

# Yummy

10 NEW CHICKEN DRUMSTICK RECIPES \* STYLISH KITCHENS WE LOVE

\* EASY MEALS EVERY DAY

JULY 2015

## FAST and EASY

7 COOK-IT-QUICK strategies

68 recipes you can whip up in a jiffy

BONUS!  
OUR ANNUAL  
MONTH of MEALS

23-RECIPE BOOKLET INSIDE

make

BAKED ZITI WITH BRAISED BEEF  
COLA BABY BACK RIBS  
BAKED HERBED SOLE WITH OLIVES  
THAI SHRIMP, BASIL & CASHEW STIR-FRY  
CHICKEN KARAAGE  
SKILLET NACHO FRIES  
MONGOLIAN BEEF RICE BOWL

+ COOK LIKE A PRO  
58 secrets from food experts

Chori Burger with Sunny-side-up Egg and Mango-Mint Shake RECIPE ON PAGE 75



## FRIED to a CRISP

MOZZARELLA STICKS, FISH & CHIPS, CINNAMON DOUGHNUTS, AND MORE!



# Fast. Easy. Delectably Creamy

Cooking up something delicious doesn't have to take so much time and effort. With fresh ingredients, an appetite, and **NESTLÉ® All Purpose Cream**, you can make your meal extra delightful.

## Creamy Macaroni and Cheese Cups

**PREPARATION TIME:** 20 minutes

**COOKING TIME:** 20 minutes

**SERVINGS:** 4-6

### INGREDIENTS

200g	macaroni
100g	bacon, chopped
½ cup	chopped carrots
½ cup	sliced button mushrooms
2 packs	<b>NESTLÉ® ALL PURPOSE CREAM 250ml</b>
	salt and pepper to taste
1 cup	mozzarella cheese

### PROCEDURE

1. Cook macaroni pasta according to the instructions on the pack. Set aside.
2. In a separate pan, cook bacon until crispy and until fat has been extracted. Add in carrots and cook for 3 minutes or until fork-tender.
3. Stir in mushrooms then pour **NESTLÉ® ALL PURPOSE CREAM**. Season with salt and pepper. Remove from heat.
4. Toss prepared cream with the macaroni until fully incorporated. Transfer on individual containers or ramekins. Sprinkle generously with cheese.
5. Broil in the oven for 10 minutes or until cheese melts.





# Creamy Pesto Salmon

**PREPARATION TIME:** 20 minutes

**COOKING TIME:** 25 minutes

**SERVINGS:** 4-6

## INGREDIENTS

### Grilled Salmon

2-4 pcs salmon steak  
1 sachet 8g **MAGGI MAGIC SARAP®**  
2 tbsp butter or olive oil

### Sour Cream Pesto Dressing

Combine and process in a blender  
1 pack **NESTLÉ® ALL PURPOSE CREAM 250ml**

2 tbsp lemon juice  
1 cup basil leaves  
¼ cup toasted walnuts

## PROCEDURE

1. Rub salmon with **MAGGI MAGIC SARAP®** and leave to marinate for at least 5 minutes.
2. Heat butter on a non-stick pan. Pan grill marinated salmon for 2-3 minutes per side. Set aside when cooked.
3. Drizzle with prepared sour cream pesto dressing. Serve with steamed rice, potatoes or steamed vegetables on the side.



When cooking fast and easy-to-do dishes, it's great to use the No.1 Cream. Make sumptuous creations and elevate your dishes with the help of **NESTLÉ® All Purpose Cream**.

No. 1 Cream brand in the Philippines. Source: Kantar Worldpanel Philippines; Coverage: National Philippines, 2014 data



ASC Reference No. N090P060215N



# Contents

JULY 2015



## ***On the cover***

**07** Crisp and golden  
fried dishes

**31** Seven strategies  
for quick meals

**52** Pros' culinary tips

**58** Stylish kitchens

**79** New ways to  
prepare chicken  
drumsticks



# Contents

## ***Yummy Ideas and Shopping***

### **07 Golden delicious**

Four easy recipes will satisfy your deep-fried-food craving.

### **09 Yummy Ideas**

Make iced tea with wholesome ingredients, whip up quick meals with a wok, turn pantry staples into no-bake energy bars, learn how to store ground spices, get your caffeine fix from an iconic coffee shop, and more!

### **14 Must-buy!**

Contigo Leak-proof Food Jar and Purity Glass Bottle

### **15 Grocery Grab**

Ready, set, eat!

### **16 Pantry Basics**

Fresh herbs

## ***Everyday Recipes***

### **18 Family Kitchen**

Joey de Larrazabal-Blanco's Deconstructed Pesto

### **19 The Sweet Stuff**

Carmela Villegas-Agosta's Strawberry-Espresso Trifle

### **22 Make It at Home**

Aileen Anastacio's Bacon, Cheese, and Caramelized Onion Waffle Sandwich

### **24 Biz Whiz**

Sharlene Tan's Skillet Nacho Fries

### **26 Around the World**

Sari Jorge's Yorkshire Pudding

### **28 Healthy Approach**

Marie Gonzalez's Chocolate-Peanut Butter Breakfast Smoothie

Skillet Nacho Fries  
Pg. 24



Signature style  
Pg. 58



## ***Weekday Cooking Special: A Month of Meals***

Take the guesswork out of meal planning and tear out our five-week recipe booklet to whip up dinner in no time.

## ***Recipe Feature***

### **31 Put food on the table, fast!**

From one-pan meals to freezer-friendly dishes, we've got seven cooking strategies to help you spend less time in the kitchen.

## ***Feature***

### **52 Conquer the kitchen!**

The country's food experts share their tried-and-tested tricks to help turn you into a confident home cook.

## ***58 Signature style***

Get inspiration from three kitchens to spruce up your own culinary corner.

## ***Restaurants***

### **64 King of the grain**

At ArroZeria, our humble staple gets the attention it deserves.

### **66 The thrill of discovery**

Get to know the big, bold flavors of Peruvian cuisine at Don Andres.

### **68 Eastern comfort**

Get your fill of familiar, deeply satisfying oriental dishes at TuanTuan.

### **70 Dish**

## ***Yummy Lessons***

### **73 Peel and pick**

### **74 Back to Basics**

Chori Burger with Sunny-side-up Egg and Mango-Mint Shake

### **76 D-I-Y**

Jun Jun de Guzman's Classic Crème Brûlée

### **78 In the Kid-chen**

Creamy Pesto Sandwich

### **79 10 Ideas**

Chicken drumsticks

## ***Departments***

### **04 Editor's Note**

### **80 Recipe Index**

### **80 Directory**

### **84 Making It**

Mama Jessie's Kesong Puti



# editor's note

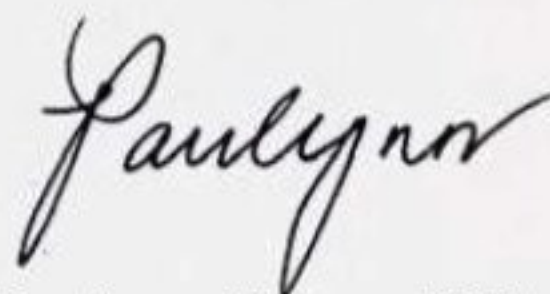
## Cook like a pro

As a newlywed a few years ago, I was obsessed with trying out a new recipe every day and presenting it to my brand new husband for dinner. He was quite the happy camper. I, on the other hand, realized that I wasn't being a smart home cook. Ingredients came in large quantities that we couldn't consume for weeks; the dishes I made were good for four to six when I was only feeding two tummies; a mountain of pots and pans and plates had to be washed and put away at the end of each meal. I was wasting money, food, and precious downtime at home!

During lunch at the office pantry one day, Liezl (*Yummy's* former editor) shared with me a tip that would change my life. "The freezer is your friend," she said. "You can freeze everything!" Since then, I have indeed frozen almost everything—from loaves of bread to flaky croissants, rice meals to hearty stews, pasta sauces to baked ravioli, strawberries to bananas, cookie dough to actual store-bought cookies. My freezer saved the day—no leftovers went to waste; weeknight meals were ready in a jiffy. I felt efficient, accomplished.

And that's what I want for you, too! We at *Yummy* know that cooking for your family is a joy—and unfortunately, also a chore. This issue is dedicated to helping you make your time in the kitchen as fast, easy, and enjoyable as possible. Flip to [page 31](#) for what we believe are the seven key strategies—using your freezer is one of them—to whip up stress-free meals (demonstrated by food director Rachelle Santos and assistant editor Idge Mendiola). Next, head to [page 52](#) for cooking tips from 18 food authorities (rounded up by managing editor Anna Felipe). Finally, check out our handy booklet for a month's worth of grocery lists and meal plans (produced by assistant style editor Trinka Gonzales). You'll be an expert in no time! I also believe that the space you work in plays a big role in both your outlook and output, so it's important to pay attention to your kitchen, too. The editors at *Elle Decoration Philippines*, Devi de Veyra and Chino Cruz, have whipped up an inspiring story on [page 58](#) featuring three beautiful kitchens that will inspire you to spruce up your own space, no matter how big or small.

And with that, you can say bye-bye to the frazzled cook and hello to the culinary pro! Enjoy the issue.



**Paulynn Chang Afable**  
Editor in chief  
[paulynn@yummy.ph](mailto:paulynn@yummy.ph)



**Find us online**



[facebook.com/  
yummymagazine](https://facebook.com/yummymagazine)



[@yummyph](https://twitter.com/yummyph)



[@yummyph](https://www.instagram.com/yummyph)

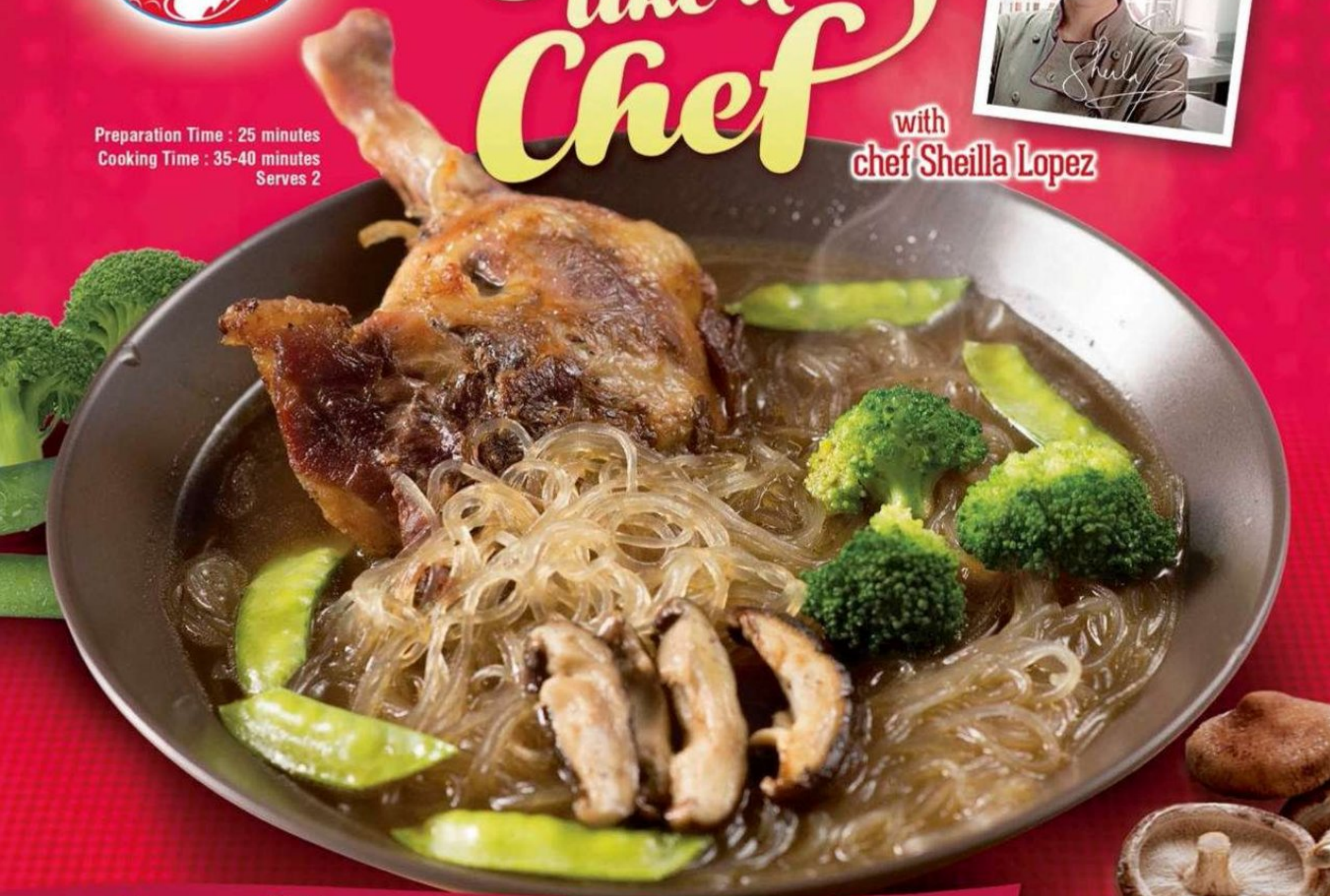




# Cook like a Chef

Preparation Time : 25 minutes  
Cooking Time : 35-40 minutes  
Serves 2

with  
chef Sheilla Lopez



## Sapporo Vermicelli w/ Braised Duck in Broth

### Ingredients:

#### For the duck:

- 2 duck legs
- 1 white onion, sliced
- ½ cup peanut oil
- ½ cup white wine

#### Procedure:

Preheat the oven to 200°C. For the duck, season them with salt and pepper. Place the duck, onion and peanut oil in a shallow roasting pan. Roast the duck in a 200°C oven for 25-30 minutes. Prepare the vegetables, blanching the broccoli and snow peas. Set aside. Using a small frying pan, put some oil over medium heat.

#### For the soup:

- 200 grams Sapporo Long Kow Vermicelli (sotanghon)
- soaked in hot water until al dente
- 100ml reserved duck broth (broth from roasting)
- 1 liter chicken stock
- 1 tbsp. soy sauce
- ½ cup snow peas, blanched
- ½ head broccoli, blanched
- 4 shiitake mushrooms, sliced
- 30ml canola oil
- Salt and freshly ground black pepper, to taste

Stir-fry the mushrooms and season with salt and pepper. Set aside. Place the vermicelli noodles in a heat-proof bowl; pour over the boiling water and stir using chopsticks to separate noodles. Drain, refresh in cold water, and drain again. Remove the roasting pan from the oven and skim away the fat. Remove the duck legs, and put them in a warm place. Place the pan over a medium-high burner and deglaze with white wine. Pour over the chicken stock and gently simmer for one hour to concentrate more flavor. Check the seasoning of the broth if it needs more salt and ground black pepper. Strain, reserving the broth. For assembly of the soup, divide the soup between two bowls. In each bowl, divide the vermicelli noodles, broccoli, snow peas, shiitake mushrooms and the roasted duck legs. Serve immediately.

### Nutrition Facts

- Calories 1546
- Fat 73 grams
- Protein 94 grams
- Carbs 114 grams

rich in vitamin heart-friendly packed with protein energy-boosting



Noodleliciously Healthy  
www.sapporoproducts.com.ph



# Yummy

**Editor in Chief** Paulynn Chang Afable  
**Art Director** Jon Tolentino  
**Food Director** Rachelle Santos  
**Managing Editor** Anna Felipe  
**Assistant Editor** Idge Mendiola  
**Assistant Style Editor** Trinkia Gonzales  
**Editorial Assistant** Regine Rafael

**Team Art Director** Jonathan Roxas

## CONTRIBUTORS

**COLUMNISTS** Aileen Anastacio, Jun Jun de Guzman, Joey de Larrazabal-Blanco, Kristine D. Fonacier, Marie Gonzalez, Sari Jorge, Sharlene Tan, Carmela Villegas-Agosta  
**PHOTOGRAPHERS** Aldwin Aspillera, Marti Bartolome, Michael Angelo Chua, Dairy Darilag, Toto Labrador, Patrick Martires, Miguel Nacianceno, Sonny Thakur  
**WRITERS** Chino L. Cruz, Yvette Tan, Sasha Lim Uy  
**STYLIST** Devi de Veyra  
**INTERN** Rouanna Ysabelle Guce

## SUMMIT MEDIA

**President** Lisa Gokongwei-Cheng  
**Publisher** Edna T. Belleza  
**VP for Operations** Hansel C. dela Cruz  
**Group Editorial Director** Jo-Ann Maglipon  
**Editorial Director** Myrza C. Sison  
**Deputy Group Publisher** Christine Ongteco-Sandejas  
**IS and Administrative Director** Mags E. Castro  
**Team Publisher** Melody Lalata  
**Senior Publishing Assistant** Jason Yu  
**Executive Assistant** Rosalie Arteta  
**Administrative Services Manager** Whilma M. Lopez  
**Senior Administrative Assistants** Michiel B. Lumabi, Marlyn D. Miguel

## YUMMY.PH/SUMMIT DIGITAL

**Deputy Digital Group Publisher** Azaleah Amina C. Rillo  
**Managing Editor** Trixie Zabal-Mendoza  
**Digital Associate Publisher** Kriska Cruz  
**Staff Artist** Audrey Faye Lacsamana  
**Programmer** Paul Mangaser

## ADVERTISING

**Group Advertising Director** Florence G. Bienvenido  
**Advertising Director, Key Accounts** Regie P. Uy  
**Advertising Manager** Shiela A. Ogues  
**Key Accounts Specialists** Joey Anciano, Joyce Argana, Junn T. de las Alas, Alex S. Revelar, Annie S. Santos, Suzette G. Tolentino  
**Account Managers** Honey P. Alesna, George V. Canseco III, Rommel C. Discipulo, Aaron Gaddi II, Caz Marino, Jamie Reyes  
**Advertising Executive Assistant** Rita M. Barbacena  
**Key Accounts Assistants** Maricel Adaniel, Ashley Balla, Chinggay M. Cabit, Marie Jo Calubay  
**Advertising Assistant** Angel A. San Jose

## TRADE MARKETING

**Trade Marketing Officer** Jamie Islo  
**Trade Marketing Associates** Daryl Lincod, Hannah Roque  
**Trade Marketing Assistants** Joylyn Guinto, Raven Dorado, Wendl Magsino

## CREATIVE SOLUTIONS TEAM

**Art Director** Dittle delos Santos  
**Associate Art Directors** Clare Felise Magno, Jerome de Dios  
**Graphic Artist** Lovella Suarez

## EVENTS DEPARTMENT

**Assistant Marketing Manager** Roberlin Rubina Jr.  
**Project Officers** Dorothy Joy Bulan, Rica Gae Lozada  
**Senior Marketing Associates** Elizabeth Acosta, Valine Aquino, Mitz Jairus Baldoza, JC Brion, Juan Paolo Maningat, Katrina Alexie San Pascual  
**Junior Marketing Associates** Charmie Abarquez, Kaye Calleja, Rachelle Anne Castillo, Neil Emerson De Guzman, Roi Kevin Palma, Katrina Camille Pena

## PRODUCTION

**Production Manager** Elizabeth E. Rellis  
**Assistant Production Manager** Jane M. Puno  
**Premedia Officer** Bong Carolino  
**Advertising Traffic Coordinator** Eliziel del Rio  
**Pre-press Supervisor** Arthur Asturiano  
**Pre-press Assistant Supervisor** Dindo Rollan

## CIRCULATION

**Deputy National Circulation Manager** Glenda Gil  
**Circulation Manager-GMA** Noreen Sescon-Peligro  
**Asst. Manager for Print and Online Distribution** Ulyssis Javier  
**Key Accounts Group Heads** Vivian Manahan, Charlotte Barlis  
**Subscription Group Head** Carla Soriano  
**Key Accounts Specialists** Jennifer Tolentino, Alfredo Toledo Jr., Harold William Rey, Rejie Paquibot, Marjorie Yu  
**Newsstand Supervisor** Joel Valdez  
**Distributor Specialists** Kim Sarmiento, Roberto Revilla, Elaine Einosas, Eric Ferdinand Gasatan, Bee Datinguinoo, Aeron Nolasco  
**Junior Sales Representatives** John Lakhi Celso, May Ann Ayuste, Brylle Gonzales, Melrose Tamboong, Julie Dunn Bantan  
**Sales Coordinator** Jennyfer Marcelo  
**Online Distribution Assistant** Mark Jocell Manio  
**Subscription Coordinators** Nathaniel Embiado, Ariel Rivera, Ma. Glenda Uchi, Annalyn Arambulo  
**Subscription Telemarketer** Jon Maynard Ortiz  
**Circulation Administrative Supervisor** Marie Lenn Reyes  
**Circulation Administrative Assistants** Elnie Marie Delos Santos, Lizel Tumali

## LOGISTICS

**Logistics Manager** Norman Campo  
**Logistics Officer** Lorie Francisco  
**Logistics Supervisors** Fidel Mitra, Marx Barroga

## Subscribe to Yummy

To order a print subscription, go to [www.summitmedia.com.ph/subscribe](http://www.summitmedia.com.ph/subscribe). To order a digital subscription for iPad, iPhone, laptop, and desktop use, go to <https://www.summitnewsstand.com.ph/yummy-magazine>.

**For Back Issue Inquiries**, Contact Visual Mix And Booksale At (63 2) 815-2076 Or (63 2) 824-0959, And Lecson At (63 2) 525-1990 Local 12).

## For dealership and distributorship

**inquiries** Contact the Circulation Department at (02) 451-8888 or (02) 398-8035. Look for Malou Rubinos for Metro Manila (local 1094) and Glenda Gil or Mark Elliot Villola for Provincial (locals 1097 to 1099). For international distribution, contact Ulyssis Javier at (63 2) 689-1025. Subscribe online at [www.summitmedia.com.ph/subscribe](http://www.summitmedia.com.ph/subscribe).

**Feedback, please** Email your inquiries, comments, and concerns regarding Yummy, Yummy.ph, or Summit Media and any of its services, to [customercare@summitmedia.com.ph](mailto:customercare@summitmedia.com.ph). Your feedback will help us serve you better.



Yummy is published by Summit Publishing Inc. All rights reserved. Philippine Copyright 2007 by Summit Publishing Inc. No part of this magazine may be reproduced in any manner without the permission of the publisher. Opinions expressed in this magazine are the writers' and not necessarily endorsed by the publisher. The publisher reserves the right to accept or reject editorial or advertising material. Unsolicited manuscripts, photographs, and artwork will not be returned unless accompanied by self-addressed, stamped envelopes. The publisher assumes no responsibility for unsolicited material. Address all correspondence and subscription inquiries to Yummy Magazine, 6/F Robinsons Cybergate Tower 3, Robinsons Pioneer Complex, Pioneer Street, Mandaluyong City 1500, Philippines. Tel. no.: 451-8888. Fax no.: 398-8049.



# Yummy Ideas

## GOLDEN DELICIOUS

In the mood for something crispy on the outside, juicy and tender on the inside? Deep-fried dishes will surely hit the spot!

### MOZZARELLA STICKS

Make the restaurant favorite at home with just a handful of ingredients. It's the perfect party appetizer! To make: Beat together **2 eggs** and **1/2 cup milk** in a shallow bowl. Mix together **1/2 cup all-purpose flour** and **1 teaspoon black pepper** in another bowl. Place **1 1/2 cups breadcrumbs** in a third bowl. Slice **1 (250-gram) mozzarella block** into 3 1/2-inch sticks. Dip cheese sticks into the egg mixture, then the flour mixture, again in the eggs, and finally dredge in breadcrumbs. Place cheese sticks on a plate and freeze for at least 2 hours. Preheat **2 to 3 cups vegetable oil** in a deep pan. Once oil is hot, deep-fry each stick until golden brown. Do not crowd the pan, but make sure the oil isn't too hot either. Drain on paper towels and serve immediately with store-bought salsa. **Makes 6.**

Goosey  
treat







Oriental crunch

## CINNAMON DOUGHNUT HOLES

Bite-sized cakey balls dusted with cinnamon sugar? Yes please! To make: Sift together **2 cups all-purpose flour**, **2 tablespoons sugar**, **1/2 teaspoon salt**, **4 1/2 tablespoons baking powder**, and **1/2 teaspoon ground cinnamon** in a large bowl; set aside. Mix together **1 large egg** and **1 cup milk** in another bowl. Pour wet ingredients into dry ingredients and mix just until combined. Add **1/4 cup melted butter** and mix until a soft dough forms. Take 1/2 tablespoon of the batter and form into a ball; place on a tray. Repeat with the rest of the dough. Preheat oil in a deep pan. Combine **1/2 cup sugar** and **1/2 teaspoon ground cinnamon** in a bowl. Deep-fry balls until golden brown; immediately coat balls in sugar-cinnamon mixture. Serve warm. **Makes 32 balls.**



Sweet bites

## CHICKEN KARAAGE

Give Japanese-style fried chicken a try—you'll get hooked on its crispy skin, juicy meat, and umami flavor! To make: Combine **1/2 kilo chicken thigh fillets** (cut into small pieces), **1 tablespoon diced garlic**, and **1 teaspoon grated ginger** in a large bowl. Add **1 tablespoon soy sauce** and **1/2 tablespoon mirin**; mix well. Refrigerate, covered, for at least 1 hour. Preheat **2 to 3 cups vegetable oil** in a deep pan. Place **2 1/2 cups cornstarch** in a bowl. Dredge chicken in cornstarch, just enough to coat each piece. Fry until skin is golden brown and meat is cooked through. **Serves 3.**

## FISH AND CHIPS

The British street-food favorite makes for the perfect *merienda*. To make: Slice **2 white fish fillets** (like cream dory) into 2- or 3-inch strips; place in a bowl with the **juice from 1 lemon**. Refrigerate, covered, for 30 minutes. Meanwhile, scrub clean **4 potatoes** and cut into thick sticks; place in a bowl, cover with water, and set aside. Beat **2 eggs** and **1/2 cup milk** in a shallow bowl. Mix together **2 cups cornstarch**, **1 tablespoon salt**, and **1 tablespoon pepper** in another bowl. Preheat **vegetable oil** in a deep pan. Dip fish fillets in egg then dredge in cornstarch mixture. Deep-fry until golden brown; drain on a wire rack. Repeat procedure with potatoes, deep-frying in a new batch of vegetable oil to avoid a fishy taste. **Serves 4.**



Fish be with you



## FRUITY ICED GREEN TEA

CAN'T GET ENOUGH OF THE ICE-COLD DRINK? MAKE YOUR OWN VERSION USING WHOLESOME INGREDIENTS!

Steep 3 green tea bags and  $\frac{1}{4}$  cup mint leaves in 1 cup hot water for 10 minutes. Strain mixture into a pitcher. Add  $\frac{1}{2}$  cup frozen or chilled fresh fruit slices (we used grapes, mangoes, and strawberries), 1 tablespoon honey, and 1 cup chilled white grape juice. Cover and chill for at least 1 hour. Add  $\frac{1}{2}$  cup soda water. Serve with ice and garnish with mint leaves. **Serves 2.**



## ← TERRIFIC TOOL

### CHINESE WOK

Although it isn't found in every kitchen, this Asian cooking tool does wonders for prepping everyday recipes. Think fast, easy meals in minutes!



Meyer Cook 'N' Look Chinese Wok,  
P5,449.75, SM Home

#### ● JACK OF ALL TRADES

You can use a wok for a variety of tasks: stir-frying, sautéing, steaming, even deep-frying! (Check out [page 7](#) for ideas.) And because of its raised edges, one wok can hold a lot of ingredients.

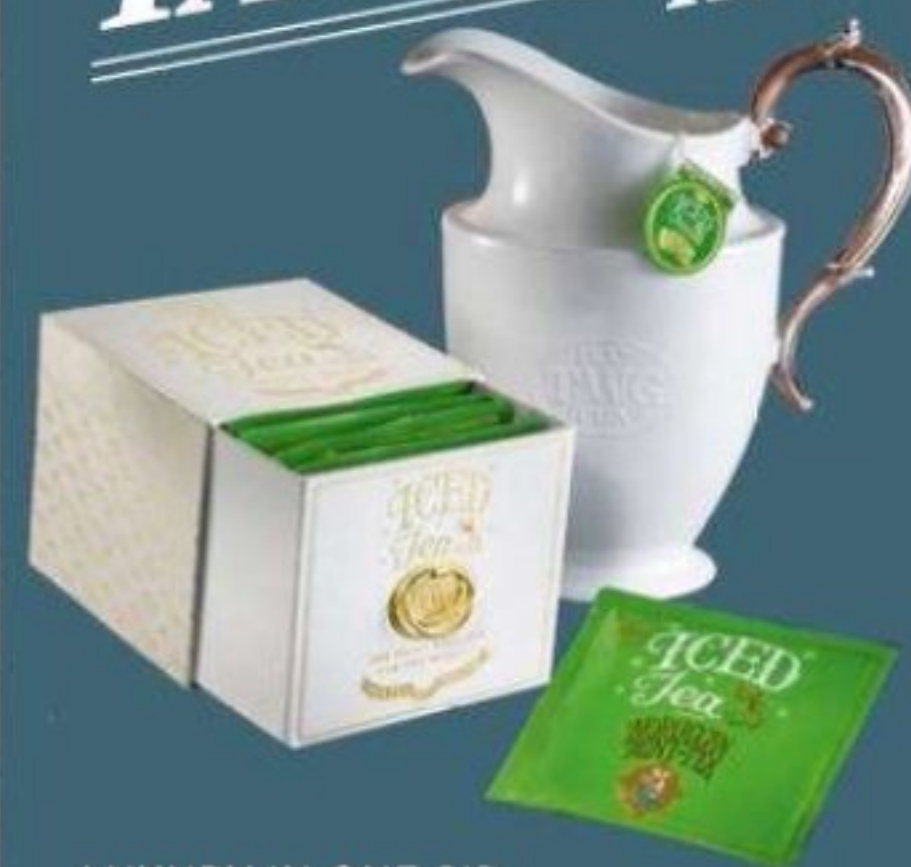
#### ● HOT, HOT, HOT!

You'll find that heat is distributed evenly in this wok, thanks to its aluminum material. Here's a pro tip: Use peanut or canola oil when using this pan. Their high smoking point can take the heat without burning.

#### ● HEALTHY ADVANTAGE

A wok conducts heat well and requires only a small amount of cooking oil. The result? Less fat in your dishes! And since the tool cooks food quickly, the ingredients' heat-sensitive nutrients are retained.

## The TRY-IT TASTE-IT Row



### LUXURY IN ONE SIP

Summer may be over but that doesn't mean you can't have refreshing flavors all year round. TWG launches a luxurious collection of whole-leaf tea bags specially crafted for tall glasses of iced tea. The teas come in flavors like Pink Flamingo and Moroccan Mint, and are packaged in hand-sewn bags. A sip will instantly transport you to your own island paradise. Available at all TWG branches.



### MAMON WITH A TWIST

Red Ribbon's fluffy *mamon* will always be a well-loved classic, but change is always a good thing. Go crazy over the chain's new Cookies and Cream flavor—super soft, moist chocolate chiffon *mamon* topped with white chocolate and cookie bits. You'll be savoring every bite! Available at all Red Ribbon branches nationwide.

27-ISH



### BIRTHDAY SURPRISE

Make birthdays extra special with Toblerone! Surprise your loved one on her big day with a customized chocolate bar, complete with candles and cut-out numbers or letters spelling out her name or age. It'll be a birthday she'll never forget! Available at major supermarkets nationwide.



## Yummy Ideas



Bookmark it!

## { Hemsley and Hemsley }

"Eat well to feel better—wellness begins from within." This is the mantra that the Filipino-British Hemsley sisters Jasmine and Melissa go by. Passionate food lovers through and through, they believe that food should be brought back to the basics, and that a lifestyle change (rather than short-term fad diets) is the key to a better you. Their recipes, ranging from mains to desserts, are gluten-, grain-, and refined sugar-free. They also share lifestyle lessons that busy office workers will find extremely helpful (like tips on going on a digital detox and entertaining at home). Visit [www.hemsleyandhemsley.com](http://www.hemsleyandhemsley.com).

## Yummy FOOD ADDITION

### No-bake Raisin Granola Bars

Fuel up with this easy energy-packed snack!



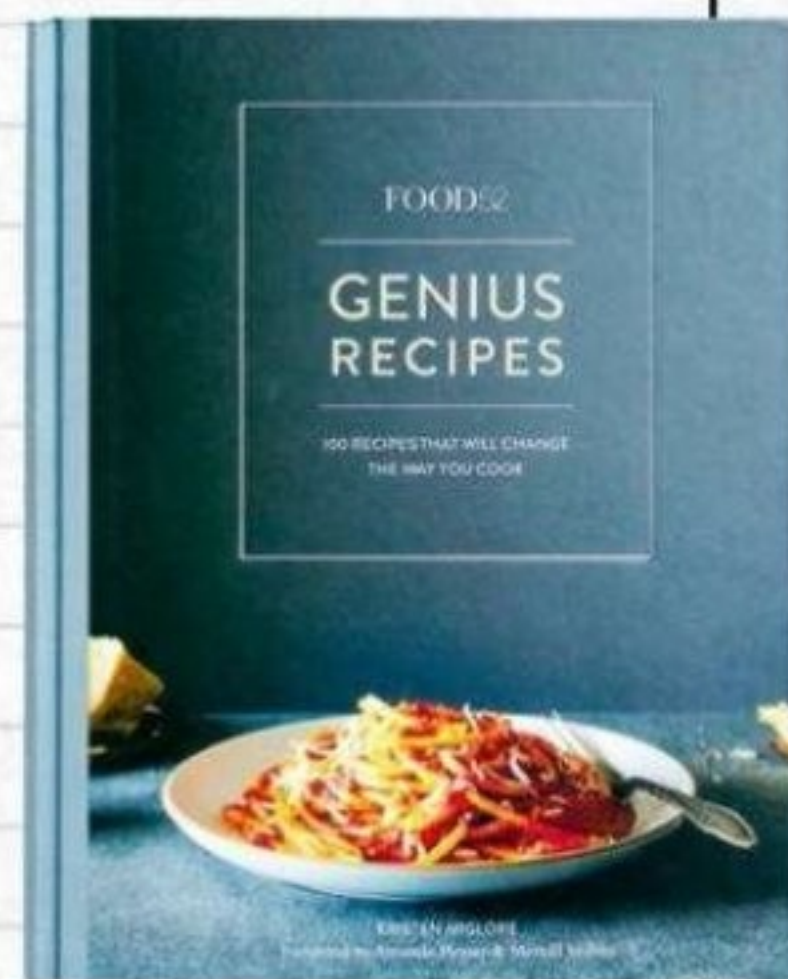
Line a 9x5-inch pan with parchment paper; set aside. Combine 2 cups Champion Raisins, 1 cup flax seeds, 2 cups rolled oats, and 1 (340-gram) jar chunky peanut butter; mix well. Pat onto bottom of prepared pan; chill for 1 hour. Slice into bars. *Makes 16 bars.*



## BOOKSHELF

WHAT WE'RE READING THIS MONTH

Any food lover who appreciates easy recipes, beautiful photos, and interesting tidbits has probably chanced upon popular 30,000-recipe-strong website *Food52*. Their interesting articles also keep readers coming back for more: Most notably, executive editor Kristen Miglore's James Beard Award-nominated column *Genius Recipes* has gotten everyone talking—and cooking. ***Food 52 Genius Recipes: 100 Recipes That Will Change The Way You Cook*** by Kristen Miglore (P1,475, National Book Store) compiles recipes from culinary heavyweights and offers dishes that involve using a familiar ingredient in a new way or discovering a simple cooking technique to make your dish better. For sure, tackling any of these recipes will make you feel like a gastronomic genius!



PHOTOGRAPHY: TOTO LABRADOR (BOOKSHELF) AND MARTI BARTOLOME (FOOD ADDITION). RECIPE & STYLING: TRINKA GONZALES. TEXT: REGINE RAFAEL (BOOKSHELF AND BOOKMARK IT!).



## Yummy LESSON

HOW TO FIND OUT IF YOUR GROUND SPICES ARE STILL FRESH AND HOW TO STORE THEM PROPERLY

**THE DILEMMA** You've been experimenting with exotic flavors lately, and upon checking your pantry, you find that you've amassed a number of ground spices throughout the years. Can you still use them?

**THE SOLUTION** Technically, ground spices don't spoil. However, their potency and ability to flavor dishes diminish over time. Check the color and take a whiff—if the color isn't as bright and the smell isn't as strong, the spices are no longer fresh. As a general rule, unopened bottles last a good three to four years, while opened packs should be used within six to nine months. Heat and light can cause ground spices to lose flavor faster, so avoid placing them near your stove and under direct light. Keep the bottles sealed tightly in a cool, dark place. Finally, use only dry spoons when scooping them out.



## We asked:

WHAT ARE YOUR FAVORITE TIMESAVING KITCHEN TIPS?

"I freeze cookie dough! That way, I can have a cookie when the craving hits or offer something to eat when unexpected guests show up. All I have to do is pop the dough in the oven!"

—Isabel Lagunzad

"Keep your knives sharp. You want to breeze through prep work, which is often the most time-consuming step, without having to worry about a dull knife."

—Sofia Guevarra

"There's nothing more inefficient than running around the kitchen trying to look for ingredients and tools while in the middle of cooking. Clean and organize your own kitchen, and even if you have help to do that for you, be sure you still know where to find everything."

—Klea Gonzales

"Practice *mise en place*. Prepare all the equipment, tools, and ingredients you need beforehand. Place everything on a tray and have a trash bowl right beside you when cooking."

—Jenny Pangilinan

"Save time even before you cook: Buy pre-cleaned meat and fish, and ask your butcher to slice them according to your needs."

—Gela Mercado

"Clean as you go. It ensures that your kitchen is tidy at all times and makes cleanup much faster when you're done cooking."

—Bernard Flores

"Plan well and study your weekly menu. On the weekend, prepare everything that can be made in advance."

—Elaine Magbanua

**Next question:** WHAT'S YOUR FAVORITE COMFORT FOOD AND HOW DO YOU PREPARE IT?

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





## INGREDIENT SPOTLIGHT

### KAFFIR LIME LEAVES

The thick, dark green leaves from kaffir lime trees are often used in Thai, Indonesian, and Malaysian dishes, and are immediately recognizable for their distinct fragrance and flavor. The leaves are usually left whole when used for curries and soups like Tom Yum. Try making an Asian bouquet garni with kaffir lime leaves, lemongrass, and ginger to whip up an extra flavorful stock!



## Dean & DeLuca

Dean & DeLuca is globally known as a culinary food spot offering the best options for cooking, eating, and entertaining. To many frequent travelers and pop-culture junkies, it's a must-visit on any trip. It's their one-stop *pasalubong* shop when they can't figure out what to bring back for Mom. It's the coffee shop seen on countless episodes of '90s cult classic, *Felicity*. Now open at Edades Tower in Rockwell Center, Makati, the shop offers more than just top-notch pantry staples—stop by for superb croissants (the crème brûlée and almond variants are must-tries) and perfect Kouign-Amann, and stay for brick-oven pizzas and handmade pasta (you can even ask your server to make yours gluten-free). Rockwell's newest neighborhood spot offers the best of both worlds—sit-down and quick-counter service—and we're certain that Dean & DeLuca will become a hit in Manila, too.

**Dean & DeLuca is at Edades Tower, Rockwell Center, Makati City (tel. no.: 958-3644)**

Nothing beats a great pastry spread! Must-tries are the Oreo Smash (P150), Kouign-Amann (P160), Crème Brûlée Croissant (P130), and Pretzel Pain Au Chocolat (P120).



The fresh-out-of-the-oven pizzas with a chewy, charred crust are worth the wait! We love the Margherita Parma flavor (P780).

Add extra zing to any sandwich with Dean & DeLuca's Chipotle Mustard (P210).



## Kitchen glossary

### Pare

When a recipe calls for a fruit or a vegetable to be pared, it means removing the outer skin using a small short-bladed knife (called a paring knife) or a vegetable peeler. Potatoes and apples are some of the most common products that usually need to be pared.



**New!**



# DATU PUTI®

• **TOYOMIXES** •



Make crispy fried fish more delectable with **NEW! Datu Puti Toyomansi** - a zesty blend of soy sauce and calamansi!



Add a kick of spiciness to your favorite dimsum with **NEW! Datu Puti Toyochili** - a delicious mix of soy sauce and toasted chili and garlic!



Make your mouthwatering crispy pata even more delicious with **NEW! Datu Puti Toyomagic** - our original blend of sweet soy sauce and real onion bits!

## Make every meal even more delicious by pairing it up with the **New! DATU PUTI TOYOMIXES!**

Available in Puregold, SM Supermarket, Robinsons Supermarket, Rustan's and Shopwise stores nationwide.

Get to know more about NEW! Datu Puti Toyomixes and share your favorite Toyomix pairing by following us at:

 [facebook.com/DatuPuti](https://facebook.com/DatuPuti)  [@datuputihp](https://instagram.com/datuputihp)

ASC Ref No.: N091P051115D



# Yummy Shopping



## On the go

Sleek, functional, eco-conscious food containers are the way to go for mobile everyday living.

### HOT OR COLD

This stainless steel, BPA-free, vacuum-insulated, and non-leak capped food jar keeps food cold for up to seven hours or hot for five, so you can pack soups, stews, and rice toppings for lunch in the morning and enjoy them warm come break time. It's easy to clean, too!

### GO GREEN

Looking for a plastic-free alternative to regular water bottles? This one's for you! Made entirely of glass, steel, and food-grade silicone, it's the clean and green way to store drinks. Thick glass ensures durability, and a silicone sleeve hugs it for added protection.



**CONTIGO  
LEAK-  
PROOF  
FOOD  
JAR AND  
PURITY  
GLASS  
BOTTLE**

Contigo Leak-proof Food Jars (P1,250) and Purity Glass Bottles (P1,050) are available at Toy Kingdom, and SM and Robinsons department stores.

PHOTOGRAPHY: PATRICK MARTINEZ TEXT & STYLING: TRINIA GONZALES



# Ready, set, eat!

When you can't cook from scratch, head to the nearest supermarket for delicious ready-to-eat options.

## MORNING EXPRESS

Scrambling to get breakfast on the table every day? Here's one delicious solution: Stock up on quiche! It tastes good hot or cold, so you don't even need to reheat it when you're really pressed for time.

**Spinach quiche, P110, Rustan's Supermarket**

## FAST SUB

Here's a grab-and-go combo perfect for an afternoon of watching the big game on TV. Serve a classic tuna sandwich with potato chips on the side.

**Italian tuna salad sandwich, P122, Rustan's Supermarket**

## HEALTHY PICK

Pre-washed packed salads are especially convenient for one- or two-person households. You get a healthy meal in a jiffy without having to worry about leftovers.

**Goolai salad, P180, Robinsons Supermarket**

## LEFTOVER MAKEOVER

Nothing is quite as versatile as rotisserie chicken. Have it for dinner then make wraps, sandwiches, or salads from the leftovers for tomorrow's lunch.

**Jumbo oriental barbecue chicken, P175, SM Supermarket**

## QUICK BITE

Japan on your mind? Sushi is a healthy and filling meal in itself—perfect for a quick dinner or for when you're entertaining at home.

**Sushi mix, P280, Rustan's Supermarket**



# Fresh herbs

Turn to aromatic leaves the next time you're looking to add complex flavors to your kitchen creations.

**1** With its small, elliptically shaped leaves and woody stems, **thyme** produces a strong aroma. Together with bay leaves and parsley, it makes bouquet garni that's used to flavor soups and stocks. Pound dried thyme leaves with marjoram, rosemary, and oregano to make herbes de Provence. Thyme is best used in vegetable recipes, stews, and egg dishes.

**2** **Sage** is a deep green-colored herb with intricate veins running through its leaves. It's a favorite in the Mediterranean region, both for its culinary and medicinal properties. Like most herbs, sage should be wrapped in a damp paper towel and stored in the refrigerator.

**3** **Peppermint** has a fresh, peppery flavor. It's popular in the confectionery world, as it is added to candy, bubblegum, chocolate, and ice cream. You can also add it to shakes, cocktails, and other drinks (take peppermint tea to aid digestion and calm your nerves). Store the fresh herbs in the refrigerator with the

stems submerged in a glass of water and a plastic bag over the leaves.

**4** Widely used in French cuisine, **tarragon** has long, pointed, deep green leaves and a licorice-like taste. Tarragon delivers a strong flavor so use it sparingly. Chicken and seafood dishes benefit from the addition of tarragon. It's also used in a variety of sauces, most notably to make béarnaise.

**5** You'll recognize **dill** the minute you see its bright green, feathery fronds. This delicately aromatic herb pairs well with salmon, as in the popular Nordic dish gravlax. Add it to pickled vegetables or to sour cream to make a dressing for potato salad. As with most fresh herbs, heat causes dill to lose its flavor so add it at the end of the cooking process.



Check out our **Chicken in Tarragon Cream Sauce** in this issue's *A Month of Meals* booklet.





# Hot, Hot Ramen

Enjoy seafood goodness with a kick of Japanese spices!



## SPICY SEAFOOD MISO RAMEN

Recipe by Chef Jonah Trinidad

Serves 3

- ✓ 3 Packs Nissin Ramen Spicy Seafood
- ✓ 2 liter water
- ✓ 1 tsp ginger, minced
- ✓ 1 pc white onions, sliced
- ✓ 1 pc leeks, sliced (white part only)
- ✓ 2 cloves garlic, sliced
- ✓ 1 ½ tbsp Japanese miso
- ✓ 6 pcs large prawns, peeled & deveined
- ✓ 6 pcs mussels, boiled
- ✓ 6 pcs crab claw, boiled & cracked
- ✓ 6 pcs baby corn, blanched
- ✓ 1 tbsp scallions, chopped
- ✓ nori, for garnish
- ✓ toasted black sesame seeds, for garnish
- ✓ toasted white sesame seeds, for garnish

**1.** Cook the Nissin Ramen noodles for 3 minutes excluding the flavor packs. Strain the cooked noodles and set aside.

**2.** Boil water in a pot then add in ginger, white onions, leeks, garlic and miso paste. Let it simmer for a minute and add the Nissin Ramen Spicy Seafood flavor packs then cook for 2 minutes. Season with salt and pepper as desired.

**3.** Add in the prawns and let it cook until it changes color. Also put in the mussels and crab claws then let it simmer for 5 minutes.

**4.** Place the cooked noodles in individual bowls then ladle in the soup stock. Top each with a serving of seafood, baby corn and scallions. Garnish with nori, toasted black sesame seeds, toasted white sesame seeds. Serve immediately.



## CREATE MORE SIZZLING RAMEN FLAVORS!

Let your every Ramen bowl sizzle with Japanese flavors with the help of Nissin Ramen. It's the first instant noodle brand in the Philippines that offers authentic Japanese noodle goodness. This month, Chef Jonah Trinidad created this special Spicy Seafood Ramen recipe. He advises noodle enthusiasts to go explore flavors and spices from different places in and outside the country. Wanderlust and love for great food will help inspire any cook to serve top-grade recipes that only get better every kitchen time. Nissin Ramen is available in Spicy Seafood, Seafood, Beef, and Chicken flavors. Grab it in supermarkets nearest you.







## Family Kitchen

BY JOEY DE LARRAZABAL-BLANCO

✦ I call this a deconstructed pasta, trying to be clever. But in reality, this is simply the lazy person's way to make pesto! This dish is inspired by a scene from the movie *Chef*. In it, the lead character makes a very simple pasta dish; but by the end of the scene, I was drooling! If you haven't seen the movie yet, and you love food, I urge you to watch it. It will definitely make you feel happy to be alive and eating; and it will make you want to head to your kitchen and cook. I can still clearly remember the way he sautéed a few basic ingredients in a pan, added the noodles, *et voila...* dinner is served! Of course I had to try and recreate it.

I'm no chef, but this is easy enough for even the newbies to make. I decided to take all the ingredients for pesto and just toss them in a pan. It takes just as long to prep as it does to cook the noodles, so it's perfect on busy nights when the thought of having to do anything after work makes you feel faint. I promise, you'll even have time for a post-dinner movie date!

### 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 on her blog, [8obreakfasts.blogspot.com](http://8obreakfasts.blogspot.com).

### TIP

ALWAYS SAVE SOME OF THE PASTA WATER AFTER COOKING YOUR NOODLES. USE IT TO LOOSEN A SAUCE THAT HAS BECOME TOO THICK, OR TO ADD BODY TO AN OIL-BASED SAUCE LIKE THIS ONE.



## DECONSTRUCTED PESTO PASTA

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

**Cooking Time** 12 to 15 minutes

- ✓ 250 grams linguine
- ✓ 3 to 4 tablespoons olive oil
- ✓ 6 cloves garlic, sliced
- ✓ 1/3 cup toasted pine nuts
- ✓ chili flakes, to taste (optional)
- ✓ sea salt, to taste
- ✓ 1 cup packed basil leaves, plus extra for garnish
- ✓ freshly grated Parmesan cheese

**1** Cook linguine according to package directions. Reserve 1 cup pasta water. Drain pasta and set aside.

**2** Heat olive oil in a saucepan over medium-high heat.

**3** Sauté garlic until fragrant. Add pine nuts and chili flakes, if using. Season with sea salt.

**4** Add linguine to the pan and toss. Add basil and toss until leaves are slightly wilted but still green.

**5** Remove from heat and sprinkle with Parmesan cheese. Toss and add pasta water, 1 tablespoon at a time, to loosen the mixture.

**6** Transfer to a serving bowl. Garnish with basil leaves and sprinkle extra Parmesan Cheese on top. Serve immediately.

PHOTOGRAPHY: PATRICK MARTINES. STYLING: IDGE NENDIOLA.  
HAIR & MAKEUP: VIDA NON-JAUCIN.





## The Sweet Stuff

BY CARMELA VILLEGAS-AGOSTA

◆ People assume that I have a fancy kitchen at home but in reality, it's my professional kitchen that's big and spacious. My setup at home is quite simple, and there, I whip up dishes using ingredients that I already have in my pantry.

My home kitchen is also where I make simple desserts, just like this easy trifle. I always enjoy whipping up this treat because it's the perfect way to use leftover ingredients like nuts and butter cake.

This recipe, made especially for adults, features espresso. The bitterness of coffee, however, is hidden in the mousse, which complements the tartness of the strawberries. I also added a little bit of liqueur to give it a bold flavor. For some crunch, I used pistachio nuts, which you can replace with almonds, walnuts, or pecans. A tip: Make sure you have all your components ready before starting to assemble your trifle. It will only take you 10 minutes to put everything together. So what are you waiting for? Give it a try!

### About the columnist

Carmela grew up in a family that loves food, and started her baking journey when she stumbled upon her mom's Mrs. Field's Cookie Recipe Book. Years later, after working in a pastry shop in France, she and her husband started their own business, Casa San Luis Pastries. Carmela also keeps busy with her roles as executive pastry chef and managing partner of Crisp on 28th, and likes to tell everyone that there's always room for dessert. Follow her adventures on [www.carmelasjournal.com](http://www.carmelasjournal.com).

## STRAWBERRY-ESPRESSO TRIFLE

**Makes** 4 (4-ounce) cups **Prep Time** 50 minutes, plus chilling time  
**Cooking Time** 10 minutes

### FOR THE COFFEE CREAM

- ✓ 1 cup all-purpose cream
- ✓ 1 (8-ounce) bar cream cheese, at room temperature
- ✓ 1½ cups confectioners' sugar
- ✓ 2 shots espresso or ¼ cup strong brewed coffee
- ✓ 2 shots espresso or ½ cup strong brewed coffee
- ✓ 2 shots or ¼ cup coffee-flavored liqueur (optional)

- ✓ 4 slices store-bought butter cake, sliced into 1-inch-thick pieces
- ✓ strawberry purée (see tip)
- ✓ ⅓ cup chopped pistachios, toasted, plus extra for garnish
- ✓ fresh strawberries for garnish

**1** Make the coffee cream: In the bowl of an electric mixer fitted with the whisk attachment, whip cream until stiff peaks form; chill. Using the paddle attachment, whip cream cheese on medium speed until soft and airy, about 4 minutes. Reduce speed to low; add confectioners' sugar and coffee. Mix for 2 minutes on medium speed. Fold in whipped cream. Set aside in the refrigerator.

**2** Mix together espresso or coffee and liqueur, if using, in a bowl.

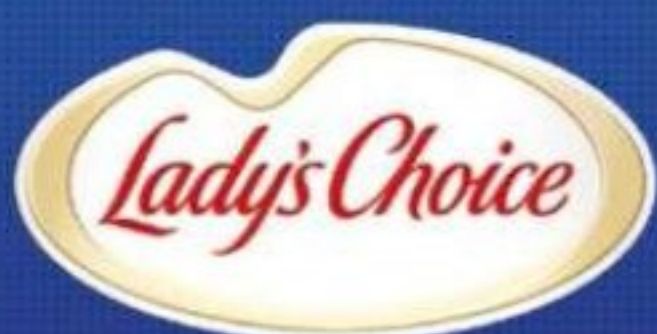
**3** To assemble, dip a butter cake slice in the coffee-liqueur mixture and place in a dessert cup. Spread 1 to 2 tablespoons strawberry purée and 3 tablespoons coffee cream on top. Add 2 teaspoons pistachios. Repeat to make another layer. Garnish with pistachios and strawberries. Repeat with remaining ingredients. Refrigerate for at least 2 hours.



### TIP

MAKE THE STRAWBERRY PURÉE: COMBINE 1 CUP FROZEN STRAWBERRIES, 1 TABLESPOON LEMON JUICE, ¼ CUP WATER, AND 3 TABLESPOONS SUGAR IN A SAUCEPAN OVER MEDIUM HEAT. COOK UNTIL STRAWBERRIES ARE SOFT, THEN MASH WITH A WOODEN SPOON.





# Whip Up Some Specialties

**Pair your dishes with the right dips and you might just find yourself serving a bestseller!**

Some of the most memorable restaurant entrées aren't the same without that side sauce or dip. Think of your favorite order and try to imagine what it would taste like without its special dip—it just wouldn't be the same. So, don't deny yourself and your customers of that important flavor enhancer on the side. Use Lady's Choice Real Mayonnaise to whip up a delicious complementary dip to your specialty dish. Whether you're serving fried chicken, pork chops, fish fingers, or most fried offerings on your menu, whipping up the perfect dip always makes something good even better.

## Beer-Battered Fish Fillet

Total yield/servings: 10  
Serving size: 100 g

### Ingredients

1kg	Cream Dory Fish Fillet
15g	Knorr Aromat
3g	Knorr Lime Powder
90g	All-Purpose Flour
5g	Paprika
100g	All-Purpose Flour
5g	Baking Powder
250ml	Pale Pilsen Beer, or other full-flavored beers
500ml	Vegetable Oil, for deep-frying
200ml	Lady's Choice Real Mayonnaise

### Procedure

1. Season fish fillet with Knorr Aromat and Knorr Lime Powder.
2. Mix together flour and paprika in a bowl. Dredge fish with the mixture. Pat off excess coating.
3. In a bowl, combine 100g flour and baking powder. Pour in beer until mixture resembles that of a thick pancake batter. Coat dredged fish with the mixture.
4. Deep-fry in 350°F pre-heated oil until the coating has turned crisp and golden brown. Check doneness of the fish.
5. Serve with Lady's Choice Real Mayonnaise.







## Russian Dressing

### Ingredients

200g	Lady's Choice
	Real Mayonnaise
60ml	Tomato Ketchup
15g	Pickle Relish, drained
10ml	Lemon Juice
5ml	Worcestershire Sauce
10g	Horseradish, bottled
2g	Ground Black Pepper

### Procedure

Mix all ingredients together in a stainless steel bowl. Serve.

## Wasabi Dill Dressing

### Ingredients

100g	Lady's Choice Real Mayonnaise
5g	Knorr Lime Powder
50g	Wasabi Paste
50g	Dill

### Procedure

Mix all ingredients together in a stainless steel bowl. Serve.



## Tip!

Mix your dips thoroughly! This distributes the flavors and makes an even texture.



## Sriracha Mayo

### Ingredients

200ml	Lady's Choice
	Real Mayonnaise
50ml	Sriracha

### Procedure

Mix all ingredients together in a stainless steel bowl. Serve.



The beauty of using Lady's Choice Real Mayonnaise to whip up a new dip or sauce is that quality and customer satisfaction are ensured. Nine out of ten diners prefer dishes made with Lady's Choice Real Mayonnaise, so it's the perfect ingredient for your restaurant's next big attraction!

Get more recipes for your restaurant at [www.ufs.com](http://www.ufs.com)







## Make it at Home

BY AILEEN ANASTACIO

Many of my students are surprised to see how easy it is to make crisp-on-the-outside-tender-on-the-inside waffles. They also learn that they're quite versatile! This waffle base, in particular, can be eaten plain or topped with fruits and drizzled with a variety of sauces.

Aside from being a filling breakfast option, waffles are also great for *merienda*. Case in point: waffle sandwiches. I like to load mine with bacon, smoked cheddar cheese, caramelized onions, and barbecue sauce. The onions can be prepared ahead of time; however, the waffle batter must be made right before cooking. Remember to combine the wet and dry ingredients only when the waffle maker is hot and ready. The batter should still be a bit lumpy, because a smooth batter means it's been over-mixed. Check the manual that comes in the package of your waffle maker to find out how to get the right temperature setting. Once the waffle maker beeps, lift to unmold the waffle but leave it to cook for another minute or so. This makes the waffle crispy and helps it get that gorgeous golden brown color. Finally, don't be afraid to experiment with different ingredients and flavor combinations. Have fun!

### About the columnist

Aileen Anastacio is best known as the chef and owner of bakeshop-café Goodies N' Sweets. She also teaches cooking and baking lessons at her restaurant, Marmalade Kitchen. Aileen is the author of *Home Café*, a book on desserts and coffee, and *Home-made for the Holidays*. To read about her culinary adventures, visit [gourmetgoodies.blogspot.com](http://gourmetgoodies.blogspot.com).



## BACON, CHEESE, AND CARAMELIZED ONION WAFFLE SANDWICH

**Makes 3** Prep Time 20 minutes

**Cooking Time** 5 minutes

- ✓ 6 tablespoons unsalted butter
- ✓ 3 medium white onions, sliced thinly
- ✓ 6 teaspoons sugar
- ✓ 3 tablespoons balsamic vinegar
- ✓ salt and pepper, to taste
- ✓ 6 strips bacon, cooked until brown and crisp
- ✓ 6 tablespoons barbecue sauce
- ✓ 3 slices smoked cheddar cheese

### FOR THE WAFFLES

- ✓ 1 cup milk
- ✓ 1 tablespoon vinegar
- ✓ 2 large eggs
- ✓ 1/2 teaspoon vanilla extract
- ✓ 2 tablespoons unsalted butter, melted
- ✓ 1 cup all-purpose flour
- ✓ 3 tablespoons sugar
- ✓ 1/2 teaspoon baking soda
- ✓ 1 teaspoon baking powder
- ✓ 1/4 teaspoon salt

**1** Melt butter over medium heat.

Sauté onions until slightly browned. Sprinkle sugar; stir. Add balsamic vinegar; cook until brown. Season to taste. Remove from heat; set aside.

**2** Make the waffles: Combine milk and vinegar in a bowl; leave, undisturbed, for 3 minutes. Add eggs, vanilla, and butter; mix well. Combine flour, sugar, baking soda, baking powder, and salt in another bowl. Mix well and make a well in the center. Pour wet ingredients into the well. Stir slowly and mix just until combined. (Mixture should be lumpy. Mixing until smooth will make a tough waffle.)

**3** Pour 3/4 cup batter onto the center and edges of a preheated waffle maker. Follow manufacturer's instructions and cook until golden.

**4** Top lower half of waffle with caramelized onions and bacon. Drizzle with barbecue sauce and top with cheese. Fold top half of waffle over toppings then cover slightly with the waffle maker to heat through.

PHOTOGRAPHY: TOTO LABRADOR AND PATRICK MARTINES (PORTRAIT).  
STYLING: TRINKA GONZALES. HAIR & MAKEUP: CATS DEL ROSARIO FOR SHU UENURA.



# Easy Kiddie Breakfast Ideas

Energize the little ones before they head out to school!

## Hotdogs and Pork & Beans



### INGREDIENTS:

1 tbsp	Vegetable oil	4 pcs	Hotdog (large), sliced diagonally
1 clove	Garlic, sliced thinly	1 tsp	Liquid seasoning
3 tbsp	White onion, sliced	Optional	Hot Sauce
1 can	<b>Hunt's Pork &amp; Beans 175g</b>		

### HOW TO PREPARE:

1. Over medium heat, add oil in a large sauté pan. Sauté garlic and onions until softened.
2. Add hotdogs and continue to cook.
3. Pour in Hunt's Pork & Beans and fold in gently.
4. Add liquid seasoning then simmer for another 30 seconds. Adjust seasoning if needed.



Makes: 4 Servings

## Arroz ala Cubana



### INGREDIENTS:

1 tbsp	Vegetable oil	1 can	<b>Hunt's Pork &amp; Beans 175g</b> (strained)
1 clove	Garlic, minced	4 pcs	Fried saging saba
2 tbsps	White onion, sliced	4 pcs	Fried egg
2 tbsps	Tomato paste	As needed	Salt
225 g	Ground beef	As needed	Ground black pepper
2 tbsps	Green peas		
1 tbsp	Raisins		

### HOW TO PREPARE:

1. Over medium heat, add oil in a medium sized sauté pan. Sauté garlic and onions until softened, then add in tomato paste.
2. Add ground beef and season with salt and pepper. Cook for 5 minutes then add green peas and raisins.
3. Pour in Hunt's Pork & Beans and fold into meat mixture.
4. Season with salt and pepper then simmer for about 30 seconds. Adjust seasoning if needed.
5. Serve with fried saba and egg.



Makes: 4 Servings

**TIP:** For a more saucy Arroz ala Cubana, add Hunt's Pork & Beans sauce.

## Open Faced Omelette



### INGREDIENTS:

1 tbsp	Butter	2 pcs	Longganisa or spicy sausage, diced
1 strip	Bacon, sliced into small pieces	5 pcs	button mushrooms (canned or fresh), sliced
1 tbsp	Onion, chopped	1 can	<b>Hunt's Pork &amp; Beans 175g</b>
1/4 pc	Medium-sized green bell pepper, cut into strips	3pcs	Eggs, beaten
1/4 pc	Small-sized red bell pepper, cut into strips	1/4 cup	Cheese, grated
2 cloves	Garlic, minced	As needed	Salt
		As needed	Ground black pepper
		Optional	Hot Sauce

### HOW TO PREPARE:

1. Over medium heat, melt butter in a non-stick pan then sauté bacon and onions until tender.
2. Add green and red bell peppers, garlic, longganisa or sausage, and mushrooms.
3. Sauté until all ingredients are slightly softened, then pour in Hunt's Pork & Beans. Season with salt and pepper.
4. Lower the heat then pour in beaten eggs and sprinkle cheese on top. Let omelet cook through and slide onto a plate as soon as the eggs are set then serve.



Makes: 2 Servings

**TIP:** Add sautéed spinach or malunggay leaves, then drizzle sour cream over the omelet if desired.





## Biz Whiz

BY SHARLENE TAN

♦ Selling french fries is big business. They're one of the most popular fast-food products, and putting them on your menu and coming up with new ways to serve them is always a good idea. Both kids and adults love them, and they're very easy to make. Even if you and your staff don't have a solid culinary background, there's a very small probability of you making mistakes or wasting inventory.

To compete in the market, go the gourmet route and make your product stand out from other sellers who offer flavored fries and dips. You can either cut fresh potatoes or use store-bought frozen fries, which now come in various shapes and flavors. Serve your fries with toppings like chili, salsa, gravy, cheese, or sour cream. And remember, the most important tool to have is a good deep-fryer. It keeps the oil temperature consistent and produces extra crispy fries, so it's wise to invest in one.

Ready to start your own biz? Try this recipe! I hope it will inspire you to reimagine this all-time favorite snack.

### About the columnist

A food stylist by profession and one of the brains behind The Clubhouse in Robinsons Magnolia, 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 bring her to a new level of inspiration. Visit her website at [www.sharlenetan.com](http://www.sharlenetan.com) or follow her on Instagram @theshartan.

## SKILLET NACHO FRIES

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

### FOR THE BEEF CHILI

- ✓ 2 tablespoons vegetable oil
- ✓ 2 tablespoons chopped onions
- ✓ 1/4 cup chopped red bell pepper
- ✓ 1/4 cup chopped green bell pepper
- ✓ 200 grams ground beef
- ✓ 1 tablespoon taco seasoning
- ✓ 2 tablespoons tomato paste
- ✓ 3 tablespoons water
- ✓ salt and pepper, to taste

- ✓ cooking oil for deep-frying
- ✓ 350 grams frozen french fries
- ✓ 3 tablespoons sour cream
- ✓ 3 tablespoons cheese sauce
- ✓ 1/4 cup grated cheddar cheese
- ✓ 3 tablespoons chopped tomatoes
- ✓ 2 tablespoons chopped green onions

**1** Make the beef chili: Heat oil and sauté onions and bell peppers

until softened. Add ground beef and taco seasoning. Cook, stirring, until beef changes color and oil turns orange.

**2** Add tomato paste and cook for 2 to 3 more minutes. Add water, and season with salt and pepper. Set aside.

**3** Heat oil in a deep-fryer. Deep-fry frozen fries until crisp and golden according to package directions. Drain on paper towels.

**4** Meanwhile, preheat a cast iron skillet over medium heat. When skillet is hot, lower heat slightly then arrange half of the french fries on the bottom of the pan. Top with a layer of beef chili, remaining fries, and remaining beef chili. Do this quickly as the pan tends to sizzle when the chili is added.

**5** Remove skillet from heat then immediately drizzle with sour cream and cheese sauce. Top with cheese, chopped tomatoes, and green onions. Serve immediately.



PHOTOGRAPHY: PATRICK MARTINES. FOOD STYLING: SHARLENE TAN. PROP STYLING: IDGE MENDOLA. HAIR & MAKEUP: VIDA NON-JAUCIAN.





Mayonnaise is a little thing.  
But did you know that  
98% of diners agree that food  
made with Lady's Choice

• **TASTES BETTER** •  
vs other mayo brands

It's the little things  
that say the most.







## Around the World

BY SARI JORGE

♦ Most of us think of mashed potatoes as the perfect partner for roast beef and gravy. And while that's a tried-and-tested combination, you'll be surprised that other pairings work just as well. Yorkshire Pudding, for example, is a staple in England and completes a proper British roast.

Similar to a popover, this savory pastry is made with a simple batter that uses equal amounts of egg, milk, and flour. Once baked, it becomes light and crispy. It's best enjoyed with a meat course, complete with a generous amount of gravy.

Make Yorkshire Pudding as a special treat on the weekend or for an evening of entertaining friends. I receive so many compliments every time I serve it to guests! Kids and adults enjoy dipping the golden bites in the rich gravy, making the entrée even heartier. Try it; I promise it'll remind you of great holiday dinners—even in July!

### 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.



ONLINE  
EXCLUSIVE!

Log on to Yummy.ph  
to get the recipe for  
Roast Beef!



## YORKSHIRE PUDDING

**Makes 12** **Prep Time** 10 minutes, plus chilling time **Cooking Time** 1 hour 30 minutes

- ✓ 1 cup milk
- ✓ 2 large eggs
- ✓ 1 cup all-purpose flour
- ✓ pinch of salt
- ✓ 1/2 cup vegetable oil or roast beef drippings

**1** Combine milk and eggs in a bowl, and mix thoroughly. Set aside.

**2** Mix together flour and salt in another bowl; make a well at the center.

**3** Pour milk mixture into the flour mixture. Gently mix using a wooden

spoon just until combined. Refrigerate for at least 1 hour.

**4** Preheat oven to 450°F. Grease muffin tins, using about 2 teaspoons vegetable oil or roast beef drippings per muffin cup. Place muffin tins in the preheated oven for 10 minutes, or until oil is very hot and almost smoking.

**5** Carefully take tins out of the oven. Pour or spoon pudding mixture into the muffin cups, filling about 2/3 of the way. Do this quickly while the oil is still hot.

**6** Return muffin tins to the oven and bake, undisturbed, for 20 minutes or until puffed and golden. Remove pudding from cups and serve immediately as a side dish.





# Quick Rice Hacks

## Discover new ways to add flavors to your simple cup of rice

Bring out the home-chef in you by whipping up new rice recipes. Whether you're a pro or a newbie, you'll find these rice fixes truly handy and really easy!

### Match the right rice with the right viand

The star of the challenge: Rice. It's a Pinoy meal staple, and we can't live without a cup or two on our plates. That plain cup, however, is only as good as the savory ulam next to it. Make sure to match your rice with the right viand. For example, plain rice brings out the flavors of savory dishes, while garlic rice is perfect for fried meat. Rice tossed with different vegetable and meat bits (Yang Chow) should be balanced with single-ingredient dishes (stir-fried vegetables, pork siomai, or pork chops), while Paella and Bagoong Rice are two-in-one meals that need no sides, unless so desired. Make mealtime more interesting with the perfect pair!

### Choose the right grain

Consider the different types of grains and textures when doing your pairings. The traditional long grain and fragrant Jasmine goes well with savory Pinoy dishes. Non-sticky Basmati rice, on the other hand, is perfect for Indian cuisines and shrimp. Brown and red rice are healthier grains that can balance your hearty viands.

### Throw the spices in!

Upgrade plain rice by simply throwing spices or herbs into the rice cooker right after your rice boils. You can try throwing in fried minced garlic, pandan, cinnamon and cardamom, or bay leaves. You can also cook the rice with chicken broth or

vegetable broth—just make sure that it's 50% water and 50% broth so that the rice won't become starchy. Another trick is to toast the grains on butter and olive oil before putting in the water and bringing it to a boil. With these tricks, you can turn your plain rice into an impressive dish.

### Make cooking simple yet delicious

Want a simple rice hack that will make your rice dish ooze with just the right blend of flavors? Try the **McCormick Rice Cookers Recipe Mixes** with Asian flavors like **Hainanese Chicken Rice**, **Biryani Rice**, and **Nasi Lemak Coconut Pandan Rice**. Those are three tough rice recipes to master, indeed! But thanks to McCormick, these authentic flavors are now made more accessible for your daily meals—no more guesswork, only amazing and perfectly blended rice treats every time.

Here's how to prepare the perfect cup of rice for a hearty meal:



1. First, rinse two cups of rice under cold water to give it a good, clean flavor.
2. Prepare three cups of water for your freshly washed grains of rice.
3. Mix in your choice of **McCormick Rice Cookers Recipe Mix**.
4. Cook using a rice cooker.
5. Serve hot, and enjoy!





## Healthy Approach

BY MARIE GONZALEZ

✦ Healthy eating habits tend to take a backseat when a busy day is ahead of you. Grabbing a quick breakfast usually means turning to fast food takeout or a doughnut. What most people forget is the fact that what you eat first thing in the morning dictates how efficient your body will be for the rest of the day. Greasy fast food makes you feel heavy, while sweets lead to a sleepy slump. If you take only coffee in the morning, you're setting yourself up for acid reflux!

Breakfast should be composed of complex carbohydrates to sustain energy, fiber to keep you full longer, and protein to curb cravings. Plant protein, in particular, fills you up and contains fiber, vitamins, and minerals to boot.

What to do? Make this milkshake! Bananas are naturally sweet and high in fiber. Plus, they become creamy in texture when blended. Peanut butter and soy milk are high in protein, which will keep you satiated. Cocoa is yummy, will perk you up without the caffeine crash, and is a natural antidepressant. Try it for breakfast and have a wonderful day ahead!

### 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).

## CHOCOLATE-PEANUT BUTTER BREAKFAST SMOOTHIE

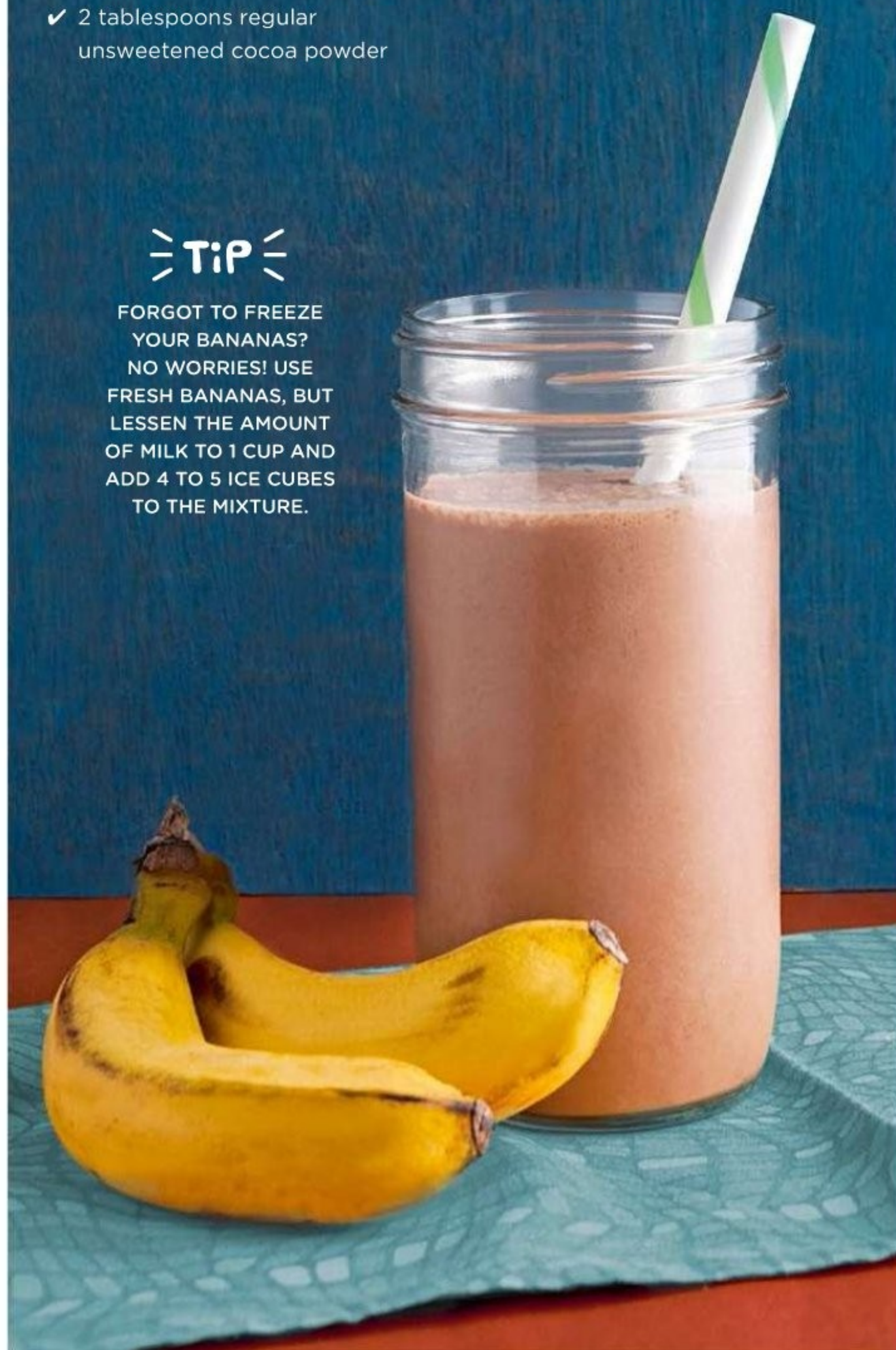
**Serves** 1 to 2 **Prep Time** 5 minutes

- ✓ 2 to 3 ripe bananas (*lakatan* variety), peeled and frozen, plus more if needed
- ✓ 1½ cups cold soy or almond milk
- ✓ 2 tablespoons peanut butter, or 3 to 4 tablespoons toasted peanuts or almonds
- ✓ 2 tablespoons regular unsweetened cocoa powder

- 1 Chop frozen bananas into chunks.
- 2 Place bananas in a blender. Add soy or almond milk, peanut butter or nuts, and cocoa powder. Process until smooth.
- 3 Taste and adjust texture and sweetness, if necessary, by adding more frozen banana chunks.
- 4 Pour into chilled serving glasses and serve immediately.

### TIP

FORGOT TO FREEZE YOUR BANANAS? NO WORRIES! USE FRESH BANANAS, BUT LESSEN THE AMOUNT OF MILK TO 1 CUP AND ADD 4 TO 5 ICE CUBES TO THE MIXTURE.







# Energy efficiency at its coolest



As intelligent sensors detect temperature changes, energy is consumed wisely by only cooling when needed, unlike ordinary refs which cool continuously.



Proven to have shown better energy savings, it does not damage the ozone layer by having a short lifespan in the atmosphere making this ref an environment-friendly choice.



This minimizes loss of cold air and ensures consistent cooling and improved energy efficiency. It also adds structural stability to your refrigerator.

**neo**  
iCHILL

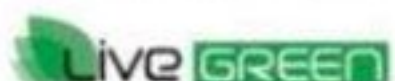


**INVERTER  
EQUIVALENT**  
REFRIGERATOR

This innovative technology lets you **save up to 50% in energy consumption** while keeping every part of your refrigerator in optimal cooling temperatures. Energy savings are equivalent to that of inverter refrigerators.

Exclusively Distributed by:

**EXATECH**  
Excellence Appliance Technologies



**Whirlpool Philippines**

G/F EXATECH Bldg. #56 Cordillera St. cor. E. Rodriguez Sr. Ave., Quezon City  
Tel. No. 230-1555 • [www.whirlpool.com.ph](http://www.whirlpool.com.ph)





INSPIRING



20



ENGAGING



IGNITING



20 YEARS OF  
FUELING YOUR  
PASSION



WWW.SUMMITMEDIA.COM.PH



From prepping on the weekend to using just five ingredients, we give you seven simple timesaving strategies to...

# PUT FOOD ON THE TABLE, FAST!

1

USE ONLY FIVE  
INGREDIENTS

2

MAKE A  
BIG BATCH

3

COOK 20-  
MINUTE MEALS

4

USE JUST  
ONE PAN

5

TURN TO  
STIR-FRIES

6

STORE IT IN  
THE FREEZER

7

PAIR WITH  
EASY SIDES



PUT  
**FOOD**  
ON THE TABLE,  
**FAST!**

**STRATEGY 1**  
USE ONLY  
FIVE  
INGREDIENTS

# Take **FIVE**

A few pantry basics is all it takes to come up with a delicious dish your entire family will enjoy!

**PHOTOGRAPHY BY** Patrick Martires  
**RECIPES AND FOOD PREPARATION BY** Mira Angeles  
**STYLING BY** Idge Mendiola





## Five-spice Tilapia

Elevate simple fried tilapia by seasoning it with store-bought Chinese five-spice powder—a tasty blend of cinnamon, cloves, star anise, fennel seeds, and Szechuan peppercorns. The result is the perfect balance of sweet, sour, and spicy.

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

- ✓ 1/4 cup soy sauce
- ✓ 3 cloves garlic, minced
- ✓ 3 tablespoons light brown sugar
- ✓ 1 kilo tilapia, cleaned
- ✓ 1 teaspoon Chinese five-spice powder

**3** Heat a large nonstick pan over medium-high heat. Add tilapia and cook until edges are opaque, about 5 minutes. Reduce heat to medium and turn fish over. Add soy sauce mixture; simmer until fish is completely cooked and the sauce has thickened, about 5 minutes. Serve immediately.

**1** Combine soy sauce, garlic, and brown sugar in a bowl.

**2** Sprinkle both sides of tilapia with five-spice powder.

## Roasted Tamarind Chicken

Use *sinigang* mix as a rub for roast chicken! You'll be surprised by what the little pack can do.

**Serves 4 Prep Time** 10 minutes  
**Cooking Time** 45 minutes

- ✓ 2 tablespoons soy sauce
- ✓ 3 lemongrass stalks (*tanglad*), pounded and chopped
- ✓ 5 cloves garlic, minced
- ✓ 1 kilo chicken leg quarters
- ✓ 1 (22-gram) pack original *sinigang sa sampalok* mix (we used Knorr)

**1** Combine soy sauce, lemongrass, and garlic in a bowl. Add chicken leg quarters and marinate, covered, in the refrigerator for 30 minutes.

**2** Rub *sinigang* mix all over chicken, making sure to season all sides and under the skin.

**3** Roast chicken, skin side up, in a turbo broiler set at 375°F for 30 minutes. Turn chicken over and cook for 15 minutes more. Serve immediately.

## Chinese Pepper Steak

Want to cook without oil?

Invest in a good nonstick pan, and choose meat cuts with fat that can be rendered. Here's a recipe you can start with.

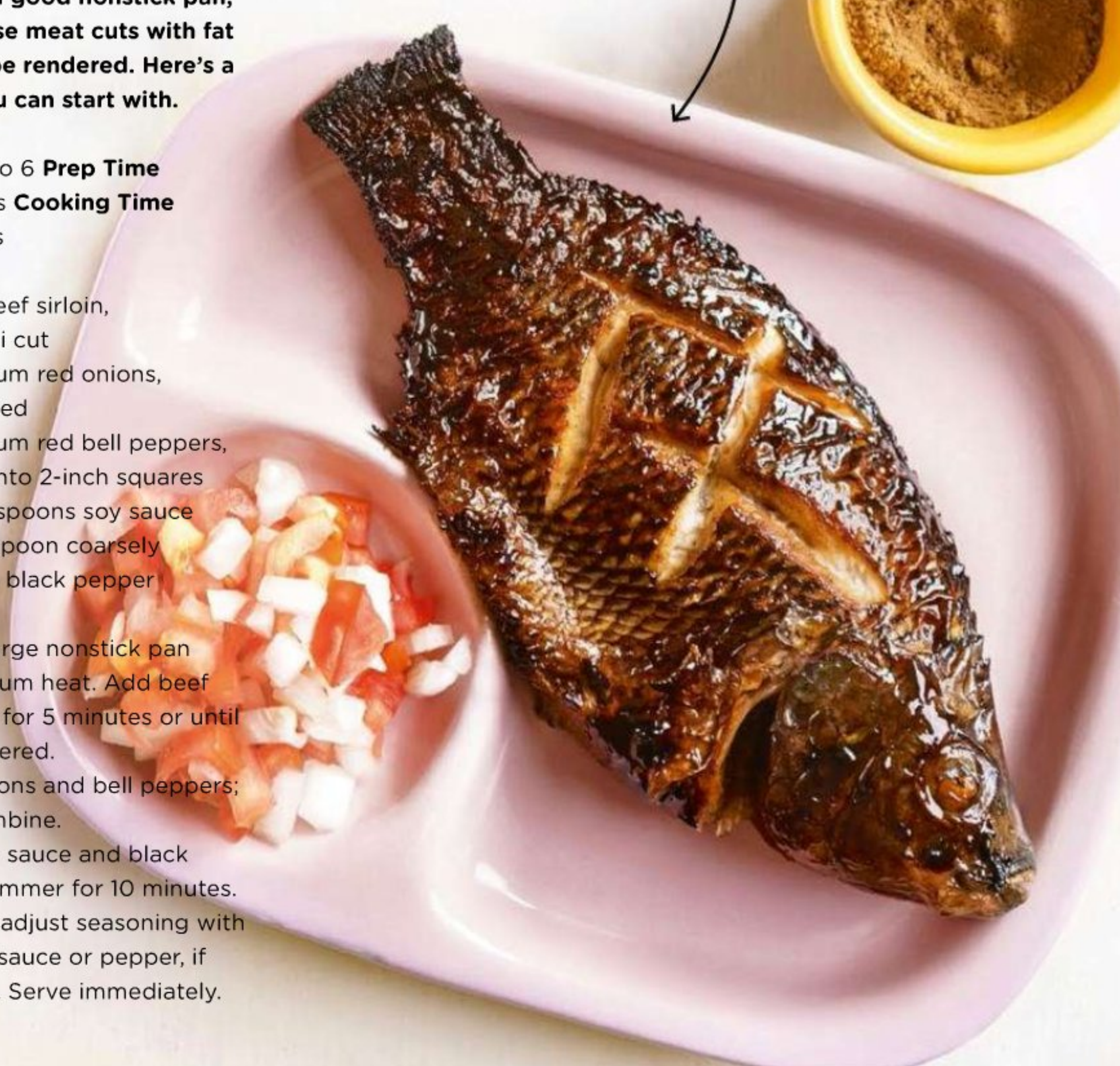
**Serves 5 to 6 Prep Time** 10 minutes  
**Cooking Time** 15 minutes

- ✓ 1 kilo beef sirloin, sukiyaki cut
- ✓ 3 medium red onions, quartered
- ✓ 3 medium red bell peppers, sliced into 2-inch squares
- ✓ 2 tablespoons soy sauce
- ✓ 1 tablespoon coarsely ground black pepper

**1** Heat a large nonstick pan over medium heat. Add beef and sauté for 5 minutes or until fat is rendered.

**2** Add onions and bell peppers; stir to combine.

**3** Add soy sauce and black pepper. Simmer for 10 minutes. Taste and adjust seasoning with more soy sauce or pepper, if necessary. Serve immediately.





PUT  
**FOOD**  
ON THE TABLE,  
**FAST!**

**STRATEGY 2**  
MAKE A  
BIG BATCH  
DURING THE  
WEEKEND

# cook **ONCE**, eat **THRICE**

A little kitchen magic can cut cooking time in half! Make a big batch of beef stew then use the meat to whip up two more dishes for the next couple of meals. Now isn't that a great plan?

**PHOTOGRAPHY BY**  
Patrick Martires  
**RECIPES AND FOOD**  
**PREPARATION BY**  
Aileen Anastacio  
**STYLING BY**  
Rachelle Santos

**meal**  
**ONE**

## Beer-braised Beef

This classic stew will satisfy big appetites, and the beer gives it a well-rounded flavor. Don't worry about the alcohol; it will evaporate completely while cooking.

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

**Cooking Time** 3 hours

- ✓ 1 kilo boneless beef shin, sliced into 3-inch pieces
- ✓ salt and pepper, to season
- ✓ 4 tablespoons olive oil, divided
- ✓ 2 cups diced white onions
- ✓ 1 cup diced carrots (sliced into 1½-inch cubes)
- ✓ 1 cup diced celery (sliced into 1-inch cubes)
- ✓ 4 cups beef stock, divided
- ✓ 2 cups beer (San Miguel Pale Pilsen or Cerveza Negra)
- ✓ ¼ cup all-purpose flour

- ✓ ⅓ cup water
- ✓ sweet potato mash, to serve (optional)

**1** Preheat oven to 350°F.

**2** Season beef with salt and pepper on all sides. Heat 2 tablespoons olive oil in a large heavy-bottomed casserole over high heat. When almost smoking, add meat; sear until browned, about 2 to 3 minutes per side. Transfer beef to a plate; set aside.

**3** Heat remaining olive oil in the same pot over medium heat. Add onions, carrots, and celery; cook for 5 minutes or until tender and fragrant. Add 1 cup beef stock; simmer for 2 minutes, scraping the

bottom to loosen the brown bits. Add remaining stock and beer.

**4** Add beef back to the pan. (Make sure beef is fully submerged.) Cover with a lid or foil. Place pot in the preheated oven; cook for 2½ to 3 hours or until fork-tender.

**5** Combine flour and water in a small bowl; stir well to form a smooth paste. Transfer pot to the stove over medium heat. Gradually add flour mixture into pot; simmer gently until sauce is slightly thickened. Season to taste. Set aside 2 to 3 cups beef and store in a covered container in the refrigerator. Serve with sweet potato mash, if desired.

**ONLINE  
EXCLUSIVE!**

Log on to [Yummy.ph](http://Yummy.ph) to  
get the recipe for  
Sweet Potato Mash!



## meal TWO



### Beef Barbacoa Soft Tacos

Turn beef stew into taco filling! Tangy vinegar and earthy cumin give the meat a flavor punch. Jazz up the tacos with pickled jalapeños, olives, and roasted bell peppers.

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

#### FOR THE BEEF FILLING

- ✓ 1 cup shredded Beer-braised Beef (recipe on [page 34](#))
- ✓ 1/4 cup beef stock
- ✓ 1/4 cup cane vinegar
- ✓ 2 tablespoons olive oil
- ✓ 2 cloves garlic, minced
- ✓ 1/4 tablespoon ground cumin
- ✓ 1/4 teaspoon salt
- ✓ 1/8 teaspoon ground black pepper
- ✓ 1/2 cup chopped tomatoes
- ✓ 1/2 cup chopped white onions
- ✓ 2 tablespoons finely chopped cilantro (wansoy)
- ✓ salt and pepper, to taste
- ✓ 4 (6-inch) flour tortillas
- ✓ 1/4 cup sour cream
- ✓ 1/3 cup grated cheddar cheese
- ✓ lime wedges, to serve (optional)

- 1** Make the beef filling: Combine all ingredients in a small saucepan. Bring mixture to a gentle simmer. Do not stir. Allow liquid to evaporate until mixture becomes slightly dry, about 10 minutes. Adjust seasoning as needed. Remove from heat and set aside until ready to use.
- 2** Mix together tomatoes, onions, and cilantro in a small bowl. Season to taste with salt and pepper.
- 3** Heat flour tortillas on a dry pan until warmed. Transfer to a plate or clean work surface.
- 4** Place beef filling on one side of a tortilla. Top with 4 tablespoons tomato mixture. Add 1 tablespoon sour cream and 1 to 2 tablespoons grated cheese. Repeat with remaining ingredients. Serve with lime wedges on the side, if desired.

### Baked Ziti With Braised Beef

Give your stew another makeover and turn it into a rich pasta sauce. Play with the flavors by adding your favorite herbs—try basil, thyme, or oregano.

**Serves 4 to 6 Prep Time** 10 minutes  
**Cooking Time** 35 to 40 minutes

- ✓ 3 tablespoons olive oil, plus more for brushing
- ✓ 1/4 teaspoon red pepper flakes
- ✓ 1/3 cup chopped white onions
- ✓ 2 cloves garlic, minced
- ✓ 1 cup shredded Beer-braised Beef (recipe on [page 34](#))
- ✓ 1 (400-gram) can crushed tomatoes
- ✓ 2 tablespoons all-purpose cream
- ✓ salt and pepper, to taste
- ✓ 350 grams ziti or penne noodles, cooked according to package directions
- ✓ 1/4 cup Japanese or coarse breadcrumbs
- ✓ 1/4 cup grated mozzarella cheese

**1** Preheat oven to 350°F. Brush a 9x13-inch baking dish with olive oil. Set aside.

**2** Heat oil in a saucepan over medium heat. Add red pepper flakes; cook for 10 seconds. Add onions; sauté until translucent. Add garlic; cook until fragrant. Add shredded beef; mix well. Add crushed tomatoes. Lower heat and simmer, stirring occasionally, for 10 to 15 minutes. Add cream; stir until well combined. Season to taste with salt and pepper.

**3** Combine sauce and noodles in a large bowl; mix well. Season with salt and pepper. Transfer to prepared baking dish. Top evenly with breadcrumbs and cheese.

**4** Bake in the preheated oven for 35 to 40 minutes, or until cheese is melted and breadcrumbs are golden brown.



## meal THREE





## Beef Shawarma Rice

If you can't get enough of the classic beef wrap, you'll love this rice bowl! Add chili flakes to the marinade for a spicy kick.

**Serves** 5 to 6 **Prep Time**

5 minutes **Cooking Time**  
15 minutes

- ✓ 1 teaspoon ground cumin
- ✓ ½ teaspoon ground turmeric
- ✓ 1 teaspoon salt
- ✓ ½ teaspoon ground pepper
- ✓ 1 cup plain yogurt
- ✓ 1 kilo beef sirloin, sliced thinly
- ✓ 2 tablespoons vegetable oil
- ✓ steamed rice, to serve
- ✓ 1 head lettuce, shredded
- ✓ 4 medium tomatoes, sliced and seeded
- ✓ 3 medium white onions, sliced

**1** Combine cumin, turmeric, salt, pepper, and yogurt in a bowl. Add beef and toss to combine.

**2** Heat oil in a skillet over medium heat. Sauté beef, then add marinade and simmer for 10 minutes or until sauce is reduced by half.

**3** To serve, place rice in a serving bowl. Top with lettuce, tomatoes, and onions. Arrange beef on top of vegetables. Drizzle with remaining sauce. Serve immediately.

**STRATEGY 3**  
COOK  
20-MINUTE  
MEALS

# Right on TIME

## Broccoli, Carrot, and Tortellini Pasta Salad

Tortellini is ring-shaped pasta stuffed with meat, cheese, or veggies. It's available fresh or dried at supermarkets and delis.

**Serves** 5 to 6 **Prep Time**

10 minutes **Cooking Time**  
10 minutes

- ✓ ¼ kilo broccoli, cut into florets
- ✓ 2 medium carrots, cubed
- ✓ 1 (250-gram) pack tortellini, cooked according to package directions
- ✓ 3 tablespoons balsamic vinegar
- ✓ ½ cup olive oil
- ✓ ½ teaspoon salt
- ✓ 1 teaspoon sugar
- ✓ dash of pepper

**1** Blanch broccoli and carrots in a pot of boiling water for 3 to 5 minutes, or until cooked but still crisp; immediately transfer to a bowl of ice-cold water. Strain and place in a large mixing bowl.

**2** Add cooked tortellini to the bowl and toss until well combined.

**3** Combine balsamic vinegar, olive oil, salt, sugar, and pepper in a bowl. Whisk until well combined.

**4** Drizzle dressing over salad or serve on the side.







## Greek-style Fish with Cucumber-Mint Sauce

Make a Mediterranean-inspired meal by stuffing the fish in pita pockets with lettuce, onions, and olives. Don't forget the sauce!

**Serves** 5 to 6 **Prep Time**

10 minutes **Cooking Time**

10 minutes

- ✓ 1 kilo white fish fillet (sole or *labahita*), sliced into squares
- ✓ 1 teaspoon cumin
- ✓ salt and pepper, to season
- ✓ 2 tablespoons cooking oil
- ✓ steamed white rice, to serve

### FOR THE CUCUMBER-MINT SAUCE

- ✓ 1 cup plain yogurt
- ✓ 2 tablespoons olive oil
- ✓ 1½ tablespoons lemon juice
- ✓ 1 clove garlic, crushed
- ✓ salt and pepper, to taste
- ✓ 1 medium cucumber, peeled,

seeded, and cubed

- ✓ 2 red bell peppers, cubed
- ✓ 1 tablespoon finely chopped fresh mint

**1** Season fish fillets with cumin, salt, and pepper; set aside.

**2** Make the sauce: Combine yogurt, olive oil, lemon juice, and garlic in a bowl. Season with salt and pepper. Mix in cucumber, bell peppers, and mint. Chill until ready to serve.

**3** Heat oil in a frying pan. Fry fish fillets until opaque, about 5 minutes on each side. Top with sauce or serve on the side. Serve with steamed white rice.

In a rush to prepare dinner for your loved ones? Here are four solutions you can whip up without breaking a sweat. They're fast, economical, and definitely tasty!

**PHOTOGRAPHY BY** Patrick Martires  
**RECIPES AND FOOD PREPARATION BY** Mira Angeles  
**STYLING BY** Idge Mendiola

## Chicken Chow Mein

Peanut butter is used to coat the noodles, giving this dish a slightly sweet flavor profile. Try adding shrimp to the mix, too.

**Serves** 3 **Prep Time** 5 minutes

**Cooking Time** 15 minutes

- ✓ 2 tablespoons cooking oil
- ✓ 2 cloves garlic, minced
- ✓ ½ kilo chicken breast fillets, sliced thinly
- ✓ 2 tablespoons sugar
- ✓ 3 tablespoons soy sauce
- ✓ 2 tablespoons peanut butter
- ✓ ½ cup water
- ✓ 1 cup dried shiitake mushrooms, soaked in water and sliced thinly
- ✓ 1 cup honey roasted peanuts
- ✓ salt and pepper, to taste

- ✓ 500 grams spaghetti, cooked according to package directions
- ✓ green onions for garnish

**1** Heat oil in a wok over medium heat. Sauté garlic until fragrant. Add chicken and stir-fry.

**2** Combine sugar, soy sauce, peanut butter, and water in a bowl. Add to the wok and mix.

**3** Add shiitake mushrooms and peanuts; stir. Season with salt and pepper.

**4** Add spaghetti and toss to combine. Turn off heat. Transfer to a serving bowl and garnish with green onions.







PUT  
**FOOD**  
ON THE TABLE,  
**FAST!**

STRATEGY 4  
USE  
ONLY  
ONE PAN





# ONE-PAN

## perfection

The goal: Spend less time in the kitchen and more time around the dinner table. The solution: Whip up fuss-free one-pan dishes. Let's get started!

PHOTOGRAPHY BY Patrick Martires

RECIPES AND FOOD PREPARATION BY Aileen Anastacio

STYLING BY Rachelle Santos

### SEAFOOD CHAR KWAY TEOW

Have dinner ready in half an hour with this hearty noodle dish. With seafood, sausages, and egg, it's a medley of flavors in every bite.

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

- ✓ 1 tablespoon chili sauce
- ✓ 2 tablespoons dark soy sauce
- ✓ 2 tablespoons sweet soy sauce (kecap manis)
- ✓ 2 tablespoons oyster sauce
- ✓ 1 tablespoon sugar
- ✓ 5 tablespoons vegetable oil, divided
- ✓ 1 red Thai chili, sliced
- ✓ 1 Chinese sausage, sliced diagonally
- ✓ 2 cloves garlic, minced
- ✓ 4 large shrimp, peeled and deveined
- ✓ 1/4 cup sliced squid
- ✓ 100 grams flat rice noodles, soaked in water until soft then drained
- ✓ 2 eggs, beaten
- ✓ 1/2 cup bean sprouts
- ✓ 4 stalks green onions, sliced into 2-inch lengths, divided

**1** Combine chili sauce, dark soy sauce, sweet soy sauce, oyster sauce, and sugar in a bowl. Mix until combined and sugar is dissolved. Set aside.

**2** Heat 2 tablespoons oil in a medium wok. Add chili and sauté for a few seconds. Add Chinese sausage and cook for 1 minute. Add garlic and cook just until fragrant. Add shrimp and cook just until pink. Add squid and cook just until white. Transfer mixture to a plate and set aside.

**3** Add remaining oil to the same wok. Add rice noodles and stir-fry until heated through. Add soy sauce mixture and toss until noodles are tender. Pour in beaten eggs and stir constantly until set.

**4** Add bean sprouts and half of the green onions; toss to combine. Return the sausage-seafood mixture to the pan and toss to mix well.

**5** Remove from heat and transfer to a serving plate. Garnish with remaining green onions and serve immediately.





## BAKED HERBED SOLE WITH OLIVES

Bring the subtle flavor of fish to life with herbs and lemons. Serve it with rice pilaf, buttered pasta, or mixed salad greens.

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

- ✓ 2 tablespoons chopped fresh parsley
- ✓ 1 tablespoon chopped fresh tarragon
- ✓ 1 tablespoon chopped fresh basil
- ✓ 1 tablespoon chopped fresh oregano
- ✓ 2 cloves garlic, minced
- ✓ 1 lemon (half sliced thinly, the other juiced and its zest grated)
- ✓ ¼ cup olive oil, plus extra for drizzling
- ✓ rock salt and freshly ground black pepper, to season
- ✓ 1 large or 2 medium whole sole, scales removed, gutted, and head removed if desired
- ✓ 1 medium white onion, sliced
- ✓ 2 stalks leeks, sliced into 3-inch lengths
- ✓ 1 red Thai chili, sliced, or ½ teaspoon chili flakes
- ✓ ¼ cup pitted black and green olives, halved
- ✓ ¼ cup cherry tomatoes, halved

- 1** Preheat oven to 400°F.
- 2** Place herbs, garlic, lemon juice and zest, and olive oil in a food processor. Blend until well combined. Season with salt and pepper. Transfer to a bowl.
- 3** Lay fish on a chopping board or plate. Season with salt and pepper.
- 4** Drizzle a large baking dish with olive oil. Arrange onions and leeks on the bottom. Place fish on top.
- 5** Rub fish with herb mixture and drizzle with more olive oil. Top with lemon slices. Sprinkle with chili. Arrange olives and tomatoes around the pan.
- 6** Place baking dish in the preheated oven, on the upper rack. Bake for 20 to 25 minutes, or just until fish is cooked but still moist and tender.



# ARROZ CON POLLO WITH CILANTRO

Cilantro, garlic, and lime juice make a great team—their flavors are the foundation for this South American-inspired dish. Round out your meal with fried *saba* or grilled vegetables.

**Serves** 2 to 4 **Prep Time** 20 minutes, plus marinating time **Cooking Time** 35 minutes

- ✓ 1 cup cilantro leaves (*wansoy*), chopped, plus more for garnish
- ✓ 1 clove garlic, minced
- ✓ 2 tablespoons lime juice
- ✓ 7 tablespoons olive oil, divided
- ✓ salt and pepper, to season
- ✓ 4 boneless chicken thighs
- ✓  $\frac{1}{3}$  cup minced white onions
- ✓ 2 cloves garlic, minced
- ✓  $\frac{1}{4}$  cup minced celery
- ✓  $\frac{1}{2}$  cups uncooked jasmine rice
- ✓  $\frac{1}{2}$  cup canned kidney beans, drained
- ✓  $\frac{3}{4}$  cups chicken stock

**1** Place cilantro, garlic, lime juice, and 4 tablespoons olive oil in a food processor. Blend until smooth then transfer to a bowl. Season to taste with salt and pepper.

**2** Place chicken in a separate bowl. Pour  $\frac{1}{4}$  cup of the cilantro mixture over the chicken and mix. Marinate for at least 1 hour in the refrigerator.

**3** Heat 2 tablespoons oil in a heavy-bottomed casserole or Dutch oven. When almost smoking, sear chicken, skin side down. Cook until skin is browned, about 2 minutes. Turn over and cook for 2 more minutes. Transfer chicken to a plate and set aside.

**4** Heat remaining oil in the same pan. Sauté onions, garlic, and celery over medium-low heat for 3 to 4 minutes, or just until tender but not brown.

**5** Add rice and sauté until grains are coated well with oil and vegetables. Add beans and mix well.

**6** Add chicken stock and remaining cilantro mixture; mix well. Let rice boil over medium heat then reduce heat to low. Cover with a lid and allow to simmer gently until almost dry, about 20 minutes.

**7** Lay chicken on top of rice, cover, and cook for another 6 to 8 minutes. Turn off heat and allow rice to settle for 5 to 8 minutes.

**8** Spoon rice onto a plate and top with chicken. Garnish with cilantro leaves.

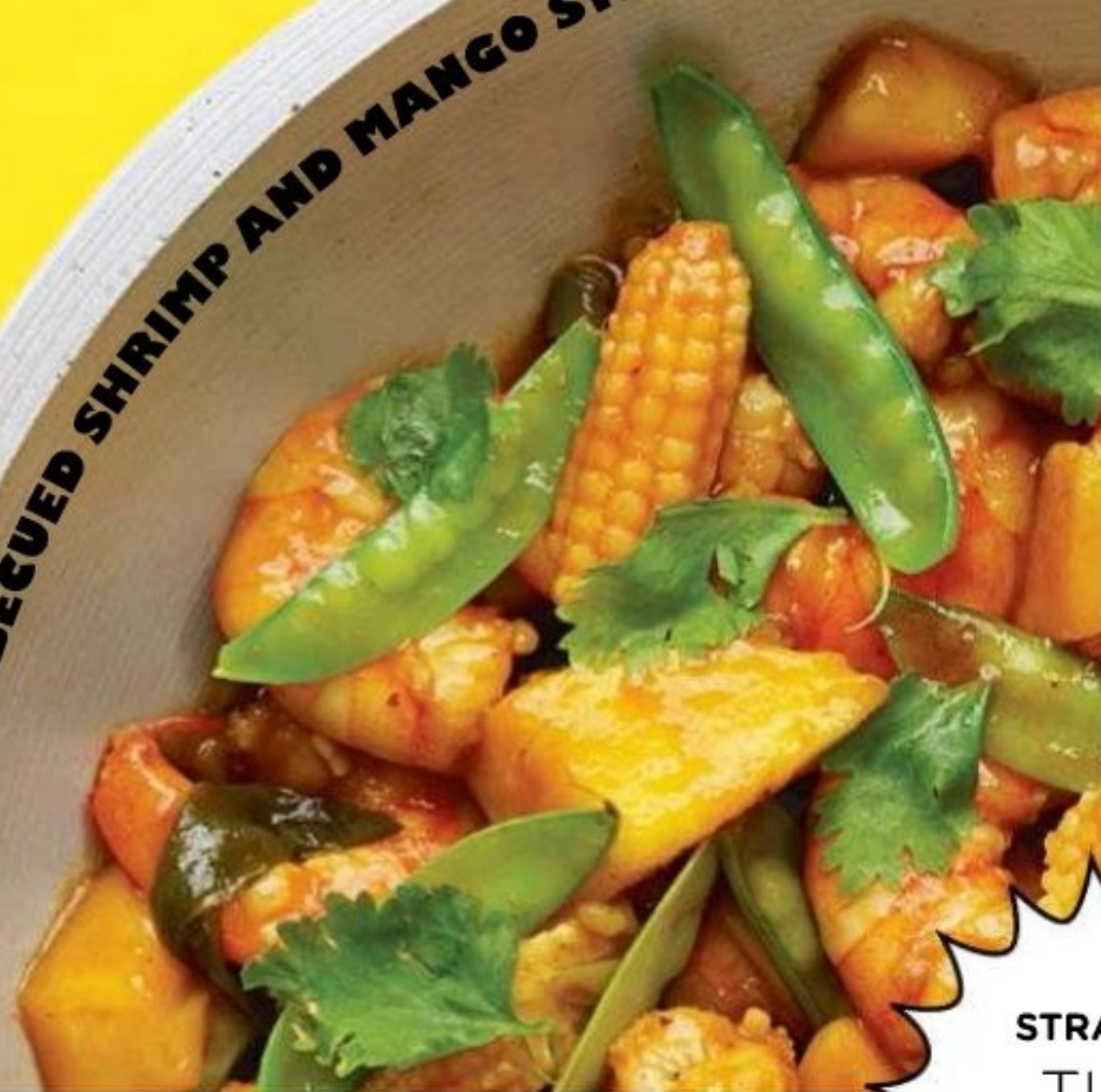




PUT  
**FOOD**  
ON THE TABLE,  
**FAST!**

Bring out the wok and toss  
together a handful of ingredients.  
Dinner is that easy!

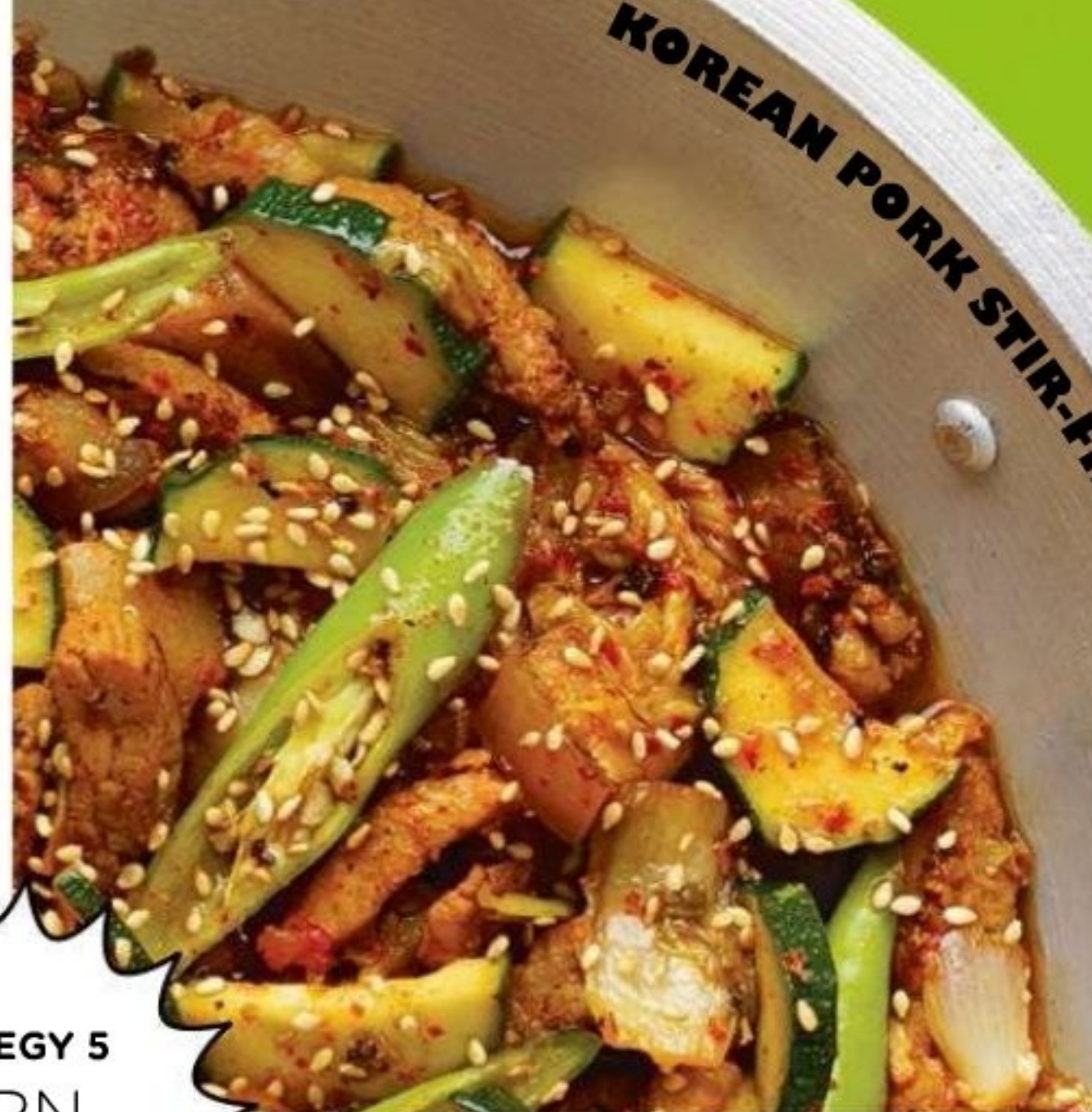
**BARBECUED SHRIMP AND MANGO STIR-FRY**



STRATEGY 5  
TURN  
TO STIR-  
FRIES

PHOTOGRAPHY BY Patrick Martires  
RECIPES AND FOOD PREPARATION BY  
Len Santos-Ding of Feed 5000 Kitchen Studio  
STYLING BY Idge Mendiola

**KOREAN PORK STIR-FRY**



**TAMARIND CHICKEN STIR-FRY**



**JAPANESE BEEF TENDERLOIN FRIED RICE**



**Wok this way!**



## Barbecued Shrimp and Mango Stir-fry

It takes less than 20 minutes to put together this tasty dish. Make sure to use only the sweetest mangoes, and serve the stir-fry with bowls of steamed rice.

**Serves** 4 to 5 **Prep Time** 10 minutes **Cooking Time** 5 to 8 minutes

Melt **3 tablespoons butter** in a wok over high heat. Sauté **2 cloves garlic** (minced) until light brown. Add **500 grams medium shrimp** (peeled) and cook until pink. Add **1/2 cup barbecue sauce** (we used Hunt's Original), **1 1/2 cups snow peas** (*sitsaro*), and **1/4 cup young corn**; stir-fry for 2 minutes more. Season with **salt** and **pepper**. Turn off heat and stir in diced flesh from **1 medium ripe mango**. Garnish with **cilantro leaves**.

## Korean Pork Stir-fry

With gochujang, *gochugaru*, and kimchi in the mix, this dish packs a lot of heat. Tweak the amount that you'll put in, especially if you're feeding kids.

**Serves** 8 **Prep Time** 20 minutes **Cooking Time** 10 minutes

Combine **1/3 cup gochujang**, **1/4 cup peeled and grated Korean pear or Fuji apple**, **2 tablespoons minced garlic**, **1 tablespoon grated ginger**, **1 tablespoon Japanese soy sauce**, **1 tablespoon sesame oil**, **2 tablespoons brown sugar**, **1 tablespoon Asian rice wine**, and **2 teaspoons gochugaru** (Korean dried chili flakes) in a bowl. Add **1 kilo pork pigue** (sliced into thin strips), cover, and marinate in the refrigerator for 2 to 8 hours. Heat **1 tablespoon oil** in a wok over high heat until smoking. Add **1 medium white onion** (sliced thinly), **2 stalks leeks** (white and light green parts only, sliced thinly), and **2 green finger chilies** (*siling pangsigan*, sliced diagonally). Cook, stirring, until vegetables start to brown on the edges, about 2 to 3 minutes. Add **1 cup drained kimchi**; cook until liquid is absorbed, about 2 minutes. Transfer to a plate; set aside. Working in 2 to 3 batches, heat **5 tablespoons cooking oil** in the wok. Add pork; stir-fry just until cooked through and starting to brown. Transfer to a plate. Return all ingredients to the wok and add **1 medium zucchini** (halved lengthwise and sliced thinly). Stir-fry until heated through. Season with **salt** and sprinkle with toasted **sesame seeds**.

## Tamarind Chicken Stir-fry

For dinner, go Thai and try this tamarind- and basil-infused dish. You can make it with beef or pork, too.

**Serves** 4 to 6 **Prep Time** 15 minutes **Cooking Time** 10 minutes

Combine **1 tablespoon rice wine**, **2 tablespoons soy sauce**, and **2 teaspoons cornstarch** in a bowl. Add **500 grams skinless chicken thigh fillets** (sliced into bite-sized pieces); mix well. Marinate in the refrigerator for 30 minutes or overnight. Make the tamarind sauce: Combine **2 tablespoons tamarind paste**, **1/3 cup chicken stock**, **2 1/2 tablespoons fish sauce** (*patis*), **2 tablespoons sugar**, and **1 tablespoon sweet soy sauce** (kecap manis) in a bowl. Mix until well combined; set aside. Heat **1 tablespoon vegetable oil** in a wok over high heat. Stir-fry chicken in 2 batches until slightly cooked and golden brown; set aside. In the same wok, add **1 tablespoon vegetable oil** and sauté **1/4 cup chopped red onion**, **2 thumb-size pieces ginger** (sliced into matchsticks), **5 cloves garlic** (minced), and **1 cup fresh shiitake mushrooms** (sliced). Add **1/4 teaspoon chili flakes** and cooked chicken. Add tamarind sauce; simmer until chicken is cooked through and sauce is thick. Turn off heat and add a **handful of fresh basil leaves** (sliced thinly); stir until slightly wilted.

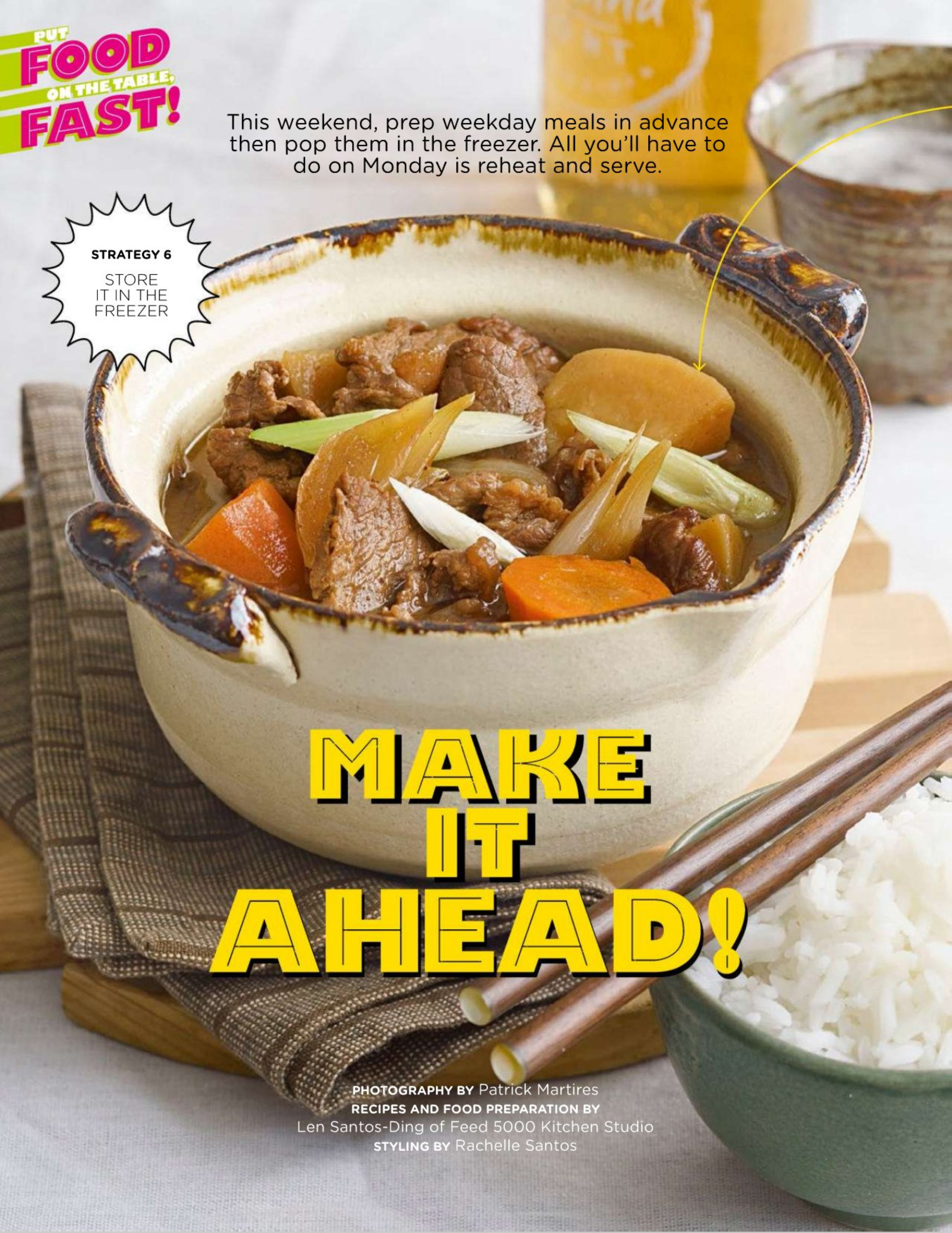
## Japanese Beef Tenderloin Fried Rice

Elevate plain *sinangag* to Japanese-inspired fried rice! It's flavorful, filling, and a meal all on its own.

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

Heat **2 teaspoons oil** in a large frying pan. Pan-fry **2 eggs** (beaten with a pinch of salt and sugar) to make a thin omelet. Transfer to a chopping board; roll loosely. Slice thinly to make ribbons; set aside. Season **400 grams diced beef tenderloin** with **salt** and **pepper**. Heat **1/4 cup vegetable oil** in a wok over high heat. Stir-fry beef in 2 batches until browned; set aside. In the same wok, melt **1/4 cup butter**. Sauté **4 cloves garlic** (minced) and **1 teaspoon grated ginger** until fragrant but not brown. Add **4 cups cooked and cooled rice**. Combine **1/4 cup Japanese soy sauce**, **2 tablespoons sugar**, and **2 tablespoons mirin** in a bowl. Add to the wok and stir. Add **1 cup frozen mixed vegetables** (thawed) and cooked beef. Stir until rice is completely coated and no white grains are left. Toss in **1 cup shredded red or green cabbage**. Adjust seasoning, if necessary. Transfer to a serving plate. Garnish with sliced eggs.





PUT  
**FOOD**  
ON THE TABLE,  
**FAST!**

This weekend, prep weekday meals in advance then pop them in the freezer. All you'll have to do on Monday is reheat and serve.

**STRATEGY 6**

STORE  
IT IN THE  
FREEZER

**MAKE  
IT  
AHEAD!**

PHOTOGRAPHY BY Patrick Martires  
RECIPES AND FOOD PREPARATION BY  
Len Santos-Ding of Feed 5000 Kitchen Studio  
STYLING BY Rachelle Santos



## Japanese Beef and Potato Stew

If you're fond of sukiyaki, you'll love this quick and easy dish. Make it heartier by adding fresh mushrooms, tofu, and radish.

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

- ✓ 500 grams beef sirloin, sliced thinly
- ✓ salt, to season
- ✓ 1 teaspoon vegetable oil
- ✓ 2 medium potatoes, peeled and quartered
- ✓ 2 medium white onions, sliced thinly
- ✓ 1 medium carrot, sliced into 1½-inch pieces
- ✓ 1 cup water or dashi stock
- ✓ 6 tablespoons sugar
- ✓ 4 tablespoons Japanese soy sauce
- ✓ 4 tablespoons mirin
- ✓ sliced leeks for garnish

**1** Season beef with salt. Heat oil in a large pot over medium-high heat. Add beef and cook until brown.

**2** Add potatoes, onions, and carrot; cook for 1 minute.

**3** Add water or dashi stock, cover, and cook over medium heat for about 20 minutes or until potatoes are tender.

**4** Season with sugar, soy sauce, mirin, and salt. Cook for 10 more minutes. Remove from heat and let rest for 30 minutes. Garnish with leeks.



Cook this dish up to two days in advance and refrigerate in a covered container. You can also freeze it for up to two months, but make the stew without the potatoes if you plan to do this. When ready to serve, reheat the stew and add boiled potatoes.



Proceed with recipe until Step 4. Let the sauce cool quickly by placing the pot in ice-cold water. Once cool, transfer the sauce to a covered container. Refrigerate for up to two days or freeze for up to three months.

## Vegetable Bolognese

Going for a meatless meal? Turn to vegetarian pasta! The mix of vegetables and meaty mushrooms makes this dish quite satisfying.

**Serves** 6 to 8 **Prep Time**  
20 minutes **Cooking Time**  
35 minutes

- ✓ 3 medium eggplants, sliced into small cubes, unpeeled (about 2 to 3 cups)
- ✓ ¼ cup olive oil, plus more if needed
- ✓ ¼ cup minced onions
- ✓ 1 stalk celery, minced (about ¼ cup)
- ✓ 1 medium carrot, minced (about ¾ cup)
- ✓ 1 small red bell pepper, cored and minced (about ¼ cup)
- ✓ 250 grams fresh mushrooms (button, shiitake, or a combination), stems removed and caps minced
- ✓ salt and pepper, to taste
- ✓ ½ cup red wine (optional)
- ✓ 2 (800-gram) cans tomato purée or crushed tomatoes
- ✓ 1 cup water
- ✓ 1 cup fresh basil, sliced into thin strips
- ✓ 600 grams pasta (we used linguine), cooked according to package directions
- ✓ freshly grated Parmesan cheese, to serve

**1** Soak eggplants in 3 cups water mixed with 1 tablespoon salt for 10 minutes; rinse. Drain well.

**2** Heat oil in a large saucepot.

Sauté onions over medium-low heat until translucent, about 1 to 2 minutes. Add celery, carrot, eggplants, bell pepper, and mushrooms. Season with salt and pepper. Add more oil if the pan is a little dry.

**3** Turn up heat to medium-high and add red wine, if using. Stir constantly over low heat for 10 minutes and let wine reduce until almost dry.

**4** Add tomatoes and water; simmer for 15 to 20 minutes. Adjust seasoning, if needed. Turn off heat and add basil.

**5** Add pasta and toss to mix well. Place in a serving dish and sprinkle with Parmesan cheese.





Proceed with recipe until Step 2. Place parchment paper pieces between patties and store in a freezer bag or covered container. Freeze for up to three months.



## Chicken in Coconut Milk

The secret to moist, flavorful chicken? Coconut milk and a handful of aromatics. Baked or grilled, this dish is a winner!

**Serves 8** **Prep Time** 15 minutes, plus marinating time **Cooking Time** 30 minutes

- ✓ 2 (1-kilo) whole chickens, each cut into 8 pieces
- ✓ 2 cups coconut milk
- ✓ 4 tablespoons calamansi juice
- ✓ 3 tablespoons Thai fish sauce
- ✓ 2 tablespoons minced garlic
- ✓ 1 teaspoon ground turmeric
- ✓ 1 teaspoon grated ginger
- ✓ 1/4 cup chopped cilantro (wansoy)
- ✓ chili flakes, to taste
- ✓ 1 tablespoon salt
- ✓ vegetable oil for brushing

**1** Mix all ingredients in a bowl. Cover with plastic wrap and

marinate overnight in the refrigerator.

**2** Preheat oven to 420°F. Brush baking sheet with oil. Drain marinade from chicken then arrange chicken on prepared baking sheet. Bake in the oven for about 30 minutes or until golden brown.

**3** Alternatively, you can grill the chicken: Preheat charcoal grill to medium-high heat. Brush grill with oil to prevent chicken from sticking. Arrange chicken on the grill, skin side down, 1 inch apart. Grill each side for 8 to 10 minutes. Check for doneness by piercing the thickest part of each piece; they're cooked when the juices run clear.

## Thai Pork Sausage

These patties highlight the aromatic flavors of Thai cuisine. Serve them with steamed rice and a refreshing cucumber salad, or place between toasted burger buns for a grab-and-go meal.

**Serves 4 to 5** **Prep Time** 20 minutes **Cooking Time** 6 to 8 minutes

- ✓ 8 stalks lemongrass, pounded and chopped finely
- ✓ 2 teaspoons chili flakes (optional)
- ✓ 8 cloves garlic, peeled and chopped finely
- ✓ 4 shallots, peeled and chopped finely
- ✓ 6 tablespoons chopped cilantro leaves and stems
- ✓ 500 grams ground pork
- ✓ 4 teaspoons salt or to taste
- ✓ 1 tablespoon brown sugar
- ✓ 1 teaspoon calamansi juice
- ✓ 1 teaspoon freshly ground black pepper
- ✓ 4 teaspoons grated galangal or ginger
- ✓ 1 teaspoon ground turmeric
- ✓ 4 kaffir lime leaves, sliced finely
- ✓ vegetable oil for frying
- ✓ steamed rice and cucumber salad, to serve (optional)

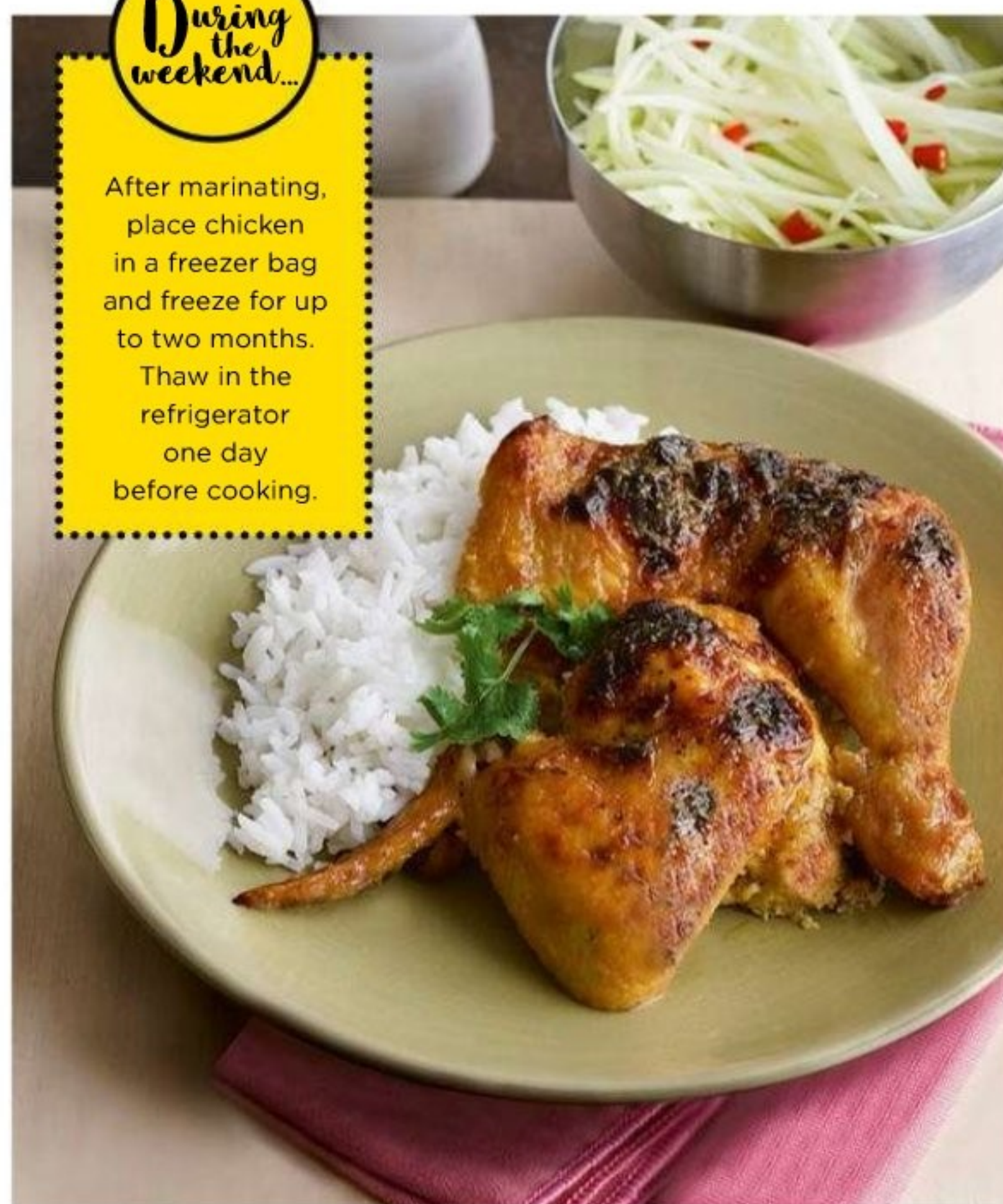
**1** Using a mortar and pestle (or food processor), pound (or pulse) lemongrass, chili flakes (if using), garlic, shallots, and cilantro into a paste.

**2** Combine pork and remaining ingredients in a bowl; mix well. Add paste and mix thoroughly. Scoop mixture into 1/3 to 1/2 cup portions and form into patties.

**3** Heat oil in a frying pan. Fry patties in batches over low heat until golden brown, about 5 minutes on each side. Serve hot with steamed rice and cucumber salad, if desired.



After marinating, place chicken in a freezer bag and freeze for up to two months. Thaw in the refrigerator one day before cooking.





# Citrus-glazed Short Ribs

Want tasty, fall-off-the-bone ribs? Then low and slow is the way to go! Slow cooking gives meat more time to tenderize and absorb all the glorious flavors.

**Serves 8 Prep Time** 30 minutes

**Cooking Time** 3 hours

- ✓ 2 kilos beef short ribs
- ✓ salt and freshly ground black pepper, to season
- ✓ 2 tablespoons vegetable oil
- ✓ 2 medium white onions, chopped
- ✓ 2 heads garlic, halved crosswise
- ✓ 1 stalk celery, chopped
- ✓ 2 medium carrots, peeled and chopped
- ✓ 2 tablespoons tomato paste
- ✓ 1 teaspoon coriander seeds
- ✓ 1 teaspoon cumin seeds
- ✓ 1 teaspoon crushed red pepper flakes
- ✓ 4 sprigs fresh oregano
- ✓ 4 wide strips orange peel, plus thin strips for garnish

- ✓ 1 cup plus 2 tablespoons fresh orange juice, divided
- ✓ 3 *saba* bananas, sliced diagonally into 1/4-inch-thick pieces
- ✓ juice from 2 limes or 4 tablespoons *calamansi* juice
- ✓ 1 bundle bok choy, leaves separated, washed, drained, and blanched

**1** Preheat oven to 425°F.

**2** Season beef with salt and pepper. Place on a rimmed baking sheet. Drizzle with oil. Cook in the oven for about 15 minutes or until brown.

**3** Transfer beef into a large pot. Add onions, garlic, celery, carrots, tomato paste, coriander, cumin, and red pepper flakes. Season with salt

and pepper; stir to coat. Add oregano, wide orange peel strips, 1 cup orange juice, and enough water to cover meat; boil. Reduce heat to simmer. Cook for about 2½ hours or until meat is fork-tender.

**4** Fry *saba* in a bit of oil until golden brown. Set aside.

**5** When beef is tender, transfer to a platter. Strain braising liquid into a large bowl and return to pot; bring to a boil. Lower heat to simmer. Let sauce reduce by half (it should become thick).

**6** Drizzle beef with remaining orange juice and lime juice. Pour sauce over and garnish with thin orange peel strips. Serve with bok choy and *saba* on the side.

During  
the  
weekend...

Follow recipe until Step 3. Let cool. Place in a covered container and refrigerate for up to five days or freeze for up to three months. One day before serving, thaw beef in the refrigerator. When ready, heat beef in a pot then proceed with Steps 4 to 6.





PUT  
**FOOD**  
ON THE TABLE,  
**FAST!**

1



2



STRATEGY 7  
PAIR MAINS  
WITH EASY  
SIDES

3



# Super SIDES

Complete your meal with any of our  
15 accompaniments—it'll turn a simple lunch  
into a special one!

PHOTOGRAPHY BY Patrick Martires  
RECIPES AND FOOD STYLING BY Melanie Jimenez  
PROP STYLING BY Idge Mendiola

4



5



6



7





## 1 Couscous Salad

**PAIR WITH:** Grilled meats; Italian, Greek, and Mediterranean dishes

**TO MAKE:** Combine 250 grams couscous (cooked according to package directions and cooled to room temperature),  $\frac{1}{3}$  cup chopped green onions,  $\frac{1}{4}$  cup diced red bell pepper,  $\frac{1}{4}$  cup diced green bell pepper,  $\frac{1}{4}$  cup diced yellow bell pepper, and  $\frac{1}{2}$  cup finely chopped fresh parsley in a large bowl. Whisk together the juice and zest from 2 lemons and  $\frac{1}{3}$  cup olive oil in a small bowl; season with salt and pepper. Toss dressing with couscous salad 30 minutes before serving. Sprinkle with  $\frac{1}{2}$  cup toasted almond slivers.

**Serves 6.**

## 2 Roasted Cauliflower with Cheddar Cheese Sauce

**PAIR WITH:** Roast beef, grilled pork, roast chicken, baked fish, and steamed seafood; continental dishes

**TO MAKE:** Preheat oven to 375°F. Line a baking sheet with parchment paper. Toss  $2\frac{1}{2}$  cups cauliflower florets with 1 to 2 tablespoons olive oil. Arrange in a single layer on the prepared baking sheet. Sprinkle with salt and pepper. Roast in the oven for 20 to 25 minutes or until tender. Meanwhile, make the cheese sauce: Simmer  $1\frac{1}{4}$  cups whipping cream in a saucepan. Stir in  $\frac{3}{4}$  cup freshly grated cheddar cheese, a pinch of nutmeg, and freshly ground black pepper. Remove from heat. Serve cauliflower topped with cheese sauce. **Serves 4.**

## 3 Roasted Squash with Goat Cheese and Balsamic Vinaigrette

**PAIR WITH:** Roast beef, grilled pork, roast chicken, baked fish, and steamed seafood; continental dishes

**TO MAKE:** Preheat oven to 375°F. Line a baking sheet with parchment paper. Toss 3 cups diced squash (sliced into large cubes) with 1 to 2 tablespoons olive oil. Arrange in a single layer on the prepared baking sheet. Sprinkle with salt and pepper. Roast in the oven for 20 to 25 minutes or until tender but still firm. Meanwhile, make the dressing: Whisk together  $\frac{1}{4}$  cup balsamic vinegar,  $\frac{1}{2}$  teaspoon salt, and ground pepper (optional). Pour in  $\frac{2}{3}$  cup oil in a steady stream, whisking continuously. Serve squash drizzled with balsamic dressing and topped with 1 (150-gram) pack goat cheese (crumbled). **Serves 4.**

## 4 Barbecue Beans

**PAIR WITH:** Fried chicken, grilled meats, and sausages; American dishes

**TO MAKE:** Cook 200 grams bacon (sliced into thin strips) in a large saucepan over medium-low heat until fat is rendered; set aside. Add 1 medium white onion (chopped) and 1 small green bell pepper (seeded and diced) to the same pan; cook, stirring occasionally, until softened. Add 3 (400-gram) cans brown pinto beans (drained and rinsed),  $1\frac{1}{2}$  cups barbecue sauce (we used Hunt's Original), and 1 to 2 tablespoons white vinegar. Add cooked bacon and bring to a simmer. Lower heat and simmer for another 10 minutes. Serve immediately. **Serves 6 to 8.**

## 5 Miso-Sesame Cucumbers

**PAIR WITH:** Chinese, Singaporean, and Japanese dishes

**TO MAKE:** Combine 3 tablespoons white miso paste (*shiro* miso), 3 tablespoons hot water,  $1\frac{1}{2}$  tablespoons rice vinegar, 1 tablespoon honey, 1 tablespoon sesame oil, and 1 teaspoon Sriracha in a bowl; whisk vigorously. Adjust seasoning, if necessary. Add 2 Japanese

cucumbers (sliced into  $\frac{3}{4}$ -inch-thick rounds) and refrigerate for 30 minutes. Serve cucumbers cold or at room temperature, sprinkled with 1 tablespoon toasted sesame seeds.

**Serves 4.**

## 6 Roasted Mushrooms and Shallots with Parmesan

**PAIR WITH:** Roast beef, grilled pork, roast chicken, baked fish, and steamed seafood; continental dishes

**TO MAKE:** Preheat oven to 375°F. Line a baking sheet with parchment paper. Toss  $1\frac{1}{2}$  cups fresh brown button mushrooms (cleaned and sliced),  $1\frac{1}{2}$  cups baby portobello mushrooms (cleaned and halved),  $1\frac{1}{2}$  cups shiitake mushrooms (cleaned and halved), and 12 to 15 shallots (peeled) with 1 to 2 tablespoons olive oil. Arrange in a single layer on the prepared sheet. Sprinkle with salt and pepper. Roast in the oven for 15 to 18 minutes or until tender but still moist. Meanwhile, make the dressing: Whisk together 4 tablespoons extra virgin olive oil and 2 tablespoons white wine vinegar. Serve mushrooms and shallots drizzled with dressing and topped with  $\frac{1}{2}$  cup shredded Parmesan cheese. **Serves 4.**

## 7 Brussels Sprouts with Bacon

**PAIR WITH:** Braised dishes, stews, roast chicken, and roasted meats

**TO MAKE:** Cook 3 strips thick-cut bacon (diced) in a large saucepan over medium-low heat until fat is rendered. Add 4 to 5 shallots (chopped); cook, stirring occasionally, until softened. Add  $1\frac{1}{2}$  cups frozen Brussels sprouts (thawed), and 1 to 2 tablespoons white wine vinegar or apple cider vinegar to the pan. Stir and cook until almost all liquid is absorbed. Season with salt and pepper. Serve hot. **Serves 4.**



## 8 Corn Salad with Basil and Cherry Tomatoes

**PAIR WITH:** Grilled meats; Italian, Greek, and other Mediterranean dishes

**TO MAKE:** Make the dressing: Stir together 1½ tablespoons finely chopped shallots, ⅓ cup olive oil, 2 to 3 tablespoons red wine vinegar, and a pinch of salt; set aside. Heat 2 tablespoons olive oil in a large saucepan over medium-high heat. Sauté 2 (425-gram) cans corn kernels (drained and rinsed) for 5 to 7 minutes or until light brown on the edges. Remove from heat and toss in dressing. Let cool to room temperature. Stir in ⅓ cup basil leaves (chiffonade) and 1 cup halved cherry tomatoes. Refrigerate for at least 30 minutes before serving. Serve salad at room temperature. **Serves 4.**

## 9 Grilled Zucchini with Feta and Lemon

**PAIR WITH:** Grilled meats; Italian, Greek, and other Mediterranean dishes

**TO MAKE:** Toss 3 medium zucchinis (sliced into ½-inch-thick rounds) in 2 to 3 tablespoons olive oil. Season lightly with salt and pepper. Preheat a grill pan over medium-high heat. Grill zucchini rounds, about 2½ minutes on each side. Place zucchini on a plate and drizzle with the juice from 1 lemon. Top with the zest from 1 to 2 lemons and ½ cup crumbled feta cheese. Serve warm or at room temperature. **Serves 4.**

## 10 Sautéed Ginger Bok Choy

**PAIR WITH:** Chinese dishes, and other Asian stews and stir-fries

**TO MAKE:** Heat 2 to 3 tablespoons vegetable oil in a wok over medium-low heat. Sauté 2 tablespoons julienned ginger until soft and fragrant. Add 2 tablespoons chopped garlic and cook, stirring, until softened. Add

8 heads bok choy (halved), ¼ cup water, 2 to 3 tablespoons soy sauce, and ¼ teaspoon freshly ground black pepper; stir until greens are tender and water is almost completely absorbed. Serve immediately. **Serves 4.**

## 11 Sautéed Chili Eggplant

**PAIR WITH:** Chinese and Japanese dishes, and other Asian stews and stir-fries

**TO MAKE:** Heat 2 to 3 tablespoons vegetable oil in a wok over medium-low heat. Sauté 1 tablespoon chopped garlic until soft and fragrant. Add 3 large eggplants (sliced into 2-inch strips) and stir. Add 2 to 3 tablespoons gochujang, ¾ teaspoon salt, ¼ cup water, and 1 to 1½ teaspoons sesame oil; simmer. Stir until eggplant is cooked and water is completely absorbed. (Sauce should be thick.) Serve immediately. **Serves 4.**

## 12 Sayote Tops with Salted Eggs

**PAIR WITH:** *Inihaw na liempo*, *lechon manok*, *adobo*, and other Filipino dishes

**TO MAKE:** Make the dressing: Whisk together 1½ tablespoons finely chopped shallots, ⅓ cup olive oil, 2 to 3 tablespoons balsamic vinegar, salt, and pepper. Let stand for at least 30 minutes to allow flavors to meld. Blanch 1 medium bunch sayote tops (leaves and stems only) until cooked. Immediately plunge in ice-cold water to stop cooking; drain and set aside. Toss sayote tops in dressing. Top with 2 to 3 shallots (chopped) and 2 salted eggs (peeled and chopped). **Serves 2.**

## 13 Okra Salad with Mango Dressing

**PAIR WITH:** *Tinapang bangus*, crispy *hito*, grilled seafood, and other Filipino dishes

**TO MAKE:** Make the dressing: Combine flesh from 1 ripe mango, ¼ cup red wine vinegar, ¼ cup olive oil, salt, and pepper in a blender; purée until combined. Adjust seasoning, if needed. Let stand for at least 30 minutes to allow flavors to meld. Blanch 10 pieces okra until cooked. Immediately plunge in ice-cold water to stop cooking; drain and set aside. Drizzle dressing over okra. Top with 2 to 3 shallots (chopped) and 2 tomatoes (seeded and diced finely). **Serves 2.**

## 14 Sautéed Sitaw with Tomatoes

**PAIR WITH:** Grilled pork or chicken, and fried fish; Filipino dishes

**TO MAKE:** Heat 2 to 3 tablespoons vegetable oil in a wok over medium-low heat. Sauté 2 tablespoons chopped white onion until soft and fragrant. Add 1 tablespoon chopped garlic, 3 very ripe tomatoes (chopped), and 1 green finger chili (*siling pangsigang*, sliced diagonally; optional); stir and cook for 3 minutes. Add 2 cups yard-long beans (*sitaw*, sliced into 2-inch pieces) and cook for 5 minutes. Season to taste with fish sauce (*patis*). Serve immediately. **Serves 2.**

## 15 Watermelon with Mint, Honey, and Calamansi

**PAIR WITH:** Steak, and grilled or roasted meats; continental dishes

**TO MAKE:** Slice 1 (3-inch) wedge chilled, seedless watermelon into 6 triangles; trim rind and refrigerate until ready to serve. Combine 12 to 15 mint leaves, the juice from 3 to 4 calamansi, and 2 to 3 tablespoons honey in a small bowl. Lightly press on the leaves a few times and stir. Adjust with more honey or calamansi, if needed. Drizzle mint mixture over watermelon before serving. **Serves 2.**



8



9



10



≡ TIP ≡

PROVIDE FLAVOR, COLOR, AND TEXTURE CONTRASTS WHEN CHOOSING THE PERFECT SIDE FOR YOUR MAIN: PAIR SPICY DISHES WITH SWEET, CREAMY SIDES; DARK MEATS AND STEWS WITH A LIGHT-COLORED ACCOMPANIMENT; TENDER MAINS LIKE GRILLED FISH WITH CRUNCHY VEGETABLES.

11



12



13



14



15







# Conquer the kitchen!

**Story by** Anna Felipe  
**Illustrations by** Jon Tolentino

Culinary success starts with small wins. If you're a novice cook wanting to up your confidence and skills, read on. We've got 58 tips and tricks—straight from chefs, restaurateurs, and food enthusiasts—that'll get you cooking smarter and eating better in no time!

## Meet our experts!

**Denny Antonino**  
Chef, Your Local

**Jordy Navarra**  
Chef, Black Sheep

**Portia Baluyut**  
Chef and owner, Rustic Mornings by Isabelo

**Aleth R. Ocampo**  
Chef, Aleth's Kitchen; food stylist

**Edward Bugia**  
Chef and owner, Pino Group of Restaurants and Backyard Kitchen + Brew

**Sam Oh**  
Radio DJ and host; food enthusiast

**Celine Escaler**  
Chef, Stockton Place

**Jackie Ang Po**  
Chef and owner, Fleur De Lys Patisserie and Cafe

**J. Gamboa**  
Executive chef and owner, Cirkulo, MilkyWay Café, AzuThai, and Tsukiji

**Day Salonga and Mon Urbano**  
Chef consultants, MonDay Chef Kitchen; co-authors, *The Malunggay Book: Healthy and Easy-to-do Recipes and Make Good Money with Malunggay*

**Erwan Heussaff**  
Owner, Niner Ichi Nana, Hungry Hound, Hatch 22, Crisp on 28th, Sabao, Bait's, and Sprout

**Jutes Templo**  
Owner, Gino's Brick Oven Pizza

**Bianca King**  
Actor and host; healthy-eating enthusiast; part-owner, Runner's Kitchen

**Carmela Villegas-Agosta**  
Owner, Casa San Luis Pastries; managing partner, Crisp on 28th

**Francis Lim**  
Chef and partner, NAV Modern Thai and Tipple & Slaw

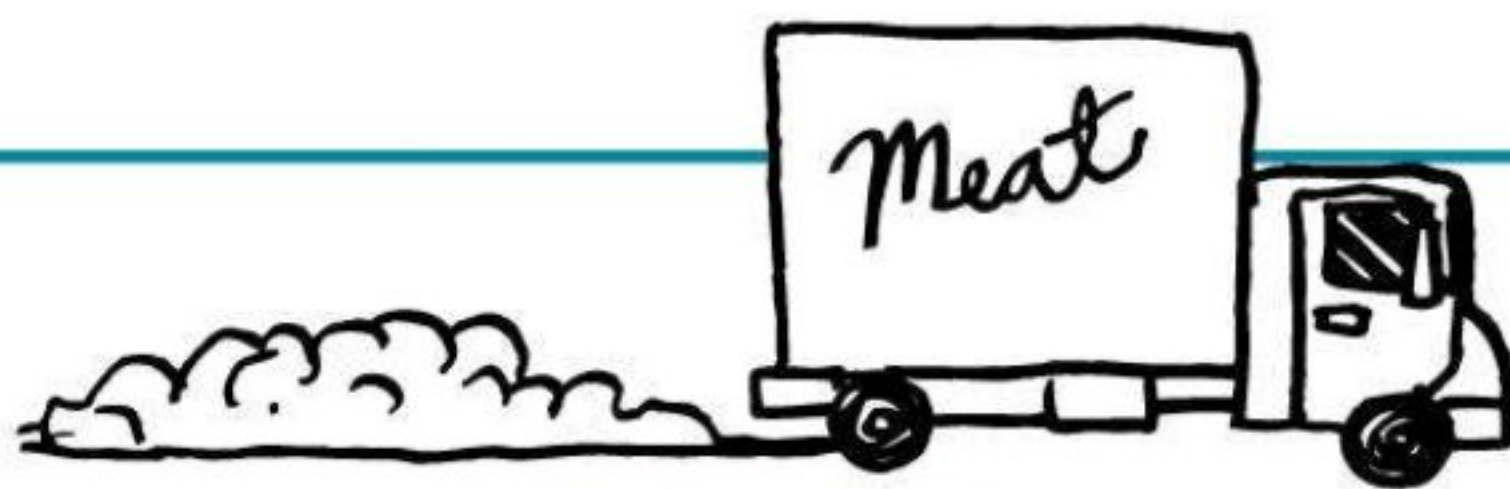
**JJ Yulo**  
Food writer; founder, Pinoy Eats World and Just Jonesing

**Tricia MacDonald**  
Chef-patron, The Black Pig



# Buy the best ingredients

Great cooking's basic building block? Fresh ingredients. Here's how to score top quality finds.



**Inquire about the product delivery schedules of your wet market and grocery then shop according to that schedule. This helps you get the freshest products!**

—Aleth R. Ocampo

Don't be scared to check out the wet market. Farmer's Market in Cubao is still my benchmark; their vegetables, fruits, and seafood are unbeatable. —JJ Yulo

For bottled, canned, and dry ingredients, stick to brands that you've tried and tested. The reputable ones are always smart, safe choices. —Jackie Ang Po

Buy from local organic farmers. Buying produce and meats that are free from chemicals and are grown closer to home not only helps the economy and the environment, it also ensures quality and freshness, translating to better nutrition from the food you eat. —Bianca King

Support small suppliers! They don't have to mass-produce their products, so they're less likely to take shortcuts in growing and taking care of them. —Edward Bugia

Learn to read labels. It's an easy way to find out if you're buying real food—not just a bunch of preservatives. —J. Gamboa

Don't hesitate to use your eyes, nose, and hands. Fruits should be fragrant and sweet smelling; fishy or off-smells in raw products are telltale signs that something's not right. Vegetables should be sturdy and have vibrant colors. —Sam Oh

**Get your baking supplies from a store with heavy foot traffic. This means they replenish their stocks often, so you won't end up buying rancid nuts or overripe fruits.**

—Carmela Villegas-Agosta

Build a relationship with a supplier at the market and keep on buying from him. Your loyalty and trust will be rewarded with the assurance that you will get only the best products. Plus, your *suki* will always give you discounts and great deals!

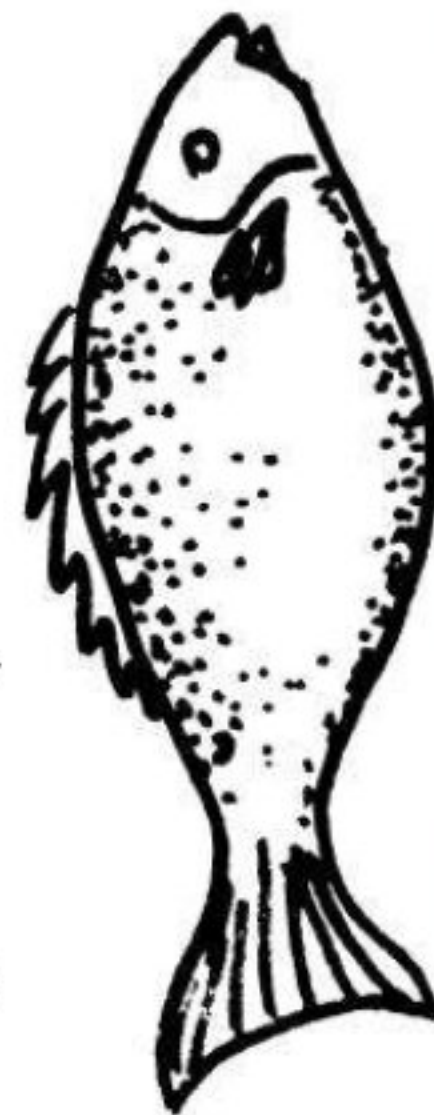
—Jackie Ang Po

Check the Internet for what fresh ingredients look like. Visual clues will help you determine if you're really buying good quality products. —Erwan Heussaff

When purchasing chocolates for baking, always check the product's cocoa percentage. Anything above 50 percent will give you treats that are rich in chocolate flavor. —Carmela Villegas-Agosta

Buy the best you can afford. My former mentor taught me not to scrimp on ingredients or make substitutes to ensure my end products' quality each time. —Aleth R. Ocampo

Go for fruits and vegetables in season—it's the easiest way to know that the produce you're getting is really fresh. —Day Salonga





# Breeze through meal prep

Consider this your pre-game plan. Having a strategy lessens both stress and time spent in the kitchen.

Prepare a menu. It doesn't have to be fancy—just write down what you plan to make for each day of the week. You'll realize that something that simple will help make cooking much easier. —**Denny Antonino**

Make a grocery list based on your weekly meal plan and group items according to aisle before hitting the supermarket. That way, you'll know exactly what to buy, saving you both time and money. —**Mon Urbano**

Keep your pantry and fridge stocked with the staples. Having them on hand will encourage you to cook often and try new recipes. My go-to ingredients include pasta noodles, canned crushed or stewed tomatoes, honey, olive oil, balsamic vinegar, butter, salt, pepper, sugar, flour, Dijon mustard, dried herbs, Parmesan cheese, cooking cream, and chicken stock. I also always have chicken breast, beef chunks, carrots, potatoes, tomatoes, garlic, onions, leeks, and salad greens. —**Portia Baluyut**

Measure and chop all your ingredients, then segregate and arrange them according to their order of use. Make sure everything is at its proper temperature for cooking. —**Francis Lim**

Before heading out for work in the morning, thaw your meat in the fridge. When you get home, it'll be ready for use. —**Celine Escaler**

Read the recipe thoroughly before starting to prep. Making sure that you understand all the terms and steps involved will make the process more efficient. If there's something that you're not familiar with, don't hesitate to ask an expert or look it up online. —**Sam Oh**

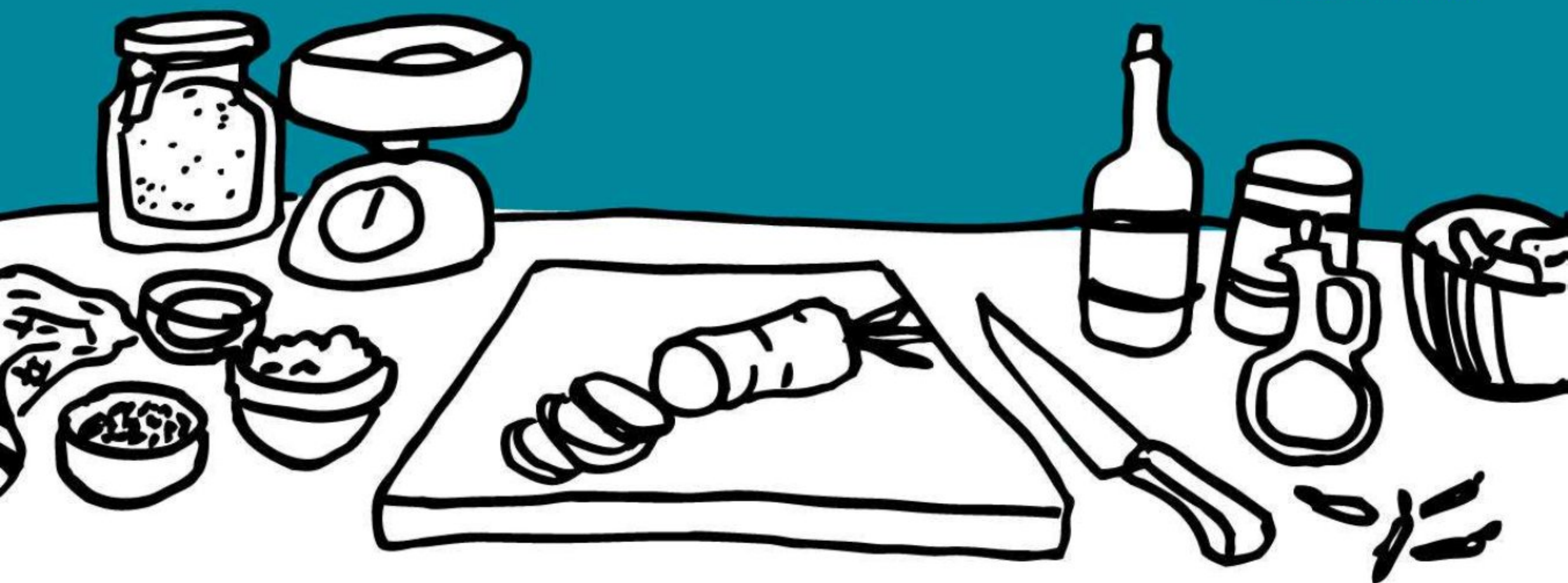
Chop vegetables in advance then keep them in the fridge in separate containers. Salad components, for example, can be washed, assembled, and stored up to two days prior to consumption. Just keep the dressing in a separate container so your greens don't get soggy. —**Bianca King**

Peel and mince garlic ahead of time, and soak it in cooking oil. It'll slash minutes off your prep time and will also flavor your oil—you'll be able to use it in more than one dish. —**Francis Lim**

Check the recipe to see which ingredients can be mixed together in advance. This will save you time and make your workspace less cluttered. You'll also have less dirty bowls to wash. —**Carmela Villegas-Agosta**

*Mise en place*—put everything in place. Organization is the first thing students are taught in culinary school, and is one of the most basic requirements in a professional kitchen. Apply this at home by putting all the ingredients you need within reach and having all the necessary tools on hand.

—**Tricia MacDonald**







# Get the right tools

Our experts agree: A good set of sharp knives is a must-have in every home cook's kitchen. Here's what to look for, and what else to invest in.

Pick a good paring knife and a chef's knife that's at least eight inches long. Don't forget to have them sharpened regularly. —**Aleth R. Ocampo**

Use color-coded chopping boards to avoid cross-contamination. A set usually includes a red board for raw meat, green for vegetables, blue for seafood, and white for breads. —**J. Gamboa**

A mortar and pestle, preferably made of stone like granite. You can make lots of sauces and extract flavor more efficiently with the pair. —**Francis Lim**

A handheld blender with several attachments (like a masher, grinder, and whisk) is a great investment—you can use it for both baking and cooking. It's great for mixing ingredients and for making easy soups, sauces, and purées. —**Carmela Villegas-Agosta**

Look for stainless-steel pots and pans that don't have any plastic parts. You can use them both on the stovetop and in the oven. —**Jackie Ang Po**

A high-powered food processor will let you chop a bunch of ingredients at the same time. —**Erwan Heussaff**

Store knives properly. Keep them on a wall-mounted magnetic knife holder or in a wooden knife block. If you can, take a basic knife skills class. You'll notice that the quality and presentation of your dishes will improve once you know how to work with your knife.

—**J. Gamboa**

**Learn how to use a pressure cooker. With it you can tenderize tough cuts of meat in half the time.**

—**Day Salonga**

You don't have to make everything from scratch. On days when you're pressed for time, use mixes, bottled sauces, or pre-made marinades. I use barbecue marinades for grilled meat, and curry mixes for easy Mediterranean meals. —**Jackie Ang Po**

Make easy stews like *adobo* and *kaldereta* ahead, then store them in the freezer. They always taste better after a few days—when flavors develop and meats become tender. —**Denny Antonino**

Cook something you can easily transform into another meal. For example, if you have leftover roast chicken, make stock with the bones then chop the leftover meat and turn it into a salad. Nothing goes to waste! —**JJ Yulo**



## Beat the clock with helpful hacks

These smart shortcuts and make-ahead meal plans will help put dinner on the table, stat!

Always add something fresh to liven up pre-made meals. For example, for *kare-kare*, freeze only the meat and sauce—add the vegetables right before reheating. —**J. Gamboa**

Make a big batch of stock using fresh vegetables and chicken or beef bones, and freeze it in individual portions. With this master stock at your disposal, you can easily add a depth of flavor to your dishes without having to spend much time in the kitchen. —**Aleth R. Ocampo**

Invest in a slow cooker. Before leaving for work, put all the ingredients for a one-pot meal (like *adobo* or beef stew) in it—dinner will be ready when you get home! Plus, it makes cleanup a breeze. —**Edward Bugia**

Bread chicken or pork cutlets and make spring rolls in advance then stash them away in the freezer for days when you don't have much time to cook. —**Tricia MacDonald**

When freezing food, use airtight, freezer-friendly containers and label each with the date when you made it. Make sure you portion the batch into individual servings before freezing—it's not advisable to thaw frozen food over and over again. —**Portia Baluyut**

Whip up pasta! Always have Bolognese or marinara sauce in the freezer, ready to be heated when needed. You can even use marinara sauce for meatballs and subs. —**Jackie Ang Po**





Pan- or stovetop-grilling is a simple way to get the flavor you expect from a charcoal or outdoor grill.

—**Bianca King**

Braising is a versatile method that doesn't require much effort. It means searing meat (remember to brown it well), then letting it simmer in liquid in a covered pot. After adding the other ingredients, cook the dish slowly over low heat to develop all the wonderful flavors—the longer, the better. —**JJ Yulo**

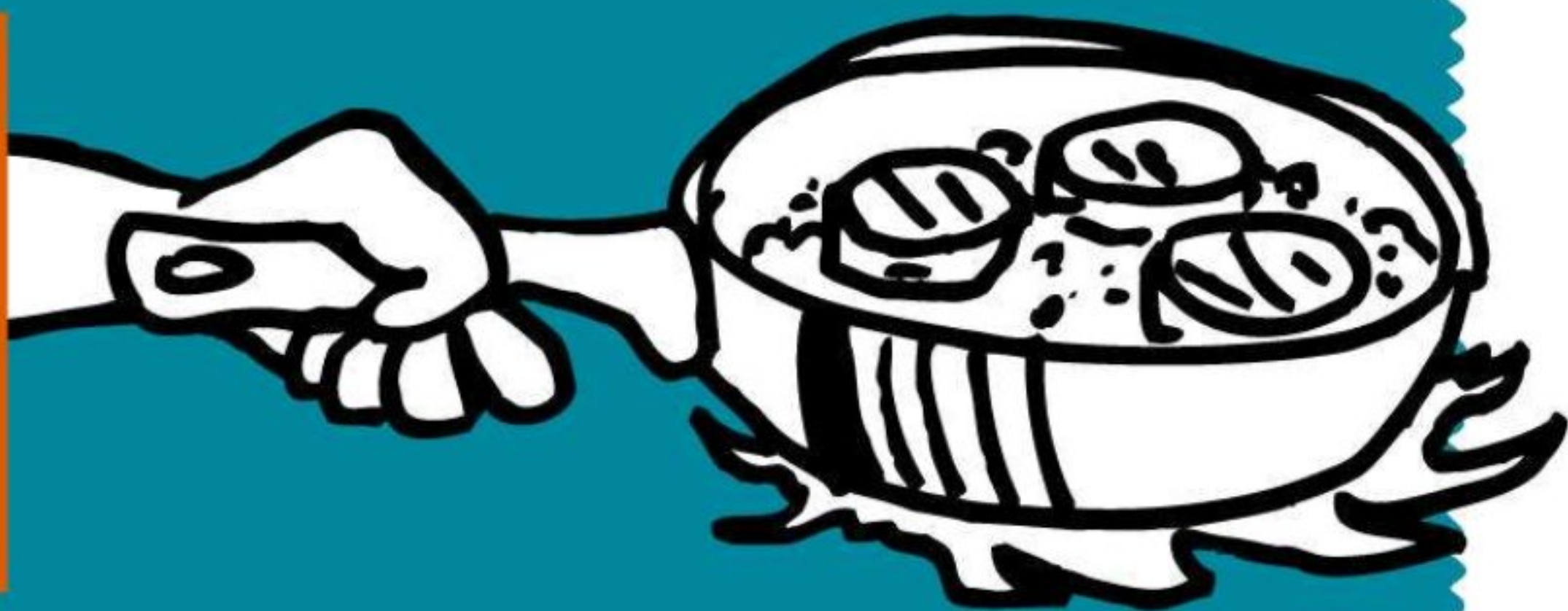
Steaming and poaching retain the shape, color, and nutrients of an ingredient, while roasting allows fat to drip away. All three are considered healthy ways of cooking.

—**Day Salonga**

When it comes to baking, you need to master the art of folding. It might not seem important, but it will make or break your dessert. It's the technique that makes your chiffon cake light and springy, and your chocolate mousse smooth and airy. It's all about trial and error when it comes to folding—you'll get it right with a lot of practice and patience. —**Carmela Villegas-Agosta**

## Master essential techniques

Get the basics down pat to make everyday cooking less daunting.



Boiling, roasting, and sautéing—most recipe books use these techniques so it's important to learn to execute them properly. Mastering these will also let you whip up a wide range of dishes, and later on, refine the recipes to taste. —**Tricia MacDonald**

Frying allows you to quickly cook a wide range of ingredients—from fish to meat, chicken to sturdy vegetables. Make sure all frozen ingredients are thawed before frying, and cook over medium heat so you don't end up with food that's burnt on the outside but raw on the inside. —**Mon Urbano**

Here's a healthy cooking tip: Sear or bake meat with a little seasoning and lots of fresh herbs. This cuts out excess oil and unnecessary artificial flavorings. —**Erwan Heussaff**

**Learn to heat your pan properly. A pan that's too hot will give you burnt meat, while one that's not at the right temperature will result in uneven cooking.**

Try this simple test: Add  $\frac{1}{8}$  teaspoon water to the pan, and wait for the water to come together into a mercury-like drop. If the drop disperses into smaller ones, the pan is too hot. If the drop either sits still or sizzles away, the pan is too cold. If the drop glides freely, you've got the right temperature. Dry the pan quickly then proceed to cook.

—**Celine Escaler**





Don't be afraid of salt—it can really bring out the flavor of food. Season little by little as you cook, then taste after each addition to observe how the flavor develops. —**Jordy Navarra**

Practice really does make perfect—so be patient. It usually takes me up to five tries to get a recipe down pat. Don't forget to write down notes on techniques that work for you or tweaks you want to try—in the end, you'll have a personalized guide. —**Jutes Templo**



Build your own cookbook library. Celebrity chefs like Rachael Ray and Jamie Oliver have authored books that feature recipes with only four ingredients, or take only 30 minutes to prep and cook. For more advanced home cooks, I recommend *The Joy of Cooking* by Irma S. Rombauer. You'll find the comprehensive how-tos, complete with illustrations, very helpful. —**Aleth R. Ocampo**



Watch as many cooking shows and YouTube videos as you can, and browse through food blogs. They will help you figure out what inspires you. Write down all your thoughts and compile them in a folder. Organize your kitchen life, and your love for cooking will grow. —**Bianca King**

Make cooking fun by turning it into a family affair. Let your kids help out—assign them simple tasks like beating eggs or washing vegetables.

—**Jordy Navarra**



## Don't forget these extras!

As you gain more confidence in the kitchen, you'll discover your own tricks to making good food. Take your cue from these experts' culinary wisdom.

Homemade vinaigrette adds another layer of freshness to salads. It only takes five ingredients to make a basic one: olive oil, vinegar, honey, salt, and pepper. Add herbs or fruits to your liking to come up with a variety of flavors. —**Portia Baluyut**

Vegetables don't have to be just side dishes—they can be the focus of a hearty meal as well! Portobello mushrooms, for example, are meaty enough for an occasional alternative to steak. —**Celine Escaler**

When plating everyday meals, let the natural beauty of food stand out. Fish should have nice grill marks; salads should have a variety of colors. Remember, food comes from nature so anything that looks artificial won't be appealing. Also, always strive to put four components on your plate: starch, protein, vegetables, and sauce. —**Edward Bugia**

Hosting a party doesn't have to be stressful. Serve ready-to-eat appetizers like salads, dips, spreads, cheese, bread, and smoked deli meats. That way, you only have to focus on making the main dish. —**Francis Lim**

When having friends over, pick a main dish that you can leave in the oven or on the stove, like a roast or a stew. This will give you more time not just to prepare everything else, but also to entertain guests. —**Edward Bugia**





# SIGNATURE STYLE

Let three unique kitchens  
add a dash of inspiration to  
your own culinary corner.

**Story by** Chino L. Cruz **Photography by** Sonny Thakur

**Styling and Pictorial Direction by** Devi de Veyra **Produced by** Anna Felipe

## BRIGHT AND BREEZY

*Priscilla Meirelles-Estrada's sleek, modern  
kitchen is an effortless mix of form and function.*





**P**riscilla Meirelles-Estrada has a knack for connecting with people. Whether she's selling cheese buns at the Salcedo Market or hosting a dinner party for 50 people at home, the Brazilian beauty queen-turned-entrepreneur glows with an easy, modest charm that draws you in.

Her bright home kitchen evokes a similar sort of easy effortlessness. The space is clean and straightforward, with its open American-style floor plan and mostly white color scheme. There are also few to no divisions between the kitchen and the rest of the home, making it a space that is airy, expansive, and fluid—perfect for Priscilla and The Brazilian Bakery, her burgeoning food business. “One of my favorite things about my kitchen is that it flows into the dining area,” she says. “It really helps that it’s big; I have enough space to put out and arrange everything that I need for what I’m cooking.”

Priscilla also takes great pride in her kitchen’s seamlessly integrated storage and appliances. Much of the room’s clutter is kept away in sleek white cabinetry ingeniously hidden in the kitchen island and along the walls. Unsightly electrical switches and wires are also tucked away behind a vibrant lime-green glass backsplash, which also serves as a vivid accent wall to match the little indoor garden right across it.

**Opposite page:** One of the highlights of Priscilla’s kitchen is its open floor plan, which makes it perfect for hosting parties and prepping for her food business. **This page, clockwise from left:** Priscilla gives the space a splash of fun with quirky accents. She also loves to bake for her daughter Anechka, and swears by her white stand mixer that she brings with her everywhere she goes.



“We made sure to consider air circulation when we built the kitchen,” shares Priscilla. “The use of glass and a predominantly white color scheme helped make the space feel bigger than it actually is. And even if it’s an indoor space and all cement, we made sure to include some greenery. My small garden complements the kitchen.”

For all its cool, modern trimmings, though, Priscilla’s kitchen really revolves around producing great food. At the heart of the gorgeous, contemporary space is a love for making people happy. “Sometimes it gets a bit crazy but everybody enjoys and that’s what’s most important to me,” she says. “It’s all about the food. When you’re around the people you love and care about, you have to make sure you serve only the best.”





# OLD-SCHOOL COOL

*Tito Herbosa looks to the past to create a kitchen glowing with style.*





**F**or Tito Herbosa's kitchen, it all started with the tiles. "When I first moved into the house, the only thing I kept from the original kitchen was the floor—the gray-and-white tiles. That immediately gave me the inspiration for a retro diner," he says. "I used to live in the States and I loved going to diners. Seeing the checkered floor here reminded me so much of them."

That moment of inspiration resulted in an entire space devoted to playful 1950s America. Tito, a real estate developer, filled the little space with all sorts of wildly colorful, vintage-inspired bric-a-brac. The walls are plastered with old movie posters and magazine covers featuring classic '50s icons like Audrey Hepburn, James Dean, and Marilyn Monroe.

Tito's most obvious homage to the stateside greasy spoon, however, is his little collection of Coca-Cola-inspired memorabilia. The old-fashioned booth that sits in one corner even features the soda's signature cherry-red sheen. "That area has original Coke chairs and a cafeteria-style table," he says.

**Opposite page:** Tito's kitchen is a playful mix of antiques and newer, custom pieces, including a retro neon sign that welcomes guests as they enter. **This page:** Red was the key color when it came to designing the space, and features on most of the room's pieces, including the tiled backsplash, see-through cabinets, and Tito's favorite water kettle.



It took Tito quite a bit of effort to achieve the space's overall look. Many of the key pieces in the room are actually custom made, including the bright yellow Shell gas-tank cabinet and the vivid neon light hanging over the cafeteria booth. "I put up the lighted sign, which says '24-hour diner' because I want people to know that food is available 24 hours a day, seven days a week," he explains. "I want my friends to come over at two in the morning and know that they can eat something, maybe some burgers and fries. My refrigerator is always well stocked!"

With his kitchen's lively, tongue-in-cheek warmth, it would be a surprise if anyone didn't feel welcome at any time of the day.





# PLANNED PERFECTION

*Clever use of light and space helps  
keep **Gabby Cantero's** kitchen  
clean, simple, and honest.*





**G**abby Cantero's kitchen is no-nonsense. The moment you walk in, you notice an air of absolute orderliness to the room, as if everything is in its place for a reason. You can easily imagine cooks shifting methodically from the counter to the stove in a single, almost choreographed motion. It makes sense, considering the amount of space that Gabby had to work with when she first moved in. "It was originally a pocket garden, but nobody ever used it," she explains. "It's not big, so we had to work around it. It's now an efficient kitchen, and with every move, you know where the pots and pans are, where the chopping boards are. It can fit four people cooking at the same time, even if the area is small."

That isn't to say, though, that the organized space is devoid of any sort of warmth or character. On the contrary, the open-style kitchen is often filled with warm sunlight, giving the space a soft, relaxed glow. Gabby, a professional food photographer, wanted her kitchen to be picture-perfect from every possible angle. "I really like natural light, so the main concern for me was putting in a skylight. Although it can get hot here, at least I have this kind of illumination the whole day," she says. "That's why the kitchen always looks good—even if there are times that the space is messy." To add to the personality of the space, Gabby had the floors painted with an intricate pattern inspired by Machuca tiles, which deftly spills out to the adjacent dining room and serves as an easy transition from room to room, as opposed to using walls or a door.

But Gabby's main goal, really, was to create a smart and tidy unenclosed space where she could easily entertain guests, have them join in on the cooking, and most of all, make them feel welcome. "I wanted to have a working kitchen where everyone could come together and help out," Gabby says. "When I have get-togethers here, sometimes my friends would do the prep work while I cook something on the stove. It's a friendly kitchen; it's like a commune."

**Opposite page:** Gabby's kitchen is laid out in a simple, straightforward manner in order to maximize movement. **This page, from top:** Gabby's use of white helps make the kitchen feel bigger than it is and keeps the space from getting too hot. The skylight allows gorgeous natural light to stream through the space. Gabby admits to occasionally dancing to music while she cooks.

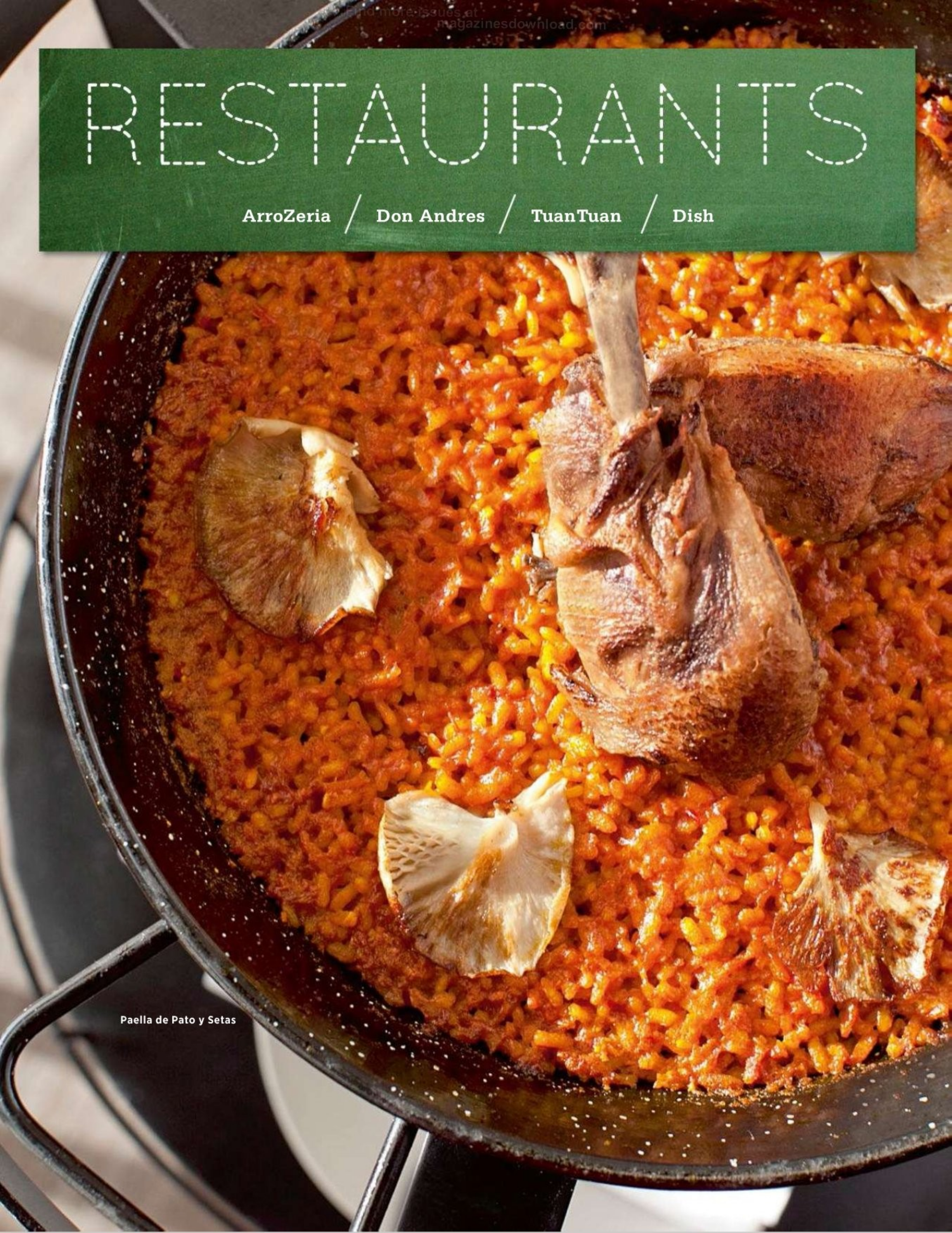




# RESTAURANTS

ArroZeria / Don Andres / TuanTuan / Dish

Paella de Pato y Setas







Torrija de Coco  
Caramelizada



Almejas a la  
Marinera

# King of the grain

**ArroZeria** is where the humble local staple shines, front and center.

REVIEW BY SASHA LIM UY

I don't know exactly when chef Chele Gonzalez first encountered rice, but I can say with confidence that the meeting blossomed into a deep friendship. The El Bulli-, Noma-, and Mugaritz-trained Spanish chef impressed Manila with his kitchen wizardry at VASK and is now appealing to the core of the Filipino's culinary heritage. At Arrozeria, rice is the hero—he whips up paella dishes that marry familiarity with just the right amount of exotic thrill. Every dish is a celebration of flavors. Bring a date, your family, your friends—this is a restaurant where you'll want to share and talk about every compelling flavor combination.

The chef knows rice so well that he effortlessly draws out its full potential with the best and most precise seasonings. You can taste the duck and chanterelle mushrooms in each spoonful of the Paella de Pato y Setas—rich, earthy notes grace the salty, paprika-heavy sauce that embraces each grain. They recommended cooking the rice al dente (you can request it in a softer style), resulting in a wonderful crust at the bottom of the shallow pan.

At Arrozeria, rice isn't only served as paella—you can take your pick from creamy risotto and saucy *meloso*, too. But it's the grain-free Fideua that presents itself as the understudy to the main act. Thin, vermicelli-like noodles soak up a great

depth of flavor. In the Negra, the freshest seafood flavors are reinforced by the tangles of tender octopus. On some occasions, Chele would reward his creations with an extra embellishment, like large, juicy scallops last May.

The other dishes on the menu are given meticulous thought as well, and deserve a second glance. The Pollo a la Cazadora is superb: It's fried to a crisp and stewed in a white-wine sauce, with Jamon Serrano, potatoes, and caramelized onions bolstering the rather gentle combination. The simple sprinkling of garlic, parsley, salt, and pepper in the creamy Almejas a la Marinera shows an understanding of how subtlety can make the most impact.

A bright dessert is the best way to round out the intensity of an Arrozeria meal. There's one that comes with rice, but order the stellar Torrija de Coco Caramelizada—caramelized coconut brioche paired with peppery pineapple sorbet—for a change.

So really, it's not just with rice. Chele turns every ingredient he meets into a cherished friend, and turns chance encounters into beautiful relationships every time.

## in a nutshell

### ARROZERIA

4/F Century City Mall, Kalayaan Avenue, Makati City; mobile no. 0920-9744742

**MUST-TRIES** Almejas a la Marinera (P250), Paella de Pato y Setas (P375), Paella Valenciana (P295), Fideua Negra (P285), Pollo a la Cazadora (P395), Torrija de Coco Caramelizada (P195)

**THUMBS UP** Having a party at home? You can order paella in advance for takeaway.





Ceviche de Pescado

## The thrill of discovery

Hefty servings and intense flavors welcome you in **Don Andres.**

REVIEW BY ANNA FELIPE

It's not every day that you find a Peruvian restaurant in Metro Manila. A glance at the menu will reveal what you'll experience: big, bold flavors. Peruvian cuisine, after all, is a reflection of the bounty from the country's three geographical regions (the coast, the Andes mountains, and the jungle) and a number of foreign influences.

For starters, order the Ceviche de Pescado—Peru's national dish and a great introduction to its cuisine. Bite-sized chunks of fresh, raw mahi-mahi sit on top of a lime marinade, and are paired with red onion, sweet potato, corn, and *canchas* (lightly salted toasted corn kernels that resemble popcorn seeds). Toss everything together before digging in to get a symphony of flavors and textures—chewy, tender, moist, and crunchy all in one bite, finished off with the slight heat and fresh tang from the cilantro-lime base. Another standout is the Pulpo al Olivo. Layer a thin, sashimi-like slice of octopus tentacle on a saltine cracker then smear everything with the black olive sauce. The result: a subtly briny, creamy treat for your taste buds.

Move on to the main course with a serving of Pollo a la Brasa. Fast becoming Don Andres's

signature dish, the rotisserie chicken gets its bold flavor from being marinated in a secret combination of spices and seasonings for 24 hours. Its glossy brown skin and moist, tender meat effortlessly balance peppery, smoky, slightly salty, and tangy flavors. Give it an extra spicy-herby kick by dipping it in a trio of sauces: chimichurri, *aji verde*, and chili mayo. The Arroz con Mariscos is comfort food that inspires midnight cravings. A rich, paella-cum-risotto-like dish, it gets its color from the spices that boldly season it, while its texture is courtesy of the seafood and vegetables tucked under the rice grains. In the mood for plain white rice? Pair it with the Lomo Saltado (a stir-fry of juicy tenderloin strips and vegetables in a savory brown sauce) or the Pescado al Ajillo (flaky white fish in olive oil, pepped up by lemon and garlic). The beef entrée delivers assertive flavors, while the fish displays a certain subtlety.

And if you only have room for one dessert, go for the Tres Leches, a slice of pound cake swimming in a lake of milk. It's that kind of melt-in-your-mouth treat that leaves a lasting impression—a sweet reward for daring to try something different.



Pollo a la Brasa



### in a nutshell

#### DON ANDRES

26 Courtyard Building, Sgt. Esquerro Street, Quezon City; tel. no. 364-4145 and mobile no. 0916-4067000

**MUST-TRIES** Ceviche de Pescado (P280), Pulpo al Olivo (P290), Pollo a la Brasa (P165 for quarter, P330 for half, P650 for whole), Lomo Saltado (P420), Pescado al Ajillo (P420), Tres Leches (P165)

**THUMBS UP** Complete the experience with an authentic imported Peruvian drink. The Inca Kola (P175) is a light, fizzy beverage that tastes mildly like bubblegum; the Pisco sour (P395) is great for cocktail hour.



# BE INSPIRED WITH GREAT FOOD IDEAS, ALL THE TIME.



## Download the **Yummy** App now!



Download on the  
**App Store**



GET IT ON  
**Google play**

\*Powered by **buqo**. You can access **buqo** using the account you create for the Yummy App.



## RESTAURANTS

# Eastern comfort

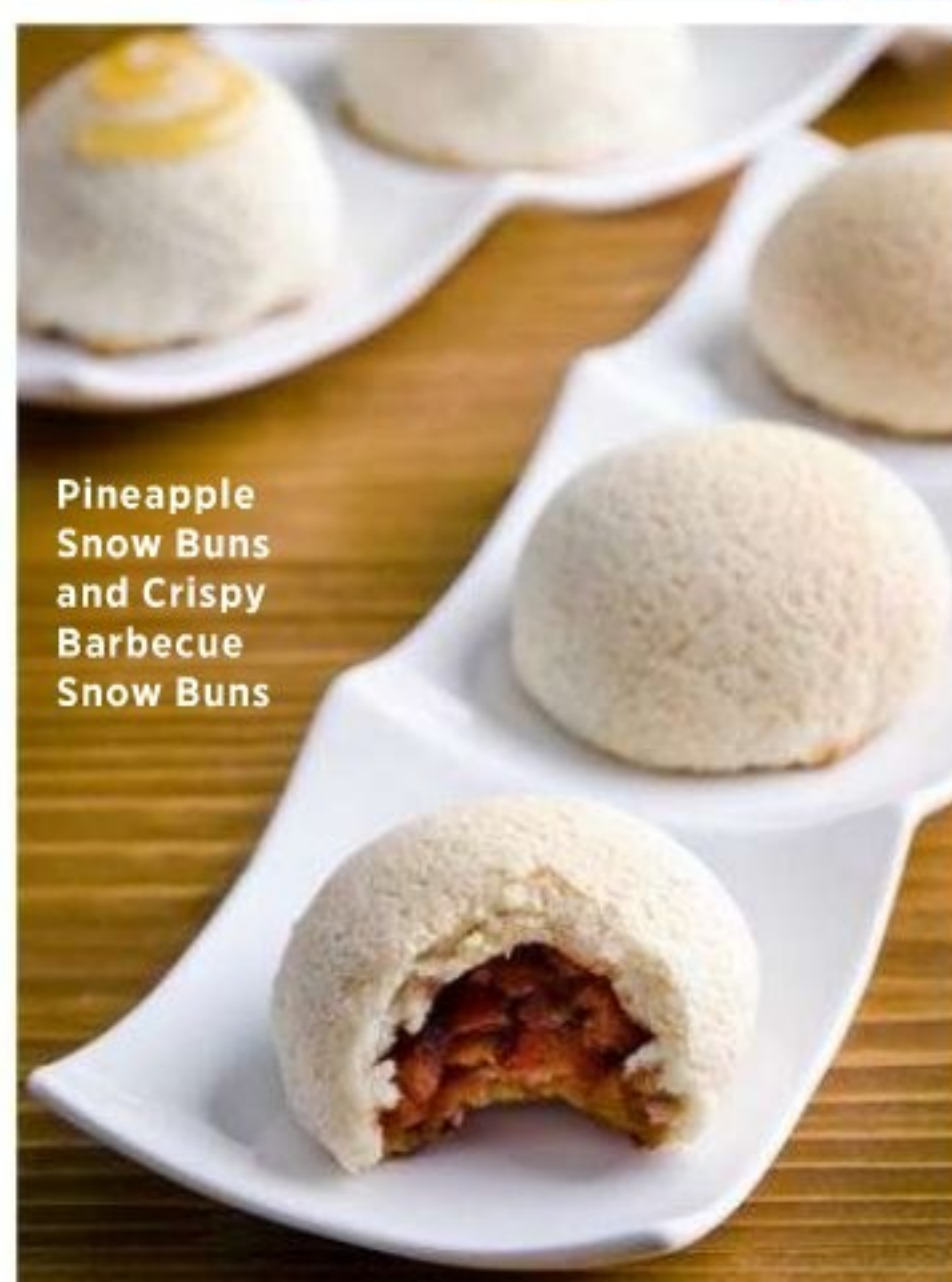
At **TuanTuan**, oriental favorites (noodle bowls and snow buns, anyone?) take center stage.

REVIEW BY YVETTE TAN

**T**uanTuan Chinese Brasserie is a franchise of a beloved Chinese-Canadian institution that combines Chinese fare with French-inspired ambience. The restaurant's chef Gordon Mui comes from a family of Hong Kong restaurateurs who emigrated to Canada, and it's this blending of cultures that is the inspiration behind TuanTuan, which is "to unite" in Cantonese.

The restaurant has become the go-to place for people looking for a good meal. Signature dishes include noodles in a tasty broth, beef curry, and the ever-popular snow buns—barbecued pork or pineapple encased in a sweet pastry with a delightfully crumbly exterior. Order the former for a light mid-afternoon snack and the latter for dessert. You shouldn't miss it!

For your main course, follow the lead of the regulars and order a Spicy Noodle Combo, which includes a bowl of noodle soup with a halibut-broth base, a side dish (like Wings with Ginger, Deep-fried Spring Rolls, or Breaded Pork Chop), and a choice between tea or coffee (the restaurant uses the Black and White brand of milk, a Hong Kong coffeehouse staple, in their coffee concoctions). The best-selling combination



Pineapple  
Snow Buns  
and Crispy  
Barbecue  
Snow Buns



Malay Laksa Noodle  
Soup Combo

features laksa (spicy cuttlefish, fish balls, and *hofan* noodles swimming in a thin but rich, spicy coconut milk broth) and deep-fried fish fillet. If none of the sets catches your fancy, you can always create your own—TuanTuan's menu offers detailed, foolproof instructions on how to mix and match.

The other offerings on the menu are not to be missed, either. The US Premium Beef Rib Curry is heavy on texture and light in taste. The beef is tender and is smothered in a sauce that incorporates over 20 spices, resulting in a subtly flavorful dish that does not overwhelm the palate. The Fish Fillet with Pumpkin and Crabstick in Creamy Sauce on Rice—dory fillets in a sweet pumpkin sauce lying on a bed of rice—is heavily influenced by Macau's history with the Portuguese, and is reminiscent of Chinese-Canadian cuisine, as it is featured frequently in Chinese restaurants across Canada.

TuanTuan's charm and belly-filling, soul-nourishing food make it the perfect stop for a comforting meal, whether a light snack, quick lunch, or dinner with the family. Dig in!

## in a nutshell

**TUAN TUAN 3/F**  
SM Mega Fasion Hall,  
SM Megamall, Julia  
Vargas Avenue corner  
EDSA, Mandaluyong  
City; tel. no. 570-9011

**MUST-TRIES** Crispy  
Barbecue Pork Snow  
Buns (P128), Malay  
Laksa Noodle Soup  
Combo (P518), Tom  
Yung Goong Noodle  
Soup Combo (P548),  
Pork Meatball Congee  
(P148), Fish Fillet  
with Pumpkin and  
Crabstick in Creamy  
Sauce on Rice (P288)

**THUMBS UP**  
Looking for a snack?  
Stop by for deep-  
fried *mantou* buns  
with condensed milk!  
They're perfect with  
the restaurant's Hong  
Kong-style coffee.





**FEEL  
amino  
MAZING!**

**LOADED WITH**

**amino acids**

**THAT HELP KEEP THE BODY  
IN GOOD CONDITION.**

**NEW!**

**ORANGE**

**P8  
SRP**

**amino  
Fres-C**

With  
Essential Amino Acid **BCAA**  
**VITAMIN C**  
70% Less Calorie\*

\*compared to other regular powdered drink mixes



Makes 1 Liter  
Net Wt. 30g (1.06oz)  
Instant Drink Mix



## Dish

RESTAURANT NEWS, SERVED HOT!



## Mendokoro Ramenba

For every ramen junkie, Ramen Yushoken is a household name.

Loved for their ramen's rich, tasty broth and perfectly springy noodles, Yushoken can do no wrong—except for the fact that getting there can be quite a trek for some. The folks behind Yushoken quietly opened another joint in Salcedo Village, Makati. Mendokoro Ramenba is a 25-seater bar; you walk in, order at the counter, take your ticket, and wait for your bowl to be served. Here you'll find familiar favorites like Miso, Shoyu, Shio, and Tsukemen, but you'll also be able to experience off-the-menu treats: Dive into a bowl of Cold Tantanmen on scorching hot days or devour a tasty bowl of Garlic Ramen. Don't let the long lines discourage you. Once you're seated and slurping the tastiest broth in town, you'll realize that it was worth the wait.

**Mendokoro Ramenba is at G/F V Corporate Center, 125 LP Leviste Street, Salcedo Village, Makati City (tel. no.: 215-1751).**



HOT PLATE

**EVERYONE'S TALKING ABOUT...** Kumori Japanese Bakery's Hanjuku Cheese. Yet another Japanese franchise has made its way to Manila, but this particular bakery deserves all the buzz! The Hanjuku Cheese is a half-baked Japanese-style cheesecake that's unbelievably soft and moist, with a rich cream cheese center. Both original and chocolate flavors are stellar, and you'll want an entire box for yourself.



ON THE MENU

Ba Noi's in Kapitolyo has always been known for great Vietnamese cuisine. Revamping their menu, this particular branch takes a cozier approach, transforming into Ba Noi's Ca Phe. Order one of their specialty coffees and pair it with a banh mi (exclusive to the Ca Phe branch). Whether you go for the beef or the lemongrass-tofu variety, each crackling bite will get you hooked! There's more good news: You can take home freshly baked baguette loaves, too.



ON THE MENU

Hong Kong franchise Linguini Fini has always wowed us with their pastas, and they continue to do so with the latest additions to their roster of delectable dishes. Crab fat takes center stage in the Aligue Cream Linguini, while a zesty Sun-dried Tomato Pesto Fusilli with Sausage delights our taste buds with each bite. You can choose among Lite, Regular, and Grand servings—perfect for when you want a midday snack or a hefty dinner.

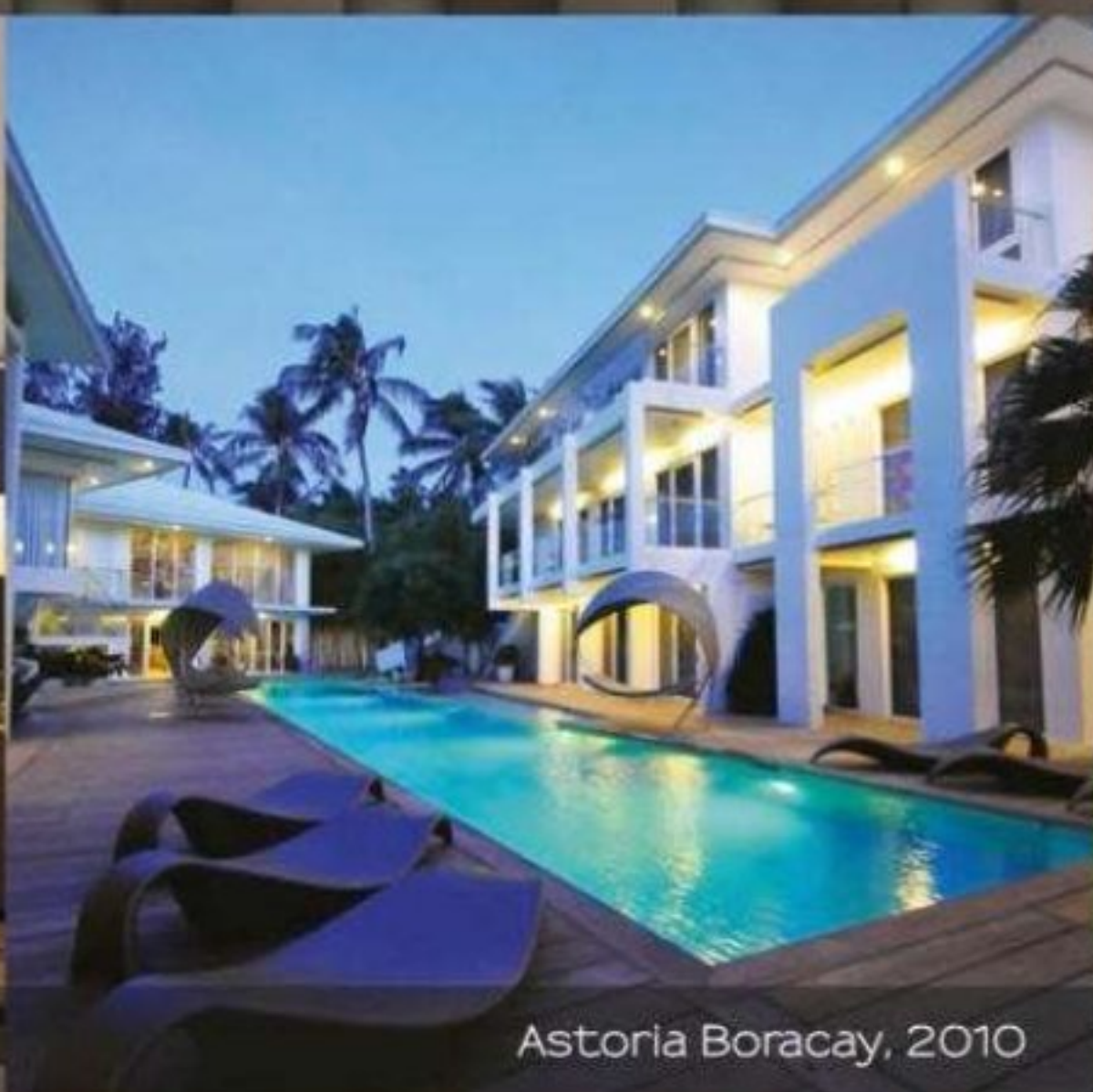
PHOTOGRAPHY: ALDWIN ASPILLERA (MENDOKORO RAMENBA) AND COURTESY OF KUMORI JAPANESE BAKERY AND SPOT.PH (BA NOI'S CA PHE AND LINGUINI FINI). TEXT: REGINE RAFAEL. SEE DIRECTORY FOR RESTAURANT ADDRESSES.



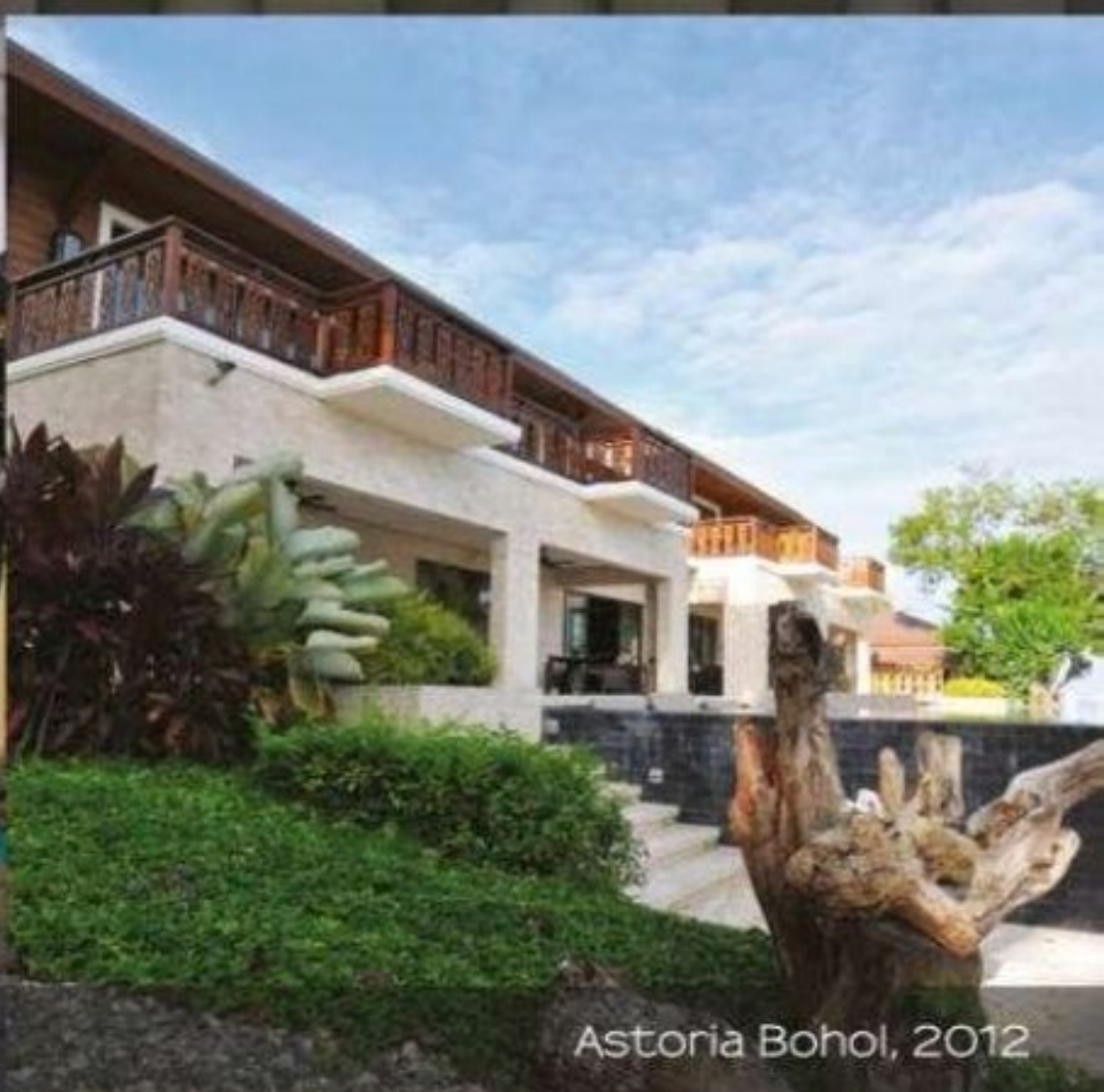
CREATE UNFORGETTABLE VACATIONS AT ANY ASTORIA PROPERTY IN THE PHILIPPINES



Astoria Plaza, 2001



Astoria Boracay, 2010



Astoria Bohol, 2012



Astoria Palawan, 2014



Astoria Current, 2015



Astoria Greenbelt, 2015



**ASTORIA**  
HOTELS & RESORTS

LUXE RETREATS ■ INCOMPARABLE HOSPITALITY ■ SPECTACULAR DESTINATIONS

CORPORATE SALES OFFICE

15 J. ESCRIVA DRIVE, ORTIGAS BUSINESS DISTRICT, PASIG CITY, 1600 PHILIPPINES

(+632) 687 1111 | [INFO@ASTORIAHOTELSANDRESORTS.COM](mailto:INFO@ASTORIAHOTELSANDRESORTS.COM)

[WWW.ASTORIAHOTELSANDRESORTS.COM](http://WWW.ASTORIAHOTELSANDRESORTS.COM)

MANAGED BY ASIAN GRAND LEGACY





YOUR HITS AND *lite* FAVORITES





# Yummy Lessons



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

Master the  
classic **CHORI  
BURGER** and **MANGO-  
MINT SHAKE**

Whip up **CRÈME  
BRÛLÉE** at home

Make **CREAMY  
PESTO PRESTO  
SANDWICHES**  
with the kids

Prepare **CHICKEN  
DRUMSTICKS** in  
10 new ways

## Peel and pick

Peeling an orange doesn't have to be such a difficult task. With this nifty trick, you won't have to dig through the fruit's thick skin, and you'll even separate each segment with ease. First, roll the orange gently on a flat surface. Slice off the ends and make an incision lengthwise on one side. Place your thumbs in the slit, carefully open the orange to reveal the segments, then simply pick them out from the skin. Try it with Mandarin, navel, or Valencia oranges. It's so easy!



## Yummy Lessons BACK TO BASICS



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

Barbecue carts peddling grilled chorizo line the sandy shores of Boracay. The aroma is enough to lure you to buy a stick or two. You can enjoy the tasty skewered meat as is, or stuffed between pillowy burger buns and smothered with the bright red barbecue sauce to make the famous chori burger! Mmm. Inspired by the local treat (and since I still long for lazy summer days by the beach), I created a hearty sweet-savory-tangy burger using my own chorizo recipe for the thick patties. For an easy, convenient meal, simply fry the meat on your stove, but to get that distinct smoky flavor, fire up the grill and cook the patties over an open flame, just like how they do it in Boracay. Don't forget to pair the burger with a refreshing mango-mint shake—one sip will transport you back to the island!



PHOTOGRAPHY: PATRICK MARTINES; RECIPE & FOOD STYLING: RACHELLE SANTOS;  
PROP STYLING: PAULYNN CHANG ATABLE; ART DIRECTION & ILLUSTRATIONS: JON TOLENTINO.



COOK the  
COVER

## Chori Burger with Sunny-side-up Egg

**Serves 8** **Prep Time** 20 minutes, plus chilling time **Cooking Time** 30 minutes

### WHAT YOU NEED

#### For the chorizo patties

- ✓ 1 kilo ground pork (80 percent meat, 20 percent fat)
- ✓ 1/2 cup sugar
- ✓ 3 tablespoons minced garlic
- ✓ 3 tablespoons vinegar
- ✓ 3 tablespoons soy sauce
- ✓ 2 1/2 teaspoons salt
- ✓ 1 teaspoon freshly ground black pepper
- ✓ vegetable oil for frying
- ✓ 1/3 cup mayonnaise
- ✓ 8 burger buns, halved crosswise and toasted
- ✓ 8 lettuce leaves, trimmed
- ✓ 16 thin slices salad tomatoes
- ✓ 1/2 cup drained *atchara*
- ✓ 8 eggs, fried sunny side up

### WHAT TO DO

- 1** Make the chorizo patties: Mix all ingredients together in a large bowl. Cover tightly with plastic wrap and refrigerate overnight.
- 2** Divide meat mixture into 8 portions. Form into patties.
- 3** Heat oil in a large frying pan. Fry patties in batches for 4 to 5 minutes per side. Transfer to a plate.
- 4** Spread mayonnaise on the insides of each burger bun half. Place a lettuce leaf and 2 tomato slices on a bottom half. Top with a chorizo patty then with 1 tablespoon *atchara* and 1 fried egg. Cover with a top bun half. Repeat to make a total of 8 burgers.

≡ TIPS! ≡



YOU CAN MAKE THE CHORIZO PATTIES IN ADVANCE. AFTER STEP 2, WRAP EACH PATTY IN PLASTIC WRAP THEN PLACE IN A FREEZER BAG. THAW OVERNIGHT IN THE REFRIGERATOR BEFORE COOKING.



TO MAKE A BARBECUED CHORIZO PATTY, AFTER STEP 2, PREHEAT A CHARCOAL GRILL TO MEDIUM HEAT AND GRILL PATTIES FOR 4 TO 5 MINUTES PER SIDE.



BRIGHTEN UP THE FLAVOR OF YOUR FRUIT SHAKES BY ADDING FRESH HERBS TO THE MIX. DON'T HAVE MINT? BASIL AND TARRAGON PAIR WELL WITH MOST FRUITS.

## Mango-Mint Shake

**Serves 2** **Prep Time** 10 minutes

### WHAT YOU NEED

- ✓ 1 cup diced ripe mangoes (from about 2 medium pieces), frozen
- ✓ 1 1/3 cups water
- ✓ 10 mint leaves, washed and dried

- ✓ simple syrup, to taste

### WHAT TO DO

Place all ingredients in a blender. Purée until smooth. Portion between 2 glasses. Serve cold.



## Yummy Lessons

# D-I-Y

with Chef Jun Jun



## 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. Consultancy work and teaching assignments have brought him around the Philippines, and he hones his skills by taking culinary classes abroad. Follow him on Instagram at @chefielise.

If you love *leche flan* like I do, you'll get hooked on *crème brûlée*! I was introduced to this classic dessert about 18 years ago when an aunt served it during one of our celebrations. Since then, *crème brûlée* has become a favorite. I've also discovered how versatile it is. You can play with its flavors to make different variations! The general rule is to replace half the amount of cream with your preferred fruit juice. Try it and tell me all about your unique creations.



**Try making these fun flavors, too!**

### ORANGE CRÈME BRÛLÉE

USE ONLY 1 CUP HEAVY CREAM AND ADD 1 CUP FRESH ORANGE JUICE IN STEP 2. OMIT VANILLA. ADD GRATED ZEST FROM 1/2 ORANGE TO THE SUGAR BEFORE SPRINKLING.

### WHITE CHOCOLATE CRÈME BRÛLÉE

USE ONLY 1 1/2 CUPS HEAVY CREAM AND ADD 3/4 CUP (150 GRAMS) CHOPPED WHITE CHOCOLATE IN STEP 2. OMIT VANILLA BEAN.



# Classic Crème Brûlée

**Serves** 6 **Prep Time** 20 minutes, plus chilling time **Cooking Time** 30 to 40 minutes

## WHAT YOU NEED

- ✓ 2 cups heavy or whipping cream
- ✓ 1/2 cup sugar, plus more for sprinkling
- ✓ 1 whole vanilla bean
- ✓ 2 large eggs
- ✓ yolk from 1 large egg

## WHAT TO DO

- 1 Preheat oven to 300°F.
- 2 Place cream, sugar, and whole vanilla bean in a saucepan; bring to a boil.
- 3 Beat eggs and egg yolk in a bowl.
- 4 Once cream boils, turn off heat. Remove vanilla bean and slice in half lengthwise. Scrape off seeds and add to the cream mixture. Mix well.
- 5 Slowly add a third of the cream

mixture to the beaten eggs. Whisk vigorously until well combined.

**6** Add remaining cream mixture and whisk to combine. Pour mixture into 6 (4-ounce) ramekins.

**7** Place ramekins in a roasting pan. Fill pan with hot water until halfway up the ramekins. Place pan on the middle rack of the oven and bake for 30 to 45 minutes. Test for doneness by slightly jiggling the pan to see if the custard is set; it should be firm at the center.

**8** Let cool at room temperature then chill for 2 hours to cool completely.

**9** To serve, sprinkle 1 to 2 tablespoons sugar on top of each ramekin and caramelize with a blowtorch. Alternatively, you can do this in a preheated 450°F oven or a turbo broiler set on high. Place ramekins on the top rack and broil until sugar is caramelized. Serve immediately.



6



6



7



9



9



## Creamy Pesto Presto Sandwich

This sandwich spread features cream cheese, pesto, and sweet mangoes—kids will surely love it! Smear it on crackers or serve it as a dip for breadsticks.

### WHAT YOU NEED

#### FOR THE SPREAD

- ✓ 1 (225-gram) block cream cheese, softened
- ✓ 2 tablespoons olive oil
- ✓ 2 tablespoons store-bought pesto
- ✓ 2 tablespoons chopped ripe mango
- ✓ 1 teaspoon canned anchovies or mashed bottled *tuyo*
- ✓ ¼ teaspoon Italian seasoning
- ✓ ⅛ teaspoon salt
- ✓ ⅛ teaspoon cayenne pepper (optional)
- ✓ 8 slices white or whole wheat bread, crusts trimmed if desired
- ✓ 1 cup drained canned

salmon or tuna flakes

- ✓ 4 trimmed lettuce leaves

### WHAT TO DO

- 1** Make the spread: Combine all ingredients in a blender or food processor. Blend until smooth. Store in a clean, sterilized bottle or an airtight container. Refrigerate until ready to use.
- 2** Assemble the sandwich: Spread cream-cheese mixture on a bread slice. Top with salmon or tuna and a lettuce leaf. Cover with another slice of bread. Slice sandwich in half. Repeat with remaining ingredients. **Makes 4.**

### TIP

ASIDE FROM LETTUCE, YOU CAN ALSO DRESS UP YOUR SANDWICH WITH CUCUMBER SLICES, ALFALFA SPROUTS, OR GRATED CARROTS.



1



2



2





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

# Chicken drumsticks

Change things up! Bid farewell to run-of-the-mill fried chicken and say hello to 10 new ways to prep the choice cut.



## 1 Asian sensation

Go oriental! Prepare baked sweet-and-sour chicken drumsticks. Season chicken with salt and pepper; sear in a pan until light brown. Make the sauce by combining ketchup, soy sauce, vinegar, and brown sugar. Toss chicken in sauce, arrange on a baking dish, and bake. Garnish with toasted sesame seeds and green onions.

## 2 Chili-choco craving

Chocolate isn't only for dessert. Use it to coat fried chicken drumsticks! Melt butter in a saucepan. Add gochujang and chili flakes. Stir in regular unsweetened cocoa powder and season with salt. Simmer until thick. Add fried chicken drumsticks and toss to combine.

## 3 Fried and joy

Not a fan of greasy food? You'll be happy to know that you can "fry" chicken

in the oven! Season drumsticks with salt, pepper, and chopped garlic; dip in beaten eggs; then dredge in a combination of crushed potato chips, Parmesan cheese, and paprika. Arrange on a baking tray and bake until crisp and golden.

## 4 Berry delicious

The usual barbecue can get a little boring. Give it new life by adding a couple of secret ingredients. Prepare barbecue sauce then add

strawberry jam and lemon zest to it. Use this as a marinade for the drumsticks and as a basting sauce when grilling.

## 5 Curry over

Transform leftovers into something spectacular just by frying. Got leftover chicken curry? Drain the chicken then deep-fry in hot oil until golden and crispy. Serve with garlic-yogurt dip, sliced cucumbers, and pita bread for a Mediterranean-inspired meal.

## 6 Problem solved

Got unexpected guests? Don't fret. Toss a few pantry staples together and you're good to go. Combine soy sauce, honey, Sriracha, calamansi juice, and chicken drumsticks; arrange in a baking dish; and pop in the oven. Done!

## 7 Amazing glaze

Having a backyard barbecue? Treat guests to tasty grilled drumsticks doused in a mango-rum glaze. It'll be one memorable dish! Combine rum, honey, mango jam, and vinegar in a saucepan; simmer until thick. Baste chicken with it while grilling, and coat with more glaze after cooking.

## 8 Best with bacon

Everything's better with bacon, including chicken drumsticks. Imagine juicy chicken hugged by crisp, smoky bacon strips. Head to [Yummy.ph](http://Yummy.ph) for the recipe.

## 9 Pepper lunch

It only takes five ingredients to make a winning chicken dish. Season drumsticks with lemon juice and pepper; dredge in a mixture of flour and pepper. Melt butter in a pan and sprinkle with more pepper. Pan-fry chicken until golden.

## 10 Cream come true

Put away the ketchup and mustard, and introduce a new sauce that pairs well with grilled chicken. Simply combine coconut cream, lime juice, grated ginger, and chopped cilantro leaves (*wansoy*) in a saucepan; simmer. Drizzle over chicken while hot.



## INDEX

This Month's Recipes  
by Category

☞ - RECIPE INCLUDED IN  
A MONTH OF MEALS BOOKLET

### APPETIZERS

- 07 Mozzarella Sticks
- 24 Skillet Nacho Fries

### SANDWICHES

- 22 Bacon, Cheese, and Caramelized Onion Waffle Sandwich
- 35 Beef Barbacoa Soft Tacos
- 78 Creamy Pesto Presto Sandwich
- 75 Chori Burger with Sunny-side-up Egg

### SALADS AND VEGETABLES

- 36 Broccoli, Carrot, and Tortellini Pasta Salad
- 49 Brussels Sprouts with Bacon
- 50 Corn Salad with Basil and Cherry Tomatoes
- 49 Couscous Salad
- 50 Grilled Zucchini with Feta and Lemon
- 49 Miso-Sesame Cucumbers
- 50 Okra Salad with Mango Dressing
- 49 Roasted Cauliflower with Cheddar Cheese Sauce
- 49 Roasted Squash with Goat Cheese and Balsamic Vinaigrette
- 50 Sautéed Chili Eggplant

- 50 Sautéed Ginger Bok Choy
- 50 Sautéed Sitaw with Tomatoes
- 50 Sayote Tops with Salted Eggs
- 45 Vegetable Bolognese
- 50 Watermelon with Mint, Honey, and Calamansi

### FISH AND SEAFOOD

- 40 Baked Herbed Sole with Olives
- ☞ Bangus Salpicao
- 43 Barbecued Shrimp and Mango Stir-fry
- 08 Fish and Chips
- ☞ Fish with Corn Sauce
- 33 Five-spice Tilapia
- 37 Greek-style Fish with Cucumber-Mint Sauce
- ☞ Prawns in Coconut Milk with Bamboo Shoots and Malunggay
- ☞ Seafood Bagoong Rice
- ☞ Seafood Stew
- ☞ Steamed Tofu with Shrimp
- ☞ Thai Shrimp Stir-fry with Basil and Cashews

### MEAT AND POULTRY

- 41 Arroz con Pollo with Cilantro
- ☞ Asian Beef Stew
- ☞ Baked Chicken Italiano
- ☞ Baked Pork, Cabbage, and Silky Tofu
- 35 Beef Barbacoa Soft Tacos
- 36 Beef Shawarma Rice
- 34 Beer-braised Beef
- 08 Chicken Karaage
- 46 Chicken in Coconut Milk
- ☞ Chicken with Tarragon Cream
- 33 Chinese Pepper Steak
- 47 Citrus-glazed Short Ribs
- ☞ Cola Baby Back Ribs
- ☞ Green Beef Curry with Eggplant
- ☞ Grilled Pork on Lemongrass Skewers
- 45 Japanese Beef and Potato Stew
- ☞ Japanese Braised Pork Belly
- 43 Korean Pork Stir-fry
- ☞ Mongolian Beef Rice Bowl

- ☞ Roast Lemongrass Chicken with Fish Sauce and Honey Vinaigrette
- 33 Roasted Tamarind Chicken
- ☞ Spiced Orange Chicken Stir-fry
- 43 Tamarind Chicken Stir-fry
- 46 Thai Pork Sausage
- ☞ Triple Mushroom Stir-fry with Minced Pork
- ☞ Yellow Chicken Adobo

### NOODLES AND RICE

- 41 Arroz con Pollo with Cilantro
- 35 Baked Ziti with Braised Beef
- 36 Beef Shawarma Rice
- 36 Broccoli, Carrot, and Tortellini Pasta Salad
- ☞ Cheesy Beef Cannelloni
- ☞ Chicken and Soba Stir-fry
- 37 Chicken Chow Mein
- 18 Deconstructed Pesto Pasta
- ☞ Easy Chorizo Penne Pasta
- 43 Japanese Beef Tenderloin Fried Rice
- ☞ Mongolian Beef Rice Bowl
- ☞ Seafood Bagoong Rice
- 39 Seafood Char Kway Teow
- 45 Vegetable Bolognese

### DESSERTS AND SWEET SNACKS

- 08 Cinnamon Doughnut Holes
- 77 Classic Crème Brûlée
- 10 No-bake Raisin Granola Bars
- 19 Strawberry-Espresso Trifle

### DRINKS

- 28 Chocolate-Peanut Butter Breakfast Smoothie
- 09 Fruity Iced Green Tea
- 75 Mango-Mint Shake

### OTHERS

- 49 Barbecue Beans
- 49 Roasted Mushrooms and Shallots with Parmesan
- 26 Yorkshire Pudding

## DIRECTORY

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

### SUPERMARKETS

#### Robinsons Supermarket

At all Robinsons malls nationwide; for a list of all branches, see [www.robinsons-supermarket.com.ph](http://www.robinsons-supermarket.com.ph).

#### Rustan's Supermarket

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

#### SM Supermarket

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

### RESTAURANTS

#### Ba Noi's Ca Phe

8 East Capitol Drive, Barangay Kapitolyo, Pasig City (tel. no.: 477-9761; mobile no.: 0923-5158242)

#### Cow King Steak Sizzles

23-D Scout Ybardolaza Street, Sacred Heart, Quezon City (tel. no.: 416-2555)

#### Kumori Japanese Bakery

LG/F The Landmark, Makati City; LG/F SM Makati; [www.facebook.com/kumoriph](http://www.facebook.com/kumoriph)

#### Linguini Fini

3/F Mega Fashion Hall, SM Megamall, Mandaluyong City (tel. no.: 531-3302)

### OTHERS

#### The Cookery Place

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

#### Fabric Bar by Weaves of Asia

3/F Greenbelt 5, Legazpi Street, Ayala Center, Makati City (tel. no.: 501-3164)

#### Feed 5000 Kitchen Studio

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

#### Home Studio

63 Connecticut Street, Greenhills, San Juan City (tel. no.: 721-9832); [www.homestudioinc.com](http://www.homestudioinc.com)

#### miradips at Sandwicheese

255 Katipunan Avenue, Quezon City (tel. no.: 440-3677); [www.facebook.com/ilovemiradips](http://www.facebook.com/ilovemiradips)

#### National Book Store

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

#### Robinsons Department Store

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

#### SM Department Store and SM Home

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

#### Toy Kingdom

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



# EASY RECIPES FOR WEEKDAY COOKING AND MORE ON **Yummy.ph**



**BRAISED CHICKEN RECIPE**  
[HTTP://BIT.LY/BRAISEDCHICKENRECIPE](http://bit.ly/braisedchickenrecipe)



Scan this QR code to  
launch Yummy.ph!

## CONTENT WORTH TALKING ABOUT!



## The NUMBER ONE website for Philippine Showbiz!

Connect with us:

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



/PEPalerts



@PEPalerts



PEP.ph

## KitchenAid®

## BAKE, STORE AND SHARE

your baked creations  
easily with the

**KitchenAid**  
**Cake Pan and Carrier**



## FREE

with every purchase of any  
KitchenAid Stand Mixer

**FROM JUNE 15 - JULY 30, 2015**

[www.kitchenaid.com.ph](http://www.kitchenaid.com.ph)



KitchenAid Philippines



kitchenaidph

DTI - FTEB SPD Permit No. 8705 Series of 2015



## Who Put The Fun In My

# BAON?

**INCREDIBLE EATS,  
SMART FOOD  
PREPPING TIPS AND  
A WHOLE LOT OF  
FOOD IN YUMMY'S  
FIRST EVER BAON-  
CENTRIC EVENT.**

# Yummy BIG BAON BLOWOUT



Trinoma's Activity Center was abuzz with excitement as Yummy held its first ever Big Baon Blowout event last May 23. Guests came pouring in to get their food passports and containers so they can try the delicious offerings of more than 30 participating purveyors who specialize in food perfect for baon. Event highlights included the cooking demos by Rachelle Santos, Idge Mendiola, and Trinka Gonzales from the Yummy Editorial team, as well as Roselle Miranda, Food Editor of Good Housekeeping, and blogger mom Michelle Aventeado of Momma 'N Manila. The Yummy Big Baon Blowout was held a day before the upcoming school year so visitors would have ideas on what to prepare for their kids in school, and what to pack for their own baon.

## ↓ GOODIES GALORE



The event didn't just offer tasty food items for lunchtime—several concessionaires also provided exciting choices to make merienda breaks worthwhile. Each purveyor had different specialties—from savory and sweet spreads brought by Village Gourmet, Manila Q, Wawa Tas Tummy Toppers, NY Minute Paninis,

Jacob's Peanut Praline Butter, Miradips, First Harvest, and Spreads by Chef Joaquin, to delightful packed desserts made by Theo & Philo Artisan Chocolate, Must Be Moms, Cookie Sticks, Casa San Luis, and Aly's Cookie Bar, plus refreshing bottled beverages prepared by The Juice Barista and Bayani Brew. Even stylish



storage containers for food and beverages were available as displayed in the Stenlock and Contigo stalls. Also, Blogberry gave out useful planners for foodies and Severin showcased their cool appliances perfect for your baon-making.





**Fun for  
picky  
eaters**



Event co-presenter Aqiva has always been a supporter of healthy eating for picky eaters. Aside from providing samples of their milk supplement, Aqiva also showed a cool demo on the fun art of bento-making using healthy ingredients care of lunchbox experts, Bento Mommas.



Lady's Choice has always been a favorite baon selection among kids. Ladie's Choice Spreads make for healthy sandwiches with greens such as lettuce and cucumber. With Ladies Choice Spreads' real meaty bits, kids will love every bite! It was also fun to eat the delicious treats churned out by the Datu Puti stall since food cooked with vinegar doesn't spoil easily making it a great baon option.



Who doesn't get giddy when you find a Goldilocks product in your lunchbox? You won't go wrong packing any of their classic selections like Chiffon Cake Slice, Choco Butter, Double Dutch, Golden Butter Cake, Dark Chocolate Chips Muffin, Fluffy Mamon and Banana Muffin.



Aside from their classic variant, Hunt's Pork & Beans also showcased their other flavors: Chili Beef & Beans and Pork BBQ & Beans. It was fun seeing the young and the old enjoying a food item loved by generations.



**Old  
Favorite,  
New Baon  
Ideas!**



Fried chicken has always been a baon staple since it's yummy and easy to eat. This is also the reason why Bounty Fresh became a popular stall for their freshly cooked Chicken Nuggets and Top Torikatsu fried chicken samples.



**Event  
Winners!**



The event concluded with the much-awaited YBBB's awarding ceremony. Aly's Cookie Bar won the People's Choice Award while First Harvest got the Editor's Choice Award. Some lucky visitors also got to go home with amazing raffle prizes from Goldilocks, Hunt's Pork & Beans, Masflex and Summit Media.





making it

by Kristine  
D. Fonacier

## MAMA JESSIE'S KESONG PUTI

BY MARIVIC GATAN

How long does it take to make *kesong puti*? “Just a few minutes!” says Marivic Gatan. As a fresh (which means un-aged) cheese, *kesong puti* is the simplest, quickest cheese to make: Carabao milk is heated with salt, cooled, curdled, and then squeezed to form soft, creamy, delicate blocks. The finesse comes with the amount of salt the cheesemaker might use, and with the techniques used to create blocks of varying firmness. And this finesse, learned and passed down through generations, is what distinguishes Marivic's *kesong puti* from the rest.

Firm and savory, but with all the delicate flavor and structure that makes *kesong puti* the joy that it is, Mama Jessie's Kesong Puti comes from a recipe learned from (and named after) Marivic's own mother, who in turn learned it from her own mother. Marivic learned how to make

*kesong puti* as a young girl in her grandmother's kitchen in Nueva Ecija, and brought it into her own household, making it for her three children.

As all good recipes go, Marivic's *kesong puti* took on a life of its own. She first gave it away as presents to family and friends, but the clamor for the homemade cheese pushed Marivic to turn it into a backyard business in 2000. Sold without a label, and on a tiny scale, word of mouth eventually earned her *kesong puti* the attention of restaurateurs, who incorporated the cheese into their menus. This eventually pushed the business to grow even more.

The Mama Jessie's label was the contribution of Marivic's eldest daughter, Gretchen, who counseled her on branding and marketing. The business itself remains small—it's still

run out of the family kitchen—but the branding has only helped spread the word about the product, which is sold on their website, and at bazaars and weekend markets throughout the metro.

And while the best *kesong puti* may be found in the city, its roots are still firmly in Nueva Ecija, where the carabao milk comes from weekly, bought directly from farmers in the province. The recipe has been tweaked over the generations, but remains true to the original. “We still use the same process that I learned from my mother,” Marivic says. So how long does it really take to make Mama Jessie's *kesong puti*? A few minutes and a few generations.

For information, call mobile nos. 0917-8338813 and 0917-8995366, email [order@kesongputi.com](mailto:order@kesongputi.com), or visit [www.kesongputi.com](http://www.kesongputi.com) and [www.facebook.com/MamaJessiesKesongPuti](https://www.facebook.com/MamaJessiesKesongPuti).



PHOTOGRAPHY: DAIRY DARIAG. STYLING: IDGE MENDIOLA.



# Delightful Tropical Treat

Coconut Mocha Frappe



Breeze your way from the summer haze to the cooler buzz of this season with a cup of J.CO's newest Coconut Mocha Frappe. Let your taste buds sail off to the tropics with tender coconut jellies, Swirled in a blend of iced coconut, chocolate and J.Coffee. It's the perfect blend for a smooth and mildly tropical beverage!





# Tecnogas

## The Legendary Italian Brand

Cooking Excellence Since 1952

### THE STRONG DESIGN

For over 60 years, food, technology and style are the foundations on which Tecnogas develops its products. This is the perfect ground for the company to create strong and elegant cooking appliances, always durable and beautifully finished. Designed, tested and approved according to strict safety and performance standards, you can trust that every Tecnogas product possesses the kind of reliability that will best serve your family for decades.



Built-in Hobs



Cooking Ranges



Built-in Ovens



Range Hoods





**Yummy**

A MONTH OF

**MEALS**

PLANNING YOUR MENU FOR THE MONTH?  
WE'VE GOT YOU COVERED WITH AN EASY  
RECIPE FOR EACH WEEKDAY THIS JULY.



RECIPES THIS WAY }>

Tear me out! ↩



WEEK 1

JULY 1 TO 3

GROCERY LIST

MEAT, POULTRY, AND SEAFOOD

- ☐ 750 grams beef short ribs, sliced into chunks
- ☐ 500 grams skinless chicken breast fillets
- ☐ 750 grams firm white fish fillets (we used sole)

PRODUCE

- ☐ 1 small head garlic
- ☐ 1 small knob ginger
- ☐ 1 medium white onion
- ☐ 5 shallots
- ☐ 2 medium radishes
- ☐ 3 medium carrots
- ☐ 1 small bunch celery
- ☐ 1 bunch green onions
- ☐ 8 fresh shiitake mushrooms
- ☐ 4 navel or Valencia oranges

PANTRY STAPLES

- ☐ 4 eggs

- ☐ all-purpose flour
- ☐ cornstarch
- ☐ light soy sauce
- ☐ salt
- ☐ black pepper
- ☐ sugar
- ☐ vegetable oil

MISCELLANEOUS

- ☐ 1 (420-gram) can corn kernels
- ☐ Chinese five-spice powder
- ☐ ground cinnamon or cinnamon sticks
- ☐ star anise
- ☐ Chinese rice wine
- ☐ hoisin sauce
- ☐ oyster sauce
- ☐ sesame oil
- ☐ honey
- ☐ chicken stock (optional)





## ASIAN BEEF STEW

**This one-pot dish is a meaty masterpiece! Serve it with bowls of steamed rice for one hearty meal.**

**Serves** 6 **Prep Time** 30 minutes **Cooking Time** 2½ hours

- ✓ 750 grams beef short ribs, sliced into 1½-inch chunks
- ✓ salt and pepper, to season
- ✓ 3 tablespoons all-purpose flour
- ✓ 3 tablespoons vegetable oil
- ✓ 2 cloves garlic, minced
- ✓ 3 thin slices ginger
- ✓ 1 medium white onion, minced
- ✓ ½ cup Chinese rice wine
- ✓ 2 tablespoons sugar
- ✓ 1 stick cinnamon or 1 teaspoon ground cinnamon
- ✓ 3 pieces star anise
- ✓ ⅓ cup light soy sauce
- ✓ 2 medium carrots, sliced into chunks
- ✓ 2 medium radishes, sliced into chunks

- ✓ 1 to 2 teaspoons sesame oil
- ✓ 1 tablespoon cornstarch dissolved in 1 tablespoon water
- ✓ chopped green onion for garnish (optional)

**1** Pat dry beef and season with salt and pepper. Dredge in flour and shake off excess.

**2** Heat oil in a large pot over high heat until smoking. Add beef to pan and brown all sides, about 3 minutes per side. Do not crowd pan and sear beef in batches, if necessary. Set aside.

**3** In the same pot, sauté garlic, ginger, and onion. Add rice wine, scraping the bottom of the pot. Add seared beef, sugar, cinnamon, star anise, soy sauce, and enough water to cover beef. Lower heat and simmer, covered, until beef is tender, about 2 hours.

**4** Add carrots and radishes, and continue simmering until vegetables are tender.

**5** Stir in sesame oil and dissolved cornstarch; cook until sauce thickens, about 1 minute. Garnish with chopped green onions.







## SPICED ORANGE CHICKEN STIR-FRY

**Here's an easy way to update an ordinary chicken and vegetable stir-fry: Add zesty orange flavor for an unexpected twist!**

**Serves** 4 to 6 **Prep Time** 40 minutes, plus marinating time **Cooking Time** 20 minutes

- ✓ 500 grams skinless chicken breast fillets, sliced into strips
- ✓  $\frac{1}{2}$  cup cornstarch, plus 1 tablespoon dissolved in 2 tablespoons water
- ✓ 7 tablespoons light soy sauce, divided
- ✓ 3 tablespoons sesame oil, divided
- ✓  $\frac{1}{2}$  cup Chinese rice wine
- ✓ 3 tablespoons oyster sauce
- ✓ 2 tablespoons hoisin sauce
- ✓ juice from 4 navel or Valencia oranges
- ✓ 2 teaspoons honey
- ✓  $\frac{1}{2}$  to 1 teaspoon Chinese five-spice powder
- ✓ 5 tablespoons vegetable oil, divided
- ✓ 2 teaspoons minced ginger
- ✓ 2 cloves garlic, minced
- ✓ 4 shallots, minced
- ✓ 8 fresh shiitake mushrooms, julienned
- ✓ 1 medium carrot, julienned
- ✓ 2 stalks celery, sliced diagonally
- ✓ 3 tablespoons water

**1** Combine chicken,  $\frac{1}{2}$  cup cornstarch, 4 tablespoons light soy sauce, and 2 tablespoons sesame oil in a bowl. Mix well and refrigerate, covered, for 20 minutes.

**2** Combine rice wine, remaining light soy sauce and sesame oil, oyster sauce, hoisin sauce, orange juice, honey, and five-spice powder in a bowl. Mix well and set aside.

**3** Heat 4 tablespoons vegetable oil in a pan or wok over high heat. Add ginger and garlic; cook until fragrant. Add chicken and its marinade; stir-fry for about 5 minutes. Transfer to a plate and keep warm.

**4** In the same pan, heat remaining vegetable oil and stir-fry shallots. Add mushrooms, carrots, and celery. Add rice wine mixture and simmer. If sauce is too salty, add up to 3 tablespoons water.

**5** Add dissolved cornstarch and cook until sauce thickens slightly, about 3 minutes. Add chicken and toss together.



## FISH WITH CORN SAUCE

**Savory meets sweet flavors in this dish, and the fried fish fillets get an additional layer of texture and flavor from chunky corn sauce.**

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

- ✓ 750 grams fish fillet (we used sole), sliced into chunks
- ✓ 1 cup plus 2 tablespoons cornstarch, divided
- ✓  $\frac{1}{4}$  teaspoon salt, plus more to season
- ✓ pinch of sugar
- ✓  $\frac{1}{4}$  teaspoon black pepper, plus more to season
- ✓ 3 eggs, beaten
- ✓ vegetable oil for deep-frying

### FOR THE CORN SAUCE

- ✓ 1 tablespoon vegetable oil
- ✓  $\frac{1}{2}$  teaspoon minced ginger
- ✓ 1 shallot, minced
- ✓ 2 tablespoons rice wine
- ✓ 2 cups chicken stock or water
- ✓ 1 teaspoon light soy sauce
- ✓  $\frac{1}{2}$  teaspoon sugar

- ✓ 1 (420-gram) can corn kernels, drained
- ✓ 1 tablespoon cornstarch dissolved in 2 tablespoons water
- ✓ 1 egg, beaten
- ✓ sesame oil, salt, and pepper, to season
- ✓ 1 tablespoon chopped green onions

**1** Season fish with 2 tablespoons cornstarch, salt, sugar, and pepper in a bowl; set aside. Place remaining 1 cup cornstarch in a shallow bowl and beaten eggs in another bowl. Heat oil for deep-frying in a deep pan or deep-fryer.

**2** Dip fish in eggs then dredge in cornstarch. Deep-fry fish until golden and crispy; drain on a wire rack. Fry a second time; drain again on a wire rack.

**3** Make the corn sauce: Heat vegetable oil in a pan over high heat. Stir-fry ginger and shallot until fragrant. Add rice wine, scraping the bottom of the pan. Add chicken stock or water, light soy sauce, sugar, and corn. Bring to a boil and stir in dissolved cornstarch; cook until thick. Add egg and season with sesame oil, salt, and pepper.

**4** Serve fish topped with corn sauce. Garnish with green onions.





WEEK 2

JULY 6 TO 10

## GROCERY LIST

### MEAT, POULTRY, AND SEAFOOD

- ❑ 500 grams beef sirloin
- ❑ 2 pieces Spanish chorizo
- ❑ 500 grams ground pork
- ❑ 250 grams skinless chicken thigh fillets
- ❑ 350 grams shrimp

### PRODUCE

- ❑ 2 heads garlic
- ❑ 1 small knob ginger
- ❑ 3 medium white onions
- ❑ 1 bunch green onions
- ❑ 1 small red bell pepper
- ❑ 1 small carrot
- ❑ 3 medium eggplants
- ❑ 1 small bunch celery
- ❑ 1 bunch bok choy
- ❑ 9 stalks lemongrass
- ❑ 1 pack basil
- ❑ 1 small pack bird's eye chilies (*siling labuyo*)
- ❑ 1 small pack kaffir lime leaves
- ❑ 1 pack Thai basil leaves
- ❑ 4 pieces coriander root
- ❑ 10 fresh shiitake mushrooms

### DAIRY

- ❑ 1 pack all-purpose cream
- ❑ 1 small pack or 60 grams grated Parmesan cheese

### PANTRY STAPLES

- ❑ 3 eggs
- ❑ light soy sauce
- ❑ oyster sauce
- ❑ fish sauce (*patis*)
- ❑ salt
- ❑ black pepper
- ❑ sugar
- ❑ olive oil
- ❑ vegetable oil
- ❑ rice

### MISCELLANEOUS

- ❑ 2 (400-gram) cans crushed tomatoes
- ❑ 1 (270-gram) pack soba noodles
- ❑ 750 grams firm tofu
- ❑ 500 grams penne pasta
- ❑ sweet chili sauce
- ❑ green curry paste
- ❑ coconut milk
- ❑ chicken stock (optional)
- ❑ palm sugar
- ❑ sesame seeds
- ❑ sesame oil







## GRILLED PORK ON LEMONGRASS SKEWERS

**Serve this Vietnamese-inspired dish on your next Asian-themed dinner—it'll be a sure hit!**

**Serves 4 Prep Time** 25 minutes **Cooking Time** 40 minutes

- ✓ 1 (4-inch) stalk lemongrass, sliced, plus 8 stalks
- ✓ 4 cloves garlic, minced
- ✓ 4 pieces coriander root
- ✓ 2 stalks green onions
- ✓ 500 grams ground pork
- ✓ 1½ tablespoons sugar
- ✓ 2 tablespoons fish sauce
- ✓ ¼ teaspoon black pepper
- ✓ vegetable oil for brushing
- ✓ sweet chili sauce, to serve

**1** Pound (or whiz) together sliced lemongrass, garlic, coriander root, and green onions until a paste forms using a mortar and pestle (or a food processor).

**2** Mix together lemongrass mixture and ground pork in a large bowl. Add sugar, fish sauce, and black pepper.

**3** Divide mixture into 8 portions; form each into a ball using your hands. (Moisten your hands to prevent meat from sticking.)

**4** Insert a lemongrass stalk halfway into each meatball. Mold meat around lemongrass stalk to form logs. Brush with oil.

**5** Preheat a charcoal grill or grill pan. Grill skewers for 4 minutes on each side or until cooked through. Serve with sweet chili sauce.

## EASY CHORIZO PENNE PASTA

**The combination of flavors from salty Spanish sausage and herbed tomato sauce makes this pasta dish appealing to both kids and adults.**

**Serves 6 Prep Time** 10 minutes **Cooking Time** 40 minutes

- ✓ 400 grams penne pasta
- ✓ 2 tablespoons olive oil
- ✓ 3 cloves garlic, minced
- ✓ 1 medium white onion, minced
- ✓ salt and pepper, to season
- ✓ 2 pieces Spanish chorizo, sliced
- ✓ 2 (400-gram) cans crushed tomatoes
- ✓ 1 teaspoon sugar
- ✓ ½ cup all-purpose cream
- ✓ ¼ cup basil, sliced into strips
- ✓ ¼ cup grated Parmesan cheese

**1** Cook pasta according to package directions. Reserve pasta water.

**2** Heat olive oil in a saucepan over medium heat. Sauté garlic and onion; season with salt and pepper. Add chorizo and cook for 1 minute.

**3** Add crushed tomatoes and sugar. Season with salt and pepper. Simmer for 20 minutes. If sauce is too thick, add up to ¼ cup pasta water until desired consistency is achieved.

**4** Stir in cream and allow to simmer for about 1 minute. Add pasta and toss to coat. Add basil and mix well. Transfer to a serving plate and sprinkle with Parmesan cheese.





## STEAMED TOFU WITH SHRIMP

**Who says tofu can't be filling? By adding shrimp and vegetables, you'll get a satisfying—and nutritious—meal!**

**Serves 6 Prep Time** 20 minutes **Cooking Time** 60 minutes

- ✓ 2 tablespoons vegetable oil
- ✓ 1 medium white onion, diced
- ✓ 1 teaspoon minced ginger
- ✓ 2 cloves garlic, minced
- ✓ 300 grams shrimp, peeled and diced, plus 50 grams, peeled
- ✓ 1 small carrot, diced
- ✓ 2 stalks celery, diced
- ✓ 4 fresh shiitake mushrooms, diced
- ✓  $\frac{1}{4}$  cup oyster sauce
- ✓ 2 tablespoons light soy sauce
- ✓ 750 grams firm tofu
- ✓ 3 eggs, beaten
- ✓ chopped green onion for garnish
- ✓ sesame oil, to taste

**1** Heat oil in a pan or wok over medium heat. Add onions, ginger, and garlic; sauté until fragrant. Season with salt and pepper.

**2** Add diced shrimp; sauté until pink. Add carrot, celery, mushrooms, oyster sauce, and soy sauce; sauté until cooked.

**3** Add tofu and mash with other ingredients. Stir well; adjust seasoning if necessary. Remove pan from heat. Stir in beaten egg; mix well.

**4** Spoon mixture into greased heatproof bowls until  $\frac{3}{4}$  full. Top each with remaining whole shrimp. Place bowls in a steamer. Steam until mixture is set and firm, about 30 minutes. Garnish with green onions and drizzle with sesame oil.



## CHICKEN AND SOBA STIR-FRY

**Need to cook for a last-minute potluck dinner? Make an Asian-style sweet-and-salty noodle dish!**

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

- ✓ 3 tablespoons vegetable oil, divided
- ✓ 3 cloves garlic, minced
- ✓ 1 teaspoon minced ginger
- ✓ 250 grams skinless chicken thigh fillets, sliced into strips
- ✓ 1 medium white onion, julienned
- ✓ 1 small red bell pepper, julienned
- ✓ 6 fresh shiitake mushrooms, julienned
- ✓ 1 bunch bok choy
- ✓ 2 to 3 tablespoons oyster sauce
- ✓ 2 tablespoons light soy sauce
- ✓ 1 teaspoon sesame oil
- ✓  $\frac{1}{2}$  cup chicken stock or water
- ✓ 1 (270-gram) pack soba noodles, cooked according to package directions
- ✓ 4 stalks green onions, chopped, and toasted sesame seeds for garnish

**1** Heat 2 tablespoons oil in a wok or saucepan over high heat. Add garlic and ginger; season with salt and pepper. Stir-fry chicken until cooked, about 5 minutes. Transfer to a plate and set aside.

**2** Heat remaining oil in the same pan and stir-fry onions, bell peppers, mushrooms, and bok choy. Season with oyster sauce, soy sauce, and sesame oil. Add chicken broth or water.

**3** Stir in noodles and chicken. Cook just until noodles are coated with sauce. Garnish with green onions and sesame seeds.



## GREEN BEEF CURRY WITH EGGPLANT

Take a culinary trip to Thailand with the popular curry dish. Serve with steamed white rice to round out the meal.

**Serves** 4 to 6 **Prep Time** 15 minutes **Cooking Time** 45 minutes

- ✓ 4 tablespoons green curry paste
- ✓ 1 tablespoon vegetable oil
- ✓ 2½ cups coconut milk, divided
- ✓ 500 grams beef sirloin, sliced into strips
- ✓ 4 kaffir lime leaves
- ✓ 1 tablespoon palm sugar
- ✓ 3 medium eggplants, sliced into 1½-inch half-circles
- ✓ 1 to 2 tablespoons fish sauce (*patis*)

- ✓ 10 Thai basil leaves, torn roughly
- ✓ 3 bird's eye chilies (*siling labuyo*), sliced (optional)
- ✓ steamed rice, to serve

**1** Heat a large saucepan over medium heat. Sauté curry paste in oil until fragrant, about 1 to 2 minutes. Add half of the coconut milk and cook until oil appears on the surface, stirring frequently.

**2** Add beef, kaffir lime leaves, palm sugar, eggplant, and fish sauce. Cook for about 2 minutes then stir in remaining coconut milk. Simmer until meat and eggplant are tender. Adjust seasoning if necessary.

**3** Stir in basil leaves and chilies, if using. Serve with steamed rice.







WEEK 3

JULY 13 TO 17

### GROCERY LIST

#### MEAT, POULTRY, AND SEAFOOD

- ☐ 600 grams pork belly, sliced into chunks
- ☐ 100 grams ground pork
- ☐ 1 (1-kilo) whole chicken
- ☐ 750 grams chicken, *adobo* cut
- ☐ 8 shrimp
- ☐ 2 medium squid

#### PRODUCE

- ☐ 3 heads garlic
- ☐ 1 small knob ginger
- ☐ 2 medium white onions
- ☐ 1 knob turmeric
- ☐ 1 shallot
- ☐ 1 bunch green onions
- ☐ 1 bunch leeks
- ☐ 1 medium red bell pepper
- ☐ 1 small pack bird's eye chilies (*siling labuyo*)
- ☐ 1 small pack green finger chilies (*siling pangsigan*; optional)
- ☐ 4 stalks lemongrass
- ☐ 1 small bunch cilantro leaves
- ☐ 120 grams enoki mushrooms
- ☐ 120 grams oyster mushrooms
- ☐ 120 grams shiitake mushrooms
- ☐ 1 green mango
- ☐ 1 lemon
- ☐ 1 lime

#### DAIRY

- ☐ 1 bar unsalted butter

#### PANTRY STAPLES

- ☐ 6 eggs
- ☐ dark soy sauce
- ☐ light soy sauce
- ☐ fish sauce (*patis*)
- ☐ vinegar
- ☐ salt
- ☐ black pepper
- ☐ black peppercorns
- ☐ sugar
- ☐ canola oil
- ☐ vegetable oil
- ☐ jasmine rice

#### MISCELLANEOUS

- ☐ 1 (400-gram) can coconut milk
- ☐ bay leaf
- ☐ Chinese five-spice powder
- ☐ palm sugar
- ☐ star anise
- ☐ honey
- ☐ hoisin sauce
- ☐ mirin
- ☐ sweet soy sauce (kecap manis)
- ☐ Thai shrimp paste
- ☐ sesame oil



## ROAST LEMONGRASS CHICKEN WITH FISH SAUCE AND HONEY VINAIGRETTE

**Savor the flavors of Vietnam! Lemongrass gives poultry a bright, zesty flavor, while fish sauce and honey add a salty-sweet kick.**

**Serves** 4 **Prep Time** 30 minutes **Cooking Time** 1 hour

- ✓ 1 (1-kilo) whole chicken, cleaned and trussed
- ✓ salt and pepper, to season
- ✓ 2 tablespoons unsalted butter
- ✓ 4 stalks lemongrass, pounded
- ✓ 1 lemon, halved
- ✓ 1 head garlic, peeled and crushed

### FOR THE VINAIGRETTE

- ✓  $\frac{1}{4}$  cup vinegar
- ✓ 2 cloves garlic, minced
- ✓ 1 shallot, minced
- ✓ 2 tablespoons fish sauce (*patis*)
- ✓ 1 tablespoon honey
- ✓ salt, pepper, and sugar, to taste
- ✓  $\frac{3}{4}$  cup canola oil

**1** Preheat oven to 400°F.

**2** Season chicken with salt and pepper. Butter and season cavity; stuff with lemongrass, lemon, and garlic.

**3** Heat a frying pan over high heat. Sear chicken on all sides until golden brown in color.

**4** Transfer chicken to a roasting pan. Roast in the preheated oven for 1 hour, turning chicken a quarter of the way every 15 minutes for even roasting. Remove from oven, let rest, and keep warm.

**5** Make the vinaigrette: Whiz together vinegar, garlic, shallot, fish sauce, honey, salt, and pepper in a blender. Pour oil in a thin, steady stream. Adjust seasoning with fish sauce, pepper, and sugar if necessary. Serve with roast chicken.







## TRIPLE MUSHROOM STIR-FRY WITH MINCED PORK

**Stir-fries are your best bet when you need to put dinner on the table fast. Here, sweet pork and salty mushrooms create a balanced flavor profile.**

**Serves** 4 to 6 **Prep Time** 10 minutes **Cooking Time** 15 minutes

- ✓ 2 tablespoons hoisin sauce
- ✓ 1 tablespoon light soy sauce
- ✓ 2 teaspoons sesame oil
- ✓ pinch of Chinese five-spice powder (optional)
- ✓ 2 tablespoons vegetable oil
- ✓ 2 cloves garlic, minced
- ✓ 1 white onion, minced
- ✓ 1 teaspoon minced ginger
- ✓ 100 grams ground pork
- ✓ 1 medium red bell pepper, diced
- ✓ 120 grams oyster mushrooms
- ✓ 120 grams shiitake mushrooms, sliced
- ✓ 120 grams enoki mushrooms
- ✓ sliced leeks for garnish

**1** Combine hoisin and soy sauces, sesame oil, and five-spice powder (if using) in a bowl. Set aside.  
**2** Heat oil in a saucepan over high heat. Add garlic, onion, ginger, and pork. Cook until pork is no longer pink. Add bell peppers; cook for 1 minute.  
**3** Add mushrooms; mix. Add sauce and mix until everything is well coated. Add up to 3 tablespoons water if sauce is too thick or salty. Garnish with leeks and serve with steamed rice.

## YELLOW CHICKEN ADOBO

**This one's comforting and familiar—with a twist! Turmeric changes up the classic Filipino dish and adds a mild bitterness to it.**

**Serves** 6 **Prep Time** 10 minutes **Cooking Time** 45 minutes

- ✓ 4 tablespoons vegetable oil
- ✓ 1 head garlic, minced
- ✓ 1 white onion, sliced
- ✓ 1 knob fresh turmeric, sliced
- ✓ 750 grams chicken, *adobo* cut
- ✓ fish sauce (*patis*), to taste
- ✓  $\frac{1}{2}$  teaspoon black peppercorns
- ✓  $\frac{1}{4}$  cup vinegar
- ✓ 1 (400-gram) can coconut milk
- ✓ 1 bay leaf
- ✓ 1 to 2 green finger chilies (*siling pangsigan*; optional)

**1** Heat oil in a saucepan over high heat. Sauté garlic, onion, and turmeric. Add chicken and stir-fry for about 5 minutes.  
**2** Season with fish sauce and add peppercorns. Lower heat and cook until chicken renders its own liquid. Stir-fry until chicken is partially cooked and no longer pink.  
**3** Add vinegar and simmer, making sure not to stir, until acid cooks off, about 5 to 7 minutes.  
**4** Add coconut milk and bay leaf; simmer until thick and chicken is cooked through. Add chilies, if using, and season with more fish sauce if desired.







## SEAFOOD BAGOONG RICE

**Make the popular Thai dish at home! The medley of seafood adds both color and texture, and makes the dish a meal all on its own.**

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

- ✓ 2 tablespoons vegetable oil
- ✓ 8 shrimp
- ✓ 2 medium squid, cleaned and sliced into rings
- ✓ 4 cloves garlic, minced
- ✓ 1 tablespoon fish sauce (*patis*)
- ✓ 1 teaspoon dark soy sauce
- ✓ 1 teaspoon sweet soy sauce (kecap manis)
- ✓ 2 tablespoons palm sugar
- ✓ chopped green onions, chopped cilantro leaves, green mango strips, scrambled egg strips, bird's eye chilies (*siling labuyo*), and lime wedges, to serve

### FOR THE FRIED RICE

- ✓ 3 tablespoons vegetable oil, divided
- ✓ 1 tablespoon Thai shrimp paste

- ✓ 3 cups cooked rice, cooled
- ✓ 2 cloves garlic, sliced
- ✓ 2½ teaspoons sugar
- ✓ 1 teaspoon fish sauce (*patis*)
- ✓ salt and pepper, to season

**1** Heat oil in a saucepan over high heat. Add shrimp, squid, garlic, fish sauce, dark and sweet soy sauces, and palm sugar; mix well. Bring to a boil then simmer. Cook until dry.

**2** Meanwhile make the fried rice: Combine 1 tablespoon vegetable oil, shrimp paste, and rice; mix until grains are coated well. Heat remaining vegetable oil in a saucepan over medium heat and fry garlic. Stir in rice. Add sugar and fish sauce; mix well. Season with salt and pepper; transfer to a serving dish.

**3** Top fried rice with seafood and sprinkle with green onions, cilantro, green mango, egg, and chili. Serve with lime wedges on the side.



## JAPANESE BRAISED PORK BELLY

Mirin and ginger turn moist, tender *liempo* into an easy oriental rice topping. Complete your donburi with a medium-boiled egg.

**Serves** 4 to 6 **Prep Time** 10 minutes **Cooking Time** 1 hour 15 minutes

- ✓ 1 tablespoon vegetable oil
- ✓ 600 grams pork belly, sliced into 1-inch chunks
- ✓ 4 stalks leeks, sliced
- ✓ 1 teaspoon minced ginger
- ✓ 2 pieces star anise
- ✓ 2 tablespoons sugar
- ✓  $\frac{1}{4}$  cup light soy sauce
- ✓  $\frac{1}{4}$  cup mirin

- ✓ salt, to season
- ✓ 4 eggs, soft-boiled and shelled
- ✓ steamed rice, to serve

**1** Heat oil in a saucepan over high heat. Sear pork belly on both sides until brown. Drain excess oil.

**2** Transfer pork to a deep pot. Add enough water just to cover the meat. Add leeks, ginger, and star anise. Bring to a boil then lower heat to simmer. Remove any impurities that rise to the surface.

Add sugar, soy sauce, and mirin. Season with salt.

**3** Cover pot and cook until meat is tender, adding more water if mixture is too dry; about 1 hour. Add eggs and cook for 5 more minutes. Serve topped over steamed rice.







WEEK 4

# JULY 20 TO 24

GROCERY LIST

MEAT, POULTRY, AND SEAFOOD

- ▣ 1 kilo beef round, sliced into strips
- ▣ 1 kilo baby back ribs
- ▣ 4 chicken leg quarters
- ▣ 1 kilo shrimp
- ▣ 500 grams meaty white fish fillet (we used *lapu-lapu*)
- ▣ 250 grams mussels
- ▣ 6 prawns

PRODUCE

- ▣ 2 heads garlic
- ▣ 1 small knob ginger
- ▣ 3 medium white onions
- ▣ 1 bunch leeks
- ▣ 2 medium carrots
- ▣ 1 medium green bell pepper
- ▣ 1 bunch celery
- ▣ 1 bunch parsley
- ▣ 1 small pack fresh basil
- ▣ 1 small pack Thai basil
- ▣ 1 small pack fresh oregano
- ▣ 200 grams bean sprouts (*togue*)
- ▣ 1 small pack bird's eye chilies (*siling labuyo*)
- ▣ 1 lemon
- ▣ 1 lime

DAIRY

- ▣ 1 (120-gram) block mozzarella
- ▣ 60 grams grated Parmesan cheese

PANTRY STAPLES

- ▣ salt
- ▣ black pepper
- ▣ brown sugar
- ▣ light soy sauce
- ▣ vinegar
- ▣ tomato ketchup
- ▣ vegetable oil
- ▣ olive oil
- ▣ jasmine rice
- ▣ cornstarch

MISCELLANEOUS

- ▣ 2 (250-gram) packs tomato sauce
- ▣ tomato paste
- ▣ 2 cans cola
- ▣ 1 (400-ml) can coconut cream
- ▣ 2 fish bouillon cubes
- ▣ 1 small pack cashew nuts
- ▣ dried basil
- ▣ dried oregano
- ▣ dried thyme
- ▣ chili powder
- ▣ bay leaves
- ▣ Thai fish sauce
- ▣ Thai soy sauce
- ▣ Chinese cooking wine
- ▣ white wine
- ▣ garlic bread (optional)





## MONGOLIAN BEEF RICE BOWL

On busy nights, turn to this hearty one-bowl family favorite.

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

- ✓ 1 kilo beef round, sliced into strips
- ✓  $\frac{1}{4}$  cup cornstarch
- ✓  $\frac{1}{8}$  cup Chinese wine
- ✓ 3 tablespoons vegetable oil, divided
- ✓ 2 tablespoons chopped garlic
- ✓ 2 tablespoons grated ginger
- ✓  $\frac{1}{4}$  cup sliced leeks, white parts only
- ✓  $\frac{1}{4}$  cup soy sauce
- ✓ 2 tablespoons brown sugar
- ✓ salt and pepper, to season
- ✓ 4 cups cooked rice
- ✓ 200 grams bean sprouts (*togue*)
- ✓ 1 medium green bell pepper, sliced into thin strips

**1** Combine beef and cornstarch; mix well. Add wine and set aside.

**2** Heat 2 tablespoons oil in a saucepan over medium heat. Sauté garlic, ginger, and leeks. Add soy sauce and sugar. Season with salt and pepper.

**3** Add beef and sauté until beef is cooked. Adjust seasoning if necessary. Divide into 4 portions and top over 4 bowls of rice.

**4** Heat remaining oil in a saucepan over medium heat. Sauté bean sprouts and bell peppers for 1 to 2 minutes. Season with salt and pepper. Top over beef.



## SEAFOOD STEW

This filling soup banks on the freshness of seafood for flavor. Serve with garlic bread on the side for a Mediterranean-inspired meal.

**Serves 4 Prep Time** 20 minutes **Cooking Time** 30 minutes

- ✓ 2 tablespoons olive oil
- ✓ 2 tablespoons chopped onions
- ✓ 1 tablespoon chopped garlic
- ✓ 2 tablespoons chopped carrots
- ✓ 2 tablespoons chopped celery
- ✓ 1 teaspoon dried oregano
- ✓ 1 teaspoon dried thyme
- ✓ 1 bay leaf
- ✓ 1 teaspoon tomato paste
- ✓  $\frac{1}{4}$  cup white wine
- ✓ 1 to  $1\frac{1}{2}$  fish bouillon cubes
- ✓ 500 grams meaty white fish fillets (we used *lapu-lapu*), sliced into chunks
- ✓ 6 prawns, peeled and deveined
- ✓ 250 grams mussels
- ✓ salt and pepper, to season
- ✓ chopped parsley for garnish

**1** Heat oil in a saucepan over medium heat. Sauté onions, garlic, carrots, celery, dried oregano, dried thyme, and bay leaf. Add tomato paste; sauté until well cooked.

**2** Add white wine, scraping the bottom of the pan, and allow to reduce until almost dry.

**3** Add 2 liters water; boil. Add bouillon cubes. Bring to a boil then simmer, covered, for 5 minutes.

**4** Add seafood; simmer until cooked. Season to taste with salt and pepper. Garnish with parsley.



## BAKED CHICKEN ITALIANO

**Love pizza? This Italian-inspired dish has the same flavor profile! Pair it with a light salad for a meal that will please the pickiest of eaters.**

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

- ✓ 4 chicken leg quarters
- ✓  $\frac{1}{4}$  cup olive oil
- ✓ juice from half a lemon
- ✓  $\frac{1}{8}$  cup chopped garlic
- ✓ salt and pepper, to season
- ✓  $\frac{1}{4}$  cup vegetable oil

### FOR THE TOMATO SAUCE

- ✓ 2 tablespoons olive oil
  - ✓ 2 tablespoons chopped onions
  - ✓ 1 tablespoon chopped garlic
  - ✓ 1 bay leaf
  - ✓ 1 teaspoon dried oregano
  - ✓ 1 teaspoon dried thyme
  - ✓ 1 teaspoon dried basil
  - ✓  $\frac{1}{2}$  tablespoon tomato paste
  - ✓ 2 (250-gram) packs tomato sauce
  - ✓  $\frac{1}{2}$  tablespoon brown sugar
  - ✓ salt and pepper, to season
- 
- ✓ 1 cup grated mozzarella cheese
  - ✓  $\frac{1}{4}$  cup grated Parmesan cheese
  - ✓  $\frac{1}{8}$  cup fresh basil leaves, torn roughly
  - ✓  $\frac{1}{8}$  cup fresh oregano

**1** Pat dry chicken with paper towels and place in a bowl. Add olive oil, lemon juice, garlic, salt, and pepper. Mix well and marinate in the refrigerator, covered, for at least 1 hour or overnight.

**2** Heat oil in a saucepan over medium heat. Sear chicken on all sides, about 3 to 4 minutes per side. Place on a baking pan and set aside. Preheat oven to 350°F.

**3** Make the tomato sauce: Heat olive oil in a saucepan over medium heat. Sauté onions, garlic, and dried herbs. Add tomato paste and sauté until cooked. Add tomato sauce and brown sugar; mix well. If sauce is too thick, add water, 1 tablespoon at a time, until desired consistency is reached. Bring to a boil; adjust seasoning if needed.

**4** Pour tomato sauce over chicken and bake in the preheated oven for 20 to 30 minutes, or until chicken is cooked through.

**5** During the last 5 to 10 minutes of baking, top chicken with cheeses, basil, and oregano. Return to the oven and bake for another 5 to 10 minutes, or until cheese is melted.



**DOUBLE THE RECIPE FOR THE TOMATO SAUCE AND FREEZE HALF OF IT FOR NEXT WEEK'S CHEESY BEEF CANNELLONI.**







## THAI SHRIMP STIR-FRY WITH BASIL AND CASHEWS

Enjoy flavorful, succulent shrimp with the freshness of basil, and the sweetness and crunch of cashew nuts.

**Serves 4 Prep Time** 5 minutes **Cooking Time** 5 minutes

- ✓ 2 tablespoons vegetable oil
- ✓ 1 tablespoon chopped garlic
- ✓ 3 to 4 bird's eye chilies (*siling labuyo*)
- ✓ 1 kilo shrimp, peeled and deveined
- ✓ 1 tablespoon Thai fish sauce
- ✓ 1 tablespoon Thai soy sauce
- ✓  $\frac{1}{4}$  cup roasted cashew nuts
- ✓  $\frac{1}{2}$  cup Thai basil, divided
- ✓ 1 medium carrot, julienned

### FOR THE DRESSING

- ✓  $\frac{1}{2}$  tablespoons Thai fish sauce
- ✓  $\frac{1}{2}$  tablespoons Thai soy sauce
- ✓ juice from 1 lime
- ✓  $\frac{1}{2}$  teaspoon brown sugar

**1** Heat oil in a saucepan over medium heat. Sauté garlic and chilies until fragrant. Add shrimp. Season with Thai fish sauce and soy sauce. Add cashews and half of the basil; mix well. Adjust seasoning as necessary.

**2** Make the dressing: Combine all ingredients in a bowl. Mix well and season to taste.

**3** Combine carrots, remaining basil, and dressing; mix well. Toss with shrimp mixture.

## COLA BABY BACK RIBS

Soda gives hearty ribs an unexpected hint of sweetness. Go ahead, eat with your hands!

**Serves 4 Prep Time** 5 minutes **Cooking Time** 2 hours

- ✓ 1 kilo baby back ribs
- ✓ 2 cans cola (we used Coca-Cola)
- ✓ 4 cloves garlic, smashed and peeled
- ✓ 1 bay leaf
- ✓ 1 cup tomato ketchup
- ✓ 2 tablespoons soy sauce
- ✓ 1 tablespoon brown sugar
- ✓ 1 teaspoon chili powder
- ✓ 1 tablespoon vinegar
- ✓ salt and pepper, to taste
- ✓ smashed potatoes, to serve

**1** Combine ribs, cola, garlic, and bay leaf in a pot; boil for 1 hour. Preheat oven to 350°F.

**2** Transfer ribs to a baking dish; leave liquid in the pot. Place ribs in the preheated oven and bake for 1 hour.

**3** Meanwhile, simmer remaining liquid over medium heat until reduced to half. Add ketchup, soy sauce, brown sugar, chili powder, and vinegar; allow to boil. Adjust seasoning as necessary.

**4** Remove ribs from oven and pour sauce over. Return to the oven and bake for 1 more hour. Serve ribs with smashed potatoes, if desired.



**ONLINE  
EXCLUSIVE!**

Log on to [Yummy.ph](http://Yummy.ph)  
to get the recipe for  
Smashed Potatoes!





WEEK 5

JULY 27 TO 31

GROCERY LIST

MEAT, POULTRY, AND SEAFOOD

- ❑ 500 grams ground pork
- ❑ 250 grams ground beef round
- ❑ 500 grams skinless chicken breast fillets
- ❑ 1 kilo *bangus* fillet
- ❑ 12 tiger prawns

PRODUCE

- ❑ 2 heads garlic
- ❑ 1 small knob ginger
- ❑ 3 medium white onions
- ❑ 1 small bunch green onions
- ❑ 250 grams asparagus
- ❑ 1 bunch *malunggay*
- ❑ 250 grams fresh bamboo shoots (*labong*)
- ❑ 500 grams Chinese cabbage
- ❑ 1 small pack green finger chilies (*siling pangsigang*)

- ❑ 1 small pack fresh basil
- ❑ 1 small pack tarragon
- ❑ 1 lemon

DAIRY

- ❑ 1 bar unsalted butter
- ❑ 2 (200-ml) packs heavy cream
- ❑ 1 (250-gram) block mozzarella cheese
- ❑ 60 grams grated Parmesan cheese
- ❑ 1 (250-gram) tub ricotta cheese

PANTRY STAPLES

- ❑ salt
- ❑ black pepper
- ❑ brown sugar
- ❑ light soy sauce
- ❑ fish sauce (*patis*)
- ❑ vegetable oil

- ❑ canola oil
- ❑ olive oil

MISCELLANEOUS

- ❑ 1 (250-gram) box cannelloni
- ❑ 1 (400-ml) can coconut cream
- ❑ 2 (300-gram) packs silky tofu
- ❑ tomato sauce
- ❑ tomato paste
- ❑ bay leaf
- ❑ dried basil
- ❑ dried oregano
- ❑ dried parsley
- ❑ dried thyme
- ❑ Spanish paprika
- ❑ sesame seeds
- ❑ sesame oil
- ❑ Worcestershire sauce
- ❑ white wine



## PRAWNS IN COCONUT MILK WITH BAMBOO SHOOTS AND MALUNGGAY

Sweet coconut milk complements soft bamboo shoots and shrimp in this dish. Serve with steamed rice and let the Filipino flavors stand out.

**Serves 4 Prep Time** 5 minutes **Cooking Time** 30 minutes

- ✓ 2 tablespoons vegetable oil
- ✓ 2 tablespoons chopped white onions
- ✓ 1 tablespoon chopped garlic
- ✓ 1½ tablespoons ginger, minced
- ✓ 1 tablespoon fish sauce (*patis*)
- ✓ 250 grams bamboo shoots (*labong*), julienned, boiled until tender, and drained
- ✓ 1 (400-ml) can coconut cream
- ✓ 12 prawns
- ✓ salt and pepper, to taste
- ✓ 1 bunch *malunggay*, leaves picked
- ✓ sliced finger chilies (*siling pangsigang*) for garnish (optional)
- ✓ steamed rice, to serve (optional)

**1** Heat oil in a saucepan over medium heat. Sauté onions, garlic, and ginger. Add fish sauce and bring to a boil.

**2** Add bamboo shoots; sauté for 2 minutes. Add coconut cream; bring to a simmer. Add prawns; simmer until prawns are cooked. Season to taste with salt and pepper. Add *malunggay*; simmer until *malunggay* is cooked, about 3 to 4 minutes.

**3** Garnish with finger chilies and serve with steamed rice, if desired.



**TIP**

YOU CAN MAKE THE PORK MIXTURE A DAY IN ADVANCE.



## BAKED PORK, CABBAGE, AND SILKY TOFU

Make an indulgent pork dish more nutritious by mixing it with crunchy greens and creamy tofu.

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

- ✓ 500 grams Chinese cabbage, shredded
- ✓ 2 tablespoons salt
- ✓ 2 tablespoons vegetable oil
- ✓ 2 tablespoons chopped onions
- ✓ 1 tablespoon chopped garlic
- ✓ 1 tablespoon grated ginger
- ✓ 500 grams ground pork
- ✓ 2 tablespoons light soy sauce
- ✓ salt and pepper, to taste
- ✓ 2 (300-gram) packs silky tofu, sliced
- ✓ 2 tablespoons sesame oil
- ✓ chopped green onions and toasted sesame seeds for garnish
- ✓ steamed rice, to serve

**1** Combine cabbage and salt; let stand in a colander for about 1 hour. Squeeze cabbage dry; set aside. Preheat oven to 350°F.

**2** Heat oil in a saucepan over medium heat. Sauté onions, garlic, ginger, and pork; cook until pork is completely cooked. Season with soy sauce, salt, and pepper. Add cabbage; cook for 3 to 4 minutes. Season to taste.

**3** Arrange tofu on the bottom of a baking pan. Place pork mixture on top. Bake for 6 to 8 minutes. Drizzle with sesame oil. Garnish with green onions and sesame seeds. Serve with steamed rice.



## BANGUS SALPICAO

Swap out beef tenderloin for a *bangus* fillet for a new take on the Pinoy favorite. Serve it any time of the day as part of a *silog* meal.

**Serves 4** **Prep Time** 10 minutes, plus marinating time **Cooking Time** 5 minutes

- ✓ 1 kilo *bangus* fillet, sliced into 1-inch strips
- ✓ 1 tablespoon chopped garlic
- ✓  $\frac{1}{4}$  cup Worcestershire sauce
- ✓ 3 tablespoons canola oil
- ✓ 1 teaspoon Spanish paprika
- ✓ 2 teaspoons soy sauce
- ✓ salt and pepper, to taste
- ✓ toasted garlic for garnish (optional)
- ✓ green finger chilies (*siling pangsigan*), sliced, for garnish (optional)

**1** Marinate *bangus* in garlic and Worcestershire sauce for 1 hour.

**2** Heat oil in a saucepan over medium heat then add paprika. Add *bangus*, skin side down, and fry on both sides until cooked, about 2 to 3 minutes. Season to taste with soy sauce, salt, and pepper. Garnish with toasted garlic and sliced finger chilies, if desired.



## CHICKEN WITH TARRAGON CREAM

Chicken's white meat is the perfect base to showcase a creamy, herb-infused sauce.

**Serves 2** **Prep Time** 5 minutes **Cooking Time** 20 minutes

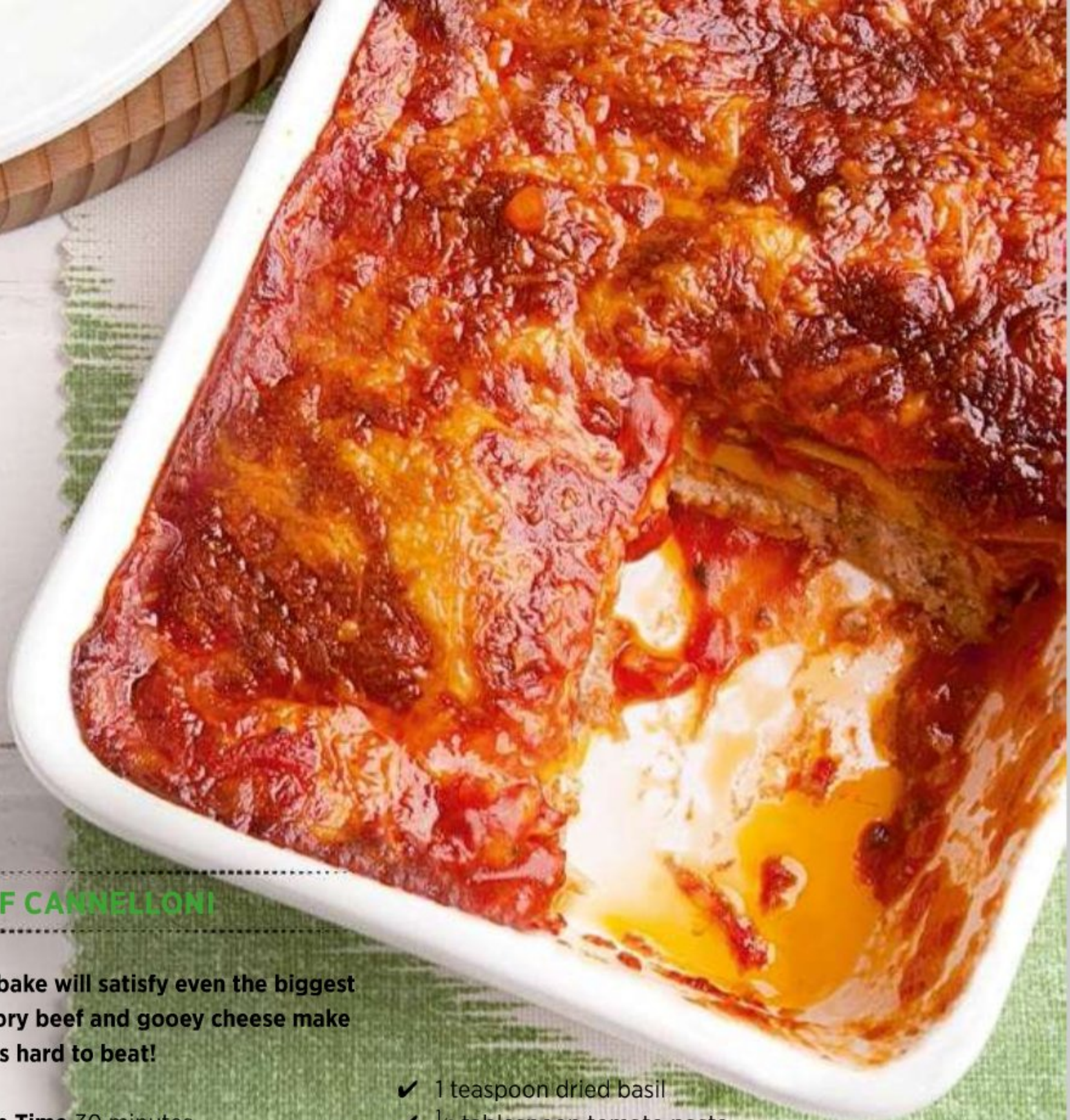
- ✓ 500 grams skinless chicken breast fillets
- ✓ salt and pepper, to taste
- ✓ 3 to 4 tablespoons canola oil
- ✓ 4 tablespoons olive oil, divided
- ✓ 2 tablespoons chopped white onions
- ✓  $\frac{1}{8}$  cup white wine
- ✓ 2 (200-ml) packs heavy cream
- ✓  $\frac{1}{8}$  cup tarragon leaves
- ✓ 2 tablespoons unsalted butter, divided
- ✓ lemon juice, to taste
- ✓ 250 grams asparagus, ends removed

**1** Pat dry chicken with paper towels. Season with salt and pepper. Heat canola oil in a saucepan over medium heat. Fry chicken for 8 to 10 minutes or until cooked. Set aside.

**2** Discard excess oil. Add 2 tablespoons olive oil; sauté onions. Add white wine; simmer until reduced by half. Add cream and tarragon; simmer for 1 to 2 minutes. Season with salt and pepper, then add 1 tablespoon butter and lemon juice, as desired. Add chicken; simmer for 1 to 2 minutes or until desired consistency is reached.

**3** Heat remaining olive oil and butter in a saucepan over medium heat. Sauté asparagus for 2 minutes; season with salt and pepper. Serve with chicken.





## CHEESY BEEF CANNELLONI

**This filling pasta bake will satisfy even the biggest of appetites. Savory beef and gooey cheese make for a combo that's hard to beat!**

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

**Cooking Time** 40 minutes

### FOR THE FILLING

- ✓ 125 grams ricotta cheese
- ✓ 1 cup grated mozzarella cheese
- ✓  $\frac{1}{4}$  cup grated Parmesan cheese
- ✓ 2 tablespoons chopped garlic
- ✓ salt and pepper, to taste
- ✓ 2 tablespoons vegetable oil
- ✓ 2 tablespoons chopped onions
- ✓ 1 tablespoon chopped garlic
- ✓ 1 teaspoon dried basil
- ✓ 1 teaspoon dried parsley
- ✓ 250 grams ground beef round
- ✓ 12 to 15 pieces uncooked cannelloni
- ✓ 1 tablespoon olive oil for greasing

### FOR THE TOMATO SAUCE

- ✓ 2 tablespoons olive oil
- ✓ 2 tablespoons chopped onions
- ✓ 1 tablespoon chopped garlic
- ✓ 1 bay leaf
- ✓ 1 teaspoon dried oregano
- ✓ 1 teaspoon dried thyme

- ✓ 1 teaspoon dried basil
- ✓  $\frac{1}{2}$  tablespoon tomato paste
- ✓ 2 (250-gram) packs tomato sauce
- ✓  $\frac{1}{2}$  tablespoon brown sugar
- ✓ salt and pepper, to taste

- ✓ 1 cup grated mozzarella cheese
- ✓  $\frac{1}{4}$  cup grated Parmesan cheese

**1** Make the filling: Combine all ingredients in a bowl. Mix well and set aside. Heat oil in a saucepan over medium heat. Sauté onions, garlic, and herbs. Add beef and sauté until cooked. Season with salt and pepper. Set aside and let cool completely. Mix together cheese mixture and beef in a bowl.

**2** Carefully stuff each cannelloni piece with the beef filling. Arrange stuffed pasta in a greased baking dish. Set aside. Preheat oven to 350°F.

**3** Make the tomato sauce: Heat olive oil in a pan. Sauté onions, garlic, and dried herbs. Add tomato paste and cook for 2 minutes. Add tomato sauce and brown sugar; mix well. Add up to  $\frac{1}{2}$  cup water, 2 tablespoons at a time, if necessary. Bring to a boil and adjust seasoning as necessary.

**4** Pour tomato sauce on top of stuffed pasta. Top with mozzarella and Parmesan cheeses. Bake in the preheated oven for 20 to 30 minutes.



**JULY** 2015

**MON**

**TUE**

**WED**

**THU**

**FRI**



1 ASIAN BEEF STEW



2 SPICED ORANGE CHICKEN STIR-FRY



3 FISH WITH CORN SAUCE



6 GRILLED PORK ON LEMONGRASS SKEWERS



7 EASY CHORIZO PENNE PASTA



8 STEAMED TOFU WITH SHRIMP



9 CHICKEN AND SOBA STIR-FRY



10 GREEN BEEF CURRY WITH EGGPLANT



13 ROAST LEMONGRASS CHICKEN WITH FISH SAUCE AND HONEY VINAIGRETTE



14 TRIPLE MUSHROOM STIR-FRY WITH MINCED PORK



15 YELLOW CHICKEN ADOBO



16 SEAFOOD BAGOONG RICE



17 JAPANESE BRAISED PORK BELLY



20 MONGOLIAN BEEF RICE BOWL



21 SEAFOOD STEW



22 BAKED CHICKEN ITALIANO



23 THAI SHRIMP STIR-FRY WITH BASIL AND CASHEWS



24 COLA BABY BACK RIBS



27 PRAWNS IN COCONUT MILK WITH BAMBOO SHOOTS AND MALUNGgay



28 BAKED PORK, CABBAGE, AND SILKY TOFU



29 BANGUS SALPICA0



30 CHICKEN WITH TARRAGON CREAM



31 CHEESY BEEF CANNELLONI



**PHOTOGRAPHY BY** Miguel Nacianceno  
**RECIPES AND FOOD PREPARATION BY** The Cookery Place and Lhas Alvarez  
**STYLING BY** Trinkia Gonzales  
**PROPS FROM** Fabric Bar, Home Studio, and the Yummy prop library



# Stay Tagaytay

Live Every Day Like A Vacation

Discover The Art of Staycation • The Charm of Country Living • Restaurant Gems in The South  
Maximize Your Living Space • Ayala Mall Serin: Tagaytay's Newest Retail Haven

**GOOD  
HOUSEKEEPING** *Serin*  
EAST  
TAGAYTAY





**Serin**<sup>EAST</sup>  
TAGAYTAY

## Tagaytay Living at its Finest

There are still so many things to discover. From gorgeous views, fantastic eats, to great moments with your loved ones, life's sweetest pleasures are just a short distance away.



# W e l c o m e

**R**ecently, I met a man who was born in the Philippines, and who had moved to the U.S. with his family when he was a child. Now in his 40s, he has moved back to the Philippines, and is operating a business and just generally living the life on one of our many beautiful islands. "This is the American dream," he said. I remarked that it was interesting how the American dream didn't involve America at all, but I understood what he meant—the dream (American or otherwise) is to be able to move to a place surrounded by nature; to live a relaxed, unhurried pace; to wake up every day to fresh air, gorgeous views, and no stress—a perpetual vacation.

For many, this can only happen after retirement, after having saved up enough to buy an idyllic piece of land, and when there are no longer any commitments holding them to the city. But this dream life is fast becoming more attainable even for younger families: affordable home options are now available in picturesque Tagaytay. You may just find that your favorite weekend getaway can turn into a permanent address. And in this supplement, Good Housekeeping has collaborated with Avida to show you that your dream life is, in fact, well within your reach.

*Tisha*  
*Tisha Alvarez Angluben*  
**EDITOR IN CHIEF**  
Good Housekeeping Philippines



Artist Perspective of Amenity Deck



## F e a t u r e s

### **4-7 LIFE ON THE RIDGE**

Escape to a place of utmost comfort and tranquility while spending time doing the things you love the most.

### **8-9 ART OF STAYCATION**

Enjoy country living at its best with Serin's leisurely ambience in every unit space. Also, designer duo, Misty Floro and Pai Edles of Morfosis share some advice on decorating your place.

### **10-11 LIVING SPACES**

How do you maximize a small living space? We give you great

space-saving tips and ideas to make your home brighter.

### **12-13 SOUTHERN EATS**

Discover remarkable restaurant finds and their delectable dishes.

### **14 RETAIL THERAPY**

Ayala Malls latest development makes its mark in Tagaytay.

### **15 TAGAYTAY LIFESTYLE**

Personalities living by the ridge and a mommy blogger share their personal insights and secrets about Tagaytay.





# Life on the Ridge

**T**here's an allure to Tagaytay, one that stretches back decades. Cool air, beautiful scenery, and fresh produce, all just an hour's drive from Manila.

Traditionally a summer haunt, Tagaytay is fast gaining a reputation as a year-round destination, and even as an enviable place to settle down with the family. It has also become an immediate escape from the busy and fast-paced lifestyle of Manila offering a brief respite to those who seek solace and calm.







Artist Perspective of Serin East facade

**THE CITY IS SLOWLY GROWING**, with schools, malls, churches, and recreational spots slowly dotting its lush landscape. But despite its urbanization, Tagaytay has managed to keep its countryside charm, thanks to the people who call this pocket of paradise home.

When you think about it, there must be a moment in your life that you've been tempted to stay not just for a bit, but for a long while in Tagaytay. The idea of being serenaded by the coolness of the air before slumber and waking up to a majestic view of Taal Volcano is thrilling. It's a ridge lined with spots and haunts a foodie would tremendously take pleasure in—ranging from local delicacies to international cuisines, the offering of the simplest of fares, up to the country's best fine dining restaurant.

Serin offers the best of Tagaytay living and more. The residents can enjoy a calm and comfortable life as well as the modern facilities and amenities, right in the heart of the city. This new residential development from Avida Land also provides its residents the pleasure of living their dream life to the fullest because of its splendid exclusivity.

Hold a pool party, entertain friends, or host a play date with Taal Lake as the backdrop. Enjoy afternoon tea while reading a good book, or take a leisurely walk in one of Serin's many outdoor areas.

At Serin, real life feels like a vacation, and Tagaytay feels like home.



Artist Perspective of The Masterplan



Artist Perspective of Serin East Masterplan



# Life on the Ridge

**S**erin allows you to live the Tagaytay lifestyle—host parties, practice wellness, and enjoy the good life in a way that only Serin can offer. Here, we give some ideas on how to make Serin's modern amenities as your main venue to hold social activities as well as personal interests.



## Host an Organic Party

Take advantage of Tagaytay's fresh air and spectacular views by hosting an organic-themed party in one of Serin's many gardens and open spaces. Create a menu that utilizes fresh meat and fruits from the Tagaytay City Market or the Mahogany Market. Decorate the party area with fresh flowers, textured table accents, and quaint origami pieces. Serve drinks in clay mugs and mason jars for a rustic feel and or even have a make-your-own salad buffet with ingredients composed of the local greens and herbs harvested from neighbouring organic farms. After the party, let guests bring home a goodie bag filled with organic oils, bath gels, and even potted plants so that they can take Tagaytay's aura of relaxation home with them.







## Prepare **Finger Food** and Fun Drinks for Snacks

Spend your lovely summer days lounging by the pool. Serin has adult and kiddie pools where you can host pool parties for yourself or your little ones. Remember to serve easy-to-make-and-even-easier-to-gobble-down finger food and fun drinks like mocktails poolside to make the event even more special to keep the party going.



Artist Perspective of The Clubhouse

## **Morning and Evening** Running Sessions

Serin's manicured lawns inspire both fitness and reflection. Take a morning or evening run down the trellised path as you strive for better health, or take a leisurely walk as part of your wellness program. Why not hold group yoga sessions or even round up a Tai chi class on one of the pocket gardens? Either way, your body, your mind, and your spirit will thank you for it.



Artist Perspective of The Pool

## **Organize** a Wine-Pairing Night

Serin's multi-purpose hall and clubhouse are perfect venue to host a variety of events. Take advantage of the weekend by inviting friends over for a wine-pairing night. Let them partake of your selection of fine wines, cheeses, tapas or antipasti, or have each friend bring a bottle of their favorite vino and compare tasting notes.





# Art of Staycation

**A** soothing indulgence can be had at Serin East Tagaytay-Avida's residential project set amid the lushness of this famed recreational destination. Give yourself a slice of paradise that is a world away from the frenzied hum of the city. The surrounding area offers a myriad of experiences that will refresh and energize your harried soul such as a view of the gorgeous Taal Volcano. Explore the main highway's diverse culinary offerings, from the best brewed coffee to artisanal breads, and even a tempting array of international cuisines that will please even the pickiest palate.







▲ A cozy dining area is the perfect nook for intimate meals over lively conversations. To add some more tabletop, why not add a tray table on the side so you'll have more table space for the family?



▲ Take advantage of Tagaytay's fresh produce all year round and create culinary experiences with friends and family. You can even purchase some potted herbs to place in the balcony so you can have fresh ones every time you cook.



▲ A well-lit bathroom is perfect for cleansing all your worldly cares away. At your convenience, you can also place in a washing machine so you won't have to worry about getting laundry service outside.



▲ A warm rug, a couple of throws, and inviting armchairs and sofas are the perfect ingredients for lazily lounging around with a book or a favorite movie. For a touch of comfort, bring in accent pieces like a coffee table centerpiece or a functional figurine to bring your room theme all together.

# Make Your Abode COUNTRY CHIC

Partners Misty Floro and Pai Edles of Morfosis Design know how to give your place some kitchy character. Spruce up your interiors with a touch of rustic elegance:

## 1 USE WHITE FURNITURE PIECES

Country interiors usually feature a lot of wood pieces. Try using white painted wood pieces for a refreshing change.

## 2 USE OF DARK NEUTRAL COLORS

To tone down the "shabby" and amp up the "chic," combine your whites and pastels with dark neutrals such as gray and black. For example, a white sofa can be accented with a variety of gray and black throw pillows.

## 3 ACCESSORIZE WITH METALLIC DÉCOR

Metallic pieces instantly glam up any space. For example, place a set of copper candle holders on a coffee table or side table for a shot of shine.

## 4 BRING IN THE GREENS

Reinforce the country feel by placing plants inside the home. Succulents and palms are great choices.

Order customized furniture and key home pieces from Morfosis. For inquiries, call (0917) 830-6478 or email [morfosis.ph@gmail.com](mailto:morfosis.ph@gmail.com). Visit their website at [www.morfosis.ph](http://www.morfosis.ph)



# Living Spaces

**L**uxury isn't about size but more about creating a blissful space where one can relax and recharge. Transforming your space into a soothing pod of cozy comfort is easy as pie, without really costing you an arm and a leg.

Scale is key and it would be wise to choose low-slung furniture that compliments your unit's compact dimensions. And do remember the magical wonders of mirrors—lining your walls with reflective surfaces will bring in more light and give an illusion of expanse.



## Common Room Ideas

◀ The living room is the focal area for multi-bedroom units. Once you've assembled the main pieces in your 2 bedroom unit, bring in the quaint touches that will personalize the space according to the residents' preference. Include in elements that will reflect the owners' taste such as flowers, books, framed photos, and accents.



2 Bedroom Unit





1 Bedroom Unit



## Coordinate The Kitchen

► Modern bowls in neutral colors with linens in complimentary hues give your 1 bedroom unit dining and kitchen areas a polished look. The fruits and vegetables of the season carefully arranged on pretty ceramic plates give this nook a chirpy mood. Plate even the simplest dishes with care and you'll surely feel a change in the vibe of your place. A bowl of fruits in a plain bowl and fancy glassware set atop a simple yet classy tray can make a world of a difference.



Executive Studio Unit

## Private Quarters

▲ The gleam of glass and metals will surely give your executive studio unit a luxurious feel. Throw in items of whimsy such as animal sculptures and fresh flowers. The fine details are what makes a house, a home. Flowers, succulents, or your favorite indoor plants in beautiful vases with framed pictures or art will give your home the unique feel that makes it undoubtedly your own.



# Southern Eats

**T**agaytay's abundance of fresh produce, coupled with the city's proximity to Manila, has turned it into a dining mecca. Each place featured has a tempting come-on, from the organic farm-to-table

## CAFE CARMENCITA

The quaint abode that houses Cafe Carmencita is a reflection of the food you'll find inside: warm, comforting, and delicious. Mom's Beef Stew, an heirloom recipe from Kathleen's mom, is a bestseller, as is the Beer-battered Fish and Chips. If you're looking for something festive, the Prawns Thermidor is a good pick. You can't leave without trying their dessert; the Salted Caramel Cheesecake is divine, and the Turtle Pie is simply addictive. "We want you to feel like you're just in a friend's house having lunch or dinner or merienda," says Kathleen Manzano, Cafe Carmencita's owner.

Aguinaldo Highway Brgy. Kaybagal  
South, Tagaytay City  
(0915) 416-9159  
[www.facebook.com/cafecarmencita](http://www.facebook.com/cafecarmencita)



Rich heirloom dishes and desserts at Café Carmencita



Food cooked with Italian flair at San' Antonio Pizzeria

## SAN' ANTONIO PIZZERIA

San' Antonio Pizzeria is a little eatery run by Rogationist priests headed by Italian-trained Fr. Rene Ramirez. All their pizzas are freshly made and baked in a brick oven fueled with fragrant wood from the property. Their roast chicken is a must-try as well, the skin beautifully browned and the meat soft and juicy. If you have time, head over to Caffe San' Antonio across the hall, where you can enjoy coffee and pastries, and if you're feeling generous, you can purchase suspended coffee that enables someone from the local community to enjoy a cup of coffee and a pastry for free.

Km. 51.8 Aguinaldo Highway, Laan 2,  
Silang, Cavite  
(046) 686-3299, (0917) 554-5564  
[www.rogate.ph](http://www.rogate.ph)



concept, comforting heirloom recipes, authentic Thai cuisine to incredible Italian fare prepared by priests. The area's varied restaurants ensure that Serin residents are never far away from a good meal.

#### LIME AND BASIL

"If you think of Tagaytay, you think of a garden. People go to Tagaytay to relax. They want something new," says Sigrid Sarmiento of Lime and Basil, Tagaytay's only Thai restaurant. The establishment takes advantage of Tagaytay's fresh produce, and also uses herbs straight from their garden. Whet your appetite with their Fresh Spring Rolls, fresh vegetables wrapped in rice paper and served with a sweet chili sauce and the Lime and Basil Salad, the restaurant's signature salad of greens drizzled with tamarind sauce. Indulge in Thai favorite Tom Yam Goong, a sour seafood soup with citrus notes, followed by the Crispy Pata Curry, which is as delicious as it sounds, paired with Bagoong Rice. For dessert, the Sticky Rice with Mango always hits the spot.

9014 J. Rizal St., Brgy. Sikat, Alfonso, Cavite  
(0915) 627-6393  
[www.limeandbasil.ph](http://www.limeandbasil.ph)



Impressive Thai flavors at Lime and Basil



Healthy and heartwarming food at Nurture Wellness Village

#### NURTURE WELLNESS VILLAGE

Enjoy nature as you eat your way to optimum health at the Gabriela Garden Cafe in Nurture Wellness Village, where you can pick your own salad and herbs for tea. "We follow two philosophies: locavore, everything is, as much as possible, sourced from within, but very important, we also have journey to wellness," says Cathy Turvill, a Certified Wellness Specialist and President of Nurture Spa. The Kale Wrap, fresh veggies wrapped in kale; and the Squash 'Pasta' with Kale Pesto Sauce, a real food delight made from fresh squash, sets the tone for wellness. The Arroz Caldo y Tapas is the perfect comfort food; and the Chicken Kare Kare is a healthier, but still delicious version of traditional beef tripe stew. Suman at mangga, which comes with tsokolate, is the perfect way to end a meal.

Pulong Sagingan, Barangay Maitim II  
West Cavite, Tagaytay  
(0918) 888-8772, (02) 710-9786  
[www.nurturewellnessvillage.com](http://www.nurturewellnessvillage.com)



# Retail Therapy

**I**t's more than just a mall—it's a shopping haven with high terrace levels and garden accents making it a wonderful place for families and friends to spend fun moments together. This retail and leisure complex offers a multitude of things to do, see, and feast on with over a 100 stores to choose from. When you want a taste of city life, you need not go any further with Ayala Malls Serin.

The *Corte* was specially created so people can relish and enjoy the city's much-loved cold, fresh country air.

## What's in Store

### ► Home Offerings

When you want to add some special pieces to your home, visit the home furnishing stores dotted in the mall for your inspiration. From English tea sets to fancy table sets, simple bouquets to grand centerpieces, home electronics, and appliances—its all here.

Visit: **Abenson, Lucina** and **Rosabella**

### ► Pampering Services

For those seeking relaxation and pleasurable treatments, there are areas where you can just indulge and have some personal me time.

Visit: **Dutchess Salon and Spa** and **Nuat Thai**

### ► Basic Conveniences

Need groceries? Looking for basic home necessities? Buying something nice for yourself? Everything is within the vicinity. Best of all, the items are affordable so you can buy in bulk if available in the stores or get great deals to satisfy your shopping itch.

Visit: **Waltermart, Family Mart, Japan Home Centre, Nike, Res Toe Run, Fashion Rack** and **Payless Shoe Source**

### ► Restaurant Picks

There are many restaurants and food spots with various cuisines and offerings. The only problem you'll have is picking out which ones to choose!

Visit: **French Baker, Earle's Deli, Hermana, S&R New York Style Pizza**, and **Seafood Island**





# Tagaytay Lifestyle

**T**hree residents of the ridge share their favorite spots and hangouts.



◀ Cathy Turvill has always loved the country vibe of Tagaytay, which has inspired her creatively and spiritually. Unlike in Manila where you feel you're always on the move, Cathy shares that in Tagaytay you can just be still and value the important things in life such as family and health. For those looking for a place to heal spiritually, she recommends a visit to the Divine Word Seminary, which is reminiscent of what Tagaytay was like a century ago.



◀ Kathleen Manzano's favorite thing in Tagaytay is the view. "I just can't get enough of it. I've been here for three years but every time I see Taal Lake, I'm still mesmerized." She never gets tired of enjoying a cup of coffee while feeling the cool winds and eating breakfast, al fresco-style. As a sweet treat, she suggests going to the Little Souls Sisters Convent and Monastery to visit their small coffee shop that sells delicious coconut cream pies.



◀ "Just going around Tagaytay and Batangas. If you want the beach, it's there. If you want to climb a mountain, it's there. If I have time, I go around Tagaytay just discovering new things," explained Sigrid Sarmiento when she was asked what she'd never get tired of living in the summer city. She also loves going around the markets all over the place where she buys fresh fruits and vegetables.



## Serene Moments

Momster Teacher blogger Dewmain Sales Lagada and her family loves to escape the summer heat by going to Tagaytay. Here, she shares her top gift items:

### What are your top 3 pasalubongs?

Tarts from Loumar's, the famous Mushroom Burger, and fresh fruits like watermelon and mangoes. I also love buying lettuce that's still in the pot, which I would later pick fresh leaves from to make a salad!



# Living your dreams starts at home.



**Avída** INSPIRING LIVES AT **25**  
YEARS

Avida has been home to young families for 25 years, providing them with ideal, worry-free homes that inspire and enrich not just their lives, but the dreams they build together.

**METRO MANILA • ANTIPOLO • BATANGAS • BULACAN • CABANATUAN • CAGAYAN DE ORO • CAVITE  
CEBU • DAVAO • ILOILO • LAGUNA • NAGA • NEGROS • PAMPANGA • QUEZON**

(02) 848-5200  
avidaland.com    avidalandph