

20 SIDES TO PERK UP YOUR MEALS \* USE ALIGUE IN 12 NEW WAYS

# Yummy



EASY MEALS EVERY DAY

SEPTEMBER 2014

## GO LOCAL!

### 56 FILIPINO FAVORITES

featuring:

CRISPY PATA  
CHICKEN BICOL EXPRESS  
ARROZ CALDO  
WITH KALDERETA  
BISTEK AT  
ENSALADANG MANGGA  
SEAFOOD MISUA  
LECHON MANOK WITH  
CORN SALAD  
PATA PORK AND BEANS  
CHICKEN INASAL ROLLS  
IGADO PASTEL  
TINAPA SPREAD  
ENSALADANG LATO



### WEEKEND FIESTA

Fusion recipes on page 37

**PORK**  
12 ways to make the  
most of each cut

ISSN 1908-5869



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PROUD TO BE PINOY

HOMEGROWN TALENTS  
MAKE BEAUTIFUL  
TABLETOP ITEMS

# Classics Reinvented

BY  Maggi

A touch of magic will make any kind of fish and vegetable dish more exciting. Level-up the flavors of old-time favorites with **MAGGI MAGIC SARAP®!**

## Bangus Paella

6-8 servings



### INGREDIENTS:

#### Bangus Belly Chicharon:

1 pc large (1/2 kg) boneless bangus  
 1/2 sachet 8g **MAGGI MAGIC SARAP®**  
 1/2 cup all purpose flour  
 2 liters vegetable oil (for frying)

#### Rice:

2 tbsp	annatto seeds
1/4 cup	vegetable oil
1 head	garlic, minced
1 large	onion, small diced
1 cup	small diced tomatoes
1 cup	flaked tinapa
1 cup	peeled and deveined medium shrimp
6 cups	cooked jasmine rice
1 1/2 sachet	8g <b>MAGGI MAGIC SARAP®</b>
1 tbsp	MAGGI® SAVOR CLASSIC
1 tsp	freshly ground pepper

#### Garnish:

1 cup	halved shallots
1 pc	salted duck egg, sliced
3 pcs	tomatoes, quartered
2 tbsp	sliced spring onion

### PROCEDURE:

1. Cut off bangus belly from the bangus meat. Flake the meat and set aside. Cut the bangus belly into bite-size pieces. Season with 1/2 sachet of **MAGGI MAGIC SARAP®** and coat with flour. Fry for 2 minutes in preheated oil. Strain and set aside.
2. Combine annatto seeds and oil in a small pan. Gently heat for 5 minutes. Turn off heat and set aside to cool. Strain and set aside annatto oil.
3. Pour annatto oil in a large pan or a paellera. Sauté garlic, onion and tomato for 2 minutes. Add flaked bangus meat and tinapa. Sauté for 2 minutes. Add shrimp and sauté for another minute.
4. Add rice and season with 1 1/2 sachet of **MAGGI MAGIC SARAP®**, MAGGI® SAVOR CLASSIC and pepper. Gently fluff and cook for 3 - 4 minutes.
5. Turn off heat and top with Bangus Belly Chicharon, shallots, duck egg and tomato. Garnish with spring onion. Serve in the same pan.

# Mixed Veggie and Fish in Rice Paper Rolls

8-10 servings



## INGREDIENTS:

2 tbsp	vegetable oil
5 cloves	garlic, minced
1 pc	medium onion, sliced
1 cup	julienned carrots
1 cup	julienned camote
1 cup	cubed white fish fillet
1 cup	trimmed Baguio beans
2 cups	shredded cabbage
2 sachets	8g <b>MAGGI MAGIC SARAP®</b>
1 tsp	freshly ground pepper
1 pack	rice paper
1 head	romaine lettuce, remove core, separated and rinsed

## Peanut Sauce

1/2 cup	peanut butter
3/4 cup	coconut milk
1/4 cup	water
1/4 tsp	cayenne pepper
1/2 tsp	<b>MAGGI MAGIC SARAP®</b>

## PROCEDURE:

1. Heat oil in a pan and sauté garlic and onion for 1 minute. Add carrots and camote and sauté for

2 minutes. Add fish fillet and Baguio beans and cook for another 2 minutes. Stir in cabbage. Season with **MAGGI MAGIC SARAP®** and pepper. Transfer into a large plate and set aside to cool.

1. Moisten rice paper, place a piece of lettuce and 2-3 tbsp of the vegetable and fish mixture. Wrap tightly, cut in half and transfer onto a serving plate.

2. To prepare the sauce, combine peanut butter, coconut milk, water, cayenne pepper in a small sauce pan. Whisk until smooth. Bring to a gentle simmer and season with **MAGGI MAGIC SARAP®**. Transfer into a sauce container and serve with Mixed Veggie and Fish in Rice Paper Rolls.

## Sea Bass Curry

4-6 servings

## INGREDIENTS:

2 tbsp	vegetable oil
8 pcs	shallots, halved
1 tbsp	minced garlic
1 thumb-size	ginger, minced
3 tbsp	red curry paste
2 cups	coconut milk
1 pc	orange sweet potato, peeled, halved and sliced 1/4-inch thick
1 pc	eggplant, sliced diagonally
1/4 kg	cherry tomatoes
1 pc	green bell pepper, medium diced
1/2 kg	sea bass, cut into 1-inch cubes
1 cup	coconut cream
1/4 cup	water
2 sachets	8g <b>MAGGI MAGIC SARAP®</b>
1 tsp	fish sauce
1 tbsp	sugar
1/4 cup	picked cilantro
1/4 cup	picked Thai basil
1 pc	lemon, cut into wedges

## PROCEDURE:

1. Pour oil in a pot and sauté shallots, garlic and ginger for 2 minutes. Add curry paste and continue to cook for 2 minutes.
2. Pour coconut milk and add sweet potato. Cover and simmer for 10 minutes. Add eggplant, tomato and bell pepper and simmer for 5 minutes.
3. Add sea bass, pour coconut cream and water and simmer for 2 minutes. Season with **MAGGI MAGIC SARAP®**, fish sauce and sugar. Simmer for another minute.
4. Stir in cilantro and Thai basil. Transfer into a serving bowl. Serve with lemon wedges.

## SPRINKLE SOME MAGIC

Sprinkle the all-in-one seasoning granules to home-cooked meals and like magic, the essence of the ingredients are enhanced. Make any kind of fish or vegetable dish extra special with **MAGGI MAGIC SARAP®**.



For more cooking tips and recipes, visit [www.maggi.ph](http://www.maggi.ph)

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Tokyo pop  
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**OOPS!** In the "Healthify this!" section on page 75 of the August 2014 issue, the Cashew Yogurt Sauce recipe requires  $\frac{3}{4}$  cup cashews, and not  $\frac{1}{4}$  cup as was published. We regret the error.

## LECHON KAWALI BINAGOONGAN SA GATA

How do you make the classic *binagoongan* extra special? Make it with crispy pork belly and rich coconut milk. It's perfect with a bowl of hot fluffy rice.

**Serves 4 to 6** **Prep Time** 20 minutes **Cooking Time** 1 hour 30 minutes

#### FOR THE LECHON KAWALI

- ✓ 1 kilo pork belly, sliced into 2-inch pieces
- ✓ 1 tablespoon salt
- ✓ corn oil for deep-frying

#### FOR THE BINAGOONGAN SAUCE

- ✓ 2 tablespoons corn oil
- ✓ 1 medium red onion, chopped
- ✓ 1 tablespoon minced garlic
- ✓ 5 native tomatoes, chopped
- ✓  $\frac{1}{2}$  cup shrimp paste (*bagoong alamang*)
- ✓  $\frac{1}{2}$  cup pork stock (reserved from boiling pork belly)
- ✓ 3 tablespoons cane vinegar
- ✓ 2 medium eggplants, sliced into 2-inch lengths
- ✓  $\frac{1}{2}$  cup fresh coconut cream (*kakang gata*)
- ✓ 1 green finger chili (*siling pangsigang*)
- ✓ ground black pepper, to taste

#### 1 Make the lechon kawali:

Place pork belly and salt in

a large stockpot. Fill with water, enough to submerge pork. Bring to a boil then lower to a simmer. Simmer for 1 hour or until pork is fork-tender. Remove pork from liquid and pat dry. Reserve  $\frac{1}{2}$  cup pork stock.

**2** Make the *binagoongan* sauce: Heat oil in a wok. Sauté onions and garlic until fragrant over medium heat. Add tomatoes and sauté until soft. Add shrimp paste and cook for 1 minute.

**3** Add pork stock and vinegar. Cook, without stirring, over medium heat for 5 minutes or until the acidity of the vinegar has evaporated (sauce should no longer be overpoweringly sour).

**4** Add eggplants, coconut cream, and chili. Simmer until mixture is thick, about 8 minutes. Season with pepper.

**5** Heat oil in a heavy-bottomed pot. Deep-fry pork belly in batches until golden and crispy. Drain on paper towels to remove excess oil.

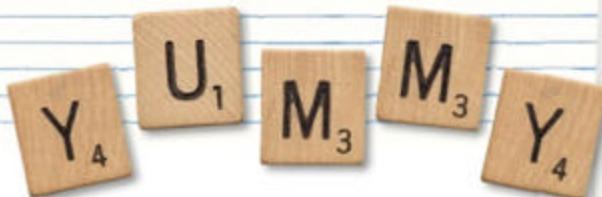
**6** To serve, place half of the sauce on a serving platter. Arrange *lechon kawali* on top. Pour in remaining sauce.

# Yummy at a glance

Want to make classic Pinoy dishes with a unique twist? Craving for crispy treats? Crazy for longganisa and looking for different ways to serve it? Thinking of fun Filipino flavors for your next party? Here's your guide to planning yummy meals.

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## PINOY FIESTA Recipes on Yummy.ph



Buko Pandan Fruit Salad



Fresh Papaya Lumpia



Chicken in Pandan Leaves



Pancit Bihon Guisado

### Crisped to perfection



CRISPY PATA  
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LUMPIANG BUKO-TOQUE  
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CRISPY KANGKONG  
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### Loco for longganisa



BREAKFAST LONGGANISA  
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PORCHETTA WITH LONGGANISA AND  
DRIED MANGOES [PAGE 58](#)



## BUKO PANDAN POPSICLES

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ANCHOR HOCKING BAKING PANS



TRAMONTINA VIVACOR WOK

# editor's note

## Pinoy pride

During one photo shoot, photographer Patrick Martires and I were debating on what sets Filipinos apart from everyone else in the world. Resilience? Kindness? Our ready smiles? I asked. He

told me that in his opinion, it was that Pinoys always offer everyone a bite to eat. "Kain na," Pat said, "is what we are known for." That basically ended our discussion because I couldn't help but agree a hundred percent. Filipinos, no matter how much or how little they have, will always generously and enthusiastically invite guests—even complete strangers—to their dinner table. And it is this hospitality and magnanimity that I'd like to honor in our annual Pinoy issue.

First, let's celebrate our culinary heritage! This issue is packed with recipes that will remind you of Lolo and Lola, of the fiestas in your province, of big family Sunday gatherings. Check out "Time and again" on page 42 for reinvented Filipino classics, "On the side" on page 50 for Pinoy sides you can enjoy with your favorite *ulam*, and the rest of our easy homegrown recipes (there are at least 60 of them!).

Second, let's honor the Filipino talent. In "Made in the Philippines" on page 74, we round up four local artisans who create beautiful kitchen accessories using various media. Their passion for what they do is matched with a deep desire to support Filipino artistry and help local communities prosper.

Finally, in "Food trip!," we invite you to travel with us up north to Ilocos Norte and down south to Cagayan de Oro and Bukidnon. The Yummy staff ate their way through these beautiful provinces and came home with full stomachs and a bunch of unforgettable experiences. Flip to page 62 to read about their journeys.

Everything in this issue pays tribute to the Filipino—to you. So, without further ado, *kain na po tayo!*



**Paulynn Chang Afable**  
**Editor in chief**  
**paulynn@yummy.ph**



### EPIC.

That's how I'd sum up our annual Pinoy issue in one word. Just to give you an idea of what went into producing the magazine you hold in your hands: We traveled to six provinces; interviewed and worked with 40 chefs, restaurateurs, and artisans; visited 14 restaurants; sampled a whopping 206 dishes and products; and gained 15 pounds! Check out our Instagram snaps!



**Asst. style editor  
@trinkagonzales**  
In La Union  
"Monday, you  
were gorgeous!  
And fun! And a  
little too long at  
19.5 hours!"



**Writer @ryfern**  
In CDO  
"Long day for us,  
long day for them."



**Photographer  
@patmartires**  
in Bukidnon  
"Amazing how  
they made a  
dense forest out  
of empty fields."



**Photographer  
@mignac** in  
Ilocos Norte  
"View from  
BergBlick,  
an excellent  
German resto in  
Pagudpud."

MORE PHOTOS ON PAGE 94 →



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# Yummy Ideas

## TACO TIME!

Inspired by the classic Ilocos empanada, these tacos are quick, fuss-free, and proudly Pinoy!

**TO MAKE:** Cook 12 pieces Ilocos *longganisa* (removed from casings and crumbled) until slightly crisp; drain and set aside. Heat oil in a pan and sauté 1/2 medium red onion (chopped) until fragrant. Add 1 medium carrot (sliced thinly) and 1/2 cup bean sprouts; cook for 3 minutes. Add 100 grams grated green papaya; continue sautéing until all vegetables are cooked, about 3 more minutes. Set aside. Cook 1 egg (beaten) and slice into thin strips. Assemble the tacos: Fill 4 taco shells (heated) with *longganisa*, vegetable mixture, and egg strips. Sprinkle crushed chicharon on top, if desired. Serve with *sukang Iloko* on the side. **Serves 4.**

Ilocos  
Longganisa  
Tacos



## Yummy Ideas



### PINOY TRAIL MIX

Munch on these yummy nibbles while watching your favorite TV show. Combine 1 cup cornicks, 1/2 cup fried broad beans, 1/2 cup greaseless peanuts, 1/2 cup *adobong mani* (with skin), 3/4 cup banana chips, 1/2 cup chopped dried mangoes, and 1/2 cup dried sweet *kiamoy* (optional). Store in an airtight container. **Serves 4.**

# STREET EATS

TAKE FILIPINO STREET FOOD TO THE NEXT LEVEL  
BY GIVING THEM A MODERN MAKEOVER.

### ICE CREAM PAN DE COCO SANDWICH

Here's a refreshing dessert that uses lots of coconut! Heat 1 *pan de coco* and slice in half crosswise. Spread 1 1/2 tablespoons sweetened *macapuno* strips on the bottom bread half and 1 tablespoon coconut jam on the top half. Place 2 small scoops *ube* ice cream on top of the *macapuno* and top with 2 teaspoons crushed *otap*. Cover with top bread half and serve immediately, or freeze until ready. **Makes 1 sandwich.**



### Cool down



Put together *calamansi* juice and sweet melons for one amazing thirst-quencher. Combine 1/2 cup *calamansi* concentrate and 4 cups water in a pitcher. Slice 1 (1-kilo) melon in half. Remove seeds and pulp, and add them to the *calamansi* mixture. Let stand for 10 minutes. Strain and transfer liquid back to pitcher. Using a melon stripper, carve strips from melon flesh; add to pitcher. Add 2 tablespoons honey; mix and chill. **Serves 4.**



### LUMPIANG BUKO-TOGUE

Adding *buko* strips to the classic *pritong lumpiang togue* gives it a refreshing surprise. Heat 2 tablespoons oil in a pan. Sauté 3 cloves garlic (minced) and 1 medium onion (chopped) until fragrant. Add 1/4 kilo shrimp (shelled and chopped); cook until pink. Add 1 medium carrot (sliced into strips), 3/4 cup chopped Baguio beans, and 1 1/2 cups *togue*; cook for 2 minutes. Add 200 grams firm *tofu* (chopped and fried), 1/4 cup chopped cilantro leaves, and 1 1/2 cups young coconut strips; mix until well combined and season with salt. Remove from heat. Place a *lumpia* wrapper on a clean surface and top with about 1/4 cup filling. Roll, seal edges, and deep-fry until golden. **Makes 20 rolls.**

# Drink OF THE MONTH

## STRAWBERRY LEMONADE MOCKTAIL

SPICE UP GOOD OL' LEMONADE WITH STRAWBERRIES, RASPBERRIES, KIWI, AND A DASH OF FIZZY CARBONATED WATER.

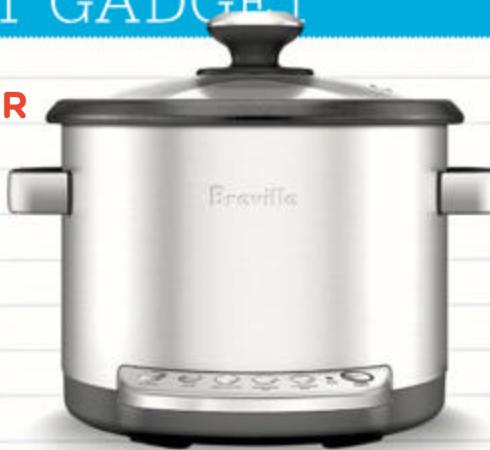
Muddle 6 strawberries (quartered) and 1 tablespoon brown sugar in a cocktail shaker. Add 1 cup store-bought lemon juice and ice cubes; shake well. Strain into 2 glasses. Add 1/2 cup carbonated water to each glass and garnish with strawberry slices. **Serves 2.**



## → GREAT GADGET

### MULTI-COOKER

More than just your typical rice cooker, this advanced appliance allows you to maximize your ingredients!



#### • QUICK RISOTTO

The Multi-Chef uses controlled temperature, creating tiny simmering bubbles in the liquid that stir the grains against each other. This helps release the rice's starch, making your risotto extra creamy. Throw in fresh cheese for an even richer dish!

#### • SAUTÉ IT

Use the sauté-and-sear setting to soften, brown, and caramelize all sorts of ingredients. Create delicious flavor bases for hefty soups and casseroles, like *kaldareta*.

Multi-Chef Advanced Multi-Cooker from Breville, P6,900. Available at Rustan's, True Value, and selected SM appliance centers

#### • SLOW AND STEADY

This multi-cooker is perfect for cooking red meats. Slow-cook hanger steak and pulled pork, or roast beef to perfection, and enjoy intense flavor and a really tender cut.

## The TRY-IT TASTE-IT Row



### RISE AND SHINE

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## Yummy Ideas



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### { I Am A Food Blog }

For food-lover and photography-enthusiast Stephanie, the journey into the blogging world started with statements like "I could make this at home," and an extra push from her husband Mike. In her blog, you'll find Stephanie cooking up a storm, recreating restaurant favorites or drawing inspiration from random ingredients in her fridge. Learn how to make Mini Grilled Cheese Cakes, Banh Mi Fries, or Pulled Pork Fried Rice in a jiffy with her fun and easy recipes. Visit *I Am A Food Blog* at [www.iamafoodblog.com](http://www.iamafoodblog.com).

## Yummy FOOD ADDITION

### Buko Pandan Popsicles

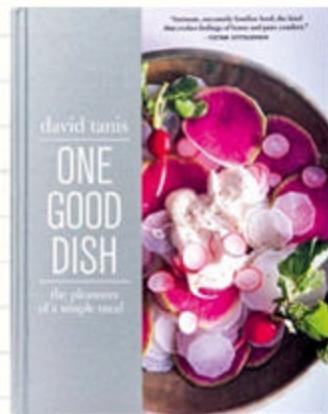
Turn the all-time favorite into a creamy, icy treat that'll delightfully surprise party guests.

Prepare 1 (100-gram) box pandan-flavored gelatin according to package directions. Once set, slice into small cubes and set aside. Combine the meat and juice from 2 coconuts, 1 (250-ml) pack Nestle All-purpose

Cream, and  $\frac{3}{4}$  cup condensed milk in a blender; process until well combined. Pour coconut mixture into popsicle molds and add gelatin cubes. Freeze overnight. **Makes 15 mini popsicles.**



## BOOKSHELF



WHAT WE'RE READING THIS MONTH

Renowned New York Times columnist David Tanis releases his first non-menu-based cookbook, offering 100 tantalizingly delicious recipes that are simple yet satisfying. In **One Good Dish** (P1,168, Fully Booked), Tanis brings to the table easy, accessible, and elegant recipes, each using very few ingredients. Whip up flavor bombs like espresso-hazelnut bark, cold chicken with spicy scallion oil, spaghetti and breadcrumbs, and more! Enjoy the beautiful photographs in full color that accompany the recipes and easily spot something perfect for solo dining or entertaining guests. Finding culinary inspiration and recipes to crave for won't be hard with this classic—yet modern—cookbook.



## Yummy Lesson

# HOW TO KNOW IF YOUR COOKING OIL IS HOT ENOUGH FOR FRYING

**THE DILEMMA** You're eager to try out a new fried chicken recipe. It instructs you to fry the chicken when "the oil is hot enough." You know from experience that cooking raw food in under-heated oil leads to a greasy final product. How can you tell when your cooking oil is ready for frying?

**WHAT TO DO** The ideal temperature for frying food ranges from 350° to 365°F. The easiest and most accurate way to determine this is by using a cooking thermometer (available in most department stores and cooking supplies stores). But you can do it even without one. How? Simply stick the end of a wooden spoon, chopstick, or skewer into the pot of oil. When bubbles start to form around it, your oil is hot enough for frying.



## We asked:

WHAT YUMMY PASALUBONG CAN BE FOUND ONLY IN YOUR PROVINCE?

“*Patupat*, which can only be found in Pangasinan, is a delicacy made with coconut cream and *matamis na bao*. I love it because of the texture of the *malagkit* rice and the natural sweetness of the *bao*.”—**Hope Esperance**

“Have you tried *singkamas* pie? You can only find it in San Marcelino, Zambales. We’re extremely proud of this unique pie, as well as all the other products we make with *singkamas*, like tarts and *pastillas*.”—**Ylloy Lanuza**

“I love Alcala’s milk candy, made from fresh carabao’s milk from Cagayan Valley. It’s super delicious!”—**Maann Lasam**

“*Dudol* from Maguindanao! It’s a sweet, sticky snack served on banana leaves. There’s also *tinatdug*, which is made of a sweet rice flour mixture poured through a funnel into hot coconut oil. Crispy and sweet! There’s also *kumukunsi*, a spiral-shaped sweet snack fried to golden perfection.”—**Mariel Jean Hollis Raymundo**

“Next time you visit Bataan, you should try Amanda’s *tuyo* from Balanga, cashew peanut butter from Bagac, and Geno’s *gabi* and *pinipig* ice cream from Orani.”—**Imee Velasquez Sy-Changco**

“My hometown of Bicol is popular for *pili* nuts, *pili* tarts, and *pili* jam, but we also have yummy *kakanin* like the cassava-based *binutong* and *putong bigas*, made of rice flour. Both feature a sweetened coconut filling that’s super delicious.”—**Maricel Ladim**

“You must bring home *binagol* and chocolate *moron* from Taclobon City! The former is made with *gabi* while the latter is made using *malagkit* rice. They’re both so good!”—**Donna Pallones Galarosa**

“Try the *barquiron* from Agusan Del Norte! It’s the best *pasalubong* from our province. Imagine crunchy *barquillos* cylinders filled to the brim with *polvoron*. Yum!”—**Marie Kristine de Guzman**

**Next question:** WHAT EASY DESSERT CAN YOU MAKE USING FRESH FRUITS?

## Yummy Ideas



STOP BY

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It's great to be able to appreciate the finer things in life, and at Oliviers & Co., you can do just that. Revel in the culinary boutique's wide selection of high-quality olive oils from Spain, France, and Italy, and learn about how important premium olive oil can be for your health, aside, of course, from how great it tastes drizzled atop almost everything on your plate.

The knowledgeable staff are more than happy to let you sample the best oils on hand—whether you're an olive oil connoisseur or a complete newbie. Choose between a French olive oil that goes perfectly with an ice cream dessert or a Spanish variant that's ideal paired with red meat, and discover how flavors are instantly elevated to a whole new dimension.

Oliviers & Co. also offers excellent olive pâtés inspired by Michelin-starred chefs from all over the world. You'll find Black Olive and Orleans mustard by Alain Passard and Green Olive and Pistachio by Alain Llorca, both illustrious chefs in their own right. Traditional balsamic vinegar variants can be found, too, even chopping boards, bowls, and platters made from gorgeous olive wood.

Oliviers & Co. believes that "like wine, olive oil should be tasted and be worthy of recognition," and it is through this motto that the brand passionately strives to treat customers to its benefits.

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Slice your veggies in style on this gorgeous olive-wood chopping board (P5,795).



## INGREDIENT SPOTLIGHT

### BURONG HIPON

Burong hipon, also known as *balô-balô* (P109.50, SM Supermarket Makati), is traditionally made of rice, shrimp, and bamboo shoots, mixed with salt, and fermented in jars for about three days. Widely popular in Pampanga, this sauce has a distinct smell and texture that can pose a challenge to picky palates. However, as soon as one gets over these initial impressions, its unique taste stands out. A good *buro*'s flavor hits the balance between salty and acidic, and has a hint of creaminess to it. Before serving, sauté the *buro* with garlic, ginger, onions, and tomatoes. A great alternative to soy sauce or fish sauce, it's best served as a side to fried or grilled fish, and steamed vegetables.



### Kitchen glossary

#### Braising

This cooking technique uses moist heat to make meat and vegetables more tender and flavorful. Food is first seared at a high temperature, then cooked in a covered pot at a low temperature for a lengthy period of time. Make sure the food sits in a small amount of cooking liquid and that you use a tight-fitting lid that prevents any liquid from evaporating. Braising breaks down the meat's muscle fibers via the absorption of steam and moisture, and is thus best for tough cuts.

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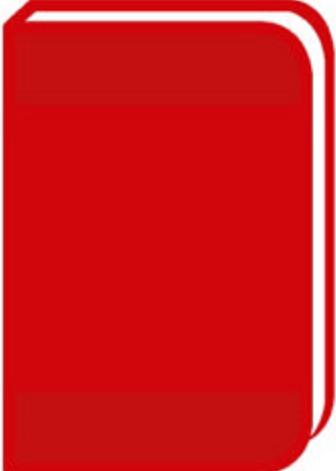
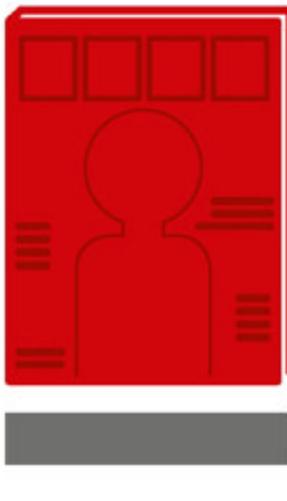




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# GOOD READS

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Build your kitchen confidence with pre-made Pinoy mixes and enjoy slow-cooked comfort food in an instant!

## EASY PEASY

Bring consistently delicious pork barbecue to potluck lunches without breaking a sweat! **Del Monte Quick 'n Easy BBQ Marinade, P27, Metro Supermarket**

## PAINT THE TOWN RED

Swap out your usual *adobo* with one that's flavored (and colored!) with *atsuete*. **McCormick Adobo Pula Recipe Mix with Achuete, P27, SM Supermarket**

## TRIED AND TESTED

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## BOWL OF COMFORT

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## EAT YOUR VEGGIES

There's no excuse to skip the recommended dose of vegetables with this sachet around. **Knorr Ginataang Gulay Complete Recipe Mix, P16.50, SM Supermarket**

## EASY AS 1-2-3

Delicious *sinigang sa sampalok* in three easy steps? Believe it! **Maggi Magic Sinigang, P10, SM Supermarket**

## OAT OF THIS WORLD

In this mix, oats are used instead of traditional rice, making your delicious *arroz caldo* fiber-rich, too! **All Good Instant Oatmeal Arroz Caldo Flavor, P10, Robinsons Supermarket**

## CHICKEN DINNER

Bacolod's chicken specialty just got easier to prep—simply marinate, grill, and enjoy! **Clara Olé Inasal Barbecue Marinade, P33, South Supermarket**



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## On the rice

White rice might be your go-to starch, but a look at the other varieties available in the market will convince you to try something new.

To produce **WHITE RICE**, rice grains are milled, removing the husk, bran, and germ. The grains are then polished, making them white and shiny. The milling process, however, strips white rice of important nutrients. Its flavor is milder and its texture softer and fluffier than whole grain rice.

**RED RICE** is an unhulled or partially hulled rice containing anthocyanin, the pigment that gives it its natural red hue. It has a full, nutty flavor and an earthy aroma. It's packed with fiber, which cleanses the colon. Compared to other colored rice varieties, red rice has more blood-forming iron and immune-boosting zinc.

**BROWN RICE** is a whole grain where the bran and germ are intact. It has a mild, nutty flavor and a chewy texture. Like other unhulled varieties, it is rich in selenium, B vitamins, fiber, and magnesium which help reduce the risk of heart disease. The bran's natural oils decrease cholesterol, however its presence means a shorter shelf life compared to white rice.

When **BLACK RICE** is cooked, it is purple in color, not black, and has a strong, nutty taste. It's also known as forbidden rice because in ancient times, it was highly treasured and protected in Asia. Nutrient-packed black rice has twice the amount of fiber in brown rice and the highest protein content.

**GLUTINOUS RICE** or sticky rice has opaque grains that become very sticky when cooked. Despite its name, it does not contain gluten. It is commonly used for desserts and native delicacies such as rice pudding, *mochi*, *suman*, and *bibingka*.

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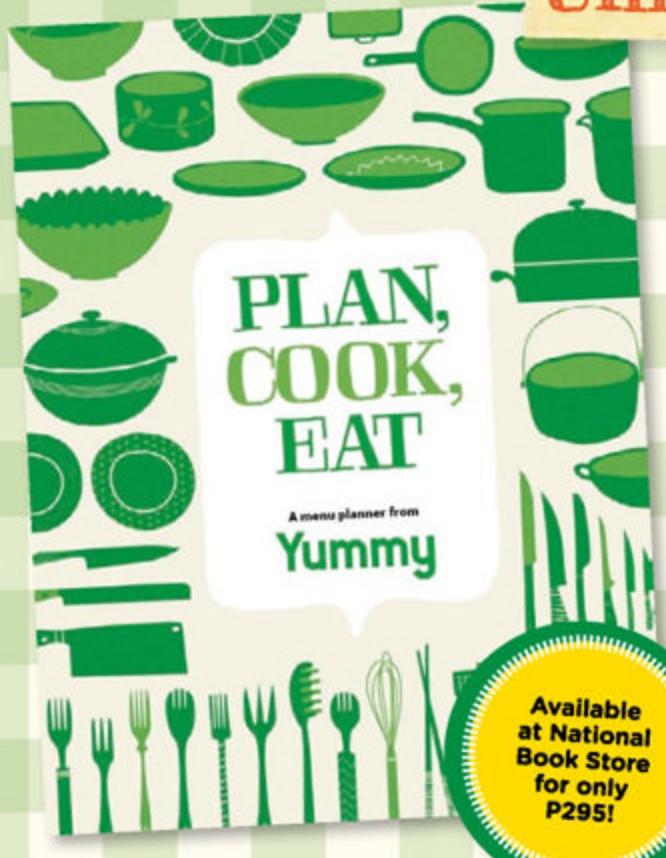
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## Family Kitchen

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](http://80breakfasts.blogspot.com).

Many years ago, I took a trip with my best friend to the Bicol region. I had never been there before so I was very excited.

We went to Camarines Sur where we visited its popular water park, and to Naga city where we witnessed the inspiring Peñafrancia Festival. We saw the black sand beaches of Albay and the (then new) development of Misibis. We visited the impressive Cagsawa Ruins and almost saw Mayon Volcano. We went shopping in the Legaspi Satellite Market and marveled at the Gothic church in Daraga and the view from Ligñon Hill. It was an action-packed weekend!

Although the trip was filled with great discoveries, one of the things I enjoyed the most was the food. People complain that Bicolano food is all coconut milk and chilies, but it is that very thing that I love about Bicolano cuisine. I love coconut milk, I love chili, and I love the combination of the creaminess of one against the fiery heat of the other. From the *laing* pizza in the CamSur Watersports Complex, to the *tilmok* sold by ambulant vendors at the Cagsawa

Ruins, to the Bicol Express we had at practically every restaurant we dined at, I can confidently say we ate our way through Bicol with no reservations.

The Bicol Express, in particular, was a dish we could not get enough of. We ate it at every opportunity. We would order a mountain of steaming white rice to go with it. I remember, on the flight home, we turned to each other in panic: "Where are we going to eat Bicol Express now?" Well, we have, since then, found places and purveyors from whom we can get our favorite Bicolano dishes. I have also tried my hand at some of them (you can see my attempt at *laing* on my blog).

This Bicol Express is influenced by that love of Bicolano food. It's got coconut milk and chilies, but I use chicken instead of the usual pork. It's a breeze to make and you can have it on your table in a little over half an hour, and most of that time is just spent simmering.

I highly recommend exploring the Bicol region—for both its lovely sights and its delicious cuisine!



PHOTOGRAPH: PATRICK MARTIREZ, STYLING: JIGE MENDOZA, HAIR & MAKEUP: TATIN YANG, (OPPOSITE PAGE) SURFACE (COURTESY OF LUCINA HOME)

# CHICKEN BICOL EXPRESS

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

**Cooking Time** 35 to 45 minutes

- ✓ vegetable oil
- ✓ 1 medium white onion, chopped
- ✓ 5 cloves garlic, chopped finely
- ✓ 30 grams ginger, peeled and sliced
- ✓ 2 to 3 tablespoons *bagoong alamang*
- ✓ 4 to 5 green finger chilies (*siling pangsigang*), sliced on the diagonal, plus more for garnish
- ✓ 300 grams chicken thigh fillets, sliced into chunks
- ✓ 1 (250-ml) can coconut milk

**1** Heat a wok over medium-high heat. Add a couple of swirls of oil. When oil is hot, add onions, garlic, and ginger. Sauté until onions are soft, translucent, and fragrant.

**2** Add *bagoong* and chilies to the pan. Sauté for about 2 to 3 minutes to allow the flavors to blend.

**3** Add chicken to the pan and fry until seared, about 1 to 2 minutes.

**4** Add coconut milk and simmer for 20 to 30 minutes or until chicken is tender and sauce is thick. Adjust seasoning, if needed, by adding a little more *bagoong*. Garnish with sliced chilies, if desired.

## TIP

INSTEAD OF CHICKEN, TRY FISH OR SHRIMP IF YOU WANT A SEAFOOD VERSION, OR VEGETABLES IF YOU WANT A VEGETARIAN OPTION. DON'T FORGET TO ADJUST THE COOKING TIME ACCORDINGLY.





## Hey, Home Baker!

BY AILEEN ANASTACIO

### About the columnist

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

★ Cheese cupcakes are one of my favorite Filipino treats! I remember buying them in grade school at St. Paul, Pasig. My classmates and I would sometimes cause a commotion in the cafeteria just so we could get to the front of the line and get a hold of these delicious cakes before anyone else could.

I don't know why they're called cupcakes, actually. Instead of being light and airy, their texture is denser, more like a muffin's. I loved them so much that I had at least one cheese cupcake every week. My daughter Sabrina loves them, too, and brings them to school for recess. It just goes to show that these treats stand the test of time and can be considered a classic!

Making the cupcakes is really quite easy. Because my recipe will require you to use only half a can of condensed milk, you might as well double the recipe. If you want a richer cheese flavor, use quick-melt cheese. As for storing the cupcakes, you can keep them in an airtight container at room temperature for about three days. To extend their shelf life, place them in the refrigerator for about seven to 10 days or store them in the freezer. When you're ready to eat, zap them in the microwave set on low so you can enjoy the cupcakes as if they just came out of the oven. Enjoy them with black tea without sugar. The sweetness of the cupcake will nicely complement the deep, dark flavor of the tea.



PHOTOGRAPH: PATRICK MARITRES. STYLING: RACHELLE SANTOS. HAIR & MAKEUP: VIDA NON-AUGAN.



## CHEESE CUPCAKES

**Makes** 10 cupcakes **Prep Time** 15 minutes **Baking Time** 25 to 30 minutes

- ✓ 1½ cups all-purpose flour
- ✓ ½ tablespoon baking powder
- ✓ ½ teaspoon salt
- ✓ ½ cup butter, cubed
- ✓ ⅓ cup sugar
- ✓ 2 large eggs
- ✓ 1 teaspoon vanilla extract
- ✓ ½ (5-ounce) can condensed milk
- ✓ 1 cup grated cheddar cheese, divided

- 1 Preheat oven to 350°F. Line a 12-cup muffin tin with cupcake liners.
- 2 Combine all-purpose flour, baking powder, and salt in a large bowl. Stir well; set aside.
- 3 In the bowl of an electric mixer

fitted with the paddle attachment, cream butter and sugar together on medium speed. Mix until batter is pale yellow in color, about 3 to 5 minutes.

- 4 Add eggs and vanilla extract; mix. Add condensed milk.
- 5 Bring mixer speed to low. Add the flour mixture gradually.
- 6 Add ¾ cup grated cheese. Mix until well combined.
- 7 Scoop batter onto prepared muffin tin until cups are ¾ full. Top each cupcake with 1 to 2 teaspoons grated cheese. Bake for 25 to 30 minutes or until a toothpick inserted in the center of a cupcake comes out clean.
- 8 Remove pan from oven. Let cool completely on a wire rack before serving.





## Chef at Home

BY JUN JUN DE GUZMAN

They say that the best meals are those shared with family. This definitely rings true for me. I have wonderful memories of those my family had, especially when we were complete. My parents would throw festive Sunday lunches at my sister's place, and Filipino fare was usually the star. Dishes like *kare-kare*, *dinuguan*, and *pochero*—although a bit tedious to make—were always part of the spread. These meals always came with a salad everyone enjoyed. It was made with sweet, fresh vegetables like tomatoes, and was topped with salted eggs. We'd throw in some *singkamas*, too, but we'd first make sure to wash them properly and keep them in a bowl of salted water to remove the earthy taste and prevent discoloration. Finally, to balance out the richness of the salad, we'd toss everything in a simple vinaigrette made with vinegar, water, sugar syrup, *patis*, *sili*, and black pepper. I miss those days, but the memories will always put a smile on my face.

### 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.



## FILIPINO FIESTA SALAD

**Serves 10 to 12** **Prep Time** 20 to 30 minutes **Cooking Time** 10 minutes

- ✓ 250 grams string beans (*sitaw*), strings removed on both sides and ends trimmed
- ✓ 1 (80- to 150-gram) piece jicama (*singkamas*), peeled and julienned
- ✓ 1 medium cucumber, peeled and sliced thinly
- ✓ 3 salted eggs, sliced into 6 to 8 pieces
- ✓ 3 native or salad tomatoes, sliced thinly

### FOR THE VINAIGRETTE

- ✓ 1 cup water
- ✓ 1/4 cup sugar
- ✓ 1/3 cup white vinegar
- ✓ 1/2 teaspoon cracked black pepper
- ✓ 1 tablespoon fish sauce (*patis*)
- ✓ 1 teaspoon soy sauce
- ✓ 3 tablespoons finely chopped red onions
- ✓ 1 small bird's eye chili (*siling labuyo*, optional)

1 Blanch beans in a pot of boiling salted water. Before water boils again, remove beans and immediately plunge in a bowl of iced water. Let rest for a few minutes; drain. (This will keep the beans green and crunchy.) Place in the refrigerator.

2 Immerse jicama in salted water for 5 to 10 minutes. Set aside.

3 Assemble the salad: Place beans on a platter. Top with drained jicama, cucumber, salted eggs, and tomatoes, making sure that all ingredients are evenly distributed. Cover and refrigerate.

4 Make the vinaigrette: Combine water and sugar in a saucepan. Let boil until sugar melts. Remove from heat and let cool. Add vinegar, pepper, fish sauce, soy sauce, onions, and chili (if using) to the cooled syrup; mix until well combined. Season with more soy sauce, fish sauce, and pepper, if desired.

5 Drizzle vinaigrette over salad right before serving.



# Must Cook

## Filipino Recipes

### Adobong Alimasag w/ Sotanghon

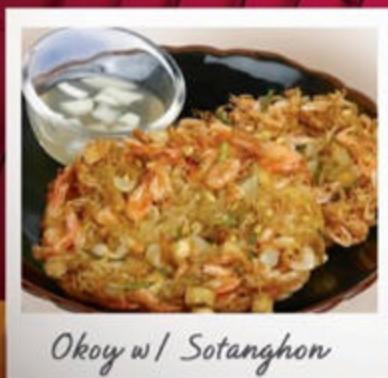
#### Ingredients:

- 250 grams Sapporo Long Kow Vermicelli (sotanghon)
- 500 grams blue crab (alimasag), cut into 2
- Water
- 3 tbsps. vegetable oil
- 1 whole garlic, minced
- Ginger, peeled cut into match sticks
- 1 sprig leek, chopped diagonally
- 3 tbsps. vinegar
- 3 tbsps. oyster sauce
- 3 tbsps. soy sauce
- 1 tsp. pepper
- 2 tbsps. brown sugar
- 1 stalk celery, minced
- Calamansi
- Sea salt (optional)

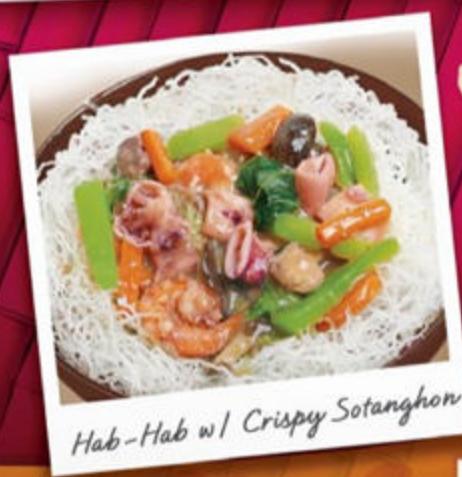
Procedure: Soak Sapporo Long Kow Vermicelli (sotanghon) in hot water for 5-10 minutes. Drain. Set aside. In a heavy pan or wok, heat the oil on medium setting. Add the ginger and stir fry, then add in the garlic followed by the leek and continue stir frying. Increase the heat to high and add the crab pieces. Continue sautéing until the crab turns to a gorgeous bright orange color. Pour the water to the pan, let it boil and continue simmering on medium heat. Add in ground pepper, followed by oyster sauce, soy sauce, vinegar and sugar. Continue simmering with occasional stirring. Taste and adjust the seasonings. Add some salt if still necessary. Transfer into a large platter. Serve.



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Okoy w/ Sotanghon



Hab-Hab w/ Crispy Sotanghon



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## Biz Whiz

BY SHARLENE TAN

When creating new dishes for a restaurant, I always like putting my own twist into classic recipes. That way, customers are assured that they won't get the same taste or experience anywhere else. You can focus on a particular cuisine in your restaurant, but do it differently from everyone else by adding unique ingredients or incorporating different flavor profiles. This will allow you to create your own mark on the culinary map!

For this month's Pinoy-themed issue, I'm shaking things up in the classic Bicol Express, one of my all-time favorite Filipino dishes. While the original recipe uses *bagoong*, in my take I use *aligue*, and throw in a few tomatoes to give it an interesting flavor. An early morning TV show asked me to demonstrate this recipe for their viewers. For that version, I used leftover *lechon kawali* instead of fresh pork. It was a huge hit with the hosts! This is the perfect dish to make when you have leftover *lechon* or when you want to make your Bicol Express extra special.

### About the columnist

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

## PORK STEW IN ALIGUE AND GATA

**Serves 5 Prep Time 10 minutes**

**Cooking Time 20 minutes**

- ✓ 1 tablespoon sugar
- ✓ 1 teaspoon *calamansi* juice
- ✓ steamed rice, to serve

- ✓ 6 cloves garlic, chopped
- ✓ 3 tablespoons vegetable oil
- ✓ 1 small onion, sliced
- ✓ 500 grams pork *kasim*, sliced into strips
- ✓ 5 native tomatoes, each sliced into 8 pieces
- ✓ 3 green finger chilies (*siling pangsigang*), sliced diagonally
- ✓ 1/2 cup crab fat (*aligue*)
- ✓ 2 cups water
- ✓ 1 cup coconut milk
- ✓ 2 tablespoons fish sauce (*patis*)

1 Sauté garlic in vegetable oil until fragrant. Add onion and cook until softened.

2 Add pork *kasim* strips and cook until brown on all sides.

3 Add tomatoes and chilies; cook for 2 minutes. Add crab fat; stir-fry for 1 minute.

4 Add water, coconut milk, fish sauce, sugar, and *calamansi* juice. Simmer until meat is tender, about 20 minutes. Serve with steamed rice.





## Around the World

BY SARI JORGE

Peri peri or piri piri chicken is a spicy Portuguese chicken recipe that appeals to folks of all ages. My son Rocco loves this dish as much as I do! What makes this chicken truly tasty is its marinade made with hot sauce, garlic, herbs, and lemons. Get ready for an explosion of flavors in your mouth!

The secret to the spiciness of this recipe lies in the *piri piri* glaze that you brush the chicken with while it sits on top of the grill. Don't worry—you can adjust the heat by reducing or adding more hot sauce. But follow my recipe, and I promise you'll discover that my take is simply perfect—not too mild, not too hot.

*Peri peri* chicken is best served with steamed or java rice and vegetables on the side. It's the perfect dish for a quick family lunch or a fun barbecue weekend with friends.

### 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.

PHOTOGRAPH: PATRICK MARTIREZ. STYLING: TRINKA GONZALES. HAIR & MAKEUP: VIDA NON JAUCAN.



## PERI PERI CHICKEN WITH CILANTRO-LIME GLAZE

**Serves 4 to 6** **Prep Time** 40 minutes, plus marinating time **Cooking Time** 1 hour

### FOR THE GLAZE

- ✓ 1/2 cup butter
- ✓ 4 cloves garlic, minced
- ✓ 2 to 3 tablespoons hot sauce, or more if desired
- ✓ 1/4 cup fresh lemon juice
- ✓ 1/3 cup chopped cilantro

### FOR THE MARINADE

- ✓ 1/2 cup chopped cilantro
- ✓ 1 (1-inch) piece ginger, peeled and sliced thinly
- ✓ 2 tablespoons chopped onions
- ✓ 4 cloves garlic, minced
- ✓ 2 to 3 tablespoons hot sauce, or more if desired
- ✓ 1/3 cup extra virgin olive oil, plus more for brushing
- ✓ 1/4 cup fresh lemon juice
- ✓ 2 teaspoons salt
- ✓ 1 teaspoon freshly ground black pepper
- ✓ 1 (1.5-kilo) whole chicken

**1** Make the glaze: Melt butter in a small saucepan over medium-high heat. Add garlic; cook until browned, about 2 minutes. Add hot sauce and lemon juice. Reduce heat to medium-low; simmer for 2 minutes. Add chopped cilantro; mix until well combined. Set aside.

**2** Make the marinade: Combine all ingredients in a blender and process until well combined. Set aside.

**3** Remove the backbone of the chicken using kitchen shears; start from the neck going down. Open chicken like a book; place, skin side down, on a platter. Pour marinade over. Cover with plastic wrap; chill for at least 4 hours or overnight, turning chicken occasionally.

**4** Preheat oven to 350°F.

**5** Remove chicken from marinade and place, skin side up, in a roasting pan. Roast in preheated oven for 45 minutes.

**6** Prepare a charcoal grill. Remove chicken from the oven and grill until skin is browned. Brush with half of the glaze while grilling. Transfer to a serving platter and pour the remaining glaze over. If desired, you can slice the chicken into pieces before serving.



OUR

ULAM

FOR

TONIGHT



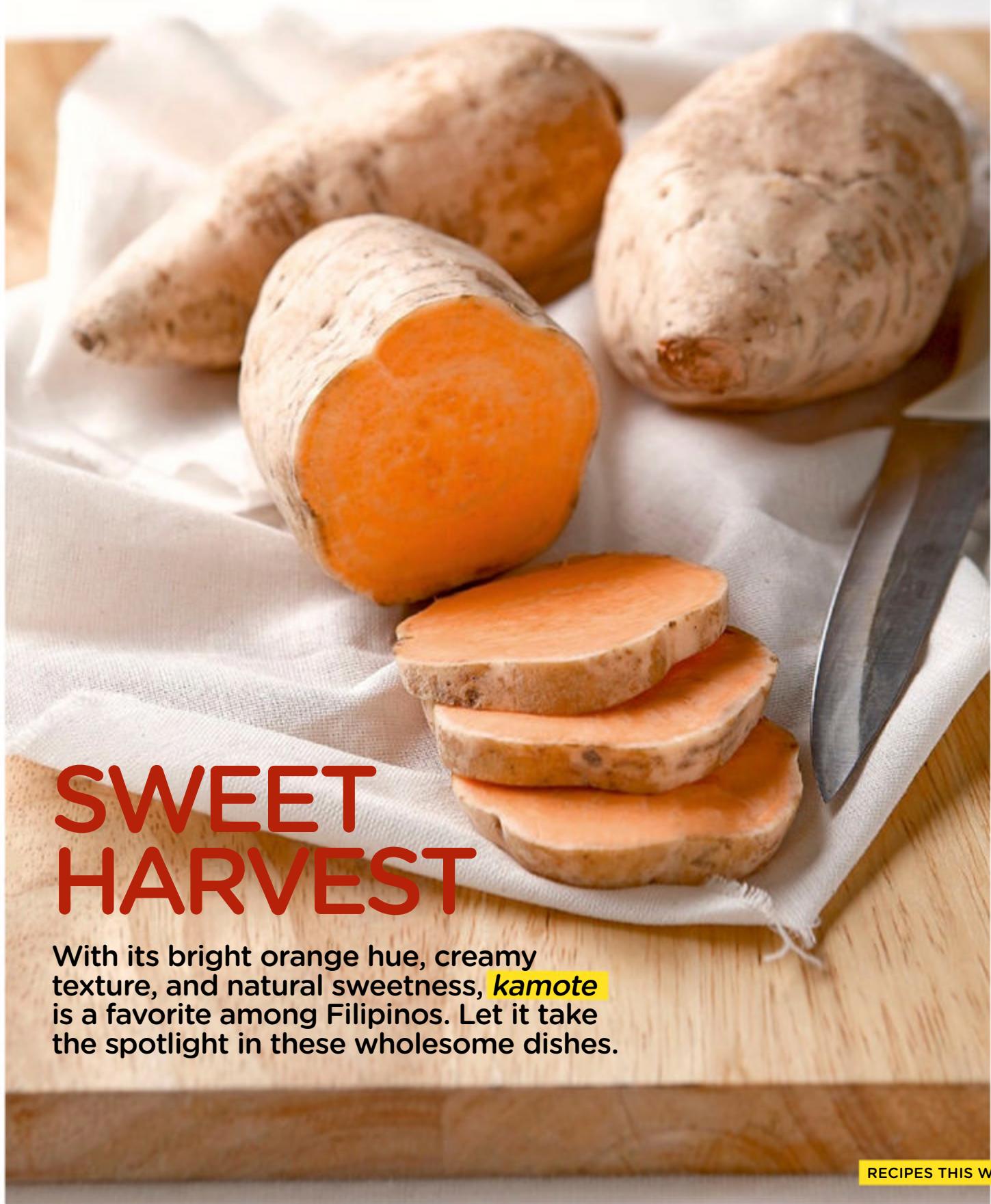
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## SWEET HARVEST

With its bright orange hue, creamy texture, and natural sweetness, **kamote** is a favorite among Filipinos. Let it take the spotlight in these wholesome dishes.

## CREOLE SHRIMPS WITH MASHED SWEET POTATOES

**Use sweet potatoes for your mash!**  
**They're healthier and go really well with bold, savory dishes.**

**Serves** 4 to 6 **Prep Time** 40 minutes  
**Cooking Time** 15 minutes

**FOR THE MASHED SWEET POTATOES**

- ✓ 200 grams orange sweet potatoes (*kamote*), peeled
- ✓ ½ cup milk
- ✓ 3 tablespoons butter
- ✓ salt and pepper, to taste

**FOR THE CREOLE SHRIMPS**

- ✓ 200 grams shrimps, peeled and deveined with tails left on

- ✓ ¼ teaspoon ground nutmeg
- ✓ ¼ teaspoon paprika
- ✓ ¼ teaspoon cayenne powder
- ✓ ¼ teaspoon dried oregano
- ✓ ¼ teaspoon dried thyme
- ✓ salt and pepper, to taste
- ✓ 1 head garlic, chopped
- ✓ 1 tablespoon olive oil
- ✓ 2 tablespoons chopped green onions
- ✓ 1 tablespoon chopped cilantro (*wansoy*), plus extra whole leaves for garnish
- ✓ 1 teaspoon lemon zest
- ✓ ½ teaspoon sriracha or hot sauce

**1** Make the mashed sweet potatoes: Boil sweet potatoes until tender; drain. Mash in a large bowl until smooth. Add milk and butter; mix well. Season to taste with salt and pepper. Set aside and keep warm.

**2** Make the Creole shrimps: Season shrimps with nutmeg, paprika, cayenne powder, dried oregano, dried thyme, salt, and pepper. Mix well.

**3** Sauté garlic in olive oil in a large frying pan over medium-high heat just until fragrant. Add shrimps and sauté until they turn pink, about 3 minutes. Add green onions, cilantro, lemon zest, and sriracha or hot sauce. Sauté for 1 more minute.

**4** Transfer shrimps to a serving platter and serve with warm mashed sweet potatoes. Garnish with fresh cilantro leaves.





## TUESDAY

### SWEET POTATO AND CHORIZO SOUP

**In this creamy bowl of comfort, the sweetness of *kamote* is complemented by the bold flavors of chorizo, while the addition of curry powder gives this soup an interesting, earthy finish.**

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

- ✓ 1½ tablespoons olive oil, divided
- ✓ 1 medium carrot, cubed
- ✓ 2 stalks celery, sliced thinly
- ✓ 500 grams orange sweet potatoes (*kamote*), peeled and chopped
- ✓ 200 grams Spanish chorizo, sliced and divided
- ✓ 30 to 50 grams parsley, chopped, plus more for garnish
- ✓ 1 teaspoon curry powder
- ✓ 3 cups chicken stock
- ✓ 1 cup water
- ✓ ¼ teaspoon salt
- ✓ ¼ teaspoon white pepper

- ✓ 1 cup all-purpose cream
- ✓ croutons (optional)
- 1 Heat 1 tablespoon olive oil in a large stockpot over medium heat. Add carrot, celery, sweet potatoes, about 150 grams Spanish chorizo, parsley, and curry powder. Mix well and cook until vegetables are soft, about 10 minutes.
- 2 Pour in chicken stock and water. Stir and bring to a boil. Reduce heat and simmer until sweet potatoes are cooked through, about 10 minutes. Season with salt and pepper.
- 3 Turn off heat. Add cream and cool for 15 minutes. Pour soup into a blender and process until smooth and creamy. Do this in batches.
- 4 Heat remaining oil in a small frying pan. Fry remaining chorizo just until cooked through, about 1 minute.
- 5 Divide soup among bowls and garnish with chorizo, parsley, and croutons, if desired.

## WEDNESDAY

### MAPLE SWEET POTATO CUPS WITH TOASTED MARSHMALLOWS

**Golden maple syrup and earthy cinnamon and nutmeg are mixed with sweet potatoes, then crowned with toasted marshmallows for a meal-endler that's simply irresistible!**

**Serves 6** Prep Time 20 minutes  
Cooking Time 40 minutes

- ✓ butter for greasing
- ✓ 500 grams orange sweet potatoes (*kamote*), peeled, boiled, and mashed
- ✓ 2 tablespoons brown sugar
- ✓ 2 tablespoons evaporated milk
- ✓ 2 tablespoons maple syrup
- ✓ 2 tablespoons butter
- ✓ ¼ teaspoon ground cinnamon
- ✓ ¼ teaspoon ground nutmeg
- ✓ ½ teaspoon salt
- ✓ 1 large egg, beaten lightly
- ✓ ¼ cup mini marshmallows, plus 6 large marshmallows for garnish (optional)

- 1 Preheat oven to 350°F. Lightly butter the bottom and sides of 6 (3½-inch) ramekins or oven-safe bowls. Set aside.
- 2 Combine sweet potatoes, brown sugar, milk, maple syrup, butter, cinnamon, nutmeg, salt, and egg in a large mixing bowl. Mix until smooth. Divide mixture evenly among prepared ramekins. Place ramekins on a baking tray.
- 3 Bake for 20 to 25 minutes in the preheated oven. Remove from oven and let cool for 10 minutes.
- 4 Arrange marshmallows evenly on top of ramekins. Return to the oven and bake for an additional 5 to 10 minutes or until the marshmallows are lightly golden. Serve warm.



# THURSDAY

## BEEF CASSEROLE WITH SWEET POTATO CRUST

**Flavorful and hearty, this casserole features tasty beef stew topped with creamy, cheesy sweet potato slices.**

**Serves** 8 to 10 **Prep Time** 30 minutes  
**Cooking Time** 3 hours

### FOR THE BEEF CASSEROLE

- ✓ 1 tablespoon olive oil
- ✓ 1 red onion, chopped
- ✓ 2 medium carrots, diced
- ✓ 2 stalks celery, diced
- ✓ 1 kilo beef brisket or short ribs, sliced into 1-inch cubes
- ✓ 4 cloves garlic, chopped
- ✓ 1 teaspoon ground cinnamon
- ✓ 1 cup beer (preferably Irish beer)
- ✓ 3 cups beef stock, or 1 beef bouillon cube dissolved in 3 cups boiling water
- ✓ 1 cup water
- ✓ 1/2 cup canned tomato purée or diced tomatoes
- ✓ 3 tablespoons chopped fresh parsley
- ✓ 200 grams fresh or canned button mushrooms, sliced
- ✓ salt and pepper, to taste

### FOR THE SWEET POTATO CRUST

- ✓ 3/4 cup all-purpose cream
- ✓ 1/2 cup fresh milk
- ✓ 2 tablespoons butter
- ✓ 3 tablespoons quick-melt cheese
- ✓ 1/8 teaspoon fine salt
- ✓ 300 grams orange sweet potatoes (kamote), peeled and sliced into thin half-moons
- ✓ 1/2 cup grated cheddar cheese (optional)

- 1 Make the beef casserole: Heat olive oil in a heavy casserole. Add onions and cook for 2 minutes. Add carrots and celery; cook until softened, stirring constantly.
- 2 Add beef and sauté until browned on all sides. Stir in garlic and cinnamon; cook for another 1 to 2 minutes or until fragrant. Add beer over high heat; let reduce to half.
- 3 Add beef stock, water, tomato purée, and parsley. Bring to a boil. Lower heat and simmer, covered, for 1 hour. Remove lid and simmer for another hour over low

heat or until the meat is very tender. Stir in mushrooms. Simmer for another 5 to 8 minutes. Season with salt and pepper.

4 Transfer beef mixture to a medium baking dish or portion among 8 to 10 large ramekins. Set aside.

5 Preheat an oven to 350°F.

6 Make the sweet potato crust: In a large saucepan, combine cream, milk, butter, cheese, and salt. Gently fold in sweet potatoes. Bring to a simmer and allow sauce to thicken, about 8 to 10 minutes.

7 Top beef with sweet potato mixture. Sprinkle with grated cheese, if desired.

8 Bake casserole in preheated oven for 30 to 35 minutes or until golden, bubbling, and heated through. Garnish with fresh rosemary, if desired. Serve hot.



## CREAMY SWEET POTATO PASTA WITH BACON

**Want to add more vegetables to your kids' meals? Try sneaking them into pasta. In this dish, mashed sweet potatoes and yogurt are added to the sauce, giving it a creamy texture and a sweet, tangy flavor.**

**Serves 6** Prep Time 30 minutes Cooking Time 30 minutes

- ✓ 1 tablespoon olive oil
- ✓ 300 grams bacon, sliced into strips
- ✓ 1 white onion, diced
- ✓ 1 medium carrot, diced
- ✓ 2 cups chicken stock
- ✓ 200 grams orange sweet potatoes (*kamote*), peeled, boiled, and mashed
- ✓ 1/4 cup butter
- ✓ 1 cup plain yogurt
- ✓ 200 grams (about 2 1/2 cups) sharp cheddar cheese
- ✓ 500 grams rigatoni or penne pasta, cooked according to package directions
- ✓ 200 grams (about 2 1/2 cups) mozzarella cheese
- ✓ Parmesan cheese for sprinkling

**1** Heat olive oil in a large frying pan over medium-high heat. Add bacon and sauté until brown. Remove 1/4 of the bacon from the pan and set aside. Add onions and carrots to the pan; sauté until very tender, about 6 to 8 minutes.

**2** Add chicken stock, mashed sweet potatoes, butter, yogurt, and cheddar cheese. Stir gently until mixture begins to simmer. Remove from heat.

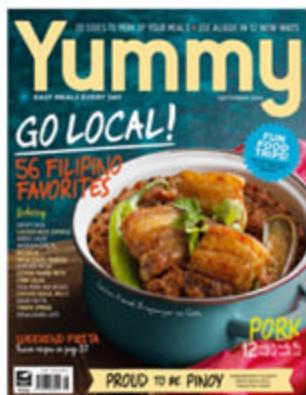
**3** Combine cooked pasta and sweet potato sauce and transfer to a 9x13-inch baking dish or individual oven-safe bowls. Top with mozzarella cheese and extra bacon.

**4** Sprinkle generously with Parmesan cheese. Bake in a preheated 350°F oven until cheese has melted and turned slightly golden, about 15 to 17 minutes.

**5** Remove from oven and serve hot.



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# Tokyo pop

Breathe new life into Japanese favorites by using popular Filipino flavors and local ingredients.



## THE MENU

Beef and  
Cheese  
Kaldereta  
Gyoza

Breakfast  
Longganisa  
Ramen

Calamansi  
Pound Cake  
with White  
Chocolate  
Wasabi  
Ganache  
and Fresh  
Mangoes

## BEEF AND CHEESE KALDERETA GYOZA

These delicate Japanese potstickers are packed with the bold, rich flavors of kaldereta—truly a winning combination!

**Makes 40** Prep Time 1 hour, plus chilling time **Cooking Time** 10 minutes

## FOR THE KALDERETA SAUCE

- ✓ 1/2 cup tomato sauce
- ✓ 1 (85-gram) can liver spread (we used Reno)
- ✓ 1/2 cup water
- ✓ 3 tablespoons soy sauce

## FOR THE FILLING

- ✓ 5 tablespoons coconut oil, divided
- ✓ 1 medium red onion, minced
- ✓ 1 medium red bell pepper, minced
- ✓ 2 cloves garlic, minced
- ✓ 800 grams ground beef
- ✓ 1 tablespoon tomato paste
- ✓ 1 bird's eye chili (*siling labuyo*), minced (optional)

- ✓ 1/4 cup green peas
- ✓ 1/2 cup grated quick-melt cheese
- ✓ 40 gyoza wrappers (available in Japanese grocery stores like Hatchin)
- ✓ microgreens for garnish (optional)

- 1 Prepare the kaldereta sauce: Combine all ingredients in a bowl. Set aside.
- 2 Make the filling: Heat 2 tablespoons coconut oil in a saucepan over medium heat. Sauté onion and bell pepper for 2 minutes. Add garlic and continue to stir for another minute. Add ground beef; sauté until brown. Add tomato paste; stir. Mix in kaldereta sauce; simmer for 10 minutes over low heat. Add chili (if using), green peas, and cheese. Simmer for another 5 minutes.
- 3 Pour cooked beef mixture into a bowl through a sieve, separating sauce and beef. Skim off excess fat from sauce. Allow beef to cool and keep sauce warm.

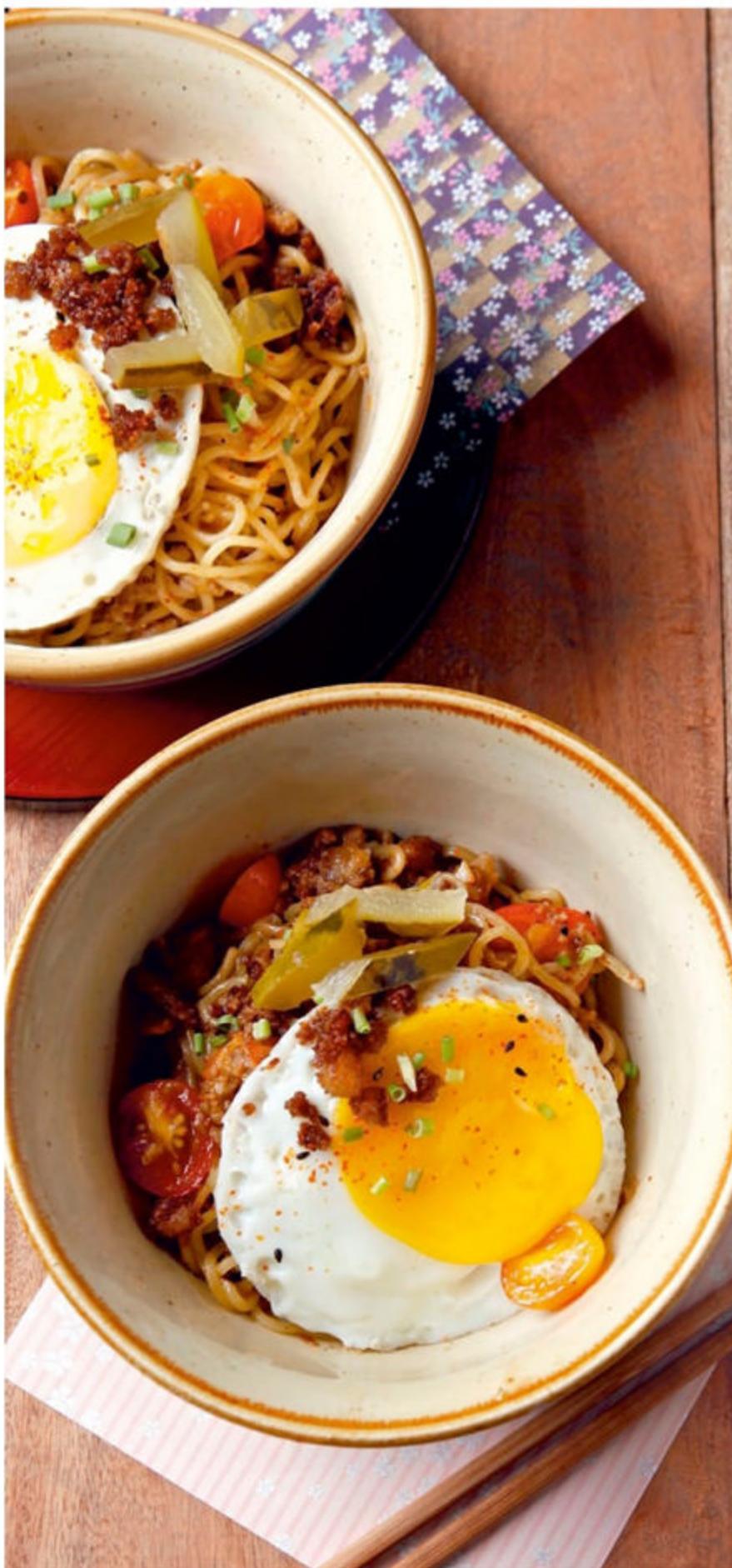
**4** Make the gyoza: Have a small bowl of cold water ready. Lay a wrapper on a dry work surface. Spoon 1 1/2 tablespoons filling on the middle of the wrapper. Wet the edges of the wrapper with water using a pastry brush or your fingers. Fold gyoza in half and crimp to seal the edges. Chill for 15 minutes.

**5** Bring water seasoned with salt to a full boil in a saucepot. There should be enough water to cover the gyoza. At the same time, heat 3 tablespoons coconut oil in a nonstick pan.

**6** Drop gyoza in boiling water and let cook for 2 minutes or until they start to float to the surface. Remove from pot and drain excess water.

**7** Immediately transfer cooked dumplings to hot pan and fry only the flat side for at least 90 seconds or until the bottom of the dumplings become crisp and golden. Serve with kaldereta sauce and garnish with microgreens, if desired.





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## BREAKFAST LONGGANISA RAMEN

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Usher in a new day with your favorite *longganisa* nestled on firm Japanese ramen noodles and topped with a perfectly fried egg. Yum!

**Serves 2** **Prep Time** 20 minutes  
**Cooking Time** 10 minutes

- ✓ 2 (120-gram) packs ready-made ramen noodles (available in Japanese grocery stores like Hatchin)
- ✓ 5 pieces Vigan *longganisa*, chopped into medium-sized bits
- ✓ 2 cloves garlic, sliced into slivers
- ✓ 1/4 cup cherry tomatoes, halved
- ✓ 3 tablespoons light soy sauce
- ✓ 2 tablespoons *calamansi* or yuzu juice (available in Japanese grocery stores like Hatchin)
- ✓ 1/4 cup prepared *dashi* (Japanese fish stock; you can also mix 2 teaspoons powdered *dashi* into 1/4 cup water)
- ✓ 2 eggs, fried sunny side up
- ✓ 3 tablespoons pickled watermelon rind (optional)
- ✓ *togerashi* (Japanese chili powder) or chili powder and green onions for garnish

**1** Heat noodles in boiling salted water for 2 minutes. Drain noodles and set aside. Reserve 2 tablespoons of ramen water.

**2** Cook *longganisa* with ramen water in a pan over medium heat, allowing *longganisa* to render its fat until *longganisa* starts to become crispy. Lower heat; add garlic and cherry tomatoes. Cook for 5 minutes.

**3** Add cooked ramen noodles. Season with soy sauce, *calamansi* or yuzu juice, and *dashi*. Increase heat to medium and allow noodles to absorb some of the sauce.

**4** Divide noodles between 2 bowls. Top each bowl with an egg and pickled watermelon rind, if using. Sprinkle *togerashi* and green onions on top.

## CALAMANSI POUND CAKE WITH WHITE CHOCOLATE WASABI GANACHE AND FRESH MANGOES

The ingenious combination of sweet white chocolate and spicy wasabi cuts through the moist *calamansi* pound cake, making this dessert quite addictive.

**Serves** 8 to 10 **Prep Time** 30 minutes  
**Cooking Time** 50 minutes

- ✓ 1/2 cup plus 2 tablespoons olive oil
- ✓ 1 cup all-purpose flour
- ✓ 1/2 teaspoon baking powder
- ✓ 1/4 teaspoon salt
- ✓ zest from 6 *calamansi*
- ✓ 4 large eggs
- ✓ 1 cup sugar
- ✓ 1/4 cup *calamansi* juice

### FOR THE GANACHE

- ✓ 100 ml heavy cream
- ✓ 3 tablespoons wasabi powder
- ✓ 200 grams white chocolate, melted
- ✓ 2 medium ripe mangoes, diced, for topping

**1** Preheat oven to 350°F and brush a 12-inch loaf pan with 2 tablespoons olive oil. Set aside.

**2** Sift flour, baking powder, and salt into a bowl. Add *calamansi* zest. Set aside.

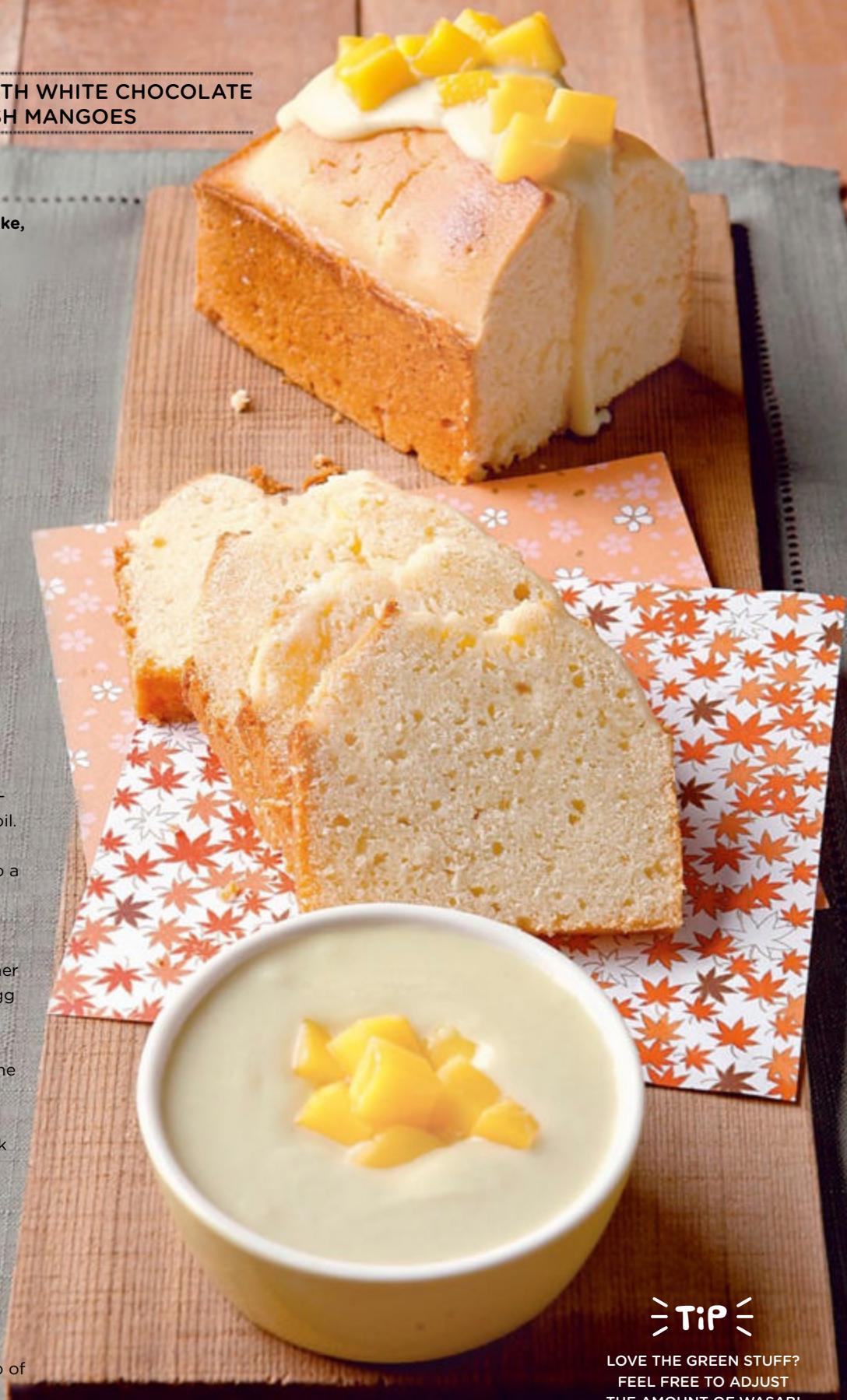
**3** In the bowl of an electric mixer fitted with the paddle attachment or using a wire whisk, beat eggs and sugar together until frothy. Slowly pour olive oil into egg mixture, mixing until fully incorporated. Add *calamansi* juice and flour mixture. Mix batter until smooth, scrape down the sides of the bowl.

**4** Pour batter into the prepared pan. Bake for 40 minutes or until a toothpick inserted in the center comes out clean (cake should still be moist). Set aside.

**5** Make the ganache: Warm cream and bring to a simmer. Remove from heat and mix in wasabi powder. Stir until well combined.

**6** Place melted chocolate in a bowl and mix in wasabi-cream mixture.

**7** Serve warm pound cake with a dollop of ganache and top with diced mangoes.



Tip

LOVE THE GREEN STUFF?  
 FEEL FREE TO ADJUST  
 THE AMOUNT OF WASABI  
 POWDER IN THE RECIPE.

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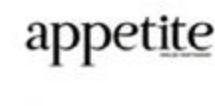
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# TIME & AGAIN



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Bring excitement to  
the dinner table!  
Chef JP Anglo takes  
beloved Filipino  
classics and gives them  
a modern flavor twist.

# Arroz Caldo with Beef Kaldereta

For a richer and tastier *arroz caldo*, chicken is swapped out for beef *kaldereta*. This comforting bowl is perfect on cool, rainy days.

**Serves 4** Prep Time 30 minutes, plus marinating time **Cooking Time** 1 hour 20 minutes

## FOR THE BEEF KALDERETA

- ✓ 300 grams beef sirloin, sliced into 1-inch cubes
- ✓ 1 (240-ml) can pineapple juice
- ✓ 1/4 cup vegetable oil, divided
- ✓ 1 medium potato, peeled and sliced into 1-inch cubes
- ✓ 1 large carrot, peeled and sliced into 1-inch cubes
- ✓ 1/2 cup chopped white onions
- ✓ 2 tablespoons minced garlic
- ✓ 1 cup beef stock or 1 beef bouillon cube dissolved in 1 cup hot water
- ✓ 4 dried bay leaves
- ✓ 2 (380-ml) cans tomato sauce
- ✓ 1 (140-gram) can liver spread
- ✓ 1 large red bell pepper, cored and sliced into strips

- ✓ 1 large green bell pepper, cored and sliced into strips
- ✓ salt and pepper, to taste

## FOR THE ARROZ CALDO

- ✓ 500 grams uncooked short-grain rice (like *dinorado* or Japanese rice)
- ✓ 2 1/2 cups chicken stock (see tip)
- ✓ 1/4 cup sliced ginger
- ✓ 2 tablespoons minced garlic
- ✓ 4 lemongrass bulbs, smashed
- ✓ salt and pepper, to taste
- ✓ toasted garlic, chopped green onions, and sliced leeks (optional) for topping

**1** Make the beef *kaldereta*: Combine beef and pineapple juice in a bowl. Marinate in the refrigerator for at least 1 hour or overnight.

**2** Heat 2 tablespoons oil in a large pot. Fry potatoes and carrots until light brown. Transfer to a bowl and set aside.

**3** Add remaining oil to the same pot and sauté onions until translucent. Add garlic and sauté until fragrant.

**4** Drain meat and discard marinade. Add beef to the pot and cook until light brown, about 5 minutes. Add beef stock and bay leaves. Cover the pot and cook for 30 minutes over medium heat or until beef is tender. Add water in the middle of cooking if the sauce is too dry.

**5** Add tomato sauce, liver spread, and bell peppers. Simmer for 6 minutes.

**6** Add fried potatoes and carrots; continue to simmer for 8 minutes or until sauce thickens. Season to taste with salt and pepper. Set aside and keep warm.

**7** Make the *arroz caldo*: Place all ingredients in a medium pot. Let cook over medium heat until rice becomes soft and mushy. Season with salt and pepper.

**8** Fill bowls with *arroz caldo* and top with beef *kaldereta*. Sprinkle tops with toasted garlic, green onions, and leeks, if desired.

## Tip

TO MAKE YOUR OWN CHICKEN STOCK, HEAT OIL IN A LARGE POT. SAUTÉ GINGER, GARLIC, AND LEEKS. ADD CHICKEN BONES AND COOK UNTIL BROWN. ADD 4 CUPS WATER AND BRING TO A BOIL. REDUCE HEAT TO LOW AND SIMMER FOR 1 HOUR. STRAIN AND DISCARD BONES AND VEGETABLES.

# Misua Seafood Noodles

A medley of fresh succulent seafood is teamed up with delicate *misua* noodles for a deliciously hefty soup.

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

- ✓ 4 cups seafood or shrimp stock
- ✓ 1½ tablespoons vegetable oil
- ✓ 1 tablespoon minced ginger
- ✓ 1 tablespoon minced garlic
- ✓ 1 tablespoon chopped green onions
- ✓ 5 pieces *kamias*, sliced into rounds
- ✓ 100 grams *patola*, sliced into rounds
- ✓ 100 grams shrimp, shelled and deveined with heads and tails left on
- ✓ 100 grams mussels, cleaned and beards removed
- ✓ 100 grams clams, cleaned

- ✓ 100 grams squid rings
- ✓ 500 grams dried *misua* noodles
- ✓ salt and pepper, to taste

- 1 Heat seafood or shrimp stock in a saucepot. Set aside.
- 2 Heat oil in a medium pot. Sauté ginger, garlic, and green onions until fragrant.
- 3 Add hot stock, *kamias*, and *patola*; bring to a boil.
- 4 Add all seafood and simmer for about 8 minutes or until shrimp turns pink, squid turns white, and mussels and clams open. Discard any shells that remain closed.
- 5 Turn off heat and add *misua* noodles. Allow noodles to soften. Season to taste with salt and pepper.



## Chicken Inasal Rolls

Take inspiration from Peking duck, and turn chicken *inasal* into a wrap. These sumptuous bundles are perfect for merienda.

**Serves 4** Prep Time 40 minutes, plus marinating time Cooking Time 24 minutes

### FOR THE MARINADE

- ✓ 1 cup cane vinegar
- ✓ 1/3 cup brown sugar
- ✓ 2 teaspoons salt
- ✓ 1/4 cup chopped red onion
- ✓ 2 tablespoons chopped ginger
- ✓ 2 tablespoons chopped garlic
- ✓ 1½ tablespoons *calamansi* concentrate, or 1 tablespoon *calamansi* juice mixed with 1/2 tablespoon honey

- ✓ 500 grams boneless chicken breast with skin on

### FOR THE SAUCE

- ✓ ¾ cup *lechon* sauce (we used Mang Tomas)
- ✓ 1 (85-gram) can liver spread
- ✓ 1 tablespoon chopped garlic
- ✓ ½ teaspoon ground pepper
- ✓ *atsuete* oil for basting (see tip)
- ✓ 8 flour tortillas, warmed
- ✓ 1 medium cucumber, sliced into 3-inch sticks
- ✓ 1 stalk leek, chopped

1 Make the marinade: Combine all ingredients in a blender. Process until smooth.

2 Pour marinade over chicken. Cover and marinate in the refrigerator for 3 hours.

3 Make the sauce: Place all ingredients in a blender. Process until smooth. Set aside.

4 Preheat a charcoal grill. Drain chicken from marinade. Grill chicken until cooked through, about 10 to 12 minutes per side, while basting once in a while with *atsuete* oil. Remove from grill and slice into 3-inch strips.

5 To assemble, place 2 to 3 strips of chicken on a tortilla. Top with 2 cucumber sticks and some leeks. Drizzle with prepared sauce. Fold sides and roll to wrap the filling. Serve with extra sauce on the side.

### Tip

TO MAKE *ATSUETE* OIL, HEAT 1/3 CUP VEGETABLE OIL IN A SMALL FRYING PAN UNTIL VERY HOT. TURN OFF HEAT AND ADD 1 TABLESPOON *ATSUETE* SEEDS. LET SIT UNTIL OIL TURNS ORANGE. STRAIN SEEDS AND LET OIL COOL.



# Bistek at Ensaladang Mangga

Live up the classic *bistek* by pairing it with a Thai-inspired mango relish. The tangy side serves as the perfect foil to the beef's bold flavors.

**Serves 2** Prep Time 30 minutes, plus marinating time **Cooking Time** 10 minutes

#### FOR THE BISTEK

- ✓ 350 grams beef sirloin or tenderloin, sliced into 1-inch cubes
- ✓ 2½ tablespoons dark soy sauce
- ✓ 1 tablespoon *calamansi* juice
- ✓ 2 teaspoons minced garlic
- ✓ ½ teaspoon salt
- ✓ ½ teaspoon ground black pepper

#### FOR THE ENSALADANG MANGGA

- ✓ 200 grams Indian mango, peeled
- ✓ 200 grams overripe green mango, peeled
- ✓ 2 tablespoons fish sauce (*patis*)
- ✓ 2 tablespoons chopped green onions
- ✓ 2 tablespoons chopped cilantro (*wansoy*)
- ✓ 2 tablespoons toasted peanuts, chopped coarsely
- ✓ 2½ tablespoons vegetable oil
- ✓ toasted chopped garlic for topping
- ✓ steamed rice, to serve

**1** Make the *bistek*: Combine all ingredients in a bowl. Marinate in the refrigerator for 1 hour.

**2** Make the *ensaladang mangga*: Shred mangoes into thin strips. Place in a bowl and mix with the rest of the ingredients. Taste to adjust seasoning.

**3** Heat oil in a frying pan. Fry beef in batches with the marinade until beef is cooked through. Transfer to a serving platter and top with toasted garlic. Serve *bistek* with *ensaladang mangga* and steamed rice.





## Grilled Tilapia with Pinoy Sambal

Make grilled tilapia extra special by wrapping it in fragrant banana leaves and serving it with a flavorful Pinoy take on sambal.

**Serves 4** **Prep Time** 40 minutes **Cooking Time** 20 minutes

### FOR THE PINOY SAMBAL

- ✓ 150 grams finger chilies (*siling pangsigang*)
- ✓ 150 grams bird's eye chilies (*siling labuyo*)
- ✓ 80 grams unprocessed *guinamos* (available at Negrense food stores) or *bagoong*
- ✓ 1/4 cup chopped red onions
- ✓ 2 tablespoons minced garlic
- ✓ 3 tablespoons sugar
- ✓ 1 tablespoon fish sauce (*patis*)
- ✓ 2 teaspoons *calamansi* juice
- ✓ 3 tablespoons vegetable oil
- ✓ 2 bay leaves

- ✓ 40 grams puréed processed *batuan* (available at Market! Market!)
- ✓ 2 bay leaves
- ✓ 4 banana leaves
- ✓ 2 whole tilapia (about 400 grams each), gutted and scaled
- ✓ salt and pepper, to season
- ✓ 6 *calamansi*, sliced into thin rounds

**1** Make the Pinoy sambal: Place chilies, *guinamos*, onions, garlic, sugar, fish sauce, and *calamansi* juice in a blender. Process until a thick paste is formed.

**2** Heat oil in a pan. Add chili paste, bay leaves, and *batuan*. Let simmer, stirring continuously, for about 10 minutes or until the mixture has a thick, gravy-like

consistency. Remove from heat; set aside.

**3** Carefully pass each banana leaf over an open flame to soften. Cut leaves into 8x3-inch pieces. Cut remaining swatches into thin strips. Set aside.

**4** Carefully fillet tilapia. Slice fillets into 8 (3x2-inch) pieces. Season fillets with salt and pepper.

**5** Place a fish fillet on a banana leaf. Arrange about 4 *calamansi* slices on top of a fillet. Cover fish fillet with another fillet, skin side out.

**6** Fold banana leaf to wrap fillets and secure with a banana leaf strip. Repeat to make a total of 4 parcels.

**7** Preheat a charcoal grill. Grill tilapia parcels for about 4 minutes on each side.

**8** Serve tilapia parcels with Pinoy sambal on the side.

# Lechon Manok with Grilled Corn Salad

Here's a flavor-packed dish that will surely satisfy! It's a tasty assortment of grilled corn, bell peppers, and onions, and is topped with homemade *lechon manok*.

**Serves 8** **Prep Time** 40 minutes, plus marinating time **Cooking Time** 1 hour

## FOR THE LECHON MANOK

- ✓ 2 tablespoons minced garlic
- ✓ 1 tablespoon minced ginger
- ✓ 2 tablespoons fresh tamarind pulp or bottled tamarind paste
- ✓ 1 teaspoon salt
- ✓ ½ teaspoon pepper
- ✓ 1 (1.2-kilo) whole chicken, cleaned
- ✓ 4 lemongrass bulbs, pounded
- ✓ 2 white onions, sliced in half
- ✓ 6 cloves garlic, smashed
- ✓ 1 (330-ml) can Sprite or 7Up

## FOR THE GRILLED CORN SALAD

- ✓ 4 ears Japanese corn
- ✓ 2 medium red bell peppers
- ✓ 2 medium white onions
- ✓ ¼ cup water, mixed with 2 teaspoons each salt and sugar
- ✓ ½ cup chopped cilantro (wansoy)
- ✓ 2 tablespoons lime juice
- ✓ 2 tablespoons extra virgin olive oil
- ✓ salt and pepper, to taste
- ✓ lettuce leaves

**1** Make the *lechon manok*: Combine garlic, ginger, tamarind, salt, and pepper. Pound to a paste using a mortar and pestle.

**2** Rub paste all over chicken. Marinate in the refrigerator for 2 hours.

**3** Stuff chicken with lemongrass, onions, and garlic. Tie legs with kitchen twine. Place chicken on a roasting pan. Pour soda over chicken. Roast chicken in a turbo broiler or in an oven preheated to 350°F for 45 minutes or until cooked through.

**4** Meanwhile, make the grilled corn salad: Preheat a charcoal or stovetop grill. Grill corn, bell peppers, and onions. Baste

corn with seasoned water to keep it from drying out. Grill vegetables until tender and slightly charred.

**5** Dice bell peppers and chop onions. Remove kernels from cobs.

**6** Mix together corn, bell peppers, onions, cilantro, lime juice, and olive oil. Season with salt and pepper. Transfer corn salad to a shallow serving bowl lined with lettuce leaves.

**7** Slice off chicken meat from bone and slice into strips. Top salad with roasted chicken slices. Serve warm or at room temperature.



#OUFT

## Creamy Beef Adobo

**PREPARATION TIME:** 20 minutes

**COOKING TIME:** 1 hour and 30 minutes

**SERVES:** 4-6

### INGREDIENTS

1/2 kg beef camto, cut into serving portions  
1/2 cup vinegar  
1/4 cup **MAGGI® Savor**, Chiligarlic  
1 piece whole black peppercorns  
1 piece bay leaf  
1 tbsp chopped garlic  
1 cup water  
1 pack **NESTLÉ® All Purpose Cream** 250ml  
1 sachet 8g **MAGGI MAGIC SARAP**  
2 pieces siling panigang

### PROCEDURE

1. Briskly boil beef in vinegar, **MAGGI Savor** and water, with the peppercorns, bay leaf, and garlic.
2. When beef is tender, add **NESTLÉ All Purpose Cream** and **MAGGI MAGIC SARAP**. Continue simmering until sauce has thickened.
3. Add siling panigang.



# Our Ulam For Tonight

If there's one feeling evoked once the rains start pouring, it's nostalgia. Who could forget childhood memories of getting cozy at home, enjoying the sheer comfort of a home-cooked meal?

This rainy season, treat the whole family to warm dishes prepared with love. Once you tell them what "Our Ulam For Tonight" is after a tiring day at work and in school, they'd most likely be home in an instant!

### CREAMY #OUFT TIP:

To bring creaminess to your ulam, add **NESTLÉ All Purpose Cream** toward the last part of the cooking process to avoid overcooking and curdling. This will make your savory dishes more delightful and enjoyable!



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)!*

That's because **NESTLÉ All Purpose Cream** turns everyday meals into family favorites. It's the secret ingredient in whipping up dinners perfect for the weather. Add it to your Beef Adobo and Munggo Guisado for strikingly richer flavors that your loved ones will remember till after the season ends.

Welcome your family to a whole new tradition of delectably creamy rainy-day dinners. Thanks to **NESTLÉ All Purpose Cream**, *ang sarap umuwil!*



#OUFT

## Creamy Munggo Guisado

PREPARATION TIME: 15 minutes

COOKING TIME: 20 minutes

SERVES: 6-8

## INGREDIENTS

2 tbsp	cooking oil
1 tbsp	chopped garlic
1/4 cup	chopped onion
100 g	pork, cut into cubes
50 g	peeled shrimp
2 tbsp	patis
1 sachet	8g <b>MAGGI MAGIC SARAP</b>
250 g	munggo, boiled until tender in water, broth reserved
1 liter	water, broth reserved
2 cups	spinach or ampalaya leaves
1 pack	<b>NESTLÉ All Purpose Cream</b> 250ml

## PROCEDURE

- Heat oil, sauté garlic and onion until limp. Add pork and cook until slightly brown in color. Add chopped shrimps and cook for 2 minutes or until pink in color.
- Season with patis and **MAGGI MAGIC SARAP**. Add in boiled munggo with the broth and spinach leaves. Simmer over low heat for another 5 minutes.
- Pour in **NESTLÉ All Purpose Cream**. Turn off the heat and serve hot.



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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# On the Side

Pair your mains with any of our 20 Pinoy sides. They'll add a delightful dose of texture and flavor, and might just steal the entire show.

PHOTOGRAPHY BY

Miguel Nacianceno

RECIPES BY

Mira Angeles of miradips and Cow King Steak Sizzles

STYLING BY Idge Mendiola

Grill 4 eggplants (sliced) and 15 pieces okra (tips removed) for about 3 minutes; arrange on a platter. Sauté 3 cloves garlic (minced) and 1/2 teaspoon coarsely ground black pepper in 2 tablespoons oil. Add 2 tablespoons soy sauce and 1 cup vinegar. Season with salt. Simmer for 5 minutes. Drizzle adobo sauce over vegetables. **Serves 3 to 4.**

pogui-pogui



Sauté 2 cloves garlic (minced) and 1 small red onion (chopped) in 2 tablespoons oil until onions are translucent. Add 1/4 kilo ground pork; simmer for 5 minutes. Add 1/2 kilo string beans (cut into 1/2-inch pieces) and 1 salted egg (chopped). Season with salt and pepper. Cook for 10 minutes. Transfer to a bowl and top with 1 salted egg (chopped). **Serves 2 to 3.**

Grill 2 large eggplants until skins are charred. Peel skin under running water. Rinse well and chop; set aside. Heat 2 tablespoons oil in a skillet over medium heat. Add 1 small onion (sliced thinly) and 2 cloves garlic (minced); cook until fragrant. Add 2 large tomatoes (chopped) and mash using the back of a spoon until softened. Add eggplant. Season with salt and pepper. Add 4 lightly beaten eggs, stirring until eggs are just set. Remove from heat. Top with 1 tablespoon butter and serve hot. **Serves 3.**



stir-fried string beans with salted egg and ground pork

## veggies

From a meatless adobo to an Ilocano classic, these veggie dishes are quick, stress-free, and absolutely delicious.



Make the batter by combining 1/2 cup all-purpose flour, 1/2 cup cornstarch, 1 teaspoon baking powder, 1/2 teaspoon salt, 1/2 teaspoon pepper, and 1 cup ice-cold water; chill. Separate leaves from 1 bunch kangkong; discard stalks. Pat dry leaves and dredge in 1/2 cup cornstarch; set aside. Heat cooking oil for deep-frying over medium-low heat. Dip each leaf in prepared batter and fry until golden, about 1 to 2 minutes. Drain on paper towels and sprinkle with salt and pepper. Serve with garbanzo dip or garlic mayonnaise (check Yummy.ph for the dip recipes). **Serves 3 to 4.**

# dips and sauces

Your favorite dishes just found the perfect partners. Choose among these four and say bye-bye to dull, uninspired meals.

Sauté 2 cloves garlic (minced), 2 medium red onions (minced), and 4 tomatoes (chopped) in 2 tablespoons oil. Add 3 tablespoons fermented soybean paste (white local miso) and 2 tablespoons water; mix to combine. Simmer for 5 minutes. Goes well with fried fish and *pesang isda*. **Makes 1/2 cup.**

Combine 1 cup vinegar (cane, palm, or white), 1 clove garlic (minced), 1 small red onion (chopped), 10 bird's eye chilies (*siling labuyo*), 1/2 teaspoon black pepper, and salt in a bowl. Mix until well combined. Goes well with fried fish, baked mussels, barbecue, tapa, and *inasal*. **Makes 1 cup.**

Sauté 1/2 cup whole shallots and 2 tablespoons minced garlic in 1 1/2 cups olive oil. Add 1 1/2 cups breadcrumbs; simmer. Add 2 tablespoons lemon juice, 2 tablespoons paprika, 1 cup pickle relish, and 1/2 cup sliced green olives; simmer for 5 minutes. Season with 2 tablespoons salt. Remove from heat. Goes well with fried fish and grilled chicken. **Makes 2 cups.**

Combine 1/4 cup peanut butter, 2 tablespoons lime juice, 3 tablespoons vegetable oil, 1 tablespoon soy sauce, 2 tablespoons honey, 2 tablespoons sugar, 2 cloves garlic (minced), 1 (1-inch) piece ginger (minced), 1 teaspoon salt, and 1 bird's eye chili (*siling labuyo*), if desired, in a blender. Process until smooth. Mix in 2 tablespoons chopped cilantro leaves before serving. Goes well with pork or chicken barbecue and vegetable sticks. **Makes 1 cup.**



# ensalada

Take advantage of our country's bountiful produce by turning them into refreshing side salads.

Grill ½ kilo green finger chilies (*siling pangsigang*) over low flame. Combine ½ cup cane vinegar and 2 tablespoons *bagoong* Balayan in a bowl. Place chilies on a plate and drizzle with *bagoong* dressing. **Serves 3 to 4.**

Make the sweet *calamansi* dressing: Combine ½ cup *calamansi* juice, 3 tablespoons fish sauce (*patis*), and 2 tablespoons brown sugar; mix and chill. Arrange 2 tomatoes (chopped), 10 string beans (steamed and blanched), 1 onion (chopped), 1 green mango (cubed), 2 salted eggs (cubed), ¼ kilo fresh mustard leaves, 1 small radish (grated), and a sprig of cilantro on a plate. Drizzle with sweet *calamansi* dressing before serving. **Serves 3 to 4.**

grilled  
peppers  
with  
*bagoong*  
dressing



ensaladang  
pinoy  
with  
sweet  
*calamansi*  
dressing

Arrange 1 kilo *lato* seaweed and 1 red onion (sliced thinly) on a plate. Serve with spiced vinegar (recipe on page 52) on the side. Make sure to serve the dressing separately as the *lato* dehydrates easily. **Serves 3 to 4.**

ensaladang  
*lato*



Soak 1 (250-gram) *ampalaya* (sliced thinly) in 1 cup water and 2 tablespoons salt for 30 minutes. Squeeze *ampalaya* to remove excess juice. Make the dressing: Combine 1 cup vinegar, ½ cup sugar, ½ teaspoon black pepper, and salt (to taste) in a bowl. Arrange *ampalaya* and 1 medium red bell pepper (diced) on a plate and drizzle with dressing. **Serves 2.**

ensaladang  
*ampalaya*





Sauté 1 clove garlic (minced) in 1 tablespoon vegetable oil. Add 3 tablespoons cooked and shredded *tinapa*; cook for 2 minutes. Add 2 cups cooked and cooled (or day-old) white rice; mix until well combined. Season with salt and pepper.

**Serves 2.**

Sauté 1 clove garlic (minced) in 1 tablespoon vegetable oil. Add 2 tablespoons crab fat (*aligue*); cook for 2 minutes. Add 2 cups cooked and cooled (or day-old) white rice; mix until well coated. Sprinkle fried garlic on top. **Serves 2.**

## rice

Bored with ordinary white rice?  
Give it a flavorful upgrade with  
these easy suggestions.

Sauté 1 clove garlic (minced) in 1 tablespoon vegetable oil. Add 1 tablespoon *bagoong* Balayan; cook for 2 minutes. Add 2 cups cooked and cooled (or day-old) white rice; mix until well coated. Add more *bagoong* Balayan to taste. Sprinkle chopped green onions on top.

**Serves 2.**

Combine 2 cups cooked white rice, 2 tablespoons finely chopped cilantro leaves, and 2 tablespoons fresh lime juice in a bowl; mix until well combined. Season with salt.

**Serves 2.**

# pickles

Find the perfect balance between texture and flavor by pairing fried food and rich, saucy dishes with pickled fruits and vegetables.

*pickled shallots*



Combine  $\frac{1}{8}$  kilo rock salt and 1 liter water in a saucepan over low heat. Once salt is dissolved, turn off heat and let cool. Add  $\frac{1}{2}$  kilo shallots (peeled and trimmed) to brine and weigh down with a plate. Let stand at room temperature for 24 hours. Once ready, combine 1 liter vinegar, 1 tablespoon peppercorns, 2 bay leaves, and 2 cups brown sugar in a saucepan; bring to a boil and let cool. Drain shallots and pack in sterilized jars. Add vinegar mixture, cover, and store in a cool, dark place. Keeps for 3 to 4 weeks. **Makes 3 cups.**

*pickled calamansi*



Pour boiling water over  $\frac{1}{4}$  kilo calamansi in a colander. Cut each piece in half and place in a sterilized jar. Mix salt and  $\frac{1}{2}$  cup sugar with  $\frac{1}{2}$  cup boiled water. Keep adding salt until salt no longer dissolves. Add salt mixture into bottle, making sure that all calamansi pieces are submerged. Add 1 bay leaf and 3 to 5 whole peppercorns. Cover and store in the refrigerator. Keeps for at least 1 year. **Makes 1/2 cups.**

*pickled santol*



Slice 5 pieces santol into chunks; make sure seeds are intact. Sprinkle with 1 cup salt and arrange in a sterilized jar. Let stand overnight. The following day, wash santol in running water. Return santol to sterilized jar. Add 1 can beer,  $\frac{1}{2}$  cup salt, and  $1\frac{1}{2}$  cups sugar; cover. Serve the following day. Keeps for 2 weeks in the refrigerator. **Serves 3 to 4.**

*atcharang papaya*



Sprinkle 1 tablespoon rock salt over 4 cups shredded green papaya; mix. Set aside for 10 minutes. Boil 1 cup vinegar and 1 cup sugar together; set aside. Squeeze papaya to remove excess juices and mix with  $\frac{1}{2}$  cup chopped bell pepper,  $\frac{1}{2}$  cup sliced carrot, 1 medium onion (chopped), 1 thumb-size piece ginger (cut into small strips), and  $\frac{1}{4}$  cup raisins (optional). Add vinegar mixture and mix thoroughly. Pack in sterilized jars and keep refrigerated. Keeps for 1 month. **Makes 5 cups.**

# THE PERFECT



# CUT

There's more to pork than meets the eye!  
Make the most of each porcine part with  
these mouthwatering recipes.

PHOTOGRAPHY BY Patrick Martires

RECIPES AND FOOD PREPARATION BY Myke "Tatung" Sarthou

STYLING BY Trinka Gonzales and Regine Rafael

ILLUSTRATIONS BY Jon Tolentino

## IGADO PASTEL

Make the Ilocano favorite and encase it in golden, buttery pastry! Instead of personal pies, make a big one for special family lunches.

**Makes** 6 mini pies **Prep Time** 45 minutes, plus chilling time **Cooking Time** 1 hour

### FOR THE CRUST

- ✓ 2½ cups all-purpose flour
- ✓ ¼ cup sugar
- ✓ ½ teaspoon salt
- ✓ ¼ teaspoon baking powder
- ✓ 1 cup unsalted butter, cold and cubed
- ✓ 2 egg yolks
- ✓ 4 to 6 tablespoons ice-cold water
- ✓ egg wash (1 egg beaten with ½ cup milk)

### FOR THE IGADO

- ✓ 4 tablespoons unsalted butter
- ✓ 2 cloves garlic, minced
- ✓ 1 medium red onion, minced
- ✓ 1 large carrot, diced
- ✓ ½ kilo pork tenderloin (*lomo*), cubed
- ✓ 4 tablespoons all-purpose flour
- ✓ 1 tablespoon tomato paste

- ✓ 2 cups chicken stock (or 1 bouillon cube dissolved in 2 cups boiling water)
- ✓ ¼ cup chicken liver, puréed
- ✓ 1 medium potato, diced
- ✓ 1 large red bell pepper, diced
- ✓ 1 large green bell pepper, diced
- ✓ 4 tablespoons soy sauce
- ✓ salt and pepper, to taste
- ✓ 2 cups pork liver slices

**1** Make the crust: Combine flour, sugar, salt, and baking powder in a medium bowl; stir well to mix. Add butter and toss until coated. Using your hands, pinch and squeeze butter pieces into dry ingredients until mixture resembles coarse sand and no large pieces of butter remain. Add egg yolks and mix until dough comes together. Sprinkle 4 tablespoons cold water over dough; stir with a fork. If mixture appears dry, add remaining water, 1 teaspoon at a time. Do this until dough holds together

easily. Turn dough out onto a lightly floured surface and form into a ball. Wrap dough in plastic wrap and chill for 1 hour.

**2** Make the *igado*: Melt butter in a pan. Sauté garlic, onions, carrots, and pork. Add flour and tomato paste; cook for a few seconds. Add chicken stock and stir until smooth. Add chicken liver, potato, and bell peppers; cook until sauce is thick, about 6 minutes. Season with soy sauce, salt, and pepper. Mix in pork liver. Cook for 1 minute and cool.

**3** Preheat oven to 350°F. Divide dough into 12 pieces and roll out into rounds. Line 6 well-greased individual tart pans with pie dough. Prick the bottoms with a fork.

**4** Fill each tart pan with *igado* and cover with remaining portions of dough. Crimp dough to seal edges and score tops to allow steam to escape while baking. Brush tops with egg wash and bake for 45 minutes to 1 hour or until golden brown.



**PORK CUT:  
LIVER (ATAY)**

**CHARACTERISTICS:** Less popular than other livers, pork liver is leaner, has a stronger flavor, and can be quite tough. It's an excellent source of protein, antioxidants, and B-Vitamins.

**COOKING METHODS:** Sautéing, stewing, and grilling are common ways to cook *atay*.

**DISHES YOU CAN MAKE WITH IT:** *Menudo*

## PORCHETTA STUFFED WITH LONGGANISA AND DRIED MANGOES

Stuff pork belly with chorizo and dried mangoes, then bake it in the oven. The wait will be worth it.

**Serves 20** **Prep Time** 45 minutes, plus chilling time **Cooking Time** 3 hours

- ✓ 2 kilos whole pork belly (*liempo*), deboned and skin removed
- ✓ salt and pepper, to season

### FOR THE STUFFING

- ✓ 1/2 kilo ground pork
- ✓ 1 cup Vigan longganisa, removed from casing, crumbled

- ✓ 1 cup diced dried mangoes
- ✓ 1 tablespoon minced garlic
- ✓ 1/4 teaspoon dried thyme
- ✓ 4 tablespoons all-purpose flour
- ✓ 1/2 teaspoon salt
- ✓ black pepper, to season

### FOR THE GLAZE

- ✓ 2 tablespoons mustard
- ✓ 2 tablespoons honey
- ✓ salt and pepper, to taste

**1** On a clean, dry work surface, place pork belly, skin side down. Generously season with salt and pepper. Chill for 30 minutes.

**2** Make the stuffing: Place all ingredients in a bowl and mix until well combined.

**3** Place pork belly on a baking sheet. Spread stuffing on pork belly, leaving a 2-inch allowance along the edges. Roll pork belly, making sure the stuffing is properly sealed in. Truss pork roll with kitchen twine.

**4** Season pork roll with salt and pepper. Chill for 8 hours in the refrigerator to set and cure.

**5** Make the glaze: Combine all ingredients in a small bowl.

**6** Transfer pork roll to a baking dish and brush with glaze. Bake in a preheated 350°F oven for 3 hours. Let cool before slicing.



**CHARACTERISTICS:** Pork belly has a great mix of meat and fat. The layers of fat make this cut one of the most tender and flavorful.

**COOKING METHODS:** Grilling, stewing, sautéing, and stir-frying are popular ways to cook pork belly. You can also cure and dry *liempo* to make bacon.

**DISHES YOU CAN MAKE WITH IT:** *Inihaw na liempo*, *sinigang*, *lechon kawali*



**PORK CUT:  
TENDERLOIN (LOMO)**

**CHARACTERISTICS:** Tenderloin comes from the primary muscles of the back, along the spine. It's tender and quite flavorful.

**COOKING METHODS:** Broiling, frying, braising, roasting, and stewing are popular techniques.

**DISHES YOU CAN MAKE WITH IT:**  
*Mechado, menudo, dinuguan*

## GRILLED PORK STEAK WITH CHIMICHURRI SAUCE

In this recipe, pork tenderloin is cooked in the simplest of ways and serves as the perfect canvas for the bright chimichurri sauce.

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

- ✓ 2 (1-kilo) pieces pork tenderloin (*lomo*)
- ✓ salt and pepper, to taste
- ✓ 2 tablespoons olive oil
- ✓ 1 large white onion, sliced into wedges
- ✓ 1 medium green bell pepper, sliced into strips
- ✓ 1 medium red bell pepper, sliced into strips
- ✓ olive oil for sautéing
- ✓ 2 tablespoons butter
- ✓ salt and pepper, to taste

### FOR THE CHIMICHURRI SAUCE

- ✓ 2 cloves garlic, minced
- ✓ 1/2 medium red onion, chopped
- ✓ 1/2 cup fresh flat-leaf parsley
- ✓ a few sprigs of fresh thyme
- ✓ 4 tablespoons cane vinegar
- ✓ juice and rind from 1 lemon
- ✓ 6 tablespoons olive oil
- ✓ 1 anchovy fillet
- ✓ 2 green finger chilies (*siling pangsigang*)
- ✓ 1 teaspoon sugar
- ✓ salt and pepper, to taste
- ✓ lemon wedges, to serve

1 Season pork with salt, pepper, and olive oil. Let sit for 10 minutes.

2 Grill pork until medium done, about 5 minutes on each side. Wrap pork in aluminum foil and let rest for 10 minutes.

3 Sauté onion and bell peppers in olive oil and butter for about 2 minutes. Season with salt and pepper. Set aside.

4 Make the chimichurri sauce: Combine all ingredients in a blender and purée until smooth and emulsified.

5 Slice pork thinly and arrange on a platter. Top with vegetables and drizzle with chimichurri. Serve with lemon wedges.

## PATA PORK AND BEANS

Skip the canned goods and give homemade pork and beans a try!

**Serves 4** Prep Time 30 minutes, plus soaking time Cooking Time 2 hours

- ✓ 4 tablespoons cooking oil
- ✓ 2 red onions, chopped
- ✓ 6 cloves garlic, smashed
- ✓ 1 large red bell pepper, sliced
- ✓ 1/2 teaspoon dried thyme or rosemary
- ✓ 1 tablespoon Spanish paprika
- ✓ 4 bay leaves
- ✓ 1 kilo whole pork leg (pata)
- ✓ 2 cups white beans, soaked in water overnight, drained
- ✓ 4 cups water
- ✓ 1 (380-gram) can diced stewed tomatoes
- ✓ 1 Spanish chorizo
- ✓ 1 tablespoon tomato paste
- ✓ salt and pepper, to taste
- ✓ extra virgin olive oil for drizzling
- ✓ 1 whole head garlic, roasted (optional)

**1** Heat oil in a pot large enough to fit pork and beans. Sauté onions, garlic, and bell pepper over medium heat until onions are translucent and fragrant. Add thyme or rosemary, paprika, and bay leaves.

**2** Place pork in pot; pour in beans and water. Bring to a simmer. Cook until pork and beans are almost tender, about 30 minutes to 1 hour. Do not add salt; this will prevent beans from getting tender quickly.

**3** Add tomatoes, chorizo, and tomato paste. Continue to simmer until sauce is thick and pork is tender, about 20 to 30 minutes. Season with salt and pepper; drizzle with olive oil. Garnish with roasted garlic, if desired.



**PORK CUT:  
LEG (PATA)**

**CHARACTERISTICS:** Because the leg muscles are primarily used in movement, *pata* is rich in collagen and can be quite tough.

**COOKING METHODS:** The leg is often slow-cooked to allow the meat to soften. You can also stew, braise, and roast *pata*. Another option is to cook it until tender, then fry it.

**OTHER DISHES:** Crispy *pata*, *patatim*, *paksiw na pata*

## HONEY BALSAMIC PULLED PORK SANDWICH

Pork shoulder takes center stage as it's slow-cooked until fork-tender. It's perfect in a sandwich, but you can also serve it atop nachos, pizza, or rice.

**Serves 10 Prep Time 15 minutes Cooking**

**Time 12 hours**

- ✓ 2 kilos pork shoulder (*kasim*)
- ✓ salt and pepper, to season

### FOR THE SPICE MIX

- ✓ 1 tablespoon sage powder
- ✓ 1 tablespoon paprika
- ✓ 1/2 teaspoon cumin powder
- ✓ 1 teaspoon fine salt
- ✓ 1 teaspoon black pepper
- ✓ 1/4 cup apple cider vinegar

### FOR THE BALSAMIC HONEY GLAZE

- ✓ 2 cups balsamic vinegar
- ✓ 2 cups honey
- ✓ salt and pepper, to taste
- ✓ 4 tablespoons butter
  
- ✓ 10 mini baguettes, halved and toasted
- ✓ shredded red and green cabbage, to serve
- ✓ chopped green onions and red onions for garnish

**1** Preheat oven to 300°F. Place pork on a roasting pan. Season with salt and pepper. Slow-roast in the preheated oven for about 6 hours. Let cool, then shred. Set pork aside and collect drippings.

**2** Make the spice mix: Combine all ingredients in a bowl and mix until well combined.

**3** Toss pulled pork with the spice mix and drippings.

**4** Make the balsamic honey glaze: Combine balsamic vinegar and honey in a saucepot. Cook over medium heat until reduced to  $\frac{3}{4}$  its volume or until syrup coats the back of a spoon. Season with salt and pepper. Stir in butter.

**5** Lay the bottom half of a mini baguette on a clean plate. Top with pulled pork and shredded cabbage. Drizzle with glaze. Garnish with green onions and red onions. Cover with the top baguette half. Repeat with remaining ingredients.



### PORK CUT: SHOULDER (*KASIM*)

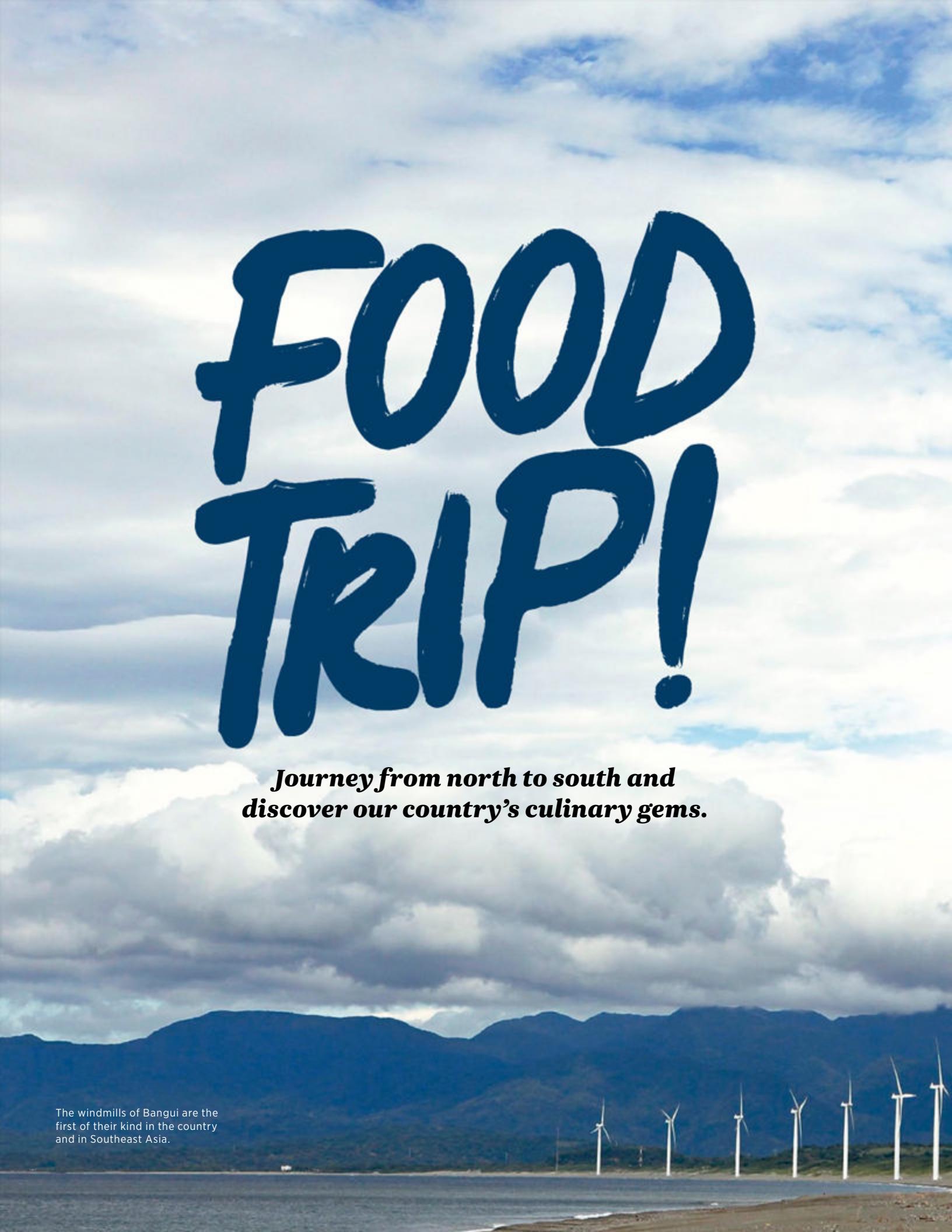
**CHARACTERISTICS:** Pork shoulder is the top portion of the hog's front leg. This versatile cut has good marbling and can be bought bone-in or boneless.

**COOKING METHODS:** Slow-roasting, braising, stir-frying, and barbecuing are good ways to cook *kasim*. Stewing is the most popular method in Philippine cuisine.

**DISHES YOU CAN MAKE WITH IT:** *Adobo*, *estofado*, *nilaga*, *picadillo*, pot roast



# FOOD TRIP!

A wide-angle photograph of a coastal landscape. In the foreground, a sandy beach meets a calm body of water. A line of white wind turbines stands along the shore. Beyond them, a range of dark, silhouetted mountains stretches across the horizon. The sky is filled with scattered, white and grey clouds, suggesting a bright but slightly overcast day.

*Journey from north to south and  
discover our country's culinary gems.*

The windmills of Bangui are the  
first of their kind in the country  
and in Southeast Asia.



ILOCOS NORTE

## EXCITING ESCAPE

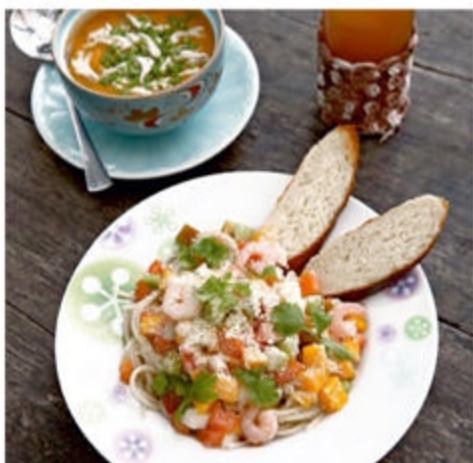
In the northern region, breathtaking landscapes and a thrilling culinary heritage await.

**Story by** Jing Lejano  
**Photography by** Miguel Nacianceno

We were crawling our way up a steep incline when our driver suddenly warned: “*Tatagilid tayo. Kumapit kayo!*” Did he really say we were going to flip over? Dear Lord, I thought, I’m much too young to die!

We are at the sand dunes of Paoay, south of Ilocos Norte. For many years, the locals thought this land was cursed, filled with tracts and tracts of barren sand. But thanks to a parade of film production companies that saw the desert’s potential for movie settings, Paoay suddenly became a favored destination. The hip factor came in when adrenaline junkies surfed the dunes on their sandboards, and 4x4 all-terrain vehicles came bashing on the sand, giving riders cheap thrills akin to a roller-coaster ride.

Just as our ride across the sands of Paoay had its highs and lows, nerve-shattering shrieks of surprise and meandering moments of wonderment, so did our gustatory tour of this province north of the archipelago.



**THE DELIGHTS OF ILOCOS** (clockwise from top right): A hot bowl of *miki* from Johnny Moon Café in Laoag. The interiors of Herencia Café. Sandbashing in Paoay. A pasta dish topped with shrimps, tomatoes, and mangoes, drizzled with a *bagoong* sauce, and a bowl of Pipian, a Mexican-inspired soup from Saramsam. Pinakbet Pizza and Longganisa and Bagnet Pizza from Herencia Café.



The beachfront  
at Kapuluan Vista  
Beach Resort

### Taking refuge in Paoay

About five years ago, I spent many long minutes mesmerized by the magnificence that is Paoay Church. It had withstood fires and earthquakes, and seeing its gigantic stone buttresses I could very well understand why. That it stands in a quiet, almost lonely part of town only added to its mystery. These days, the Paoay Church is anything but lonely. A garden with a variety of shrubs and greens now grows wildly on its right side, and on its left is Paseo de Paoay, a charming strip of a town center soon to be filled with cafes and shops. One of the first to open its doors is Sulit Pinoy American Meals (SPAM) by La Preciosa. A popular restaurant in Laoag, La Preciosa specializes in Ilocano dishes. It is also known for its deliciously moist carrot cake. You'll also find other scrumptious desserts like chocolate cake with a layer of homemade *yema* and Crazy Monkey Pie, their version of banoffee pie.

If it's full-on Ilocano fare you want, walk across the street to Herencia Café. The restaurant makes some of the tastiest versions of *poque-poque* (steamed eggplant and scrambled eggs blended seamlessly together in one glorious mash) and *pinakbet* (local vegetables stir-fried in their flavorful blend of *bagoong* and topped with crunchy *bagnet*) in Ilocos Norte, but it is best known for making pizzas out of traditional Ilocano dishes. The move was their attempt to make Ilocano food more accessible to the foreign palate. And thus far, it has worked. The Longganisa Pizza isn't such a stretch; it's a bit like pepperoni pizza, only

more garlicky. The *Bagnet* Pizza is simply divine. As for the *Pinakbet* version, it's your vegetarian pizza with okra and *ampalaya*. The secret is in the crust—which is crisp and thin—and all that mozzarella!

### New classics of Laoag

There is another version of the *Pinakbet* Pizza, further up north in Laoag, specifically in a quirky maze of a restaurant called Saramsam. Run by the affable Samuel Blas, Saramsam Ylocano Bar & Restaurant offers contemporary takes on traditional fare: They transformed the *poque-poque* into a salad with lettuce and a secret homemade dressing; they made the KBL (*kamatis*, *bagoong*, and *lasona*, which is the Ilocano spring onion) into a pasta with ripe mango slices and *kamias*.

Still, nothing beats the classics—dishes cooked just the way our grandmothers used to. There is something utterly satisfying, for instance, in Johnny Moon Café's *dinengdeng*. It is a simple dish of grilled tilapia simmered in a clear, flavorful broth filled with *patola* slices, *malunggay* leaves, and a few squash flowers. There is also the flavorful *higado*—pork and pork entrails cooked in soy sauce, *sukang Iloco*, and laurel leaves, and topped with peas and bell peppers. It reminds me of *adobo*, but with vegetables you usually find in *afritada*.

Johnny Moon is a play on the name of the great Filipino artist Juan Luna, who was born in Batac, Ilocos Norte. The cafe features dishes that they think he might have enjoyed, like the *Bagnet* Sandwich



**THE SIGHTS OF PAGUDPUD** (clockwise from right): From Kapuluan Vista Beach Resort, a salad with kale and mulberries, and *malunggay* soup. Mountains and rice paddies right outside the doors of BergBlick restaurant. The Fresh Fish Platter prepared meticulously by Detlev, a chef from Munich who has worked in numerous destinations around the globe.



(*bagnet* with lettuce, cheese, and tomato) and Una Chula (an iced tea concoction spiked with Imee wine, *bugnay* wine, sugarcane wine, and *calamansi*) which packs quite a punch!

#### **Remixing the hits in Pagudpud**

Further up north in Pagudpud, we meet two couples living the dream of the Everyman; one on a stretch of white sand and the other, near the foothills of the mountains.

Just off Blue Lagoon's beach is Kapuluan Vista Beach Resort. Run by Fil-American couple Mike and Alma Oida, surfers who traveled all over the country in search of the perfect wave, Kapuluan is just the kind of space you'd want to hang out in when you're feeling hurried and harassed—that the food is prepared with an abundance of love only adds to its bucolic charm. In their backyard, you'll find *ampalaya*, lettuce, string beans, squash, kale, and lemongrass growing abundantly under Pagudpud's sunny skies. These vegetables have inevitably found their way into the menu. The Malunggay Soup is puréed *malunggay* with just a bit of seasoning and not much else, but it is delicious. Kale is mixed into the garden salad of lettuce, onions, tomatoes, and mulberries, and dressed in a honey mustard vinaigrette. But we like

their remixes of old favorites best: Tanigue Kilawin prepared with sesame oil and Japanese soy sauce—and no vinegar; *dinakdakan*, which is Ilocos's version of *sisig*, cooked with homemade mayonnaise; and *bagnet* served ceviche-style with *calamansi*, vinegar, and onions.

If you can tear yourself away from the sand and the sea for a few hours, take a drive down the highway to BergBlick Deutsches Restaurant in the middle of *barangay* Burayoc. About five years ago, Marites and Detlev Cotte set up shop in this most rustic of settings, bringing to the table both local and German classics. Enjoy Germany's greatest hits with the BergBlick Pan, a humongous platter with breaded pork chops, pork roast, sausages, cabbage rolls, and fried potatoes served with a dark beer sauce that takes four hours to make. Order the Pinakbet Lasagna, too. Made with eggplant, okra, tomato, and *bagoong*, the pasta is homemade and topped with a pumpkin sauce.

At the end of our meal, Detlev offered us shots of Jägermeister which we happily accepted. The shot burned its way down to my stomach. In a few minutes, my tummy felt warm and fuzzy, all traces of the feast I had just moments ago slowly melted away. I felt so gloriously alive that I found myself asking, "What's next?!" And off to another gustatory adventure we went.

## GO CITY-HOPPING!

**Set aside three days to enjoy everything Ilocos Norte has to offer.**

### BACARRA

Make a stop at **Petrina's Pastries and Delicacies**.

Coney Tugade makes the best Cassava Cake (P180), made from Ilocos *balanghoy* and glazed with *dulce de leche*. Another Petrina's bestseller: *ensaymada* (P15 each), which is insanely soft to the bite and has a caramel filling, a neat little surprise tucked in the pillow-y dough. They also make Carrot Cake, Caramel Bars, Brownies, Choco-Banana Loaf, and *leche flan*.

### BATAC

A visit to Ilocos Norte is not complete without sampling its famous empanada. Head on to the **Riverside Empanadahan**, and look for Ate Marilyn's stall. The batter is made from ground rice, colored with *atsuete*. She rolls it into a ball, flattens it, and fills it with *monggo*, shredded papaya, and *longganisa*. She then drops an egg in the middle, and flips it on its side before dropping it into a deep-fryer. The other must-tries include deep-fried *isaw*, pig's skin, and *longganisa*.

Once you've purchased your empanadas, head to **Jannette's Place** for a bowl of hot *pancit miki*. In Ilocos, locals usually enjoy the noodles with the empanadas for *merienda*. Another row of stalls offering *miki* sits conveniently across Riverside Empanadahan.

### BURGOS

Fancy picking some dragon fruit? Drop by **Refmad Farms**, which has brought the fruit-bearing cactus into the country and turned it into a growing agribusiness. You can take these babies home at rock-bottom prices, and stock up on

goodies made from them as well. There's *hopia*, *lumpiang Shanghai*, and dragon-fruit tea. Be sure to get some of the ice cream—it's delicious!

If you don't mind taking a hike to experience one of the most amazing vistas this side of Luzon, then hop on to the **Kapurpurawan Stone Formation**. The white limestone formation looks like it belongs in a sci-fi movie set—and on your Facebook timeline, too! Entrance is at P15 for adults, P10 for kids.

### PAOAY

Have a whale of a time riding through the sand dunes of Paoay! You'll find yourself going up and down the sandy terrain, enjoying the adrenaline rush brought about by stomach-churning sharp turns. But there are quiet moments, too. Take a few minutes to enjoy peaceful moments by the beach and admire Leeroy New's art installation. ATV rentals are pegged at P2,500 for one hour, P1,500 for 30 minutes.

### SAN NICOLAS

*Pinakbet* is found on virtually every table in Ilocos Norte, and it's not surprising as most homes have backyard mini farms, which produce the ingredients that make up this dish. A good amount of the produce finds its way to the local markets. At the **San Nicolas Public Market**, vegetables sell at insanely affordable prices. At P10 for a big bunch of *sitaw*, P20 each for *patola* and *kalabasa*, P20 for squash flowers, and P15 for *ampalaya*, it's vegetable heaven! Inside, look for the **bagnet stall of Basilio** and take home the crispy fried delicacy for P380 a kilo. While you're at it, grab some of his Ilocos *longganisa* for P220 a kilo.

The Kapurpurawan Stone Formation is a sight not to be missed!



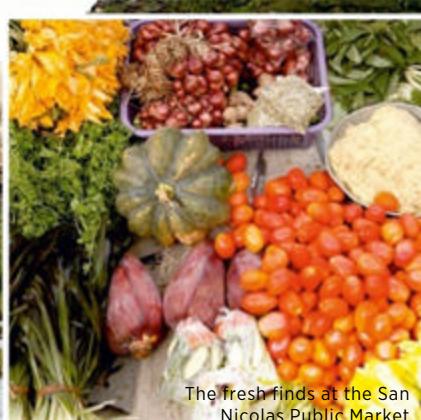
A harvest of dragon fruit



Empanada from Batac



At Petrina's, the Tugades make delicious pastries



The fresh finds at the San Nicolas Public Market



Thousands of acres of pineapple fields spread out across Bukidnon, the great heartland of Mindanao. The province is also the second largest producer of corn in the country. Both private farmers and food manufacturing giants grow rice, coffee, bananas, cassava, and tomatoes in the region.

CAGAYAN DE ORO/BUKIDNON

## HOME IS WHERE THE HEARTLAND IS

Whatever your grasp on Bisaya is, food remains the universal language in Northern Mindanao.

**Story by** Ryan Fernandez

**Photography by** Patrick Martires

There is a moment in my drive—and it's somewhere between the 19th row of pineapples and the 98th—when I begin to lose track. Beyond my car window, stretching out at times in every direction is a bristling sea of pineapples that could quite possibly merge with the horizon. It's tempting to follow where those fields end, tracing the dirt paths and winding roads that knit together the great heartland of Northern Mindanao. Some other trails are less obvious however, leading by scent and taste to kitchens and dinner tables instead. From snacking on rice cakes and hot chocolate at Cagayan de Oro's bustling market to picking coffee cherries on the foothills of Mount Kitanglad, exploring the region reveals people and passions brought together by food.

My trip begins in Cagayan de Oro, where lights flicker on in the Cogon public market at the crack of dawn. Stalls rustle to life as fresh

produce from the highlands and seafood pulled in from Mabalajar Bay are brought, bargained for, and sorted out in piles. Navigating your way through the noisy warren of shops can be confusing, but with luck you'll spot hearty fare with a whiff of the exotic: *Puso* rice wrapped in banana leaves, or curry-infused Maranao dishes. Piping hot *sikwati* chocolate with *puto maya* is a Visayan pastime offered in several stalls. Wandering further, I meet Violy Wabe whose fork-tender pork *humba* is a hit with working-class patrons. "I've been cooking the same *humba* for the past thirty years," she explains. Serving me a hot bowl, she leans in to tell a secret. "Why is mine so good? I choose only the fattiest meat, and let it simmer for two hours."

Elsewhere is another local heirloom recipe, the feisty *sinuglaw*, which brings together grilled pork belly and raw fish soaked in vinegar





My Personal Farmer in Manolo Fortich grows organic vegetables and herbs for local and Manila-based customers. "Our goal is to educate consumers about where their food comes from, and how it's grown," says program coordinator Jairus Ferrer. Tours with picnic lunches are available upon request.

and chilies. It's a heady mix—smoky, savory meat tossed in with a lip-puckering ceviche—that is nothing less than magical. Not surprisingly, *sinuglaw* pairs exquisitely with beer, and is a mainstay in a number of local haunts. In the sleepy coastal town of Opol, seafood restaurant Panagatan serves theirs alongside seaweed salad and fresh crab cooked in coconut milk. Back in the city, Kagay-anon's *sinuglaw* has diced chilies and freshly cut *swat* lime on the side. Mine came with ostrich *salpicao* and crocodile barbecue—all too tempting for *pulutan* fare, Mindanaoan-style.

Beyond Cagayan de Oro lies the rest of the region: Iligan and Lanao del Norte to the west, Misamis Oriental to the east along with Camiguin Island off the coast. Southwards leads to the highlands of Bukidnon, and it's here where I hurtle deeper into the heart of Mindanao. As buildings and billboards fade behind me, the landscape turns lush. Roads rise and fall then take abrupt zigzag turns hugging the edges of hills as I drive by buses, a bunch of purring *motorela*, and not a few men on horseback.

Bukidnon's frontier spirit rubs off on you much like a Wild West movie, but in its own breathtaking way. Here you'll come across cowboys and tribal chieftains, fruit magnates and adventure seekers, all searching for their place under the sun. Mountains shelter the province from typhoons, and at an average of nine hundred feet above sea level, days are Baguio-cool and nights even more so. Landlocked, but surrounded by rich, fertile land, its people are oriented around planting and harvest time, raising cattle and breeding horses. When families send well wishes to each other, it often comes in the form of a basket of handpicked lettuce or bottles of fresh dairy.

Cruising through Camp Phillips, one of the processing hubs for Del Monte's vast pineapple plantations, I spot rows of '50s-style houses, a throwback to the company's American heyday. Not far away stands the camp's golf clubhouse, a wide and flat shack of wood and stone overlooking the sprawling green. It's here, past giant replicas of a ketchup bottle and pineapple, where restaurant manager Saling Namoc entertains golfers and guests alike, serving up roast beef drizzled



**JEWELS OF THE SOUTH** (clockwise from left): *Sinuglaw* is a Visayan dish that combines grilled pork (*sinugba*) with raw tuna or *tanigue* (*kinilaw*). At Kagay-anon, *sinuglaw* is served with chilies, local lime, and *tabon-tabon*, a bitter wild fruit that removes the fishy flavor. Lumad tribes like the Higaonon and Manobo keep to their ancient traditions in the highlands of Bukidnon. Once a year, leaders from each tribe gather at the colorful, month-long Kaamulan festival in Malaybalay City. Rural life means getting along with everyone in the farm—cattle, goats, horses, carabao, and, occasionally, friendly sheep. A meal in Panagatan comes with a breathtaking view of Mabalajar Bay, and sometimes, a glimpse of far-off Camiguin Island. CDO's Cogon market hides some great food finds. Just ask for Aling Violy's mouthwatering pork *humba*.





**ALL IN A DAY'S WORK** (clockwise from top): Groups of field workers planting or picking pineapples are a common sight in the town of Manolo Fortich. Bukidnon's rich soil and cool climate make it the ideal place for growing the fruit, in turn making the Philippines the world's second largest producer of pineapple. Situated along the national highway in Valencia City, homey Roadhouse Café is the perfect pit-stop for travelers between Malaybalay and Davao. They serve mouthwatering burgers, steaks, and *pochero* using premium meat from the Montesclaros' cattle ranch.

with gravy, buttermilk toast, and ice-cold pineapple juice. It's easy to spend an entire afternoon in the clubhouse. Tall pines soar above the manicured lawns, while beyond, in the hazy distance, looms Mount Kitanglad.

Further south, past Malaybalay and into the outskirts of Valencia, sisters Totsy and Minnie Montesclaros run Roadhouse Café, a pitstop for weary travelers crossing the length of Bukidnon. Meat is king in this part of the city, where their family has traditionally raised cattle and bred horses. The homey diner was never intended, recalls Totsy. "It wasn't planned, but our family always loved steak. Our mom would invite friends over to our house, and it was only later on that we decided to serve our recipes to the public." I arrived on a drizzly evening to meet the sisters, and immediately discovered the Montesclaros' idea of comfort food: sizzling *pochero* in hefty chunks, a barbecued burger

with pineapple rings, and crumbly carabao cheese over a farmer's salad.

Whatever your grasp on Bisaya is, food staunchly remains the universal language between people in this corner of the Philippines. It's through cooking that intentions are made felt: *Sikwati* to lift spirits in the morning, vegetables exchanged between neighbors, and *sinuglaw* with a round of beer. But it's the humble pineapple that speaks volumes, thanks to its colorful history. "In earlier times, European sailors would come back from voyages to the tropics bearing pineapples," explains local baker Daniel Mejia. "Over time, pineapples became a symbol of a safe return and a warm homecoming by friends and family. In short, it was one of the earliest forms of *pasalubong*." This he tells me over *merienda* on a lazy afternoon in a cafe back in Cagayan de Oro. He pulls out a box, opens it to reveal a pie, and gingerly begins slicing two pieces for me. Aptly enough, it's homemade pineapple crumble.

## TASTESPOTTING IN MINDANAO

**Don't miss these food finds at markets, food stands, and diners on your road trip across Northern Mindanao.**

### RICE AND SHINE

Once you arrive in the city, grab a hefty breakfast at **Missy Bon Bon** cafe for Karambola *adobo* flakes with egg and green mangoes over purple *bagoong* rice, pancakes sweetened with *yema* spread, and even *durian* gelato. The Nutella-inspired hazelnut *pasteles* dipped in hot coffee does wonders.

### MARKET RESEARCH

**Cogon market** can be rowdy at times, but the unique discoveries make it all worth it. Hawkers ply everything from bright chilies to fragrant limes to raw cocoa pods. Curry-infused halal meals abound, too. For *merienda*, ask for **Aling Violy's** pork *humba*, or head to **Nanol's Café** where Ferilyn Miano prepares *sikwati*, Malaysian *teh tarik* style.

### THE GREAT OUTDOORS

The cool weather and lush expanse of **Camp Phillips** in Manolo Fortich is perfect for an American-style picnic. Pack some sandwiches and eat them under the shade, or swing by the co-op center for keffir mango and chocolate sundaes made using the farm's own dairy.

### PIE IN THE SKY

Before you fly out, it's time to bring a little bit of pineapple country back with you. At Laiguindingan airport, look for **Mercedes Bakery**'s pineapple crumble. The scrumptious crust gives way to the sweet filling. Try chilling it first, and then having it with cold milk. Pies are made fresh daily and last up to three days, so don't take too long to enjoy it! And while *pasalubong* shopping, don't forget to grab some of **SLERS Ham & Café**'s famous *chicharon*.



Mercedes Bakery's signature pineapple crumble pie



Spicy *chicharon* at SLERS in downtown CDO



*Putu maya* and hot *sikwati* at Cogon public market



Missy Bon Bon's Karambola



Mango keffir ice cream at Camp Phillips

# MADE IN THE PHILIPPINES

These local artisans create handmade tabletop goods that exemplify the high skill—and big heart—of the Filipino.



**STORY BY** Clifford Olanday  
**PHOTOGRAPHY BY** Cyrus Panganiban and Lilen Uy (Al Valenciano)  
**PICTORIAL DIRECTION BY** Paulynn Chang Afable

"Our craftsmen and woodcarvers are highly regarded in their field because they are hardworking and uniquely imaginative," says Anne Bautista of Kal's Woodcraft. "Many countries rely on Philippine-made woodcrafts and furniture because they know that our products are reliable, unique, and of high quality."



## **TREE TO TABLE** *Anne Bautista, Kal's Woodcraft*

With years of experience in her family's woodworking business, Anne Bautista ventured on her own. She put up Kal's Woodcraft, a company that makes kitchen and dining pieces from sustainable woods like acacia, mahogany, and *ipil-ipil*. "Most of our pieces are made of acacia because of the natural flow of its grain, which looks like a piece of art," she notes. Kal's, which sets up shop at the Sunday Legazpi Market, has become the city's source of food-safe wooden utensils as well as custom furniture like one-of-a-kind dining tables with gargantuan slabs as tops. But perhaps the most popular (and also Anne's favorite) products are the boards that come in various forms, from a paddle-like chopping board to a slim-and-long cheeseboard to a very broad slicing board. "The positive feedback we get for our board designs is very rewarding," Anne says. "I have hundreds of board designs in mind. You might be surprised, but the smallest and thinnest pieces are actually the ones that are the most difficult to make." It all begins in their Cavite workshop, where raw wood is converted into manageable blocks and then processed by woodturning machinery. Smaller orders, as well as the finishing, are done at a Quezon City facility. But regardless of where they are, a lot of work is poured into the production: A woodturner makes detailed designs, kiln-drying smoothens out rough parts, mineral oil makes the utensils safe for dining. As Anne puts it: "We create each piece with passion." And it shows in the graphic gradient or the smooth curve or the natural gloss that has been carefully worked into every wooden piece that Kal's produces.

## WOVEN DREAMS

**Al Valenciano, Balay ni Atong**

"I have always been fascinated with textiles...prints, patterns, textures, and its construction," begins weave-master Al Valenciano. "This led me to start a collection of the traditional *inabel* of Ilocos. One blanket became two and now, more than 200 pieces comprise the collection of Balay ni Atong." In the '90s, when Al became involved with Museo Ilocos Norte, he came across more of the beloved textile and found himself exploring all things woven. "To study them, you have to weave them," he says. And so, with the help of local weavers, he practiced, experimented, and created. It was a two-decade process that left him with an overflow of *inabel* goods (painstakingly handwoven, boldly colored, and richly designed tablecloths, napkins, and more), which he then sold to friends, "who instantly loved them." When it was time to conclude his study, he visited the weavers and realized that the communities were already dependent on the [*inabel*] orders for their livelihood. "There was no turning back," he says. Today, Al works with more than 75 weavers in 10 communities all over the Ilocos region. His La Union studio is the hub, where finishing, as well as "coordination of the weaving processes as materials are transferred from one province to another," is done. Through Balay ni Atong, Al hopes to preserve and, more importantly, invigorate *inabel*. "It should be treated as a work of art," he says. "To do this, we are improving the threads for weaving, updating the proportions and colors of the traditional designs, and making sure the weavers are well paid." He also looks to the future. "Weavers are getting older and fewer," Al reflects. "We must work on sustainability by encouraging the younger generations to [learn how to] weave."



After studying the centuries-old weaving tradition of Ilocos, Al Valenciano of Balay ni Atong updates the beloved *inabel* (meaning handwoven in Ilocano) textile by tweaking its colorways and proportions.



A stint in retail led Mariel San Jose to Domesticity, the Negros-based handicraft company that creates homeware out of pandan and *sabutan*. "My [previous] work took me to several trade shows, and what struck me the most was seeing how creative Filipinos are," she says. "I started Domesticity in the hope of developing and honing the skills of Filipinos who have limited opportunities."

## PEOPLE'S PANDAN

**Mariel San Jose, Domesticity**

When Mariel San Jose dreams up, say, the pandan cheese plates or the *sabutan* trivets of her handicraft company Domesticity, she keeps three things in mind: form, function, and people. "I always create products that are timeless and useful, but with a bit of fun in them," she says. Take her Marché food pedestal. The pandan-and-wood buffet accessory, which looks like a miniature stool, offers visual height (another surface to place dishes) as well as organizes an abundant spread. Mariel created the pedestal for folks who love to entertain, but like all her handmade goods, it also supports the people who crafted it. When she set up Domesticity at her family's sugar farm in Negros Occidental, Mariel envisioned it as not only a business, but also a venue that could provide "extra income to the sugar laborers [that had been] working for our family for decades." In a happy coincidence, after discovering that her workers are also the beneficiaries of the land that her family donated to the local government, Mariel partnered with social organization Gawad Kalinga. The venture evolved Domesticity into a social enterprise, which gives part of its profits to a Gawad Kalinga village. "Through the years, we have built a reception area, a clinic, and the Sibol school. Domesticity also makes sure that all the needs of the village are met every month," Mariel reports. "It has given a whole new meaning to what I do every day."





## OF THE EARTH

### *Ugu Bigyan, Ugu Bigyan's Pottery Garden*

“Clay is like a companion to me,” says Ugu Bigyan. “Every time I create, it relieves my sadness. It’s a very versatile and very forgiving medium.” From a child who played with earth to an enthusiast who learned his trade through books and magazines, Ugu became a master potter known for stoneware with raw and organic energy. He describes them as “traditional in the sense of process, but contemporary in the form of expression.” At his backyard operation in Quezon, the potter works with high-fired clay—molded in a wheel, bisque-fired, glazed, and refired—to fashion a trove of dinnerware, from plates, tea cups, and salad bowls, to serving platters and very large casseroles. The colors are amazing: all natural, “earth tones from different stains and oxides extracted from minerals.” Mossy greens, eggshell whites, stone grays, cornflower blues—they are all mimics of the flora in his garden, which is also a restaurant that serves smoky *kulawo*, *pako* salad, and more. Ugu, together with 28 workers, multitask every day, working the clay and cooking the food for guests who make the trek to this slice of paradise. And yes, he remarks, his food becomes even more delicious when presented on, say, a handmade leaf-shaped platter or a variegated bowl. It is as if you are eating from the earth. Ugu credits his success to the innate spirit of craftsmanship that Filipinos possess. “Filipinos are hard workers,” he says. “They are very natural people, who love to make things with their hands.”



Master potter Ugu Bigyan learned how to tame clay through two years of trial and error. Today, he continues to work hard—seven days a week, in fact—not only in the creation of raw stoneware but also in the field of cookery at his Pottery Garden in Quezon.



# RESTAURANTS

Purple Yam

Bistro Pamana

Downtown Café



Cured Tuna with  
Organic Duck Egg Salad

# A taste of our heritage

**Purple Yam Malate** puts the country's homegrown ingredients to the fore.

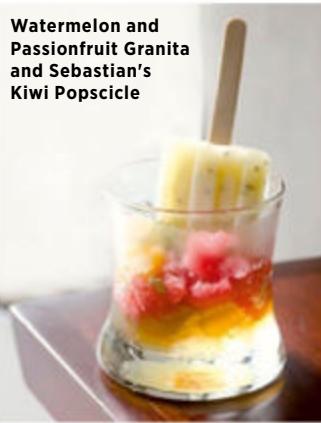
REVIEW BY ANGELO COMSTI

**F**rom Brooklyn, New York, Amy Besa and Romy Dorotan's acclaimed Filipino restaurant Purple Yam makes its way to our shores—to a white ancestral home in Malate, to be exact. It's a house as old as I am, Amy says. But seeing the refurbished interiors, it seems like its age belies its beauty, as the place doesn't look worn out and dated at all. The same can be said of the menu. As staunch advocates of Filipino cuisine, the couple has been touring the country, hopping from one province to another, in search of produce they can play with and present creatively.

"Everything is carefully curated, which is why I have a stash of products from all my travels in the last few months: heirloom rice varieties, vinegars, *patis*, dried fish, honey, different types of sugar," says Amy. "Even salt is different depending on where it was harvested and how it was refined. The seafood from Sorsogon is amazing, and we haven't even started discovering what that region has to offer." She refers to the pen shell clam or *baluko*, which they served for our Sunday brunch. It was accompanied by a variety of fresh vegetables and was made refreshing with a *dalandan* and watermelon granita. It was light and clean-tasting, much like the rest of the inspired dishes on the set menu. There's a green salad with cured tuna slices and half a soft-boiled egg; an updated *ukoy*, made of chopped cabbage, carrots, snow peas, leeks, bean sprouts, and shrimps.

Both Amy and Romy study the origin of the ingredients they use, knowing that *bagoong* and *patis*, for instance, will vary in flavor depending on which region they're from. From there, they work around what they find and proceed to cook up what they call "reimagined Filipino food."

The menu reads with much promise and pride, giving credit where it's due. The duck that's been braised and sandwiched in a bun comes from Cagayan, the honey for the *kalabasa* sour cream pancake hails from Abra, and the organic duck egg for the omelet that accompanied a tender *tapa* and *tocino* is from Laguna. True to its name, the *halo-halo* is a mix of different delicacies like *nata*



Watermelon and Passionfruit Granita and Sebastian's Kiwi Popsicle



Nori Taco with Beef Tapa and Pomelo



## in a nutshell

### PURPLE YAM MALATE

603 J. Nakpil corner Bacobo Streets, Malate, Manila; mobile no.: 0926-7133523. Open only on Fridays and Saturdays for degustation dinner (P2,500), and on Sundays for brunch (P1,500). Reservation required.

**THUMBS UP** Don't miss their cocktails. Try the organic *tapuy* (rice wine) or the *nipa lambanog* with watermelon ice and bitters.

*de coco* and *pinipig* from Cavite, coconut-pandan jelly from Dumaguete, and sweet potato from the Cordillera region. The whole concoction is served with homemade *ube halaya*, *macapuno*-coconut ice cream, and a *kamias* popsicle from artisanal ice cream purveyor Sebastian's. That cool, icy treat perhaps best exemplifies what Purple Yam stands for—bringing the best of what the country has to offer and presenting it in ways that excite the palate anew.

# Flavors of home

A marriage of food and stories will make you linger at **Bistro Pamana**.

REVIEW BY SASHA LIM UY

**O**n the table laden with Filipino specialties, the Crispy Pata is the point of interest. It's a large bone-in pork knuckle, with so much meat spilling out from underneath the fragile, crackling drapery of deeply tanned skin. It's a dish that seems a bit brawny against the femininity of Bistro Pamana's interiors, but it's the signature dish handed down from the family's original—and very much iconic—restaurant, Barrio Fiesta.

Bistro Pamana is a friendly throwback to Tagaytay's more upscale Pamana. The lavender walls, ornate crystal chandeliers, ghost chairs, and framed family photos are more common in a boudoir instead of a casual restaurant, but owner Happy Ongpauco Tiu has more than a girlish sense of charm; she has stories, and she has injected them throughout her new space—from the rusty charcoal irons on the shelves to the dishes on her 11-page menu.



**Ate Tricie's Spicy Tuyo Rice**



**Ginumis**



**Crispy Pata**

Like any Filipino restaurant, Bistro Pamana has the classics competing for limited stomach space: crispy pata, chicken *inasal*, *adobo*, and more. The *pata*, of course, is a non-negotiable, but opt for the more playful takes on Filipino cuisine.

A coconut-based sauce gives a good dose of flavor to the shredded taro leaves and shrimps that make up the Laing. Ginger is the more prominent flavor, but a scattering of sliced finger chilies brings out delightful ripples of heat. Actress Amalia Fuentes, who contributed the recipe, adds an extra benediction: *chicharon*. The Spicy Tuyo Rice could have tried harder to set our mouths on fire, but misnomers are forgiven after the perfect fried egg and generous addition of salty fish chunks.

Happy makes tamarind and pineapple work overtime to really deliver tartness to her *sinigang*. The flavor builds up as you make your way through your bowl, each sip even better than the last. Bistro Pamana also offers individual meals among which the Bulalang Corned Beef, complete with an egg, *bulalo* soup, and garlic rice, is the obvious standout.

Bistro Pamana opens at 10 a.m., but it fills up quite quickly. Once the lines die down by mid-afternoon, don't hesitate to treat yourself to their decadent Ginumis with homemade *panocha* ice cream and some yummy *palitaw*. Next thing you know, it's time for dinner and time for some Crispy Pata.

## in a nutshell

**BISTRO PAMANA** 106 Perea Street, Legazpi Village, Makati City; tel. no.: 815-1823

**MUST-TRIES** Adobo Flakes (P185), Crispy Pata (P650), Salmon Belly sa Sampalok at Pinya (P260), Laing at Chicharon (P195), Bulalang Corned Beef (P270), Ate Tricie's Spicy Tuyo Rice (P150), Palitaw (P65), Ginumis (P110)

**THUMBS UP** Don't leave without picking up one of their homemade specialties like coco jam, pure honey, and *pinakurat*!



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Made especially for your food business, with the best sustainably grown potatoes from Germany, Knorr carefully observes scratch methods to give you the natural taste and texture of potatoes in minutes. And because we don't add milk or seasonings, you have a great product that is as versatile as your imagination.



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# The good ol' days

Savor a fresh perspective on nostalgic favorites at **Downtown Café**.

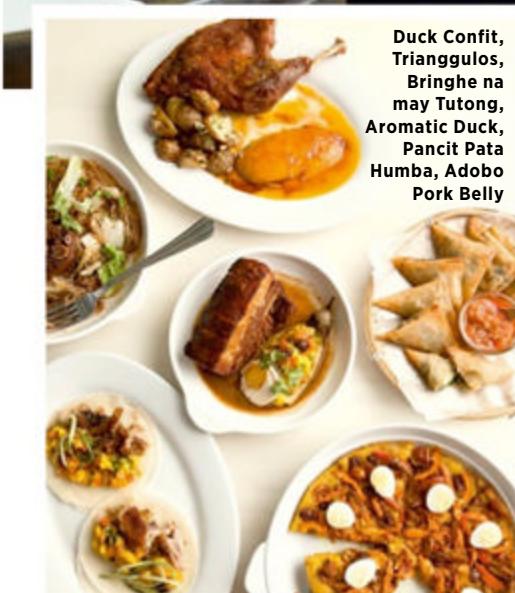
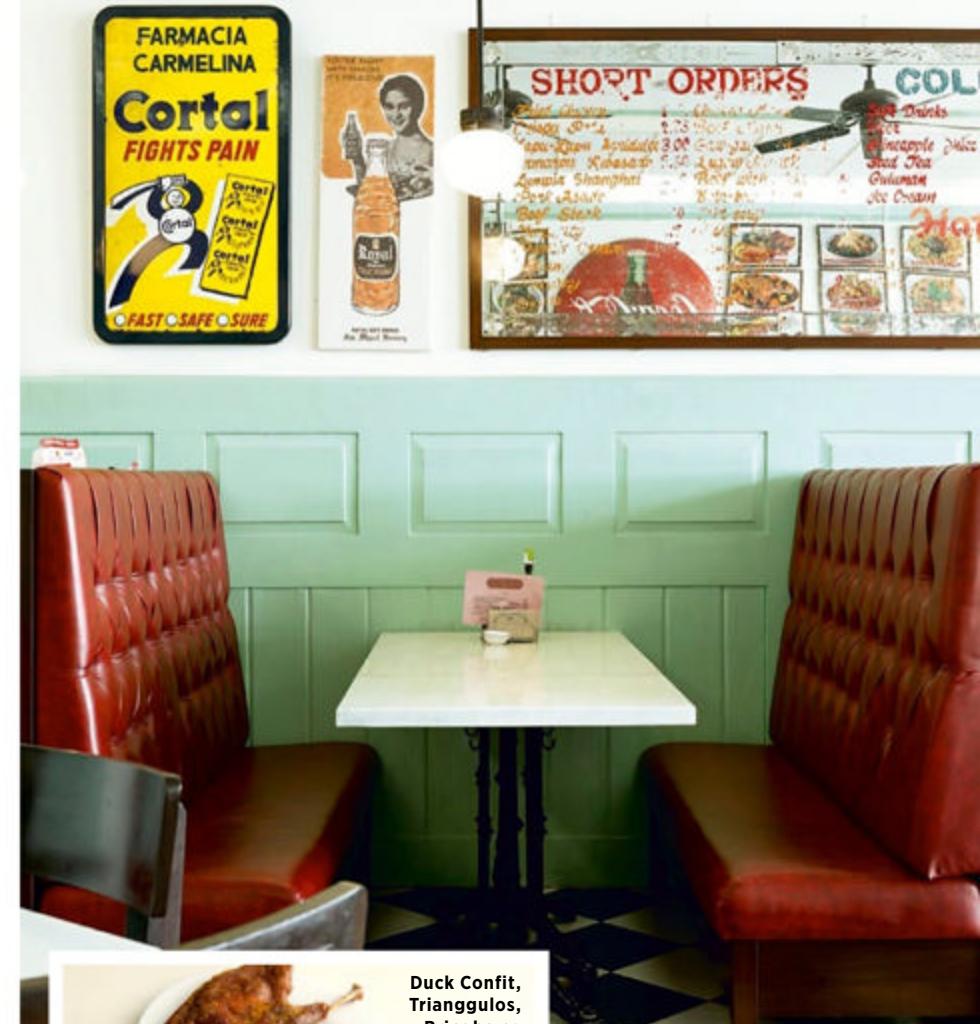
REVIEW BY ANDREA Y. SEE

For years, diners have been traveling to Angeles City, Pampanga, to visit multi-hyphenate painter-sculptor-furniture designer-chef-columnist Claude Tayag for the unique, hours-long, multi-course lunch of Kapampangan-centric dishes he serves in his own home, Bale Dutung. His 10-month-old second restaurant Downtown Café is a diner-themed casual spot that sits in a popular local mall. At first glance, the two seem to have nothing in common, until one realizes that both places stay true to Tayag's invitation to discover local cuisine in a different way.

Downtown Café is a throwback to the 1950s, a period of affluence when going out meant "going downtown" to enjoy American delights such as soda fountains and rock-'n'-roll. The restaurant's black-and-white checkered floor, soda-pop bottles, and sepia prints on the wall conjure up imaginings of what it might have been like back in the day. While snacking on complimentary *kamote chips* (organic, sourced locally, and lightly fried in-house), diners discover that the menu, a collection of familiar flavors with a twist, is a modern retelling of that period in time.

The deceptively simple *Trianggulos* are localized samosas filled with smoked fish, spinach, and *pili* nuts. Fried well in good oil, the dumplings, made with simple ingredients, were delicious. Try them plain first before spooning on some of the accompanying tomato sofrito. The *Pancit Pata Humba* is a dream: Imagine the common *pancit* elevated by nicely firm noodles and delectably flavorful, tender pork. Diners can opt for the *Pata-Patita Humba*, which is a larger serving of the pork—excellent with a bowl of steamed white rice.

Perhaps the dish that best represents Downtown Café is the clever take on the traditional *bringhe*, a dish of sticky rice cooked in coconut milk and annatto. Tayag takes the best of the dish, the parts everyone goes for first—the *tutong* that directly touches the pan, and the meats—and serves a pizza-like dish topped with quail eggs, chicken, and chorizo Bilbao. It is a



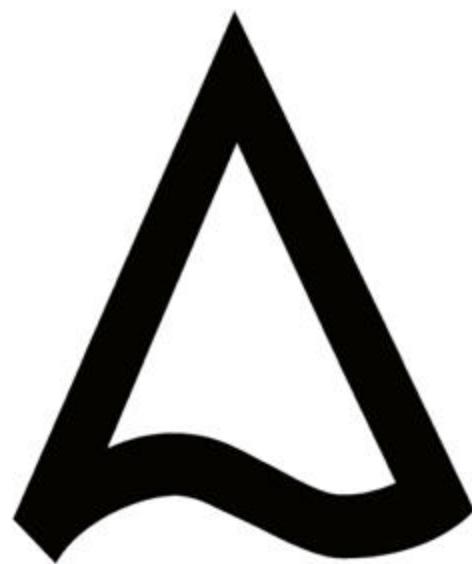
Duck Confit, Trianggulos, Bringhe na may Tutong, Aromatic Duck, Pancit Pata Humba, Adobo Pork Belly

## in a nutshell

**DOWNTOWN CAFÉ**  
1 Plaridel Street, NEPO Quad, Angeles City, Pampanga; mobile no.: 0917-6761689

**MUST-TRIES**  
Ensaladang Pako (P180), Lechon Taco (P140), Pan de Baguet (P190), Bringhe na May Tutong (P150/P280), Trianggulos (P225), Pancit Pata Humba (P120)

**THUMBS UP** Choose from the *bit-bit* list for goodies to bring home, such as ready-to-cook food, local sweets, and Tayag's own Claude'9 line of bottled sauces.



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*Let's find your next home together*



Your place in finding your new space



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[www.myproperty.ph](http://www.myproperty.ph)

# Yummy Lessons

## Jam session

When a jar of jam is almost empty, we often discard the bottle immediately instead of scrupulously scraping the last few drops. Here's a nifty tip to maximize every bit of jam, jelly, or marmalade: Add equal parts of wine vinegar and vegetable or olive oil to the bottle. Cover and shake vigorously, then season to taste with salt and pepper. You'll have an instant fruity salad vinaigrette in no time!

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

Master the classic  
**CRISPY PATA**

• Whip up healthy  
**MUSHROOM  
OATS CALDO**

• Prepare **TINAPA  
SPREAD** at home

• Make **WATERMELON  
GRANITA** with  
the kids

• Use **ALIGUE** in  
10 new ways

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





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

Filipinos can't get enough of crispy *pata* and its golden, crunchy, crackling skin. This all-time favorite is always served with a soy-vinegar dipping sauce and is great as an appetizer paired with beer. Making crispy *pata* at home is actually quite simple. Make sure to dry the pork thoroughly after boiling—this is the secret to achieving that crisp skin! I found that freezing the pork overnight also contributes to the crunchiness of the *pata*. The next time you plan to have friends over, why not give this recipe a try? I guarantee it will be worth your time.





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## Crispy Pata

### WHAT YOU NEED

- ✓ 1 whole piece (about 1.5 kilos) pork knuckle (*pata front*), cleaned and stray hairs removed
- ✓ 1 (250-ml) bottle clear soda (7Up or Sprite)
- ✓ 3 bay leaves
- ✓ 5 cloves garlic, smashed
- ✓ 1 tablespoon rock or sea salt, plus more for seasoning
- ✓ 1 teaspoon black peppercorns
- ✓ garlic powder, to season
- ✓ vegetable oil for shallow-frying

### For the dipping sauce

- ✓ 1/4 cup vinegar
- ✓ 1 tablespoon soy sauce or to taste
- ✓ 1 teaspoon sugar
- ✓ 1/2 teaspoon ground black pepper
- ✓ 1 tablespoon chopped red onions
- ✓ 1 bird's eye chili (*siling labuyo*), chopped

### WHAT TO DO

- 1 Make 3 deep slits on pork. Place pork in a deep casserole, together with soda, bay leaves, garlic, 1 tablespoon salt, and black peppercorns. Fill with water to cover pork. Bring to a boil then



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reduce to a simmer. Cook for 1 hour or until pork is fork tender.

2 Remove pork from casserole and discard water. Let pork cool on a wire rack.

3 Dry pork thoroughly with paper towels. Season generously with salt and garlic powder. Wrap tightly in plastic wrap and freeze overnight.

4 When ready to cook, heat oil in a deep, heavy-bottomed pot until oil registers 350°F on a thermometer. Carefully place frozen pork in pot. Cover pot with a lid or splatter guard (the oil will bubble and splatter). Fry 1 side for 10 minutes or until golden and crisp.

5 Meanwhile, make the dipping sauce: Combine all ingredients in a bowl. Stir until sugar dissolves. Taste to adjust seasoning.

6 Carefully turn pork to cook the other side. Cover pot and fry for another 10 minutes or until golden and crisp.

7 Drain crispy *pata* on paper towels to remove excess oil. Transfer to a platter and serve whole or remove crispy *pata* from the bone and slice into 2-inch pieces. Serve immediately with dipping sauce on the side.

### Tip

HERE'S A QUICK SAFETY TIP: ONCE YOU PUT THE PORK IN THE POT FOR FRYING, MAKE SURE THAT THE OIL ONLY REACHES A THIRD OF THE POT'S HEIGHT. OTHERWISE, THE HOT OIL COULD SPILL OVER TO THE STOVE.



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

## ABOUT THE COLUMNIST

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

## RECIPE FILE

### Mushroom Oats Caldo

*Arroz caldo* is my comfort food of choice. It's warm and soothing, thanks to ginger, and because it's mostly water-based, it fills you up without extra calories or fat. My issue with traditional *arroz caldo* is that it's typically made with white rice, which spikes blood sugar levels, and chickens that have most likely been raised with hormones and antibiotics in small cages. This healthy version is my perfect solution. Using oats in place of rice is a great way to eat more of this high-fiber, cancer-fighting, blood sugar-stabilizing super grain. Adding mushrooms boosts the dish's flavor and vitamin B content, while turmeric's anti-inflammatory and antioxidant components help the body fight off joint pain, disease, and free radicals. I like this dish flavored simply with ginger and *calamansi*, but feel free to dress it up with soy sauce, leeks, fried minced garlic, and pan-seared tofu.

Warm **1 tablespoon vegetable oil** in a saucpan over medium heat. Sauté **1 red onion (diced)**, **1 (3-inch) piece ginger (sliced into thin strips)**, **4 cloves garlic (minced)**, **1/4 teaspoon ground turmeric** (optional), and a few pinches of salt and pepper until softened, about 7 minutes. Add **1 red bell pepper (seeded and diced)**, **2 cups thinly sliced fresh**

**mushrooms** (try shiitake or oyster), **1 cup quick or rolled oats**, and **3 cups water**. Cover and bring to a boil over high heat; lower heat and simmer, partially covered, until oats are cooked, about 10 minutes. Once cooked, remove from heat and stir in **1 tablespoon calamansi juice**. Garnish with fried tofu strips, fried garlic, and leeks. **Makes 3 cups.**



# Sesame seeds



## HOMEMADE TAHINI

Blend 1½ cups lightly toasted sesame seeds with 6 tablespoons olive or sesame oil in a blender until smooth, about 7 to 10 minutes.



## SESAME DRESSING

Combine 1 cup soaked and drained sesame seeds, enough water to cover, 4 cloves garlic, 2½ tablespoons calamansi juice, a pinch of sugar, salt, and pepper in a blender and whiz until smooth.



## SUSHI CRUNCH

Elevate the flavor and texture of homemade sushi by sprinkling toasted sesame seeds on the filling before rolling it up. Sprinkle more on the tops before serving.

## Coconut Amino Sauce

Cocowonder's sauce is a great preservative- and soy-free substitute for soy sauce.

It's perfect for those who want to reduce the amount of soy in their diet or those who are allergic to gluten and soy.

**Available at the Legazpi Sunday Market and at the Cocowonder store for P170 (375ml) and P290 (750ml).**



WHAT FOOD SHOULD I EAT IN THE MORNING TO KEEP ME ENERGIZED THE WHOLE DAY?



**A** Breakfast should be the most filling, most nutritious meal of the day. A good one is high in fiber, protein, and vitamins. Avoid foods that are high in fat (which makes you sluggish), energy-depleting sugar (which makes you hungry), preservatives, and artificial flavors and colorings.

A few tips: Go for whole grains like brown rice, oats, or quinoa. Use wholesome sweeteners that won't make you crash; try coconut sugar, muscovado sugar, coco nectar, agave nectar, and stevia. Why not omit sweeteners altogether and rely on fruit? You can also drink soy or almond milk instead of full-fat dairy. Finally, power your breakfast with protein-rich nuts, chia, and flax seeds.

for fiber and brain-friendly omega 3 fats.

Veggies are always a good idea, but really, who has the stomach for it in the morning? One of my favorite breakfasts is a nutrient-rich, tastes-like-a-milkshake green smoothie. Blend a handful of leafy greens (try pechay or spinach) with 1 to 2 bananas and 1 cup soy milk—it's a snap to make and will keep you energized all day. Feel free to add peanut butter or flax seeds.

Beans are great for breakfast, too. They keep your blood sugar stable, your energy high, and the stomach full throughout the day. I love bean soup in the morning. I also like to sauté them with onions, tomatoes, and spices, and pair the mix with brown rice. So easy and delicious!

## Healthify this!

### GLUTEN-FREE LUMPIA

Craving for *lumpia* but can't have wrappers made with wheat? Use Vietnamese rice paper instead! Soak a piece in warm water for a few seconds or until softened, and lay it on a surface. Top with your favorite *lumpia* filling and roll it up. It's that easy!





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## Tinapa Spread

Got leftover *tinapa* from this morning's breakfast? Turn it into a spread that's both easy to make and addictively delicious!

### WHAT YOU NEED

- ✓ 1 medium *tinapa* (about 5-inches long), fried
- ✓ 3 medium eggs, hard-boiled, peeled, and chopped
- ✓ 1 cup mayonnaise
- ✓ 2 tablespoons pickle relish
- ✓ 1 teaspoon sugar
- ✓ salt and pepper, to taste

- ✓ toasted bread or crackers, to serve

### WHAT TO DO

- 1 Shred fried *tinapa* into flakes. Place flakes in a medium bowl.
- 2 Add eggs, mayonnaise, pickle relish, and sugar. Mix well to combine.
- 3 Season to taste with salt and pepper. Serve with toasted bread or crackers.



# Watermelon Granita

Make yummy shaved ice out of your kid's favorite fruit! It's cool, quick, and absolutely refreshing.

● **WHAT YOU NEED**

- ✓ 6 cups diced watermelon, seeded
- ✓ 4 tablespoons sugar
- ✓ juice from half a lemon
- ✓ lemon wedge, sprinkles, and mint leaves for garnish (optional)

● **WHAT TO DO**

- 1 Combine watermelon, sugar, and lemon juice in a blender. Blend until smooth, about 45 seconds.
- 2 Pour mixture into a 9x13-inch pan, and freeze for at least 2 to 3 hours.
- 3 Once frozen, remove from the freezer and scrape top layer with a fork until shaved ice forms. Return to freezer and repeat process every hour until the entire mixture is shaved, about 3 hours.
- 4 Run a lemon wedge along the rims of 6 to 8 small glasses. Place sprinkles on a plate and dip rims into sprinkles. Portion granita among glasses and garnish with mint leaves. **Serves 6 to 8.**



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# DIRECTORY

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

## SUPERMARKETS

### Metro Supermarket

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

### Robinsons Supermarket

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

### South Supermarket

E. Asia Drive, Muntinlupa City (tel. no.: 771-2214)

### SM Supermarket

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

## RESTAURANTS

### Chef Tatung

Ususan Molave Lane, Acacia Estates, Barangay Ususan, Taguig City (mobile no.: 0915-8463234)

### Nomama

Capitol Commons, Kapitolyo, Pasig City (tel. no.: 542-2558)

### Sarsa Kitchen + Bar

Unit 1-7 Forum South Global, 7th Avenue corner Federacion Drive, Bonifacio Global City, Taguig City (mobile no.: 0927-7060773); [www.facebook.com/sarsakitchen](http://www.facebook.com/sarsakitchen)

### Stacy's

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

## OTHERS

### Cocowonder

650 JP Rizal Street, Barangay Valenzuela, Makati City (tel. no.: 890-0626; mobile no.: 0933-5317857)

### miradips at Sandwicheese

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

### New Hatchin Japanese Grocery

7602 Sacred Heart Street, San Antonio Village, Makati City (tel. nos.: 897-7207, 890-1649, 890-5038)

## FOOD TRIP!

### Ilocos Norte

#### BergBlick Restaurant

106 Barangay Burayoc, Sitio Salucag, Pagudpud, Ilocos Norte (mobile nos.: 0939-4581642, 0921-9547747); [info@bergblick-pagudpud.com](mailto:info@bergblick-pagudpud.com); [www.bergblick-pagudpud.com](http://www.bergblick-pagudpud.com)

#### Herencia Café

McArthur Street, Barangay 14, Sangladan, Paoay, Ilocos Norte (tel. no.: 077-614-0214)

#### Johnny Moon Café

La Tabacalera Ilocano Lifestyle Center, Llanes corner General Luna, Laoag City, Ilocos Norte (tel. nos.: 077-771-5636, 077-772-1211 loc. 119); [johnnymooncafe@yahoo.com](mailto:johnnymooncafe@yahoo.com)

#### Kapuluan Vista Resort

Sitio Baniaran, Barangay Balaoi, Pagudpud, Ilocos Norte (tel. nos.: 697-6597, 077-676-0075; mobile no.: 0920-9522528); [kapuluan\\_vista\\_resort@yahoo.com](mailto:kapuluan_vista_resort@yahoo.com); [www.kapuluanvistaresortandrestaurant.com](http://www.kapuluanvistaresortandrestaurant.com)

#### Petrina's Pastries and Delicacies

National Highway, Barangay 22 Bani, 2916 Bacarra, Ilocos Norte (tel. no.: 077-676-0161; mobile no.: 0922-8159204); [petrinaspastries@yahoo.com](mailto:petrinaspastries@yahoo.com)

#### Plaza del Norte Hotel and Convention Center

Barangay 41, Balacad, Laoag City, Ilocos Norte (tel. nos.: 077-670-8818 to 8821); [www.plazadelnorteotelandconvention.com](http://www.plazadelnorteotelandconvention.com)

#### REFMAD Farms

Dragon Fruit Plantation, Brgy. Paayas, Burgos, Ilocos Norte (mobile nos.: 0920-2757940, 0928-2106664); [refmad\\_venterprise@yahoo.com](mailto:refmad_venterprise@yahoo.com)

#### Saramsam Ylocano Bar & Restaurant

10 Giron Street, Barangay 7B, Laoag, Ilocos Norte (tel. no.: 077-770-4389; mobile nos.: 0920-9686695,

0917-55075228); [balaydablas@yahoo.com](mailto:balaydablas@yahoo.com); [www.balaydablas-laoag.com](http://www.balaydablas-laoag.com)

### SPAM (Sulit Pinoy American Meals)

Paseo de Paoay, Paoay, Ilocos Norte (mobile no.: 0917-5381312)

### Bukidnon and Cagayan de Oro

#### Cogon Public Market

Cogon, J.R. Borja Street along Sergio Osmeña Street, Cagayan de Oro City

#### Del Monte Clubhouse

Kawayanon, Manolo Fortich, Bukidnon (tel. no.: 088-855-4313); [clubhouse@delmonte-phil.com](mailto:clubhouse@delmonte-phil.com)

#### Hineleban Foundation

Sankanan, Manolo Fortich, Bukidnon (mobile no.: 0906-5585932); [info@hineleban.org](mailto:info@hineleban.org); [www.hineleban.org](http://www.hineleban.org)

#### Kagay-anon Restaurant

Level 2, Limketkai Center, Lapasan, Cagayan de Oro City (tel. no.: 088-856-3688)

#### Missy Bon Bon

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

#### Panagatan Seafoods Restaurant

Opol Boulevard, Opol, Misamis Oriental (tel. no.: 088-754-487; mobile no.: 0922-8586071); [www.panagatan.com](http://www.panagatan.com)

#### Roadhouse Café

Barangay Bagontaas (at Sayre Highway), Valencia City, Bukidnon (mobile no.: 0906-7861097)

## MADE IN THE PHILIPPINES

### Balay Ni Atong

Pindangan Ruins, Carmel Monastery Compound, San Fernando, La Union (mobile no.: 0918-9181623); [www.balayniatong.com](http://www.balayniatong.com)

### Domesticity

[www.mydomesticity.com](http://www.mydomesticity.com); [inquiry@mydomesticity.com](mailto:inquiry@mydomesticity.com)

### Kal's Woodcraft

Mobile no.: (0917) 250-4789; [www.facebook.com/kalswoodenkitchen](http://www.facebook.com/kalswoodenkitchen); [kalswoodcraft@gmail.com](mailto:kalswoodcraft@gmail.com)

### Ugu Bigyan's Pottery Garden and Restaurant

490 Alvarez Village, Barangay Lusacan, Tiaong, Quezon (tel. nos.: 042-545-9144, 042-545-8689; mobile nos.: 0917-5605708, 0917-5607973); [www.facebook.com/ugubigyan](http://www.facebook.com/ugubigyan)

CONTINUED FROM PAGE 06



**Asst. managing editor  
@idgemendiola in Ilocos Norte**  
"Favorite discovery in Ilocos Norte is the crispy dinuguan. Chunks of bagnet coated in thick, flavorful dinuguan sauce. This right here is by @kapuluanvista. So good!"



**Editorial assistant  
@regrafael in CDO**  
"One of my favorite experiences was learning about the Hineleban foundation's coffee-making process. Grown and roasted with so much love, this is definitely what coffee is all about."

# What's YUMMY?

NEW PRODUCTS TO ADD TO YOUR PANTRY, KITCHEN AND HOME

## September's Most Delicious

### Your Kitchen Must-Have

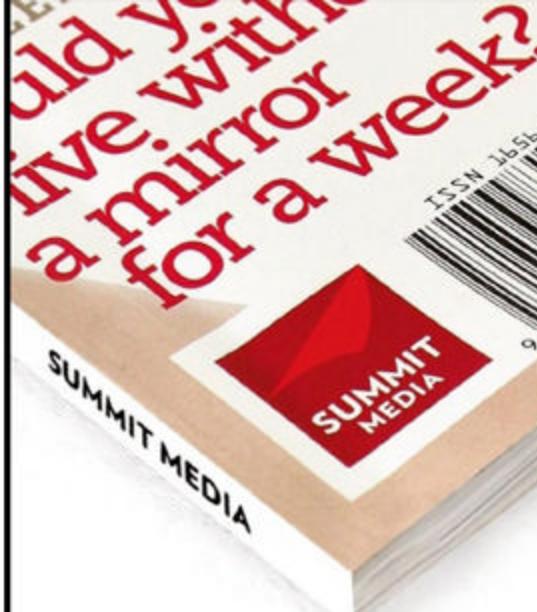
Finally a compact tool ideal for chopping nuts, crushing graham crackers, creating smooth purees, and more—The **KitchenAid 3.5-Cup Food Chopper**! It has a dual speed mechanism to accommodate a wide range of food and allows you to control the flow rate for adding liquid ingredients without a mess. The KitchenAid Food Chopper is dishwasher safe and has BPA-free bowl and lid, so cleaning is a breeze.



### Blends To-Go with the Oster® MyBlend™ Personal Blender

Blending whole foods is the easiest and best tasting way to ensure adequate nutrition. It keeps fiber and essential nutrients in tact compared to juicing. For maximum health benefits, blend whole foods with the **Oster® MyBlend™ Personal Blender**. It is an individual sized blender and stylish sports bottle in one, available in different colors, so you can enjoy your personalized blends at home or on the go. The scratch-resistant, BPA-free plastic is durable, reusable and dishwasher safe.

For more inspiration and recipes, visit [facebook.com/osterinphl](http://facebook.com/osterinphl) and [instagram.com/osterph](http://instagram.com/osterph).



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.



### GET THEM EXCITED TO COME HOME TO #OUFT!

It's 5pm. Everyone's asking about skipping dinner at home. What's a mom to do?

For me, I post #OUFT to get my family to come home for dinner. It makes my husband brave the terrible traffic after work just to get home soonest. It makes my son rush back to our house instead of playing video games with his buddies. It makes my daughter choose to stay home with us instead of joining another slumber party.

There's just no better way to get a family all eager to dash back home than to give them something exciting to come home to.

So what's #OUFT? It's none other than *Our Ulam For Tonight!* It's every dish my family craves for made yummier with NESTLÉ ALL PURPOSE CREAM. Picture the usual Bistek now made creamier. A salty yet tangy sauce complements every bite of the tender beef. Imagine the all-time favorite Adobo now made fuller in flavor. A richer sauce blends ever so perfectly with the sour and savory taste we've always loved.





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

### 1 Top of the morning

Get your day off to a good start by making scrambled eggs cooked in rich *aligue* sauce. Here's how: Heat oil in a pan. Add *aligue* and cook for a minute. Add beaten eggs and cook until set. It's perfect with garlicky fried rice! Try this trick with sunny-side-up eggs, too.

### 2 Ocean to table

Want to make your own restaurant-style *aligue* pasta? Try our fuss-free version using pantry staples. Sauté garlic and onion in oil. Add *aligue* and coconut cream; bring to a simmer. Add squid rings, mussels, and prawns; simmer until cooked. Add cooked noodles, then garnish with tomatoes and green onions. Drizzle with lemon juice before serving.

### 3 Prawn makeover

Looking for a new way to serve prawns? Try it wrapped in *sotanghon* and paired with a tomato and *aligue* sauce. Head to [Yummy.ph](http://Yummy.ph) for the recipe and make it this weekend!

### 4 Adobo nation

Everyone loves *adobo*—even our foreigner friends can't stop raving

# Aligue

A spoonful of rich, luscious crab fat can turn any meal into an extraordinary one. Here are 10 reasons to justify indulging in this beloved Filipino treat.

OCEAN  
TO TABLE



about it. Take the classic Pinoy favorite up a notch by adding *aligue* into the mix! Once the chicken and pork are almost cooked, add a tablespoon or two of *aligue* to the sauce and simmer for another five to 10 minutes.

### 5 One-bowl wonder

Transform leftover *aligue* rice into a comforting bowl of bibimbap. This traditional Korean dish is made of rice topped with a bounty of colorful ingredients. Choose from ground meats, shredded fish, fried egg, blanched greens, sautéed vegetables, bean sprouts, and even nori strips.

### 6 Present perfect

Here's a fantastic gift idea you can prepare at home. Take softened

butter and gently mix in some *aligue*, *calamansi* juice, and chopped green onions. Roll into a log and wrap. Voila! It's *aligue* butter in a jiffy.

### 7 Egg-citing twist

Fancy an elegant egg sandwich with a local twist? Here's the recipe: Combine chopped hard-boiled eggs, *aligue*, *tinapa* flakes, mayonnaise, chopped onions, garlic powder, salt, and pepper. Serve atop bread slices and pair with a pot of hot tea.

### 8 Pesto perfecto

Try this for an easy pesto upgrade! Process basil, *aligue*, olive oil, garlic, Parmesan, and cashews in a blender until smooth. Use it as a dip, sauce, or marinade. This one's perfect drizzled over baked mussels or oysters.

### 9 Crabby patties

Crab cakes are always a hit among party guests. Plus, they're absolutely easy to make! Simply combine crabmeat, onions, mayonnaise, eggs, breadcrumbs, and spices. Don't forget to add *aligue* to the mixture for an extra dose of flavor. Form into patties, fry until golden, and serve immediately.

### 10 To the rescue

Make weekday dinners extra special with the help of *aligue*! Having a bottle stashed in your fridge is truly beneficial on days when you're not in the mood to prepare an elaborate meal. Just add a tablespoon of *aligue* to dishes like *ginataang tilapia* and *pinakbet*, and you're good to go!

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