting there can be a challenge, especially when they're not properly labeled. When storing meat, poultry, cold cuts, fish, and seafood for later use, always wrap them tightly in plastic wrap, place in a zip-top freezer bag, and put a label *inside* the bag. (Instead of sticking a label on the package, we like to put the label inside it so the label doesn't get wet.) Indicate the name of the item, type of cut, weight, and date of purchase. With this simple solution, you'll be able to eliminate all the guesswork!

Yummy Lessons
BACK TO BASICS



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

A classic dish from Milan, osso buco (which means “bone with a hole” in Italian) is made up of braised cross-cut shanks, vegetables, wine, and stock. Veal is traditionally used, but it can be substituted for beef or lamb shanks. Osso buco is often flavored with gremolata, a mixture of chopped parsley, garlic, and grated lemon zest, and it is typically enjoyed with risotto alla Milanese, polenta, or mashed potatoes, but steamed rice or buttered pasta also make a good match. When making osso buco, remember to cook it low and slow—you’ll surely be rewarded with a rich, flavorful, and tender stew!





1



3



4



5

Osso Buco

Serves 2 to 3 Prep Time 20 minutes Cooking Time 3½ hours

WHAT YOU NEED

- ✓ 1 tablespoon dried rosemary
- ✓ 2 teaspoons dried thyme
- ✓ 1 teaspoon black peppercorns
- ✓ 3 cloves
- ✓ 1 bay leaf
- ✓ 4 slices (about 1 kilo) beef shanks, cut crosswise into 1½-inch-thick pieces
- ✓ salt and ground black pepper, to season
- ✓ all-purpose flour for dredging
- ✓ 3 tablespoons vegetable oil, plus extra as needed
- ✓ ½ cup finely chopped white onions
- ✓ ½ cup finely chopped carrots
- ✓ ½ cup finely chopped celery
- ✓ 1 tablespoon tomato paste
- ✓ 1 cup dry white wine
- ✓ 3 to 4 cups chicken stock
- ✓ 1 tablespoon chopped parsley
- ✓ 1 teaspoon grated garlic
- ✓ 1 teaspoon lemon zest

WHAT TO DO

- 1 Place rosemary, thyme, peppercorns, cloves, and bay leaf on a piece of cheesecloth; tie with kitchen twine to make a bouquet garni (see tip). Set aside.
- 2 Pat dry beef shanks with paper towels to remove excess moisture. (This ensures that the beef will brown better when seared.)

3 Season beef liberally with salt and pepper. Tie each piece of beef with kitchen twine to secure the meat to the bone. Dredge lightly in flour.

4 Heat oil in a large heavy-bottomed pan or Dutch oven. Sear beef in batches until browned. Set beef aside.

5 Using the same pan with the oil from the beef, sauté onions, carrots, and celery over medium-low heat, about 8 minutes.

6 Add tomato paste and let cook for 1 minute. Turn heat to high and add white wine. Let wine reduce to half its original amount.

7 Add beef back to the pan. Add bouquet garni and 3 cups chicken stock. Bring to a boil.

8 Reduce heat to a simmer and cover the pot. Cook for 2 to 3 hours or until meat is very tender and falling off the bone. Check every 20 minutes, turning the beef and adding more stock to keep the beef covered in liquid.

9 Mix together parsley, garlic, and lemon zest in a small bowl. Set aside.

10 Once beef is cooked and tender, remove beef from the pot. Cut-off kitchen twine and discard. Arrange beef on a platter.

11 Add parsley mixture to the sauce and mix well. Pour sauce over beef. Serve with rice and vegetables, if desired.

Tip

BOUQUET GARNI IS A BUNCH OF HERBS TIED TOGETHER OR WRAPPED IN CHEESELCLOTH. IT'S USED TO FLAVOR SOUPS AND STEWS. THE CLASSIC COMBINATION IS PARSLEY, THYME, AND BAY LEAVES, BUT OTHER COMBINATIONS CAN BE USED, TOO.



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

ABOUT THE COLUMNIST

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



RECIPE FILE

Split Pea Soup

With the rainy season upon us, we're bound to be at the mercy of typhoons—and our immune system. If you find yourself at the brink of catching the flu, fortify yourself with this soothing, healing soup and take advantage of its nutritional superpowers. Cooking food over low heat gently brings out its energy-boosting, therapeutic properties while preserving its nutritional value. It makes it easier for the body to absorb all the good stuff. Here's another valuable tip: Load up on root vegetables for their high mineral content. This recipe's a great way to start. Turmeric's anti-inflammatory properties become more bio-available when eaten with black pepper. Ginger not only makes this soup flavorful, it also helps clear up nose and throat congestion. Split peas are high in protein, vitamin A, and magnesium (supports energy production). Time to dig in!

Soak **2 cups yellow split peas** in water while you prepare and chop the vegetables, about 15 to 20 minutes. Warm **1 tablespoon vegetable oil** in a saucepot over medium heat. Stir in **2 red onions (diced)**, **8 cloves garlic (minced)**, **2 tablespoons finely minced ginger**, **1½ teaspoons ground cumin (optional)**, **1½ teaspoons turmeric**, and a few **pinches of salt and black pepper**. Sauté until softened, about 7 minutes, stirring

frequently. Rinse and drain split peas; add to the pot together with **4 cups assorted diced root vegetables** such as carrots, squash, and sweet potatoes. Pour in **6 cups water** and cover. Bring to a boil over high heat, then decrease to low and simmer, partially covered, for 20 minutes or until the split peas and vegetables are tender. Adjust for salt and serve with freshly cracked black pepper. Serve with pita bread. **Makes 10 cups.**

Flax seeds



FIBER-UP!

Add 3 to 6 tablespoons whole flax seeds to your favorite muffin batter for an extra dose of fiber. This is enough for a dozen muffins. Yum!



EGG SUB

Grind flax seeds in a blender until powdery; mix 1 tablespoon with 3 tablespoons water until goopy. Use this in place of eggs in baked goods, pancakes, and burgers.



SUPER SMOOTHIE

Blend 1 tablespoon flax seeds together with strawberries, bananas, and milk—you'll get your omega 3 fix, which is important for brain function!

Wright's Liquid Smoke

A bottle of liquid smoke does for savory dishes what vanilla extract does for baked goods. About one teaspoon goes a long way and lends great smoky flavor to marinades, soups, stews, sauces, and chili. Available at Makati Supermarket, Unimart, Metro Gaisano, and Landmark Supermarket for P131.50 per bottle.



I NEED TO DECREASE MY SALT INTAKE BUT I HATE BLAND FOOD. HOW CAN I STILL MAKE FOOD TASTY WHILE USING LESS SALT?



Excessive sodium intake has been linked to high blood pressure and hypertension. Filipino cuisine is extremely rich in salt and a lot of Filipinos are suffering from it. Flavorful food without salt might seem like an impossible dream, but it's definitely doable.

Try using flavorful vinegars (balsamic, apple cider, wine) or citrus fruits (orange, lemon, lime, *calamansi*, *dayap*) to boost flavor. A mix of vinegar, citrus, and a bit of sweetness from fruit makes for a great salt-free dressing or sauce. I'm a big fan of grated citrus zest—it lends a refreshing flavor to dishes.

Herbs and spices also infuse flavor into your food. Try basil, parsley, rosemary, thyme, tarragon, sage,

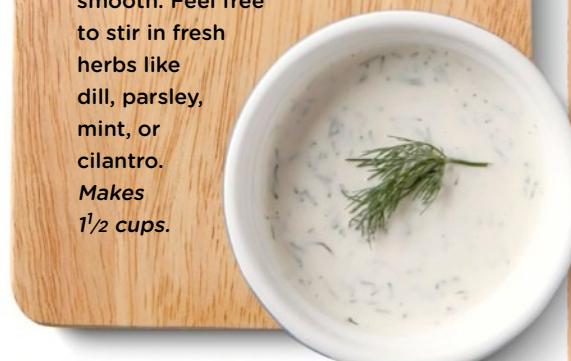
cumin, cinnamon, lemongrass, ginger, chili powder, cilantro, oregano, and dill. Instead of french fries doused in salt, try baked sweet potatoes topped with thyme and drizzled with orange juice. Take note that dried herbs need to be subjected to heat to bring out their flavor and that fresh herbs in general should not be cooked. (However, hearty herbs like thyme, sage, and rosemary can be cooked, whether dry or fresh). Fresh garlic and onions always make food taste better, too.

If your palate is used to salty food, it will take a while to get used to salt-free food. Cut back on salt gradually and eat more vegetables and fruit. Your palate will adjust and you'll appreciate flavors even more.

Healthify this!

CASHEW YOGURT SAUCE

Next time you need a tangy, creamy sauce to accompany something spicy, make this dairy-free sauce. It's ready in a snap: Soak $\frac{1}{4}$ cup cashews in hot water for 1 hour; drain. Place in a blender with just enough water to cover. Add 4 teaspoons lemon juice and salt to taste; blend until smooth. Feel free to stir in fresh herbs like dill, parsley, mint, or cilantro. Makes $1\frac{1}{2}$ cups.



making it

by Kristine
D. Fonacier



EDSA BEVERAGE DESIGN GROUP is at 209 Epifanio de los Santos Avenue (EDSA), Mandaluyong City. For more information, email drinkwithus@edsa-bdg.com or visit www.edsa-bdg.com.

EDSA BEVERAGE DESIGN GROUP

Not many people understood what partners Sly Samonte, Jericson Co, and David Ong meant when they said they were going to put up "a drinks lab" by the side of EDSA. Not a bar like The Curator, which the partners also put up; not a café, either, which was the business they had started years ago.

It's a concept that you can only understand by visiting EDSA Beverage Design Group (BDG)'s studio, whose door proclaims the group's ambitious motto: "In Pursuit of the Noble Beverage."

Inside, EDSA BDG is abuzz with activity, even before opening hours. Downstairs, some of the group's "partners" are tipping beans into the roasters near the display of top-notch coffee machines. On the second floor, a group of students is in intensive training about coffee on one side of the bar, while a bartender wipes down the glasses. There are display shelves that house, among other things, an impressive sound system and a small number of brown bottles for EDSA's beers and sodas. There's a large office with a communal table, along with a number of anterooms with space for displaying other peoples' wares and for co-working.

"It's, ahhh, easier, of course, if we work with...friends," David Ong hedges—one gets the feeling that he's trying to avoid describing their various partnerships in traditional business terms. On the one hand, EDSA BDG operates like a regular café-slash-bar that welcomes a loyal and enthusiastic clientele. But think of it as one that's manned only by people who are as obsessed with perfecting their products as they are about finding like-minded people to work with and to drink with.

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DIRECTORY

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

SUPERMARKETS

The Landmark

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

Robinsons Supermarket

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

Rustan's Supermarket

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

SM Supermarket

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

RESTAURANTS

Ninak Restaurant

Unit 101 Seven East Capitol Building, East Capitol Drive corner Sta. Rosa Street, Kapitolyo, Pasig City (tel. no.: 655-6902); GF, V&P Building, Don Bosco Street, Bangkal, Makati City (tel. no.: 894-4367)

Tim Ho Wan

UG/F SM Megamall, Fashion Hall, Julia Vargas Avenue corner EDSA, Mandaluyong City

Wingstop

2/F Regis Center, Katipunan Avenue, Loyala Heights, Quezon City (tel. no.: 361-1166); www.wingstop.com.ph

OTHERS

The Cookery Place

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

Chibi Momo

2/F Century City Mall, Kalayaan Avenue corner Salamanca Street, Barangay Poblacion, Makati City (tel. no.: 847-0384); www.chibimomo.com

Cupcakes by Sonja

For a list of all branches, see www.facebook.com/CupcakesBySonjaOfficial.

Dimensione

For a list of all branches, see www.dimensione.com.ph.

Feed 5000 (Chef Len Santos-Ding)

186 Luzon Drive, Ayala Alabang Village, Muntinlupa City (tel. no.: 807-9044); www.facebook.com/Feed5000StudioKitchen

The Fozzy Book

For more information, visit www.thefozzybook.com.

Marmalade Kitchen

2-5 Forum South Global, 7th Avenue corner Federacion Avenue, Bonifacio Global City, Taguig City (tel. no.: 622-9196); marmaladekitchen@gmail.com; www.marmaladekitcheninc.com

Mobler

4977 Enrique Street, Palanan, Makati City (tel. no.: 833-5590); Unit 9, Wilson Square Building, 199 Wilson Street corner P. Guevarra, San Juan City (tel. no.: 508-4433); info@mobler.com.ph; www.mobler.com.ph

National Book Store

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

Toys "R" Us

For a list of all branches, see www.toysrus.com.ph.

What's YUMMY?

NEW PRODUCTS TO ADD TO YOUR PANTRY, KITCHEN AND HOME

August's Most Delicious

Bloated? Heavy Stomach?

Feeling bloated with heavy stomach?

You might be suffering from Indigestion or what is called **Dyspepsia**¹. **Dyspepsia** is described as a pain or discomfort in the upper abdomen¹. Various conditions cause dyspepsia and symptoms are most often provoked by eating. Treatment depends on what is causing the problem but if no specific cause is found, symptoms can be managed with medicine. **Domperidone (Motilium®)** is used to relieve symptoms of dyspepsia. It works by increasing the action of the muscles in the gastrointestinal tract so that food moves normally through the digestive system. When taken before meals, **Motilium** is rapidly absorbed within 30 minutes, delivering fast relief from dyspeptic symptoms - no more heavy stomach and even the bloated feeling!²

For dyspepsia, trust **Motilium**, the no. 1 brand prescribed by doctors.³

References:

- 1 Definition of Dyspepsia is based on Rome III criteria (<http://www.romecriteria.org>)
- 2 Motilium Product Insert version July 2012
- 3 IMS FY Dec 2013 (A03F Gastrokinetics)



Triple-O's Burger In Town!

The first drive-in restaurant from Canada finally arrived in the Philippines! **Triple-O's** opened its first store at the 3rd Floor, Mega Atrium, SM Megamall. Known for its saucy, juicy and tasty burgers with 100% Canadian beef patties, plus a signature sauce, **Triple-O's** is sure to make burger fans sighing oohs and aahs in every bite!



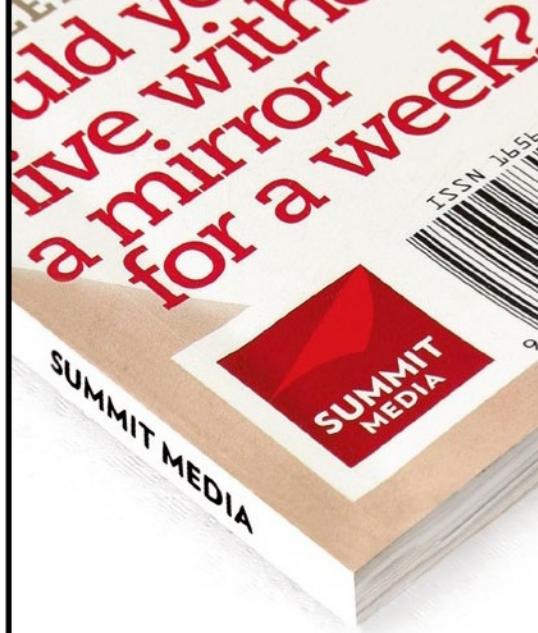
What's Our Ulam For Tonight?

After a long, tiring day, everybody hopes to enjoy a scrumptious meal. Before

considering eating out, make everyone excited to come home by serving a delightful **#OUFT, Our Ulam For Tonight!** Simply add **NESTLÉ All Purpose Cream** and your ordinary Bistek Tagalog becomes extraordinary. Serve Creamy Kaldereta that oozes with irresistible richness and they'll surely be rushing home for dinner. With **NESTLÉ All Purpose Cream**, everyday savory dishes become extra special!



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For passion that inspires beyond words, check the label.

For magazines that move, inspire, and change lives, look for the true symbol of passion found only in Summit titles. Only our magazines deliver what you need—not merely colorful words and images, but features that jump off the page and matter in real life. Your life.

Welcome to the Philippines, Triple-O's by White Spot!



As Canada's very first drive-in restaurant (established by their founder Nat Bailey in 1928), **Triple-O's** place in history has already been assured; but it is their legendary **Triple-O's** burger that propels the brand into iconic status. It is said that the name "Triple-O" came from the shorthand language of the drive-in service attendants — otherwise known as "carhops" — manning the immensely popular Canadian restaurant.

Triple-O's elevates the simple concept of the burger with their premium-grade 100% Canadian beef patties. Numerous gourmands agree that Canadian beef is a few notches superior to its American counterpart, due to Canada's strict screening systems on beef standards and food safety. Likewise, **Triple-O's** is well known for their meticulous grilling technique, which optimizes the essence and flavor of the beef. And flavor is something that **Triple-O's** knows intimately well. A cursory online search for "triple o sauce" will reveal countless hits theorizing about what makes this sauce so delicious, as well as multiple attempts to approximate its taste. All, however, conclude that there simply is no way to improve on the taste of the original. Enthusiastic customers can even overload their burgers with extra toppings, from a grand selection of cheeses, bacon, and grilled mushrooms. **Triple-O's** also offers fish or chicken burgers.

Triple-O's is now open at the 3rd floor of SM Megamall's Mega Atrium.



KITCHEN SAFETY TIPS EVERY CHILD SHOULD KNOW

Yummy

CORN
10
*recipes
your child
will LOVE*



kids!

COME AND
GET IT!

Chefs' kids and
their favorite dishes

play + learn

FOODIE CRAFTS, TOYS,
AND BOOKS FOR THE
LITTLE ONES



KIDS CAN COOK!

DIY ICE CREAM SANDWICHES,
BURGERS, AND LOADED
POTATO SKINS



Kitchens by Whirlpool

At Whirlpool, we have considered what you truly need inside the kitchen. From there we have designed a range of products that will make your life just a little bit easier.

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editor's note

Last May 30, I received a letter from a 13 year old from Pangasinan. She said, "I want to compliment you and your team for the hard work you're doing to satisfy your readers. The food styling and photography of Yummy magazine are really awesome!"

From our over 700,000 fans on Facebook and over 10,000 followers on Instagram, I know that we reach and touch a lot of folks of different ages. But little Tyra's letter was the cherry on top of our really huge sundae. Her letter tugged at our heartstrings! So much so that we decided to create a mini magazine especially for you guys.

I'd like to welcome you to Yummy Kids! Dive into the following pages, create some culinary magic, and learn to love food and cooking just as much as we do.

So, here's to you, little chef. We hope to inspire you to go on your own culinary adventure!



Paulynn Chang Afable
Editor in chief
paulynn@yummy.ph

P.S. Don't forget to email us photos of what you've made. We'd love to see them!



PHOTOGRAPHY: PATRICK MARFIRE (YUMMY KIDS COVER) AND MIGUEL NALANGENO.



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What's Inside

YUMMY KIDS IDEAS

- xx Kiddie crafternoon
- xx It's playtime!
- xx Reading corner

YUMMY KIDS LESSONS

xx D-I-Y

Ice Cream Cookie Sandwiches

xx In the Kid-chen

Kiddie Beef Burgers
Twice-baked Potatoes

xx 10 Ideas

Corn

KIDS RECIPE FEATURE

xx That's my favorite!

Popular foodies in the Manila culinary scene share their kids' favorite recipes.

DEPARTMENTS

- xx Editor's Note
- xx Safety First

Cereal Heart Cupcake Toppers

WHAT YOU NEED

- ✓ floral wire or pipe cleaner
- ✓ Froot Loops cereal

WHAT TO DO

- 1 Fold wire in half with both ends pointing upward.
- 2 Hold the wire on the folded area and shape each half to form a heart.
- 3 Thread cereal loops onto wire.
- 4 Twist ends of the wire together to secure the heart shape.
- 5 Insert topper into a cupcake.



KIDDIE CRAFTERNOON

Get creative with food-inspired art projects tailor-made for the little ones!



Fruit Stamp Placemats

WHAT YOU NEED

- ✓ paintbrush
- ✓ fabric paint in assorted colors
- ✓ apples, sliced in half lengthwise
- ✓ oranges, sliced in half crosswise
- ✓ canvas or cotton placemats

WHAT TO DO

- 1 Using a paintbrush, spread paint on the open side of a fruit half. Use only one color per piece of fruit.
- 2 Test fruit stamp on a spare piece of paper first. Once you're happy with the shape, apply another coat of paint on the fruit half and stamp on a placemat. You can choose to create either overlapping or neat patterns.
- 3 Allow the paint to dry completely. Wash the placemat before using.



Doughnut Coasters

WHAT YOU NEED

- ✓ cutter
- ✓ cork board
- ✓ paintbrush
- ✓ poster paint in assorted colors

WHAT TO DO

- 1 Using a cutter, cut circles (about 3½ inches in diameter) out of the cork board. If desired, you can use a stencil and pencil to draw circles on the cork board first.
- 2 Cut out another circle (about 1 inch in diameter) in the middle of each cork round.
- 3 Using a paintbrush, paint a circle around the hole on each cork round. Apply 2 to 3 coats per cork round. Let dry.
- 4 Once dry, use the paintbrush and assorted colors to paint sprinkles on the doughnut coaster. Let dry completely before using.

IT'S PLAYTIME!

Spend quality time with the kids by teaching them the wonders of the culinary world!



Set up your own burger stand and ice cream parlor at home with the **Mother Garden Burger Set and Ice Cream Stand** (P1,000 and P2,160, Chibi Momo).

Teach your kid to become market savvy by asking him to "go to market" and choose among different fruit and veggie plushies from the **Ikea Duktig 9-piece Fruit Basket Set** (P795, Mobler).

Start them young! Train your little grocery shopper with the **Melissa and Doug Shopping Cart** (P4,150, Chibi Momo).

Let your child organize her own tea party with **Lego Duplo Creative Cakes** (P2,299.75, Toys "R" Us). It allows her to create pretty cakes in different colors and sizes.

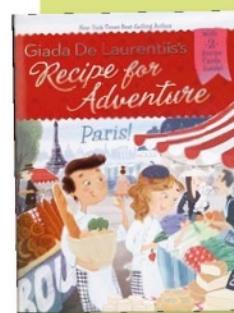


READING CORNER



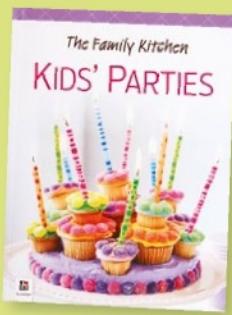
Alain Ducasse
Cooking for Kids
From Basics to Bonbons
With 50 Recipes for Great Food
and Fun Activities

healthy recipes for children six months to three years old.



Follow the adventures of Alfie and Emilia in **Giada De Laurentiis's Recipe for Adventure: Paris!** (P245, National Book Store), where a case of mistaken identity gets them in trouble at a French cooking school.

Make kiddie party planning a cinch with **The Family Kitchen Kids' Parties** (P169, National Book Store) and discover fun menu ideas kids of all ages will enjoy!



ICE CREAM COOKIE SANDWICHES

The next time you bond with the kids, do it in the kitchen and make some ice cream cookie sandwiches!



1 PICK A COOKIE



BROWN SUGAR NUT COOKIES

Sift together $2\frac{1}{4}$ cups all-purpose flour and 1 teaspoon baking soda into a bowl; set aside. Cream together $\frac{3}{4}$ cup unsalted butter, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup brown sugar, and 1 teaspoon salt in the bowl of an electric mixer fitted with the paddle attachment until a paste forms, about 5 to 6 minutes. Add 2 medium eggs, one at a time, and 1 teaspoon vanilla extract, mix at low speed until well blended. Stir in dry ingredients; mix just until combined. Mix in 1 cup chopped walnuts just until well distributed. Do not overmix.



CHOCOLATE CHIP COOKIES

Sift $2\frac{1}{4}$ cups all-purpose flour and 1 teaspoon baking soda into a bowl; set aside. Cream together $\frac{3}{4}$ cup unsalted butter, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup brown sugar, and 1 teaspoon salt in the bowl of an electric mixer fitted with the paddle attachment until a paste forms, about 5 to 6 minutes. Add 2 medium eggs, one at a time, and 1 teaspoon vanilla extract, mix at low speed until well blended. Stir in dry ingredients; mix just until combined. Mix in $\frac{1}{2}$ cup chocolate chips and $\frac{1}{8}$ cup chopped walnuts just until well distributed. Do not overmix.



DOUBLE CHOCOLATE CHIP COOKIES

Sift together 2 cups all-purpose flour, $\frac{2}{3}$ cup Dutch-processed cocoa powder, and $\frac{3}{4}$ teaspoon baking soda into a bowl; set aside. Cream together 1 cup unsalted butter, $\frac{1}{2}$ cups sugar, and $\frac{1}{4}$ teaspoon salt in the bowl of an electric mixer fitted with the paddle attachment until a paste forms, about 5 to 6 minutes. Stir in dry ingredients; mix just until combined. Mix in 2 cups chocolate chips just until well distributed. Do not overmix.

BAKE THE COOKIES

Drop cookies by 2½ tablespoons, 2 inches apart, onto baking sheets lined with parchment paper. Bake in a preheated 375°F oven until center is set but is soft to the touch, about 10 to 14 minutes. Cool completely before proceeding. Makes 18 cookies.

2

CHOOSE AN ICE CREAM FLAVOR

3



ASSEMBLE THE SANDWICH

4

Place a scoop of ice cream on the flat side of a cookie. Cover with another cookie and press down lightly to allow ice cream to spread. Roll the edges in any of the following:



FREEZE IT!

Wrap each sandwich in plastic wrap and freeze until ice cream is firm, about 6 hours to overnight.

5



Kiddie Beef Burgers

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

- ✓ 500 grams ground beef
- ✓ $\frac{1}{3}$ cup grated onion
- ✓ 2 teaspoons chopped garlic
- ✓ 1 tablespoon liquid seasoning
- ✓ $\frac{1}{4}$ cup chopped canned mushrooms, plus more for topping
- ✓ $\frac{2}{3}$ cup fresh breadcrumbs
- ✓ 1 egg, beaten lightly
- ✓ vegetable oil for frying
- ✓ 4 mini hamburger buns or dinner rolls
- ✓ butter for brushing
- ✓ lettuce, pickles, and sautéed mushrooms for topping
- ✓ salt and pepper, to season
- ✓ ketchup and mustard (optional)

1 Combine ground beef, onions, garlic, liquid seasoning, mushrooms, breadcrumbs, and egg in a bowl. Using your hands, thoroughly combine all ingredients.

2 Divide meat mixture into 4 portions; shape into round patties. Place patties on a plate, cover with plastic wrap, and refrigerate for 30 minutes. (This ensures that the patty will keep its shape when cooking.)

3 Heat oil in a pan. Cook patties for 4 minutes on each side. Transfer to a plate and keep warm.

4 Assemble the burgers: Place the bottom half of a burger bun on a plate. Spread with butter, top with lettuce, beef patty, mushrooms, and pickles. Season with salt and pepper, and top with ketchup and mustard, if desired. Place top half of the bun on top. Repeat to make 4 sandwiches. Serve immediately.

LITTLE CHEFS

Hone your little ones' culinary skills with these easy recipes. Let them shape patties, build burgers, and decorate potato skins!



Twice-baked Potatoes

Serves 8 **Prep Time** 20 minutes **Cooking Time** 1 hour 15 minutes

- ✓ 4 large potatoes
- ✓ 8 bacon strips
- ✓ 1 cup sour cream
- ✓ $\frac{1}{2}$ cup milk
- ✓ 4 tablespoons butter
- ✓ $\frac{1}{2}$ teaspoon salt
- ✓ $\frac{1}{2}$ teaspoon pepper
- ✓ 1 cup shredded cheddar cheese, divided
- ✓ 8 green beans, blanched and chopped, divided
- ✓ $\frac{1}{4}$ cup canned mushrooms

1 Preheat oven to 350°F. Arrange potatoes on a baking sheet; bake for 1 hour.

2 Meanwhile, cook bacon in a pan over

medium-high heat until crispy. Drain on paper towels, cool, and chop into pieces. Set aside.

3 Remove potatoes from oven; cool for 10 minutes. Slice potatoes in half lengthwise and scoop out flesh, leaving about $\frac{1}{4}$ inch of flesh on the skins. Place flesh in a bowl. Set skins aside.

4 Add sour cream, milk, butter, salt, pepper, half of the cheese, and half of the green beans to the potato flesh; mix until creamy. Spoon mixture back into potato skins and top with remaining cheese, green beans, mushrooms, and bacon bits.

5 Return to the oven and bake for 15 minutes or until cheese melts. Serve hot.

CORN

Can't think of ways to get your kids to eat their meals? Our 10 corny ideas will save the day!

Yummy kids
10 IDEAS

1 Turning Japanese

Sweet and crunchy corn tempura is the perfect after-school snack! To make, place corn kernels in a bowl and sprinkle with some tempura flour. To make the batter, combine tempura flour and ice-cold water. Pour batter into corn kernels, form into balls or patties, and deep-fry until golden.

2 Stick together

Want to give good ol' corn and carrots a fun upgrade? Try this!

Thread sliced young corn and baby carrots onto barbecue sticks. Spread butter all over, season with salt and pepper, and grill to perfection.



3 Got milk?

Cozy up during the rainy season with a mug of warm corn milk. Combine corn kernels and milk in a blender; purée until smooth. Transfer mixture to a saucepot and add more milk, vanilla extract, sugar, and salt. Bring to a simmer and serve immediately.

4 On a roll

What's the perfect side to go with kiddie favorites chicken teriyaki, ebi tempura, and tonkatsu? Corn maki rolls, of course! Place a nori sheet on a sushi mat. Spread seasoned Japanese rice over $\frac{3}{4}$ of the nori. Place corn on the center of the rice. Roll the sushi mat tightly, transfer roll to a chopping board, and slice with a sharp knife.



5 Rice to the occasion

Craving for *mais con yelo*? Transform the popular summer treat into a rice pudding you can enjoy any time of the year. Make your way to Yummy.ph for the recipe.



6 Salsa nights

Pair tortilla chips, potato wedges, or even grilled meats with a refreshing corn salsa. It's as simple as combining corn kernels, tomatoes, red onions, green onions, cilantro, and lemon juice in a bowl. Drizzle with some olive oil, season, and you're good to go!

7 Toss and turn

Got leftover corn salsa? Toss it with noodles and cream and turn it into a colorful pasta salad! For extra protein, add chopped avocados or shredded roast chicken to the mix.



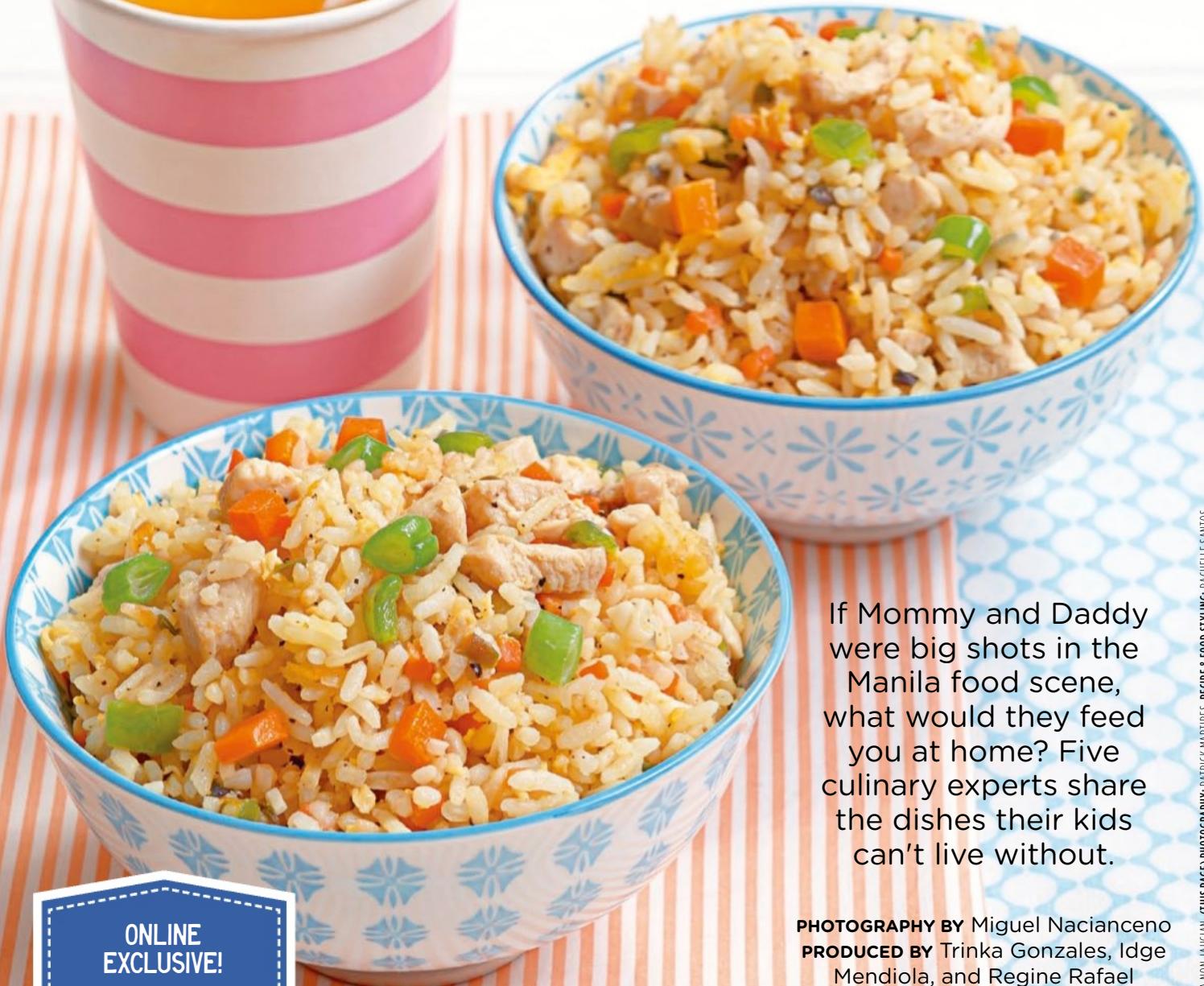
9 It's all white

You only need five ingredients to come up with this heavenly dessert! Boil white corn until cooked. Slice corn into $2\frac{1}{2}$ -inch pieces and insert a barbecue stick into each. Combine desiccated coconut, toasted sesame seeds, and salt in a bowl; set aside. Spread condensed milk on corn and roll in coconut mixture.

10 Bright new day

Wake up to the smell of freshly baked corn muffins. No time to make it from scratch? Combine store-bought pancake mix, milk, egg, honey, and corn kernels. Scoop into muffin pans and bake until golden. It's that easy!

THAT'S MY FAVORITE!



If Mommy and Daddy were big shots in the Manila food scene, what would they feed you at home? Five culinary experts share the dishes their kids can't live without.

PHOTOGRAPHY BY Miguel Nacianceno
PRODUCED BY Trinka Gonzales, Idge Mendiola, and Regine Rafael

ONLINE EXCLUSIVE!

Get the recipe for
Chicken and Veggie
Fried Rice on Yummy.ph!

"Sometimes, it's hard to feed the kids. Until they discover the joys of eating good food, I have to resort to sneaky tricks to make them eat. This nutritious parfait is a great way to make sure they get some fruit in their diet!"

PINOY EATS WORLD'S JJ YULO ON 3-YEAR-OLD SANTIAGO AND 6-YEAR-OLD CLARA'S FAVORITE



Tuna Pasta

Serves 3 to 4 **Prep Time** 5 minutes **Cooking Time** 30 to 45 minutes

- ✓ olive oil
- ✓ 1 white onion, chopped
- ✓ 3 cloves garlic, chopped finely
- ✓ pinch of dried oregano
- ✓ 2 (180-gram) cans tuna in oil or brine, drained
- ✓ 1 (800-gram) can chopped or crushed tomatoes
- ✓ salt and pepper, to taste
- ✓ 250 grams pasta in fun shapes, cooked according to package directions
- ✓ grated cheddar cheese for topping

1 Heat a skillet or pot over medium-high heat. Add a couple of generous swirls

of olive oil. When hot, add onions and garlic; sauté until onions are soft and translucent. Add oregano; sauté for 1 minute or until fragrant.

2 Add tuna; sauté until tuna is coated and well combined.

3 Add tomatoes to pan. Add $\frac{1}{3}$ to $\frac{1}{4}$ cup water to empty tomato can; pour water into pan. Lower heat; simmer for 25 minutes or until sauce is thick and pulpy, crushing big tomato chunks with the back of a spoon. Season to taste with salt and pepper.

4 Right before sauce is done, add another swirl of olive oil and mix.

5 Toss pasta into cooked sauce or serve separately. Top with grated cheddar cheese.



"Carmen loves pasta in red sauce, especially if sprinkling cheese is involved! Between the tomatoes, tuna, and cheese, she gets a pretty good nutritional package—with cute noodles to boot!"

80 BREAKFASTS'S JOEY DE LARRAZABAL-BLANCO ON 4-YEAR-OLD CARMEN'S FAVORITE

"This is a no-fail recipe for kids of all ages! Luccia loves complex cheese, which is why I like using pecorino and Parmigiano-Reggiano. I like my carbonara with lots of black pepper, but for Luccia, I usually do away with it. I also like to add asparagus, mushrooms, and sweet peas, so Luccia can get her dose of veggies, too."

GREEN PASTURES'S ROBBY GOCO ON 4-YEAR-OLD LUCCIA'S FAVORITE



Carbonara

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

- ✓ 1 tablespoon extra virgin olive oil
- ✓ 100 grams bacon, pancetta, or guanciale, sliced into $\frac{1}{2}$ -inch pieces, plus more for garnish
- ✓ yolks from 2 large eggs, preferably organic
- ✓ 1 large egg, preferably organic
- ✓ $\frac{1}{2}$ cup plus 4 tablespoons Pecorino Romano cheese, grated
- ✓ $\frac{1}{2}$ cup plus 2 tablespoons Parmesan cheese, grated
- ✓ 2 tablespoons freshly cracked black peppercorns (optional)
- ✓ 500 grams pasta, cooked according to package directions and kept warm (reserve about $\frac{1}{2}$ cup hot pasta water)

- 1 Combine oil and bacon, pancetta, or guanciale in a pan over low heat. Sauté until brown and crispy, and all of the fat is rendered. Cool to room temperature.
- 2 Meanwhile, combine egg yolks, whole egg, and $\frac{1}{2}$ cup of each kind of cheese in a bowl. Mix until well combined and until a paste-like consistency is achieved.
- 3 Mix meat into egg-cheese mixture, including the rendered fat and cracked black peppercorns, if using. Mix well with a rubber spatula, making sure that the flavor from the meat is well incorporated into the mixture.
- 4 Immediately add warm cooked pasta into the mixture. Toss pasta and add the rest of the cheese. Add pasta water if the mixture is too dry, about 2 tablespoons at a time, or until the consistency of the sauce is creamy.
- 5 Place pasta on a plate and garnish with more cheese and slices of bacon, pancetta, or guanciale.

"Kylie loves the fun, crunchy texture of the cornflake crust alongside the tasty fish. These tacos are healthy and delicious, so both mom and daughter are happy!"

FLEUR DE LYS'S JACKIE ANG PO ON 9-YEAR-OLD KYLIE'S FAVORITE



Banana and Chocolate Muffins

Makes 18 muffins **Prep Time**

30 to 45 minutes **Baking Time** 30 minutes

- ✓ 1½ cups brown sugar
- ✓ 1½ cups unsalted butter, melted
- ✓ 2 cups mashed overripe bananas
- ✓ 3 large eggs
- ✓ 2/3 cup all-purpose flour, sifted
- ✓ 2 teaspoons baking soda
- ✓ 2 tablespoons flax seeds
- ✓ 1 teaspoon salt
- ✓ 1½ cups bittersweet chocolate chips
- ✓ 1 cup nuts, chopped, blanched, and toasted (we used macadamias, pecans, and walnuts)

1 Preheat oven to 350°F. Line muffin tins with paper cups.

2 Combine sugar, butter, mashed bananas, and eggs in a bowl.

3 Combine flour, baking soda, flax seeds, and salt in another bowl. Mix well.

4 Combine wet and dry ingredients together. Fold in chocolate chips and nuts.

5 Scoop batter into prepared muffin tins until 2/3 full.

6 Bake for 30 minutes or until a cake tester or toothpick inserted in the center of the muffins comes out dry. Cool muffins on a wire rack before serving.

Cornflake-crusted Fish Tacos

Serves 4 **Prep Time** 30

minutes **Cooking Time** 15 minutes

- ✓ vegetable oil for brushing, plus 1/3 cup for dipping
- ✓ 350 grams white fish fillet (dory or *lapu-lapu*), sliced into 3½x1½-inch pieces
- ✓ all-purpose flour
- ✓ 1 beaten egg, mixed with 1 tablespoon water or milk
- ✓ 2 cups cornflakes, crushed
- ✓ 8 lettuce leaves
- ✓ 8 (6-inch) flour tortillas, heated on a dry frying pan
- ✓ ¾ cup salsa
- ✓ 1 cup grated cheddar or Monterey Jack cheese
- ✓ sour cream (optional)

1 Brush a baking rack with

vegetable oil; place on a baking tray that fits in a turbo broiler. Set aside.

2 Season fish with salt and pepper. Dredge in flour; shake off excess. Dip in egg. Coat fish in cornflakes, pressing lightly to make sure cornflakes adhere to fish.

3 Dip fish in 1/3 cup oil. Arrange on prepared rack. Bake in turbo broiler at 350°F for 15 minutes or until cooked.

4 Place lettuce on the center of a tortilla. Top with fish, salsa, and cheese. Drizzle with sour cream, if desired. **5** Fold tortilla to wrap filling and secure with a toothpick. Repeat with remaining ingredients to make 8 tacos. Serve warm.



"These muffins combine stuff my girls love: bananas, dark chocolate, and nuts. It's kind of healthy, too, thanks to the flax seeds I sneak in. They also enjoy helping make the muffins—mashing the bananas is their favorite!"



NOMAMA'S HIM UY DE BARON ON 7-YEAR-OLD NALA AND 5-YEAR-OLD SUKI'S FAVORITE



SAFETY FIRST

Hey, kids! With these tips in mind, you're in for a great—and trouble-free—kitchen adventure.

Before Cooking

- Ask for the help of an adult assistant. He or she should be ready to assist you before, during, and after cooking.
- Pull back long hair, roll up long sleeves, and avoid wearing loose or baggy clothes.

 **WASH YOUR HANDS THOROUGHLY.**



- Use an apron to prevent staining your clothes.

After Cooking

- Wash your hands thoroughly.
- Clean your area.

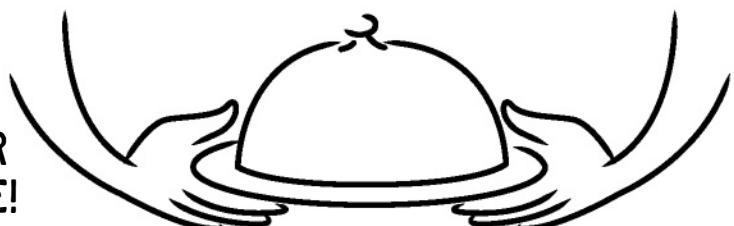
While Cooking

- Ask your adult assistant to slice and chop the ingredients for you. Don't handle knives and other sharp objects on your own.
- Don't turn on the stove by yourself! Ask for permission before using it, as well as the oven, food processor, blender, and mixer.
- Ask your adult assistant to plug in electrical appliances for you. Don't touch electric sockets, especially if your hands are wet.
- Don't place hot food and liquid near the edge of the kitchen counter or table to avoid accidental spills.
- No running in the kitchen!
- Point pot handles to the back of the stove to avoid knocking pots over.
- In case of accidental spills, tell your adult assistant right away.
- If you're touching food with your hands, don't lick your fingers.
- Sneeze and cough away from food. Use tissue to cover your mouth, and wash your hands immediately.
- Don't eat raw food.
- Immediately return unused portions of the ingredients, especially dairy products and meat, to the refrigerator.
- Rinse fresh fruits and vegetables before using them in a recipe.
- Keep raw food away from cooked food. Don't use the same plate.

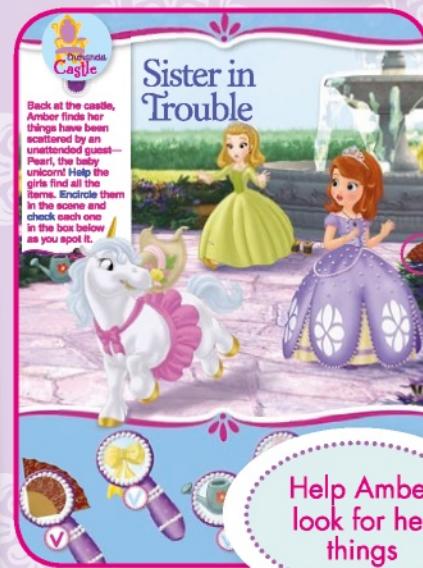
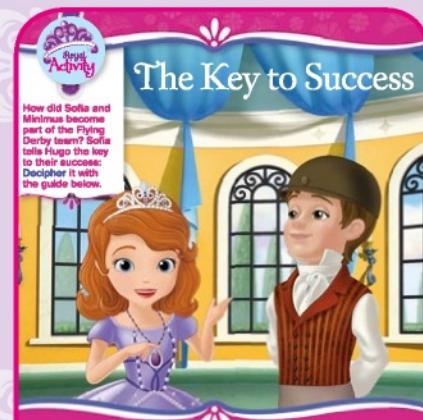
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