

Yummy

SHOPPING GUIDE: WHERE TO BUY HARD-TO-FIND ASIAN INGREDIENTS

 EASY MEALS EVERY DAY

AUGUST 2013

Noodle Soups

RECIPES FOR
RAINY DAY COMFORT

Chocolate banana
cupcakes with
Nutella frosting

Flip to [page 30](#)

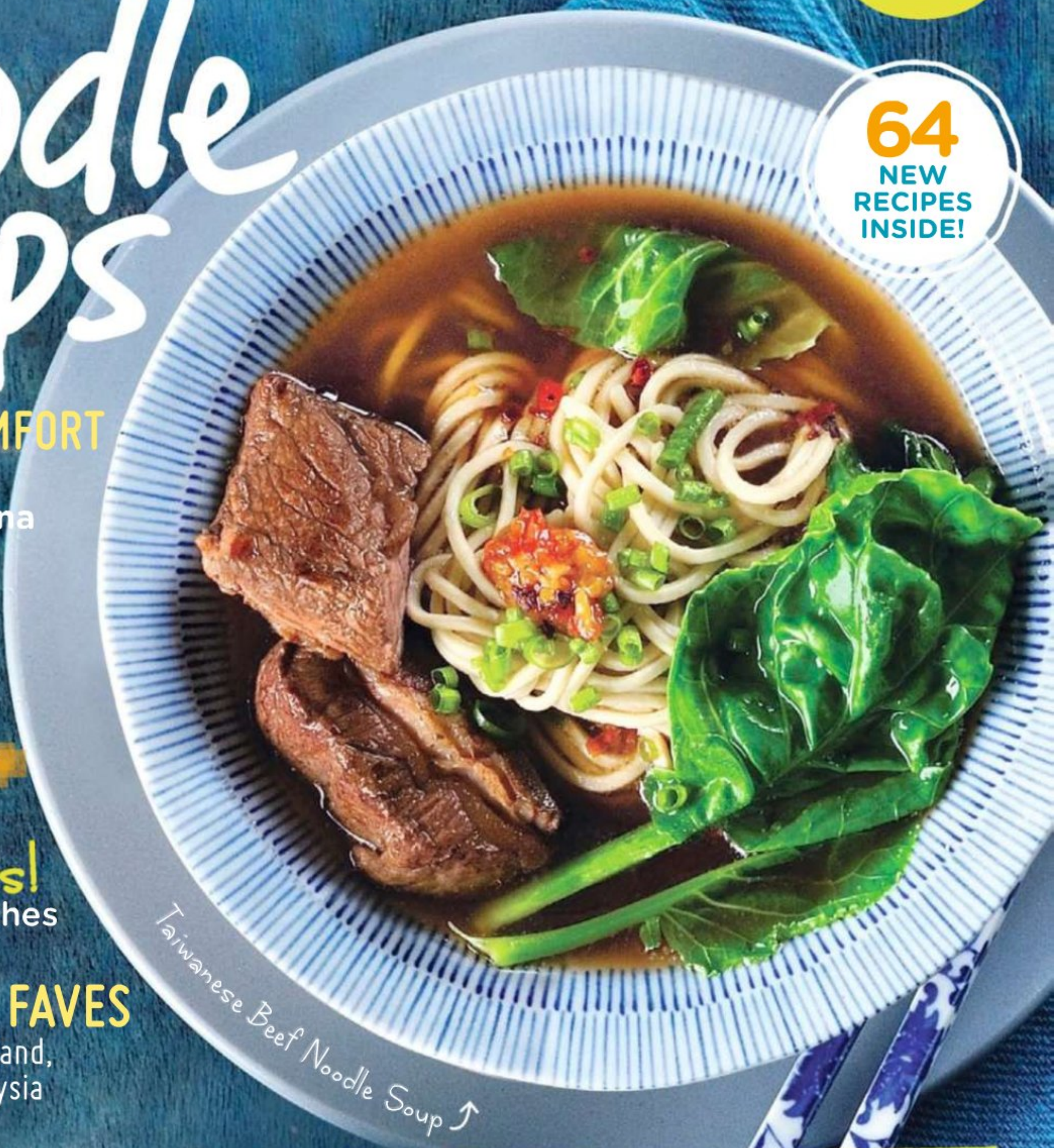
KOREAN
WITH A TWIST

Go meatless!
5 vegetarian dishes

STREET FOOD FAVES

from Singapore, Thailand,
Japan, Vietnam, Malaysia

64
NEW
RECIPES
INSIDE!



Taiwanese Beef Noodle Soup ↗

CHICKEN WINGS!

1 MASTER RECIPE,
8 SAUCES (PAGE 58)



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Mini Bulgogi Burgers with Apple Slaw

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Rawlicious

TAIWANESE BEEF NOODLE SOUP

This Chinese restaurant favorite is a one-bowl meal that'll definitely hit the spot. The simmering stock will fill your kitchen with the most mouthwatering aroma.

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

Cooking Time 2½ hours

FOR THE BEEF STOCK

- ✓ 1/3 cup sliced ginger
- ✓ 5 cloves garlic, chopped
- ✓ 1 stalk leek, chopped
- ✓ 3 tablespoons peanut oil
- ✓ 1/2 kilo beef spareribs, cut into chunks
- ✓ 1/2 kilo beef shank, cut into chunks
- ✓ 5 pieces star anise
- ✓ 1 teaspoon whole peppercorns
- ✓ 1/4 cup rice wine
- ✓ 1/2 cup soy sauce
- ✓ 6 cups water
- ✓ 1/2 cup tomato sauce
- ✓ 1/2 cup brown sugar
- ✓ 1 (400-gram) pack fresh or frozen egg noodles
- ✓ Taiwanese *pechay* or Chinese broccoli (*kai lan*)
- ✓ salt and pepper, to taste
- ✓ chopped spring onions and chili garlic paste, to serve

1 Prepare the beef stock: Sauté ginger, garlic, and leek in peanut oil until soft and fragrant. Add beef; cook until brown on all sides. Add remaining ingredients, then bring to a boil and simmer, uncovered, for about 2 hours or until beef is tender.

2 In another pot of boiling water, cook noodles for about 5 minutes, then rinse immediately with filtered lukewarm water. Transfer to individual bowls. Keep the water in the pot boiling.

3 Blanch vegetables in boiling water, then arrange in bowls.

4 Season stock with salt and pepper. Ladle hot broth into bowls. Arrange beef on top of noodles. Top with spring onions and chili garlic paste.



Just wing it
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Yummy at a glance

Want to try new recipes for an Oriental-themed dinner party? Looking for ways to impart the goodness of *tanglad* to homemade dishes? Feel like experimenting by mixing flavors from different cuisines? Inspired to celebrate the colors of Asia? Here's your guide to planning yummy meals.

Oriental escapade

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Char Kway Teow **Page 55**

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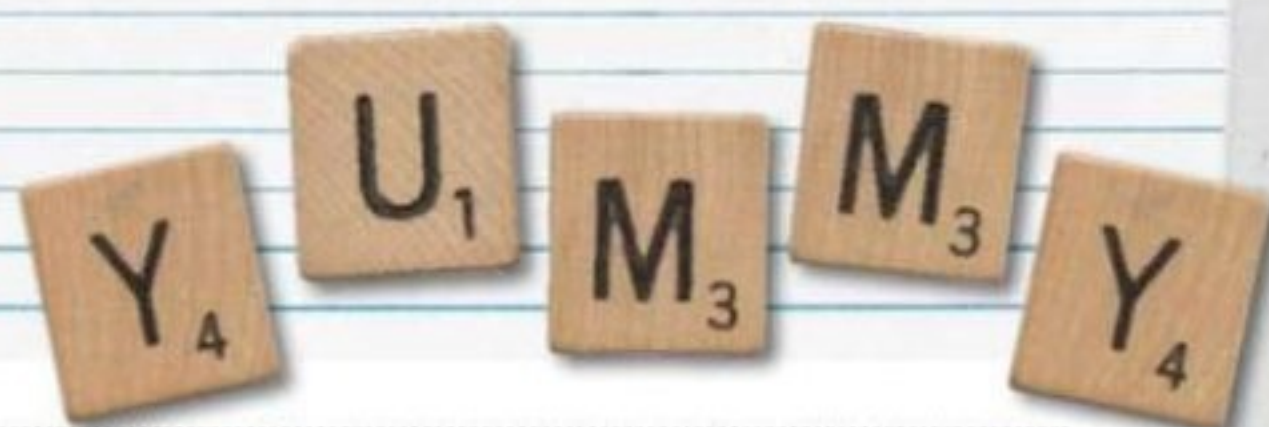
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COLOR ME PRETTY Recipes on Yummy.ph



SINGAPOREAN CHILI CRAB



Cilantro Pork and Shrimp
Dumpling Noodle Soup



Indian Rice Pudding



Simple Japanese Salad



Stir-fried Shrimp on
Hofan Noodles

Lovin' lemongrass



THAI-STYLE PRAWN SALAD
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TAMARIND BEEF
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CHICKEN SATAY
PAGE 54

Fuss-free fusion



ORANGE MISO CHICKEN WINGS
PAGE 60



MINI BULGOGI BURGERS
WITH APPLE SLAW **PAGE 46**



GREEN TEA PANNA COTTA
PAGE 34



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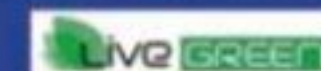
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editor's note

It's interesting that what we feel like eating is often dictated by the weather. Today, it was raining all morning, which meant that all I wanted to have for lunch was a steaming hot bowl of soup. Thankfully, a small Vietnamese restaurant just opened near our office, so for lunch, I had a wonderfully fragrant beef *pho*. After I'd seasoned the broth with some sriracha sauce, a little lime juice, and a sprinkling of chopped chilies, I took my first sip and sighed happily. Pure comfort!

With the rainy season in full swing, nothing beats having a big pot of soup simmering away on the stove. Want to beat the rainy day blues by cooking *pho*, spicy Korean ramen, *tempura udon*, or wonton noodle soup? The recipes on [page 64](#) are just what you need.

This issue also celebrates the diversity of Asian cuisine, so along with noodle soups from all over the region, we've got recipes for street food favorites from Thailand to Singapore ([page 50](#)) and a roundup of specialty Asian grocery stores. The latter, produced by our features editor Zee Castro-Talampas, is a great guide to the best sources for authentic and hard-to-find Asian ingredients. Our readers often send us tweets and Facebook messages asking for help finding specific items. If you don't know where to purchase tahini, *garam masala*, *matcha* powder, or even those special Kit Kat bars from Japan, turn to our shopping guide on [page 70](#). I think we put together a great list, but if we missed your favorite Korean grocery or your go-to store for all things Thai, drop us a line and let us know. We'd love to hear from you.

Enjoy the issue!

liezl
Liezl
Editor in chief



We traveled to Tagaytay this month to visit the farms where Agnes Escalante grows the beautiful produce for Antonio's, her husband Tonyboy's restaurant. It was a wonderful experience. Read more about it on [page 74](#).

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meet our friends



Paulynn Chang Afable

MANAGING EDITOR,
ELLE DECORATION PHILIPPINES

What I did for this issue Styled the props for this month's cover. "I loved the experience! Before moving on to my current post at *ELLE Decoration*, I was *Yummy*'s managing editor for three years, and working with the team again was wonderful. It's like I never left! Working with *Yummy* is like coming home."

Happy Yummy memories "I have fond memories of our Baguio team-building—breakfast at The Manor (best *longganisa* ever!), an afternoon at the BenCab museum, and an evening playing Taboo—all with officemates who have become some of my dearest friends."

Styling philosophy "I like to use beautiful, one-of-a-kind pieces (I'm obsessed with pretty plates!), but I strive to put them together in a natural, approachable manner. I'm a big fan of Martha Stewart and Donna Hay, and I look to their work for inspiration."

Most unforgettable meal "Enjoying my first box of Ladurée macarons with a steaming cup of coffee on an autumn afternoon at the Jardin des Tuileries in Paris."

Top Asian destinations "I love Tokyo and Kyoto for the architecture, the cherry blossoms, and all the glorious Japanese food. I love Seoul for all the quaint coffee shops and stationery stores. I love Bangkok because I'm a hopeless romantic (it's the first trip abroad my husband and I took together) and a big fan of bold Thai food."

Rainy day must-eat "A big bowl of ramen! Thick hot chocolate and *queso de bola*-topped *ensaymada* would be good, too."

Angelo Comsti

WRITER AND FOOD STYLIST

What I did for this issue

Talked to celebrity chef Aaron Craze for this month's "Eating Lunch With" and reviewed Namnam for the Restaurants section.

Upcoming project "My second cookbook, *From Our Table To Yours*, is coming out this month. It's a beautiful collection of heirloom recipes from some of the country's most notable foodies. I produced it with the intention of preserving much-loved generations-old recipes and presenting them in a very homey manner. Each dish comes with a personal story and photos from the contributor, making the collection truly worth keeping."

Favorite Yummy assignment "It's hard to pick just one, but some stories that I remember fondly are the features I did on Ilocos, Bicol, and Baguio. I enjoy out-of-town shoots because I become more appreciative of what our country has, and I'm always eager to write about it to share my experiences with other people."



Writing quirks "I usually have the radio on. I find it hard to write in dead silence."

Most unforgettable meal "I spent some time as an exchange student in Spain. One rainy evening as I had just come home from school, my host mother served a just-cooked rabbit paella for dinner."

Recent food discovery "I went to Shanghai a couple of months ago and ate in the country's top restaurant, Mr. and Mrs. Bund. Paul Pairet's restaurant is out to impress, and I loved it."

Best Asian hole-in-the-wall "I was in Ho Chi Minh last December to celebrate the holidays with my family, and although we had a hard time looking for The Lunch Lady, it ended up being the best meal we had on the trip."

Rainy day must-eat "A warm bowl of soup—a good pumpkin or chicken noodle soup, congee, or even *chamorado*."



Clifford Olanday

FASHION FEATURES EDITOR,
ESQUIRE PHILIPPINES

What I did for this issue Wrote "Hand in hand," a farm-to-table feature story on Tonyboy and Agnes Escalante of Antonio's in Tagaytay. "It was great to be outdoors among the plants and trees. You don't get to experience that in the city. But the highlight for me—more than visiting Chef Tonyboy's kitchen

or feasting on duck leg confit and an off-the-menu *pavlova*—was visiting the animal farm. The pigs were almost as big as motorcycles!"

Currently busy with... "Right now, I'm putting together my pages for *Esquire*. I'm going through lots of stores and lots of clothes, choosing the pieces that will end up on our pages. It's a lot of fun and a lot of hard work."

Writing quirks "I find that it's best to write in chunks, like a 30-minute block of straight, no-getting-up writing. But as any writer will tell you, when the deadline hangs over you like a knife, you write longer, quicker, and sometimes better."

Kitchen masterpiece "I cook my own food, and it's all low-carb. I've been making a lot of Chinese fried rice, except that the rice is made from grated cauliflower. I add lots of green onions, garlic, and ginger, then I mix in some cubed chicken. It's not as delicious as the real thing, but it still tastes good."

Top Asian destination "I went to Shanghai recently. The city has some very old and very beautiful buildings along the Bund. Great place, very walkable."

Breakfast of choice "Nothing beats Vigan *longganisa*, even if it gives you a mean case of sausage breath."

Rainy day must-eat "I'm a soup guy—anything hot and thick or creamy, like pumpkin soup or congee. Also, bread pudding."

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Glossary

Know your food terms and ingredients with Yummy.ph's extensive Glossary to avoid cooking confusion.

Directory

The Directory is the source for Yummy-approved desserts and specialty foods online and in the metro.



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Yummy EATS 2013

AN EATING & COOKING FAIR

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Attendees enjoyed great food, cooking demos, and network with some of the best food purveyors in the metro.



Gawad Kalinga Enchanted Farm brought home the **Best Booth Award**.



Chef John Uhry Valley of Magnolia showed how to create scrumptious recipes.



Chef Ed Bugia shared how to cook using only easy to find ingredients and Hunt's products.



Participants enjoyed a whole day of sampling sweet, savory and local favorites.



The mom and kiddie duos of the Hunt's Mom-Child cook-off.



Nene Tamayo participated in the Magnolia cook-off challenge.



Sabrina Artadi demonstrated easy recipes using McCormick spices.

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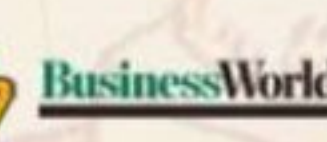
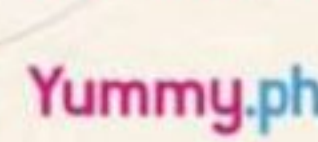
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Yummy Ideas

FRENCH TWIST

Douse French fries in gravy and top them with cheese for a finger-lickin' good time!



Poutine

TO MAKE: For the gravy, combine 2 tablespoons butter and 2 tablespoons all-purpose flour in a saucepan over medium heat. Stir until incorporated. Cook for 10 to 12 minutes to make brown roux. Stir in 2 cups beef stock; season with salt and pepper. Bring mixture to a boil, then reduce heat to medium low and continue cooking for 15 to 20 minutes. Remove from heat and keep

warm. Meanwhile, peel 4 large potatoes and slice into wedges. Bring a pot of salted water to a boil. Add potatoes and blanch for 5 minutes; drain. Once cool, fry potatoes until golden brown. Drain on paper towels, then season with salt and pepper. Divide potato wedges into bowls, then top with gravy, grated cheese (we used mozzarella and cheddar), and chopped parsley. **Serves 4.**

MORE YUMMY IDEAS }>



Lovely layers

YOGURT AND GRANOLA PARFAIT

This one's great as a healthy dessert or a quick breakfast! To make this, you'll need 3 cups granola and 1 (500-gram) pack mango yogurt (we used Nestlé Fruit Selection Yogurt). Layer granola and yogurt in jars. Top with diced canned peaches and drizzle with honey. **Serves 6.**



Ready to crumble

APPLE CRUMBLE A LA MODE

Here's a fun way to serve dessert at your next party! Prep and store in the freezer before your guests arrive. In a bowl, combine 3 cups crushed graham crackers and 4 tablespoons melted butter; set aside. Divide 1 (595-gram) can apple pie filling (we used Comstock) among 6 to 8 jars. Spoon prepared crumble on top of apple filling. Top with vanilla ice cream and drizzle with caramel sauce. **Serves 6 to 8.**

Superfood boost



COCO-PAPAYA CHIA PUDDING

No time to cook breakfast? Prep this the night before, then just grab and go. It's perfect as an energy-boosting snack, too! Mix 1 teaspoon chia seeds with 1 cup coconut milk. Top with diced papaya and sprinkle with brown sugar. Double or triple recipe as needed. **Serves 1.**

PROJECT:

DESSERTS IN JARS

WHETHER SERVED AS NIFTY MAKE-AHEAD DESSERTS OR GIVEN AWAY AS CUTE PARTY FAVORS, THERE'S SO MUCH TO LOVE ABOUT THESE BOTTLED TREATS.



Gimme some

S'MORES PUDDING

The campfire favorite is transformed into a personal-sized treat! Combine 300 grams crushed graham crackers with $\frac{1}{4}$ cup honey. Divide mixture among 10 small heatproof jars. Set aside. In a heavy-bottomed saucepan over low heat, whisk together $\frac{1}{2}$ cup brown sugar, 2 tablespoons cocoa powder, 2 tablespoons cornstarch, $\frac{1}{2}$ cup milk, and 1 (250-ml) pack Nestle all-purpose cream. Cook until pudding thickens. Pour into prepared jars and chill overnight. To serve, bring jars to room temperature. Top with large marshmallows. Broil until marshmallows puff up and tops turn brown, about 3 minutes. Let cool before serving. **Serves 10.**

FRUITY COLADA

YOU CAN ENJOY THIS BLENDED DRINK OF FRUITS AND COCONUT MILK NO MATTER THE SEASON! WHY NOT ADD A SPLASH OF RUM AND ENJOY IT WITH FRIENDS?

Purée 100 grams frozen strawberries (7 to 10 pieces), the flesh of 1 mango (frozen), 100 grams frozen pineapple, and 1 cup coconut milk in a blender. Add simple syrup to taste. **Serves 2 to 4.**



→ TERRIFIC TOOL

CHEESECLOTH

This gauze-like cloth has more uses than what its name suggests. Here are three ideas for putting it to good use.

● TEA TIME

Don't have a metal tea strainer? A small piece of cheesecloth will work just as well. To make Moroccan mint tea, place 1 teaspoon green tea leaves and a few sprigs of fresh mint on the center of the cloth. Tie ends in a knot and steep in a liter of hot water for 5 minutes. Sweeten to taste.

Cheesecloth, P290 at Cook's Exchange

● SWEET TREAT

Pull the cheesecloth taut over a glass jar filled with powdered sugar. Secure with a rubber band. Use the jar to sprinkle sugar over doughnuts, crepes, and pancakes.

● TAKING STOCK

A *bouquet garni* is the key to delicious soups and stews. Place thyme, bay leaves, parsley, rosemary, and peppercorns in a small piece of cheesecloth. Tie into a bundle and add to the pot. Remove the bundle before serving.



The TRY-IT TASTE-IT Row



BUTTER UP

Pancake House has officially joined the latest cookie butter craze! Two of everyone's favorites—fluffy pancakes and the world-famous spread—are stacked together to produce a tower of cookie butter glory. It's a terrific way to enjoy the sweet, indulgent spread! *Available at all Pancake House outlets in Metro Manila.*



WELLNESS GUARANTEED

Having a hard time looking for healthy products at the supermarket? Let Kim Atienza and Robinsons Supermarket help make it easier for you. Simply head to the Health and Wellness section of the grocery and choose from Kuya Kim's picks. Visit Robinsons-supermarket.com.ph for a list of all Robinsons Supermarket branches.



MARKET DAY

The 9-year-old Salcedo Community Market has recently undertaken efforts to be more earth-friendly, starting with a ban on plastic bags and styrofoam packaging. This is a Saturday habit everyone should take part in! *The Salcedo Market is held at Jaime Velasquez Park, Leviste Street, Salcedo Village, Makati City; 7:00 a.m. to 2:00 p.m. every Saturday.*



Bookmark it!

{ The Amateur Gourmet }

Initially created as a diversion from law school, The Amateur Gourmet has evolved into a must-read that offers a witty standpoint on foodie culture. Former Food Network host and now full-fledged food writer Adam Roberts is the genius behind this blog, and if the aesthetically pleasing layout and photos don't grab your attention, his humorous writing surely will. Featuring everything from gourmet recipes made easier to photo-comics of his restaurant adventures, his blog is the perfect escape for every home cook. Visit *The Amateur Gourmet* at www.amateurgourmet.com.

BOOKSHELF

WHAT WE'RE READING THIS MONTH



When a hankering for comfort food hits, the choice between eating in or ordering food for delivery must be made. But it's possible to have the best of both worlds—that is, an easy home-cooked meal that satisfies our

comfort food cravings at the same time. Lucinda Scala Quinn's newest cookbook, **Mad Hungry Cravings** (P1,169, National Book Store), is packed with 173 recipes for some of the most well-liked fast food dishes, plus essential cooking tips and tricks to boot. If you've ever wondered how to make the perfect Philly cheesesteak sandwich, Mexican *flautas*, or a delicious pad Thai, this book has got you covered. The next time you have a can't-get-it-out-of-your-head craving for something, think twice before going the takeout route and consult this cookbook instead.



Yummy FOOD ADDITION

Mais con Yelo Popsicles

Revamp the classic *mais con yelo* by turning it into creamy grab-and-go ice pops! Also try substituting the corn with sliced bananas for a *saba con yelo* version.

In a bowl, combine 1 cup Del Monte Sweet Corn Cream Style, $\frac{3}{4}$ cup Nestlé all-purpose cream, $\frac{1}{2}$ cup condensed milk, and 3 tablespoons toasted *pinipig*. Mix until thoroughly combined. Pour mixture into popsicle molds. Freeze overnight before serving. **Makes 8 small popsicles.**



Yummy LESSON

HOW TO ENJOY SUSHI THE PROPER WAY

THE DILEMMA You love sushi, but you've always wondered if there's a traditional Japanese way to eat it. What are the guidelines for proper sushi etiquette?

WHAT TO DO Here are some things to keep in mind when eating sushi: First, don't rub your chopsticks together to remove the splinters—this is considered disrespectful because a good restaurant would never provide low-quality chopsticks. If you're not too skilled at using chopsticks, it's okay to use your fingers to pick up the sushi. Lightly dip the side with the fish (not the rice) in the soy sauce. Place it in your mouth so the fish touches your tongue. Avoid biting the piece in half as sushi is meant to be consumed in one bite. Also, don't add too much *wasabi* to the soy sauce—it dulls the senses and you'll be less able to appreciate the fish this way. When sharing a plate with friends, use the blunt ends of your chopsticks to serve yourself. When you're not using your chopsticks, rest the tapered ends on the small ceramic holder. Finally, when you're done with your meal, place the chopsticks over the soy sauce dish parallel to you.



We asked:

WHAT ARE YOUR TOP 5 FAVORITE ASIAN INGREDIENTS?

"I never run out of star anise and bay leaves. Those two come in handy whenever I cook my favorite *adobo*. Sesame oil is another must-have that I use for noodle dishes. Curry blocks by the Japanese brand S&B are favorites, too. And of course, I always have a bottle of Japanese mayo—perfect for salads and sandwiches! It's great to know that these ingredients are readily available at most supermarkets these days."

—Mari Ngo-Tan

"When I'm tired but I still want to cook for my family, I usually whip up a good stir-fry. Something as simple as a few vegetables tossed together can be given a twist with the addition of soy sauce, oyster sauce, chili sauce, ginger, and sesame oil."

—Jennifer Pacheco

"Oyster sauce, shrimp paste, Thai chili sauce, coconut milk, and fresh lemongrass are my favorites. I usually buy these ingredients at local supermarkets, except for lemongrass, which I get from my neighbor's garden. I can't get enough of its unique taste and aroma. I use it for marinating roast chicken or cooking fish."

—Maricel Ladim

"My kitchen has been witness to the numerous desserts that I've been able to make with these Asian ingredients: matcha powder, ginger, star anise, sesame seeds, and coconut milk. Their versatility makes them wonderful to work with!"

—Rey Daniel Espinueva

"My pantry is home to curry powder, oyster sauce, lemongrass, fish sauce, and *si but*—a mixture of four different herbs used in Chinese cooking. It's what I use to make duck stews extra special!"

—Mary Grace Sy

"Being Korean, I always have sesame oil in my pantry. I use it for *chap chae*, braised short ribs, cucumber *kimchi*, and fried rice. *Gochujang* is another favorite. I also keep Asian staples like Thai chili sauce, Chinese soy sauce, and even local *bagoong* on hand."

—Milly Yoo Torrijos

"Everyone loves my homemade fried rice, dumplings, and marinades! My secret? A combination of Asian flavors using ingredients like *mirin*, oyster sauce, chili oil, soy sauce, and sesame oil."

—Rea Indelible-Ong

Next question: WHAT DO YOU DO WITH LEFTOVER PANDESAL?

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



Chinkee's Corner



STOP BY

Kitayama Meatshop

The story begins on the lush pastures of Mount Kitanglad in Bukidnon, where herds of wagyu cows are pampered and raised on grains without artificial growth enhancers. The result? Exquisitely tender meat that melts in your mouth—precisely what Kitayama Meatshop has become known for. What sets their products apart is that they're made from locally bred wagyu with the highest commitment to quality.

Originally from Japan, wagyu is a special and in-demand breed because of its marbling, the intramuscular fat found in red meat. Wagyu used to be something that was offered solely in fine-dining establishments, but Kitayama has now produced meat with marbling scores of up to 9 (from an internationally recognized scale of 1 to 12), making wagyu more accessible to Filipinos. Since it opened its doors late last year, Kitayama Meatshop has built a loyal customer base that frequents the shop for its prime beef cuts. Here, every single thing you'll see is guaranteed to be all natural, from paddock to plate. Breakfast enthusiasts will be happy to know that they also offer premium processed meats such as wagyu English breakfast sausages and bacon.

Kitayama Meatshop is at 2292 Chino Roces Avenue, Makati City (tel. no.: 887-5848); open every day (except Sundays) from 10 a.m. until 6 p.m.

Prime cuts of porterhouse come in the exquisite grade range of 7 to 9. (around P3,410 per kilo)

Round up the gang for grill night and serve the most tender rib eye steaks. Check out that marbling! (from P1,120 to P3,530 per kilo)



Craving for bacon? Try Kitayama's own version, made with beef belly. (P800 per kilo)



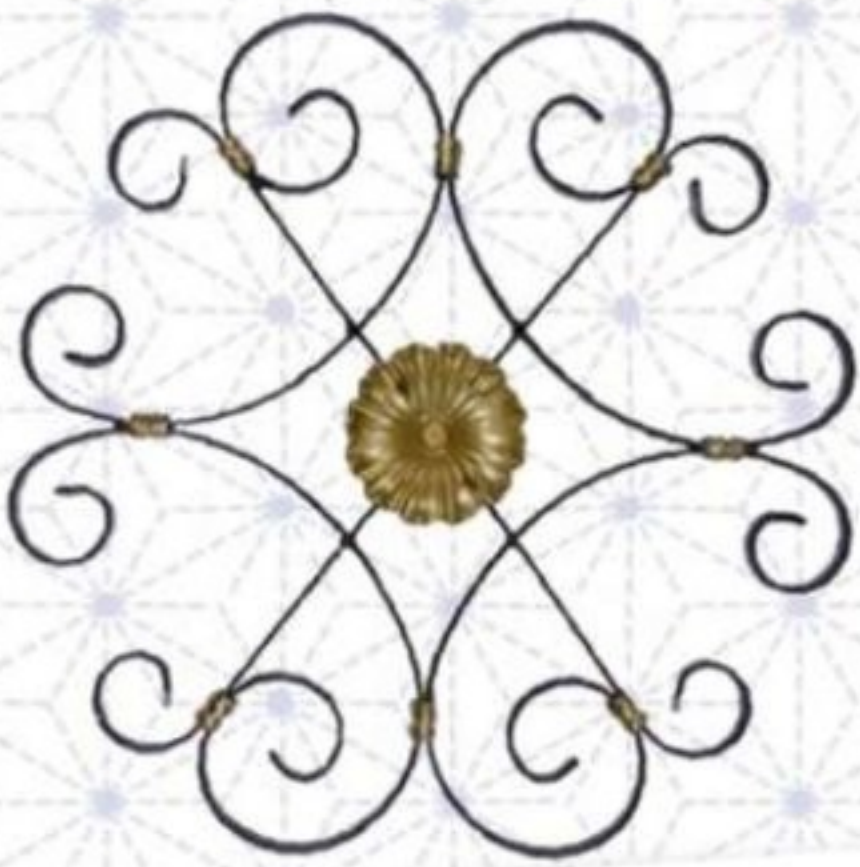
LOUBNA PIEGA'S CHICKEN TAGINE

She is simply known as "The Moroccan Lady" at the urban weekend markets, but Loubna Piega would not want it any other way. Ever since a friend suggested to her that she should become the ambassador of Moroccan food in the Philippines, she has happily lived up to the title. "I was surprised to hear some Filipinos refer to hummus, *baba gannoush*, and *biryani* as Moroccan food, when these are actually Middle Eastern dishes," Loubna shares. Since then, she has taken it upon herself to offer traditional Moroccan dishes, starting with home-based food orders and catering for friends.

Loubna believes that her dishes are popular because she makes it the same way her family has been preparing it for years. Her best-selling Chicken Tagine is made the traditional way, seasoned with spices and olive oil from Morocco, cooked in the vessel it is named after, and served with a Moroccan kind of bread called *khobz*. The result is nothing short of magical—the tender chicken, delicately flavored with lemons and turmeric, falls off the bone when gently prodded, while the crusty bread sops up all the heavenly juices.

Loubna Piega's chicken tagine and other Moroccan dishes are available for catering, delivery, and pick-up (Magallanes Village, Makati City). For orders, call tel. no. 852-3658, mobile no. 0917-8093402, or e-mail piegaloubna@yahoo.com. You can also visit her stalls at the Salcedo and Legazpi weekend markets every Saturday and Sunday respectively.

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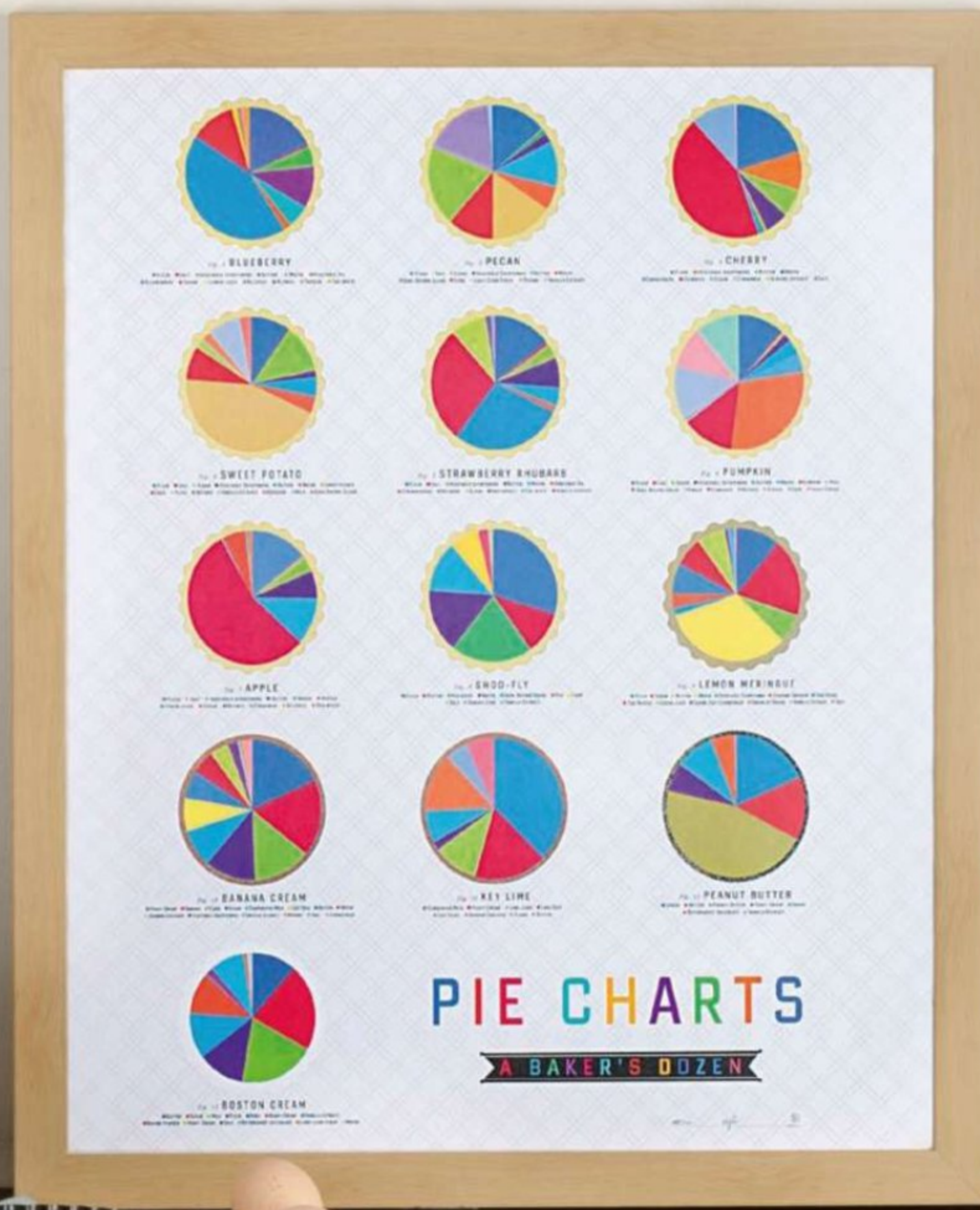
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Yummy Shopping



Must-buy!

POP CHART LABS' PIE CHARTS



Pop Charts Labs' food-themed posters are available for P1,595 at Quirks Novelties & Curiosities in SM Megamall and SM Aura. For more information, visit www.quirksph.com.

Chart your course

Add a pop of design to your kitchen with this witty, colorful print.

EASY AS PIE This cleverly designed, tongue-in-cheek poster features pie charts of 13 different pies (apple, lemon meringue, peanut butter, Boston cream, among others), showing the breakdown of ingredients for each. Crafted in Brooklyn, each 18x24-inch print is signed and numbered by the artist. Want to liven up your kitchen? A well-designed print can serve as an interesting focal point amidst the organized chaos of pots, pans, plates, and appliances. Have this poster framed and put it up on your kitchen wall—it'll make a charming addition to your favorite room at home!

mellow
94.7

GOES

BACK
TO

SCHOOL

Break time

Class President*
Muse:

Escort

Class 2013

First Subject
First Day
Attendance



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Hot stuff

Care for some **BOTTLED HEAT**? Here's a variety of tableside condiments that will get you fired up.



1 TUBE GOOD

Mix this Tunisian *harissa* with olive oil and lemon juice to use as a condiment for stews and couscous, or rub it on meats before grilling. **Le Phare Du Cap Bon Harissa, P49.25, Metro Market! Market!**

2 SWEET HEAT

At street food stalls in Malaysia, this hot sauce is served as the perfect accompaniment to their local fried spring rolls. It's not too hot, with a flavor that's reminiscent of sweet and sour sauce. **Lingham's Hot Sauce, P84.75, Pioneer Centre**

3 HOT MAMA

Made from *siling labuyo*, this sauce sure has a fiery kick! Chili-heads beware: the sauce is quite addicting. We've tried it on *liempo*, pizza, and tacos. So good! **Mama Sita's Hot Pepper Sauce, P81, Cash & Carry**

4 MAD FOR GARLIC

Mix into an omelet, toss with spinach, or spoon on top of steamed tofu. The gentle heat of this Taiwanese sauce is something you can enjoy every day. Make it a pantry staple! **Kweichow Foods Hot Garlic Sauce, P75.60, Cash & Carry**

5 RED ROOSTER

Known the world over as "the rooster sauce," this was concocted by a Vietnamese-Chinese entrepreneur to serve as a condiment for Asian food. Now, it's gone beyond *pho*—it's good with practically everything! **Huy Fong Tuong Ot Sriracha, P249.95, S&R**

6 GO GREEN

Made from green habanero chilies, vinegar, and spices, this Mexican hot sauce adds a pleasant heat to any dish. Use this to give burritos a tangy kick. **La Costeña Salsa de Habanero Verde, P136.50, Pioneer Centre**

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No other appliance brand in the world has the trusted legacy that Whirlpool has been able to achieve in its 100 years. The trust that Whirlpool has generated through the years is anchored on the quality, durability and technology found in every product it manufactures.

Each model is designed not only with practicality in mind, but more importantly, energy efficiency. And with the introduction of the much-awaited Neo Conquest Energy Star Refrigerators, Whirlpool proves again why they remain the world's most trusted appliance brand.



These no frost, top mount refrigerators were designed from the ground up with energy efficiency in mind. They were built specifically to conserve energy with an improved structural body which uses a thicker insulation and promotes better air flow. Combined with a high efficiency compressor, the Neo Conquest Energy Star Refrigerator ensures that you will get faster cooling and up to 33% better energy savings. And because research shows that Filipinos love big freezers, the Neo Conquest Energy Star Refrigerator boasts of having the biggest freezer in its class by providing more than 20% additional space compared to other brands in the market.

Whirlpool has been in the business for over 100 years and that can only mean that Whirlpool's products are superior in nature compared to others. Whirlpool appliances can save families about a third on their energy bill, without sacrificing features, style or comfort. Whirlpool helps you make the energy efficient choice.

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Everyday Recipes



FAMILY
FAVORITE

Tortilla-crumbed Chicken with Tequila Sauce

Got leftovers from your Mexican-themed dinner party? Keep the fun going with these juicy chicken wings and its sweet, tangy, and spicy sauce!

Serves 4 **Prep Time** 10 minutes, plus chilling time **Cooking Time** 30 minutes

- ✓ 3 day-old corn tortillas, torn
- ✓ 1/2 cup flour
- ✓ 1/2 teaspoon cayenne pepper
- ✓ 1/2 teaspoon garlic powder
- ✓ salt and pepper, to taste
- ✓ 1 kilo chicken wings
- ✓ 2 eggs, beaten
- ✓ olive oil, for spraying

FOR THE TEQUILA SAUCE

- ✓ 1 (400-gram) can crushed tomatoes
- ✓ 1 cup pineapple juice
- ✓ 60 ml tequila
- ✓ 1 tablespoon lemon juice
- ✓ 2 teaspoons white wine vinegar
- ✓ 1 clove garlic, crushed
- ✓ hot sauce, to taste (we used Tabasco)

- 1 Preheat oven to 400°F. Line a baking sheet with parchment paper. Set aside.
- 2 Process tortillas in a food processor until fine crumbs form. Transfer to a shallow bowl with flour, cayenne pepper, and garlic powder. Season with salt and pepper.
- 3 Dip chicken in egg and coat in crumb mixture. Place on prepared baking sheet. Cover and chill for an hour.
- 4 Spray chicken with olive oil. Bake for 25 to 30 minutes, turning once, until crisp and golden.
- 5 Make the tequila sauce: Combine all ingredients in a saucepan. Stir over medium heat and bring to a simmer. Cook 10 to 15 minutes, stirring, until reduced by half. Serve chicken fresh from the oven with sauce for dipping.



YOU CAN ALSO
SUBSTITUTE 2 CUPS
CORNFLAKES FOR THE
CORN TORTILLAS.



20 MINUTES
OR LESS

Thai-style Prawn Salad

This delicate Asian starter is all about sweet, exotic flavors. Be adventurous with your seafood—instead of prawns, you can also use scallops, squid, or fish.

Serves 2 **Prep Time** 10 minutes, plus
marinating time **Cooking Time** 5 minutes

- ✓ 2 tablespoons peanut oil, divided
- ✓ 3 tablespoons fish sauce, divided
- ✓ 2½ tablespoons brown sugar, divided
- ✓ 1 (2⅓-inch) piece ginger, finely grated
- ✓ 1 stalk lemongrass (white part only),
finely chopped
- ✓ 2 cloves garlic, finely chopped
- ✓ 500 grams large prawns, deveined, with
tails and heads on
- ✓ juice of 2 limes
- ✓ 1 large cucumber, cut into strips
- ✓ 1 large carrot, peeled into ribbons
- ✓ ½ cup Thai basil leaves
- ✓ ½ cup mint leaves
- ✓ ½ cup cilantro leaves
- ✓ 1 cup bean sprouts, trimmed

- 1** In a large bowl, combine half the peanut oil with 1 tablespoon fish sauce, 1 tablespoon brown sugar, ginger, lemongrass, and garlic. Add prawns and toss to coat. Marinate for 30 minutes.
- 2** Heat remaining oil in a large frying pan or grill pan over high heat. Cook prawns for 2 to 3 minutes, turning, until they change color and are cooked through. Set aside.
- 3** Make the dressing: In a bowl, whisk lime juice, remaining fish sauce, and remaining brown sugar together. Set aside.
- 4** In a large salad bowl, combine cucumber, carrot, herbs, and sprouts. Add prawns and dressing. Toss to coat. Serve immediately.





B.Y.O. BAON

Teriyaki Chicken with Soba Noodle Salad

Whip up this Japanese favorite in a flash by using store-bought teriyaki marinade! Tangy orange slices and crunchy snow peas add lovely contrast in flavor and texture.

Serves 4

Prep Time 15 minutes, plus marinating time

Cooking Time 15 minutes

- ✓ 750 grams chicken thigh fillets
- ✓ 1/2 cup teriyaki marinade, divided
- ✓ 1 tablespoon peanut oil
- ✓ 1 (270-gram) pack soba noodles
- ✓ 100 grams snow peas, thinly sliced
- ✓ 1 orange, segmented
- ✓ 2 stalks green onion, thinly sliced, plus extra for garnish
- ✓ 1 teaspoon grated ginger
- ✓ salt and pepper, to taste
- ✓ toasted sesame seeds, for garnish

1 In a medium bowl, combine chicken and 1/3 cup marinade. Cover and let sit for 2 hours or overnight.

2 Heat oil in a large frying pan over medium heat. Pan-fry chicken until cooked through, around 3 to 4 minutes on each side. Let rest for 5 minutes; slice thickly.

3 Cook noodles in a large saucepan of boiling salted water, following package directions. Drain well.

4 Transfer noodles to a large bowl with snow peas, orange segments, green onions, ginger, and remaining marinade. Toss well to combine.

5 Serve chicken on a bed of noodles. Garnish with extra green onions and sesame seeds.

TIP

FOR A SUPER FAST MEAL, USE TAKE-OUT LECHON MANOK OR SLICED ROASTED DUCK AND FOLLOW THE RECIPE FROM STEP 3.




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Family Kitchen

BY JOEY DE LARRAZABAL-BLANCO

♦ I have always said that one of the things I absolutely love about living in Asia is the food. Yes, we marvel at the wonderful markets and produce in Europe, argue the irrevocable supremacy of cuisines like French and Italian, and stand impressed at the accessibility to almost anything in the United States. But for this humble island girl, nothing quite compares to the unapologetically brazen and fresh tastes of Asian cuisine.

I've heard people bemoan the lack of "good ingredients" here. Okay, that may be the case if you're trying to put together an authentic Mexican chili or Spanish paella. But me, I'll throw myself bright-eyed and mouth open onto the herbs, spices, and condiments of Asia and let myself be dazzled.

This dish marries very typical Asian flavors in a very typical Asian preparation. Tamarind (*sampalok*), fish sauce (*patis*), and lemongrass

(*tanglad*) are things we find in our own Filipino cuisine as well as those of our Southeast Asian neighbors, particularly Thailand. Kaffir lime leaves are often used in Thai cuisine as well; it gives everything it touches a wonderful citrusy fragrance. The combination of all these ingredients makes for a distinctly Asian dish.

Stir-frying, as you do here, is also typically Asian, and it's a great way to get a meal on the table in no time flat with hardly any effort. You can easily have this dish ready in less than 20 minutes! I would only advise two things. First, have everything prepared before you start cooking. Everything happens very fast when you stir-fry and you want everything within reach. Second, buy a whole piece of beef tenderloin and take the time to slice it yourself across the grain. Cutting meat this way makes it more tender. →



About the columnist

Joey de Larrazabal-Blanco started cooking in earnest out of absolute necessity—a continent away from home with no one to feed her. She then promptly and totally flung herself into a one-woman love affair with food—procuring it, preparing it, and ultimately, consuming it. She carries no credentials except for her passion and is firm in her belief that anyone can learn to cook. She recounts her own gastronomic exploits in her blog, 8obreakfasts.blogspot.com.

TAMARIND BEEF

Serves 3 to 4 **Prep Time** 5 minutes, plus marinating time **Cooking Time** 10 minutes

- ✓ 400 grams beef tenderloin
- ✓ 3 tablespoons tamarind concentrate
- ✓ 4 teaspoons fish sauce (*patis*)
- ✓ 2 teaspoons brown sugar
- ✓ 1 to 2 tablespoons canola or vegetable oil
- ✓ 1 white onion, sliced
- ✓ 3 stalks lemongrass, white and light green parts only, sliced diagonally
- ✓ 2 green finger chilies (*siling mahaba*), sliced diagonally
- ✓ 3 kaffir lime leaves, each leaf sliced diagonally into four

1 Slice beef tenderloin across the grain into 1/2-inch strips.

2 In a bowl, mix together tamarind concentrate, *patis*, and brown sugar.

Add sliced beef, turn to coat evenly, and marinate for 30 minutes.

3 Heat 1 tablespoon oil in a wok or frying pan over high heat. When the oil is hot, drain beef from marinade and lay the strips in the hot oil. Set aside marinade. Fry beef just until done, flipping to cook both sides. Remove from pan and set aside. This should happen fairly quickly, 2 to 3 minutes. Do not overcook the meat or it will get tough.

4 Bring the pan back to high heat. Add more oil if it has become dry. When hot, add onions, lemongrass, and chilies. Sauté until onions are soft and translucent. Add remaining marinade and sauté further until marinade bubbles up rapidly (to make sure it is completely cooked). Add kaffir lime leaves and beef to the pan and toss until beef is just heated through. Remove from heat and serve immediately.

TIP

YOU CAN BUY TAMARIND CONCENTRATE FROM THE HEALTHY VILLAGE STALL AT THE SATURDAY SALCEDO MARKET IN SALCEDO VILLAGE, MAKATI. YOU CAN ALSO TEXT JING AT 0916-5517866 FOR ORDERS. USE IT FOR ASIAN SAUCES AND MARINADES, EVEN SINIGANG!



Hey, Home Baker!

BY AILEEN ANASTACIO

♦ I love cupcakes. They're easier to bake than regular cakes and so much fun to decorate! I like playing around with different kinds of icing and adding color to the cake batter. My daughter Sabrina sometimes takes charge of decorating the cupcakes, which makes it extra fun. She enjoys embellishing them with sprinkles, mini marshmallows, gummy bears, and other adorable toppers.

For this issue, I'm sharing a recipe for chocolate banana cupcakes. They're a richer version of a banana cake, with some cocoa powder added. Go ahead and add chocolate chips if you wish—this will add depth and texture to your cake. To add another layer of flavor to this recipe, I decided to pipe some Nutella frosting on top. Nutella is a hazelnut chocolate spread that I often enjoy with bread and other desserts. It has a rich nutty flavor and, as any Nutella fan knows, it goes very well with bananas.

If you're serving these to adults, you can brush the cupcakes with some hazelnut liqueur before you pipe the frosting on top. This will make the cupcakes moist and it'll also give them a little extra kick. Happy baking!



About the columnist

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



CHOCOLATE BANANA CUPCAKES WITH NUTELLA FROSTING

Makes 15 to 16 cupcakes **Prep Time** 20 minutes **Baking Time** 20 to 25 minutes

- ✓ 1 cup corn oil
- ✓ $\frac{3}{4}$ cup dark brown sugar
- ✓ 2 large eggs
- ✓ 1 teaspoon vanilla extract
- ✓ $\frac{1}{2}$ cups mashed ripe bananas
- ✓ $1\frac{3}{4}$ cups all-purpose flour
- ✓ $\frac{1}{4}$ cup Dutch-processed cocoa powder
- ✓ $1\frac{1}{2}$ teaspoons baking powder
- ✓ $\frac{1}{2}$ teaspoon baking soda
- ✓ $\frac{1}{2}$ teaspoon salt
- ✓ $\frac{1}{2}$ cup milk

FOR NUTELLA FROSTING

- ✓ 3 cups confectioner's sugar
- ✓ 1 cup Dutch-processed cocoa powder
- ✓ $\frac{3}{4}$ cup butter, softened
- ✓ $\frac{1}{3}$ cup Nutella (or any chocolate hazelnut spread)
- ✓ $\frac{1}{3}$ cup milk, or more

1 Preheat oven to 350°F. Grease, flour, and line a standard 12-cup muffin pan.

2 In the bowl of an electric mixer fitted

with the paddle attachment, combine oil and brown sugar. Beat on medium speed.

3 Add eggs one at a time. Add vanilla extract, then add mashed bananas. Reduce mixer speed to low.

4 In a separate bowl, whisk together flour, cocoa powder, baking powder, baking soda, and salt. Gradually add the flour mixture to the banana mixture, alternating with the milk.

5 Pour batter into the prepared pan. Bake for about 20 to 25 minutes or until a cake tester inserted in the center of a cupcake comes out clean. Transfer cupcakes to a wire rack and allow to cool completely.

6 Make the Nutella frosting: In a bowl, sift sugar and cocoa powder together. Set aside.

7 In the bowl of an electric mixer fitted with the paddle attachment, beat together butter and Nutella. Gradually add confectioner's sugar and cocoa mixture. Add milk; beat until smooth.

8 Place frosting in a piping bag fitted with a star tip. (The frosting should be used immediately.) Pipe large rosettes on cooled cupcakes.

TIP

DON'T BE AFRAID TO USE MASHED OVERRIPE BANANAS FOR THIS RECIPE. THESE BANANAS ARE BEST FOR BAKING AS THEY HAVE THE MOST FLAVOR.



Chef at Home

BY JUN JUN DE GUZMAN

✦ I enjoy eating squid in all its incarnations. Whether it's cooked *adobo*-style, breaded and fried, or simply grilled, I just love its unique flavor and texture. For this month, I want to share with you a salad recipe which reminds me of a favorite appetizer served in Japanese restaurants. It is usually offered in small portions—an *amuse bouche*, if you will. It's a small bite with extraordinary flavors that is meant to excite your palate for the meal ahead.

When cooked too long, squid becomes gummy and tough. In this recipe, the squid is just blanched until it changes color. I added some thinly sliced cucumbers and carrots for texture, along with fried *tokwa*, which adds a delightful crunch to the dish. This is a family favorite and it has become a mainstay in my repertoire of Japanese dishes. As they do in restaurants, I always serve this chilled, since the flavors become more concentrated and pronounced that way. Make this salad for your family and friends during your next Japanese-themed dinner—I promise, they won't miss *kani* and Japanese mayonnaise!

About the columnist

A graduate of the Peregrine School of Cordon Bleu London, Jun Jun de Guzman is a popular chef instructor as well as programs director at the Center for Asian Culinary Studies in San Juan. (His students and friends fondly call him "Chefie.") He is also a member of the Council of Chefs of the USDA-FAS. Whenever he can, he heads abroad for further studies. Most recently, he was at the UFM Baking School in Bangkok where he took the US Wheat course on Frozen Dough Technology and classes at the Macaron Pastry Training Center with Chef Eric Perez.



SQUID AND TOFU SALAD

Serves 6 Prep Time 20 minutes

Cooking Time 5 minutes, plus chilling time

- ✓ 450 grams squid, cleaned and sliced
- ✓ salt and pepper, to taste
- ✓ 1/3 cup corn oil
- ✓ 1 (100-gram) block firm tofu (*tokwa*), sliced and drained
- ✓ 1 Japanese cucumber, washed and thinly sliced
- ✓ 1 small carrot, julienned
- ✓ 12 leaves iceberg or curly lettuce, washed, spun dry, and chilled

FOR THE SAUCE

- ✓ 2 tablespoons water
- ✓ 3 tablespoons sugar
- ✓ 1/4 cup white vinegar
- ✓ 1 tablespoon mirin
- ✓ 2 teaspoons soy sauce (we used Kikkoman)
- ✓ salt and freshly ground pepper, to taste

- 1** Blanch squid rings in a pot of boiling water for a few seconds, just until it changes color. Immediately remove from the pot and transfer to an ice bath.
- 2** Remove squid from ice bath. Season with salt and pepper; set aside.
- 3** Heat oil in a frying pan. Cook tofu until golden and crispy on the outside but still soft inside. Drain on paper towels and chop into small cubes. Set aside.
- 4** Make the sauce: Mix together all ingredients in a bowl, stirring until sugar dissolves.
- 5** Add cooked squid, cucumber, carrots, and *tokwa* to the sauce. Chill until ready to serve.
- 6** To serve, lay lettuce leaves on a serving platter. Top with the chilled squid salad.

PHOTOGRAPHY: MIGUEL NACIANCENO. PROP STYLING: RACHELLE SANTOS & IDGE MENDIOLA.

sapporo *World Plate*



Australian Chicken & Corn Vermicelli Soup

Ingredients

- 250g Sapporo Long Kow Vermicelli (sotanghon)
- 1 kilo chicken breast fillet, trimmed
- 2 tbsps. vegetable oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- A thumb sized ginger, peeled, finely chopped
- Chicken stock
- 3 cobs sweet corn, kernels removed
- 1 tbsp. soy sauce
- 1/3 cup fresh coriander leaves, finely chopped
- Salt and pepper to taste

Procedure

Place Sapporo Long Kow Vermicelli (sotanghon) in a bowl with hot water and let it stand for 10 minutes or until it gets tender. Drain and set aside. Meanwhile, heat oil in a large saucepan over medium heat. Add in onions, garlic and ginger and saute for 3 minutes or until onion softens. Pour in the chicken stock and bring to a boil. Add in the corn kernel, chicken fillet and soy sauce. Reduce the heat and simmer until chicken is cooked through. Put in the sotanghon and simmer for another minute. To add flavor, mix in the coriander, salt and pepper. Best served hot.

Food Trivia:

Most Australian soup varieties were prepared from local meat like chicken, beef, and mutton. It may be served as an afternoon food along with bread.

Heavier versions are served as one-pot meals accompanied by bread or rice.



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Biz Whiz

BY SHARLENE TAN

★ People seem to have the impression that *panna cotta*, the classic Italian dessert similar to flan, is difficult to make. In truth, it's actually quite simple! It consists of milk, cream, sugar, and gelatin, and then you can get creative and add all sorts of flavorings to make different variations of the dessert.

Try this *panna cotta* recipe at home when you want to add a little Asian flair to your meal. The inspiration for this recipe came from the milk tea shops I frequent. I'm so hooked on these sweet Asian drinks that I thought of flavoring the traditional Italian dessert with my favorite milk tea essence—green tea!

The important thing to remember when making *panna cotta* is to use the right amount of gelatin so that it sets but still retains its creamy texture. Also, use a wooden spoon to stir the mixture while cooking, because stirring with a whisk will incorporate air into the mixture and will leave you with a lot of air bubbles in your custard.

About the columnist

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

GREEN TEA PANNA COTTA

Makes 6 to 8 cups **Prep Time** 5 minutes **Cooking Time** 8 minutes

- ✓ 1 (7-gram) pack unflavored gelatin
- ✓ ¼ cup cold water
- ✓ 1 cup fresh milk
- ✓ 1 cup heavy cream
- ✓ 3 tablespoons white sugar
- ✓ 2 tablespoons sweetened green tea powder, plus more for garnish
- ✓ half a vanilla bean, split lengthwise and seeds scraped (or 1 teaspoon vanilla extract)
- ✓ whipped cream and lemon rind (optional), to garnish

1 In a small bowl, sprinkle gelatin over cold water. Set aside to bloom.

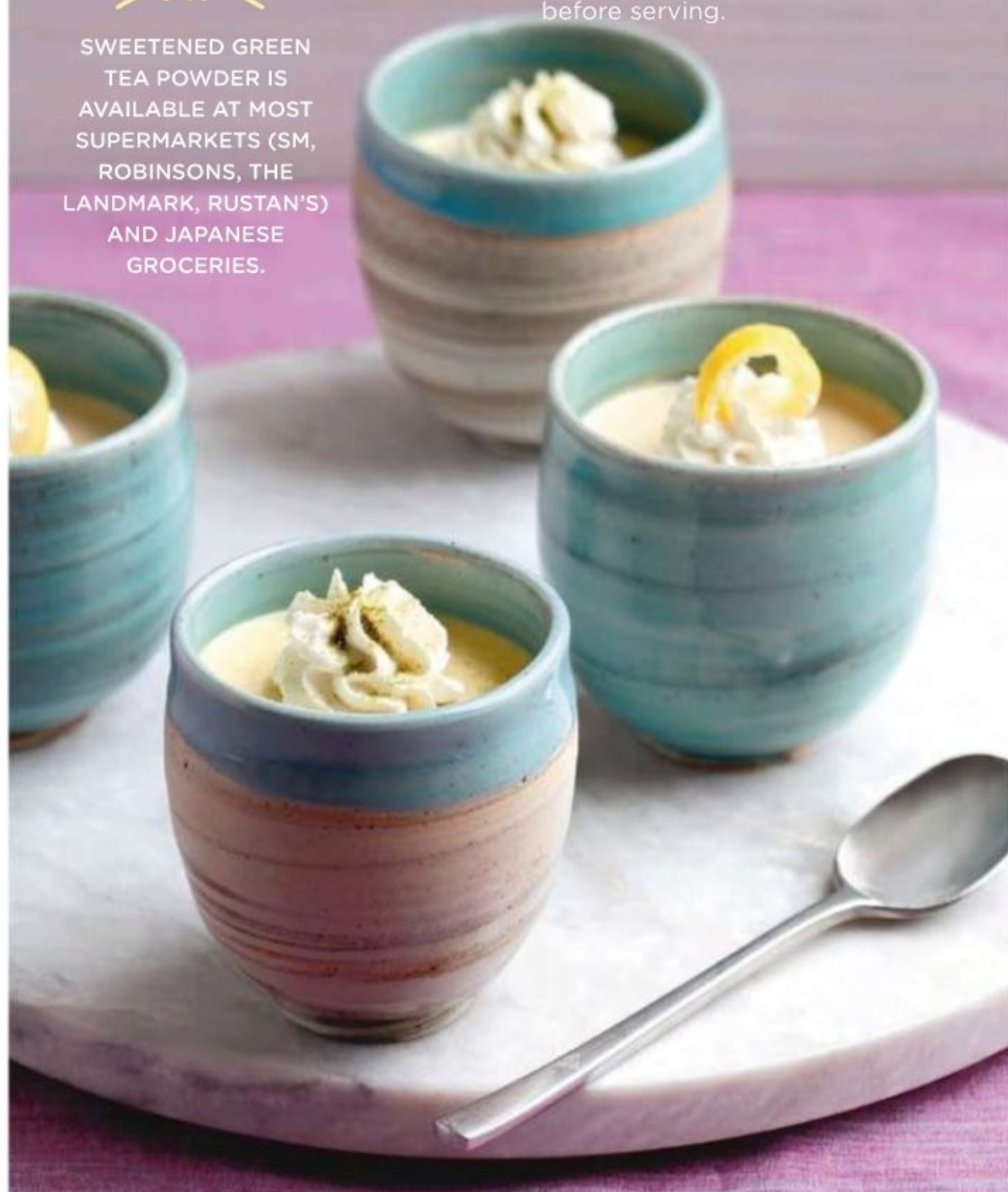
2 Combine milk, cream, white sugar, and green tea powder in a medium saucepan. Stir until sugar dissolves. Heat mixture over low heat until small bubbles start to form on the sides of the pan. Turn off heat, then immediately add vanilla. Cover and let sit for 5 minutes.

3 Strain mixture and discard vanilla bean, if using. Add bloomed gelatin and stir until dissolved.

4 Pour mixture into cups. Chill for at least 4 hours or until set. Garnish with whipped cream, green tea powder, and lemon rind before serving.

TIP

SWEETENED GREEN TEA POWDER IS AVAILABLE AT MOST SUPERMARKETS (SM, ROBINSONS, THE LANDMARK, RUSTAN'S) AND JAPANESE GROCERIES.



PHOTOGRAPHY: MIGUEL NACIANCENO. FOOD STYLING: SHARLENE TAN. PROP STYLING: LIEZL YAP. HAIR & MAKEUP: BENJIE ANGELES.



Around the World

BY SARI JORGE

✦ While nothing beats authentic Filipino food, it's also fun to try Asian recipes that are so flavorful and unique.

Known as the melting pot of Asia, Singapore has a lot of sumptuous dishes to offer. The food in this dynamic city-state is heavily influenced by Indian, Malaysian, and Chinese cuisines. Although a mishmash of cultures, Singaporean food has taken on a personality that is distinctly its own. These wonderful flavors are best captured in their national dish: Singaporean chili crab.

This crustacean dish seems impressive but is actually quite simple to make. During a trip to Singapore some time ago, I made sure to enroll in a cooking class to learn how to cook Singaporean chili crab the authentic way. To this day, I am so grateful that I took that class since my husband and I no longer need to make a trip to Singapore to enjoy one of our all-time favorites. This month, I'm sharing with you the recipe that I learned. Try making it at home to satisfy your own chili crab cravings, too!

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.



SINGAPOREAN CHILI CRAB

Serves 2 Prep Time 30 minutes

Cooking Time 30 minutes

- ✓ 1 large crab, cleaned and chopped
- ✓ 1/2 cup tomato sauce
- ✓ 1/2 cup sweet chili sauce
- ✓ 1 teaspoon oyster sauce
- ✓ 1 1/2 cups water, plus more if needed
- ✓ 1 teaspoon lemon or lime juice
- ✓ 1 teaspoon sugar
- ✓ 1 teaspoon cornstarch
- ✓ 2 tablespoons cooking oil
- ✓ 1/4 cup garlic, finely chopped
- ✓ 1 tablespoon chopped ginger
- ✓ 1 bird's eye chili (*siling labuyo*), seeds removed and finely chopped
- ✓ 1/2 cup finely chopped onions
- ✓ 1 small egg, lightly beaten
- ✓ salt and pepper, to taste
- ✓ cilantro leaves, for garnish (optional)

1 Prepare the crab: Pull the main shell off the crab. Remove the gray gills and the soft insides. Cut the body

into 4 pieces, then crack the legs and claws with the back of a knife or a hammer. Set aside.

2 In a bowl, mix together tomato sauce, sweet chili sauce, oyster sauce, water, lemon juice, sugar, and cornstarch. Set aside.

3 Heat oil in a wok or frying pan over medium heat. Fry garlic, ginger, chili, and onions until fragrant.

4 Increase heat to high. Add crab body, legs, and claws.

5 When the crab is half-cooked, add tomato sauce mixture and the main shell. Bring to a boil. Cover the pan to steam. You can add a little more water if the crab is big and takes longer to cook.

6 When the crab is cooked, quickly stir in the egg. Continue stirring until it is well-integrated and cooked. Season with salt and pepper.

7 Arrange the crab on a plate with the main shell on top. Pour sauce all over. Garnish with cilantro.

I Knorr Right!

SOUR-PRISE!

Serving a delicious bowl of Sinigang is a great way to welcome your family after a long day. We're sharing other creative recipes so that your family can enjoy that asim kick!

We whipped up the Sinigang na Maya-maya sa Miso with just the right asim! You may also add lemongrass or kaffir lime leaves. We also prepared a refreshing Kilawing Tanguigue which can serve as your appetizer or a perfect pair with your main dish. Make sure to use the freshest catch and add the cane vinegar just before serving. Our third recipe will surely be a hit for dinner; it's bursting with Asian flavors and sour goodness!

With these dishes, you're sure to warmly welcome your family with a sudden jolt of joy from an ordinary day. They will definitely be sour-primed and say, **I Knorr Right!**



CHEF DIANNE DELA CRUZ Country Innovation Chef, Philippines
Before joining Unilever, Chef Dianne worked for San Miguel Foods Inc. as Retail Chef and The Cravings Group as Chef de Partie, leading the day-to-day operations of one of their leading restaurants. She later on moved to an R&D Chef role for one of the group's brands. She also underwent trainings at the Mandarin Oriental Hotel, Unilever Food Solutions and at the Unilever RDC in Minburi, Thailand for culinary and technology education.

SINIGANG NA MAYA-MAYA SA MISO



PREPARATION TIME | 15 min COOKING TIME | 30-40 min SERVES | 6-8

WHAT YOU'LL NEED:

- 2L rice washing
- 3 pcs. onions, quartered
- 6 pcs. native tomatoes, quartered
- 1 kg Maya-maya, steak cut
- 2 pcs. long green chili
- 1 bundle mustard leaves, trimmed
- 2 (25g) packs **Knorr Sinigang na may Miso Recipe Mix**

NOW LET'S COOK!

1. Bring to boil rice washing in a pot, add onion and tomatoes then reduce heat to simmer for 8 minutes.
2. Add fish, chili and let this simmer until cooked.
3. Add **Knorr sinigang na may Miso Recipe Mix** and greens. Stir well and let this simmer for a minute.

Nutri-Tip:

Get your healthy meat from low fat fish, together with the sour and warm soup of sinigang. Good comfort and nutritious food for a rainy weather.

KILAWING TANGUIQUE

PREPARATION TIME | 10 min SERVES | 4-5

WHAT YOU'LL NEED:

- 1/2 kg fresh tanguigue, diced (around 3/4-inch thick)
- 2 cups cane vinegar (may also use coconut vinegar)
- 1 pc red onion, minced
- 1 pc ginger, cut into thin strips (2-inch thick)
- As needed bird's eye chili, chopped
- As needed long green chili, chopped
- To taste **Knorr Sinigang sa Sampalok Mix original**

NOW LET'S COOK!

1. In a clean bowl, mix tanguigue with 1 cup cane vinegar, mix well then discard excess liquid.
2. In another bowl, combine the remaining 1 cup cane vinegar with onion, ginger, and chilies. Add to tanguigue (3-5 minutes before service) and mix well.
3. Add **Knorr Sinigang sa Sampalok Mix Original** according to taste and season well.

Nutri-Tip:

Tanguigue has omega 3 which makes your heart healthy. A perfect match with the sour and spicy taste combination of this dish.

TWICE-COOKED CHICKEN WITH CHILI MUSHROOM SAUCE

PREPARATION TIME | 20 min COOKING TIME | 1 hr SERVES | 6

WHAT YOU'LL NEED:

- | | |
|---|----------------------------------|
| 1 kg whole chicken | 2 pcs. bell peppers, sliced |
| 1 pack Knorr Sinigang sa Sampalok 2-in-1 Mix | To taste, Knorr Liquid Seasoning |
| 1 bunch spring onions | 2 Tbsp sesame oil |
| 1 pc. ginger, sliced | 1 cup rice wine |
| 6 cloves garlic, whole | To taste, Knorr Chicken Powder |
| 1 pc. bay leaf | 1 Tbsp Bango Kebab Manis |
| 1 pc. onion, chopped | As needed, chili powder |
| 4 cloves garlic, chopped | water |
| 2 pcs. carrots, sliced | |

NOW LET'S COOK!

1. Boil whole chicken for about an hour in water, **Knorr Sinigang sa Sampalok 2-in-1 Mix**, spring onions, ginger, garlic, and bay leaf.
2. Let chicken cool down, cut into serving pieces and deep fry in oil.

For the sauce:

1. Sauté onion, garlic, ginger, carrots, bell pepper, mushrooms.
2. Add Knorr Liquid Seasoning, sesame oil, rice wine, Bango Kebab Manis and chili powder or chili sauce. Simmer until thick and adjust according to taste. Pour sauce over crispy chicken and serve

Nutri-Tip:

Get two good things from Mushroom! Potassium, which helps manage high blood pressure. As well as Selenium, a strong antioxidant to help slow down aging.



Recipe by | Chef JP Anglo

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(Open to the public, see registration details below)

DATE: **August 10, 2013**

TIME: 10:00 AM - 6:00 PM

VENUE: Alabang Town Center

DATE: **August 31, 2013**

TIME: 10:00 AM - 6:00 PM

VENUE: SM Lanang Premier, Davao

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CONDO/VILLAGE VENUES

(Exclusive for homeowners and residents only)

DATE: **August 17, 2013**

TIME: 10:00 AM - 6:00 PM

VENUE: The Columns, Legazpi Village, Makati

DATE: **August 18, 2013**

TIME: 10:00 AM - 6:00 PM

VENUE: One Serendra, The Fort

DATE: **October 26, 2013**

TIME: 10:00 AM - 6:00 PM

VENUE: Corinthian Gardens

Check out www.facebook.com/GoodHousekeeping.ph for more details.

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VEGGIE TALES

These **VEGETABLE-PACKED DISHES** are simple but flavorful. Pair 'em up with rice for a quick and easy meal that's sure to satisfy.

PHOTOGRAPHY: ALDWIN ASPILLERA. RECIPES & FOOD PREPARATION: MYKE "TATUNG" SARTHO OF CHEF TATUNG'S CAFÉ. STYLING: RACHELLE SANTOS.

RECIPES THIS WAY ➤

BUDDHA'S DELIGHT

This dish is a perfect study in the balance of flavors and textures. The earthiness of the mushrooms will satisfy your craving for meatier fare.

Serves 4 Prep Time 20 minutes

Cooking Time 10 minutes

- ✓ 2 tablespoons vegetable oil
- ✓ 2 red onions, chopped
- ✓ 2 cloves garlic, sliced
- ✓ 4 shiitake mushrooms, stems removed and caps sliced in half
- ✓ 6 straw mushrooms
- ✓ 4 black wood ear mushrooms (*tenga ng daga*)
- ✓ 4 tablespoons oyster sauce
- ✓ 2 tablespoons Chinese rice wine

- ✓ 1/2 cup chicken stock
- ✓ 1/2 medium carrot, sliced into rounds
- ✓ 1/2 cup cauliflower florets
- ✓ 1/4 cup snow peas (*sitsaro*)
- ✓ 3 squares firm tofu (*tokwa*), cut into triangles and fried
- ✓ 8 *tokwa* nuggets or squid balls, fried
- ✓ 8 water chestnuts
- ✓ 2 leaves Chinese cabbage (*Baguio pechay*)
- ✓ 4 squares soft tofu
- ✓ 1 bunch *bok choy*
- ✓ 1 stalk leek, sliced diagonally
- ✓ salt and pepper, to taste
- ✓ 3 tablespoons chopped cilantro leaves
- ✓ 2 tablespoons sesame oil

- ✓ 2 tablespoons cornstarch, dissolved in 1/4 cup water

- 1** Heat oil in a large wok. Add onions and garlic; sauté until fragrant.
- 2** Add mushrooms, oyster sauce, Chinese rice wine, and chicken stock.
- 3** Add carrots, cauliflower, and snow peas. Cook for 2 to 3 minutes.
- 4** Add firm tofu, *tokwa* nuggets or squid balls, water chestnuts, cabbage, and soft tofu. Simmer for 1 to 2 minutes. Add *bok choy* and leeks. Season to taste with salt and pepper. Add cilantro and sesame oil.
- 5** Add dissolved cornstarch; simmer for 5 minutes to thicken the sauce. Taste and adjust seasoning, if necessary. Transfer to a platter and serve hot.





TUESDAY

GREEN VEGETABLE CURRY WITH COCONUT NOODLES

Here's a twist on a classic Thai dish. Strips of young coconut meat are added to give this curry a sweet, mellow flavor.

Serves 4 Prep Time 10 minutes

Cooking Time 10 to 15 minutes

- ✓ 2 tablespoons vegetable oil
- ✓ 1 red onion, chopped
- ✓ 1/2 tablespoon minced ginger
- ✓ 2 cloves garlic, minced
- ✓ 1 tablespoon chopped lemongrass bulb
- ✓ 4 tablespoons green curry paste
- ✓ 1 green finger chili, sliced diagonally
- ✓ 1 1/2 cups coconut milk
- ✓ 1/2 carrot, sliced into rounds
- ✓ 1 cup cauliflower florets
- ✓ 1 small eggplant, sliced into rectangular pieces
- ✓ 1 medium red bell pepper, sliced into triangles
- ✓ 6 pieces young corn, sliced lengthwise
- ✓ 6 button mushrooms, sliced lengthwise
- ✓ 2 cups tender coconut meat, sliced into thin strips
- ✓ salt or fish sauce and pepper, to taste
- ✓ 2 tablespoons cilantro leaves, chopped, plus extra sprigs for garnish

1 Heat oil in a large wok. Add onions and sauté until translucent. Add ginger, garlic, and lemongrass; sauté until fragrant. Add green curry paste and green chili; sauté for a few seconds, just until the oil in the paste starts to separate.

2 Add coconut milk and simmer for 2 minutes. Add all the vegetables and mushrooms; simmer until tender.

3 Mix in coconut strips and cook for 2 minutes. Season to taste with salt or fish sauce and pepper. Add cilantro and mix well. Transfer to a platter and serve hot. Garnish with additional cilantro, if desired.



THURSDAY

SPICY EGGPLANT WITH MINCED MEAT

The tomato and ground pork sauce in this dish is so delicious and versatile. Try swapping the eggplant with other vegetables such as *sigarilyas*, green beans, or asparagus.

Serves 4 Prep Time 7 minutes
Cooking Time 10 to 15 minutes

- ✓ 2 tablespoons vegetable oil
- ✓ 1 red onion, chopped
- ✓ 1 tablespoon minced garlic
- ✓ 1 tablespoon minced ginger
- ✓ 300 grams ground pork
- ✓ 1 tablespoon fermented red bean curd (*tajure*), mashed
- ✓ 1 cup tomato sauce
- ✓ 2 tablespoons hoisin sauce
- ✓ 2 tablespoons sugar
- ✓ 1 tablespoon black vinegar
- ✓ 2 tablespoons sesame oil
- ✓ 1/4 teaspoon Chinese five-spice powder

- ✓ 1 red bird's eye chili, chopped
- ✓ 4 cups eggplant, cut into 2-inch strips (about 4 medium eggplants)
- ✓ 1 cup chicken stock
- ✓ salt and pepper, to taste

1 Heat oil in a large wok. Sauté onions until translucent. Add garlic and ginger; sauté until fragrant.
2 Add ground pork and cook until the meat turns brown and some of the juices have evaporated. Add bean curd, tomato sauce, and hoisin sauce. Mix well and cook for a minute.
3 Add sugar, black vinegar, sesame oil, five-spice powder, and chili. Add eggplant and stock; simmer until sauce is reduced. Season to taste with salt and pepper. Transfer to a platter and serve hot.



WEDNESDAY

STEAMED CHICKEN, MUSHROOMS, AND ASPARAGUS PARCELS

Open one of these banana leaf bundles and savor its mouthwatering aroma. Filled with chicken, mushrooms, and asparagus, this steamed dish is flavorful and healthy to boot.

Serves 4 Prep Time 15 minutes
Cooking Time 15 minutes

- ✓ 250 grams chicken breast fillet, sliced into strips
- ✓ salt and pepper, to taste
- ✓ 3 tablespoons sesame oil, divided
- ✓ 1 tablespoon Chinese rice wine
- ✓ 1 clove garlic, minced
- ✓ 1 tablespoon thinly sliced ginger
- ✓ 1 teaspoon cornstarch
- ✓ 8 asparagus spears, trimmed and slice into 1 1/2-inch pieces
- ✓ 6 shiitake mushrooms, stems removed and caps sliced into strips
- ✓ 1/2 cup oyster mushrooms
- ✓ 8 straw mushrooms

- ✓ 8 button mushrooms, sliced into thin pieces
- ✓ 4 tablespoons oyster sauce
- ✓ 2 tablespoons sliced leeks
- ✓ 1 tablespoon toasted garlic

1 Mix chicken breast with salt, pepper, 2 tablespoons sesame oil, Chinese rice wine, garlic, and ginger. Toss in cornstarch. Set aside for wrapping.
2 Prepare 4 (8x10-inch) banana leaves. Arrange chicken mixture on the center of each banana leaf. Top with asparagus and mushrooms.
3 Drizzle 1 tablespoon oyster sauce and 1 teaspoon sesame oil on top of the chicken and vegetables on each banana leaf.
4 Fold the banana leaves to make a rectangular parcel. Arrange banana leaf bundles in a preheated steamer. Cook for 15 minutes or until chicken is cooked through.
5 Unwrap leaves. Garnish with leeks and toasted garlic.



FRIDAY

BRAISED VEGETABLES WITH CENTURY EGG

Upgrade an already tasty vegetable dish with fish fillets, clams, and lobster balls.

Serves 4 Prep Time 30 minutes

Cooking Time 20 minutes

- ✓ ½ cup all-purpose flour
- ✓ ¼ cup water
- ✓ salt and pepper, to season
- ✓ 150 grams fish fillet, sliced into 3-inch pieces
- ✓ oil for deep-frying
- ✓ 1 tablespoon vegetable oil
- ✓ 1 red onion, quartered
- ✓ 4 thin slices ginger
- ✓ 1 tablespoon minced garlic
- ✓ 5 shiitake mushrooms
- ✓ 8 wood ear mushrooms (*tenga ng daga*)

- ✓ 8 straw mushrooms
- ✓ 10 to 15 medium clams, scrubbed and soaked
- ✓ 4 lobster or squid balls, sliced in half
- ✓ 2 cups chicken or seafood stock
- ✓ 2 tablespoons soy sauce
- ✓ 1 tablespoon Chinese rice wine
- ✓ 1 tablespoon sugar
- ✓ ½ carrot, sliced into 1½-inch strips
- ✓ ¼ cup canned bamboo shoots
- ✓ 4 pieces young corn
- ✓ 2 tablespoons potato starch or cornstarch, diluted in ¼ cup water
- ✓ 4 century eggs, sliced in half
- ✓ 1 bunch *bok choy*, leaves separated
- ✓ sesame oil for drizzling

1 Mix flour and water in a bowl. Season fish

fillets with salt and pepper. Dip in batter and deep-fry in preheated oil until golden brown. Drain on paper towels and set aside.

2 Heat vegetable oil in a large wok. Add onions and sauté until translucent. Add ginger and garlic; sauté until fragrant. Add mushrooms, clams, and lobster or squid balls; cook for 1 minute.

3 Add stock, soy sauce, rice wine, and sugar. Simmer for 3 minutes or until clams open up. Add carrots, bamboo shoots, and young corn. Add diluted potato starch or cornstarch mixture; simmer until sauce thickens slightly.

4 Season to taste with salt and pepper. Add fried fish fillets, century eggs, and *bok choy*. Mix well and drizzle a few drops of sesame oil on top before serving.

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Seoul searching

We gave comfort food favorites a Korean spin! Make these three recipes next weekend for a hearty, satisfying, sure-to-impress meal.



THE MENU

Mini Bulgogi
Burgers with
Apple Slaw

Beef Short
Ribs with
Kimchi Rice

Patbingsu
(Sweet
Shaved Ice)

RECIPES THIS WAY ➔

MINI BULGOGI BURGERS WITH APPLE SLAW

The spicy apple slaw adds a bright kick to succulent *bulgogi*. To make the sliders more colorful, use shredded red cabbage instead of the usual green kind.

Makes 6 Prep Time 10 minutes

Cooking Time 5 minutes

- ✓ 300 grams thinly sliced beef belly, rib eye or sirloin (*sukiyaki* cut)
- ✓ 1/2 cup store-bought *bulgogi* marinade

FOR THE APPLE SLAW

- ✓ 1/4 cup store-bought *kimchi*

- ✓ 1 Fuji apple, cored and sliced thinly
- ✓ 1/2 cup shredded cabbage
- ✓ 4 tablespoons mayonnaise
- ✓ 1 tablespoon sugar
- ✓ 1/2 teaspoon lemon juice
- ✓ 1/2 teaspoon salt
- ✓ 1/2 teaspoon pepper

- ✓ canola oil, for pan-frying
- ✓ 6 dinner rolls, toasted
- ✓ 6 lettuce leaves

1 Marinate the beef: Combine beef and *bulgogi* marinade in a large bowl or

container; mix well. Cover and marinate for about 2 hours or overnight in the refrigerator.

2 Make the slaw: Combine all ingredients in a bowl until well incorporated. Season to taste. Chill until ready to use.

3 Heat oil in a frying pan. Cook beef in batches, briefly searing beef on both sides. Set aside.

4 Assemble the burgers: Slice rolls in half. Place a lettuce leaf on the bottom of the roll. Add a slice of beef belly. Top with slaw and cover with the other half of the roll. Serve immediately.





BEEF SHORT RIBS WITH KIMCHI RICE

Our favorite Pinoy *silog* gets infused with bold Korean flavors. This meal-in-a-bowl is enough to please even the biggest of appetites!

Serves 6 Prep Time 2 hours
Cooking Time 15 minutes

FOR THE SHORT RIBS

- ✓ 1 kilo beef short ribs, sliced into 2-inch pieces
- ✓ 1 head garlic, peeled
- ✓ 1/4 cup soy sauce
- ✓ 3 tablespoons sugar
- ✓ 1/4 cup calamansi juice
- ✓ 1/2 cup store-bought barbecue marinade (we used Mama Sita's)
- ✓ 1/2 cup beef stock
- ✓ toasted sesame seeds, for garnish

FOR THE CUCUMBER KIMCHI

- ✓ 1/4 cup cane vinegar
- ✓ 1 tablespoon chili powder
- ✓ 2 tablespoons sugar
- ✓ 1 teaspoon salt
- ✓ 1 teaspoon pepper
- ✓ 1/4 cup thinly sliced cucumber

FOR THE KIMCHI RICE

- ✓ 1 tablespoon sesame oil
- ✓ 2 tablespoons butter
- ✓ 1 tablespoon minced garlic
- ✓ 1 cup kimchi
- ✓ 2 tablespoons gochujang (hot pepper paste)
- ✓ 6 cups cooked rice

- ✓ salt and pepper, to taste
- ✓ 6 eggs, fried sunny side up
- ✓ chopped green onions, for garnish

- 1** Prepare the short ribs: Combine all ingredients (except sesame seeds) in a large pot over medium heat. Simmer for 2 to 3 hours until beef is tender. Set aside. To save time, you can also use a pressure cooker and cook the beef for 45 minutes to 1 hour.
- 2** Make the cucumber kimchi: Combine vinegar, chili powder, sugar, salt, and pepper in a bowl. Add cucumber and toss until well combined. Chill until ready to serve.
- 3** Make the kimchi rice: Heat sesame oil and butter in a pan. Sauté garlic until golden. Add kimchi and gochujang. Add rice; mix well. Season with salt and pepper to taste.
- 4** Assemble the rice bowls: Scoop rice into a bowl. Top with beef and some of the sauce. Top with fried egg, green onions, and sesame seeds. Repeat with remaining ingredients to make 6 bowls. Serve cucumber kimchi on the side.

PATBINGSU (SWEET SHAVED ICE)

Patbingsu is a Korean dessert made of shaved ice, sweetened red beans, and other toppings. To add familiar flavors to this icy treat, we used *bilo-bilo* and sweetened coconut milk. Add fresh fruit like strawberries or mangoes, too.

Makes 6 Prep Time 20 minutes
Cooking Time 10 minutes

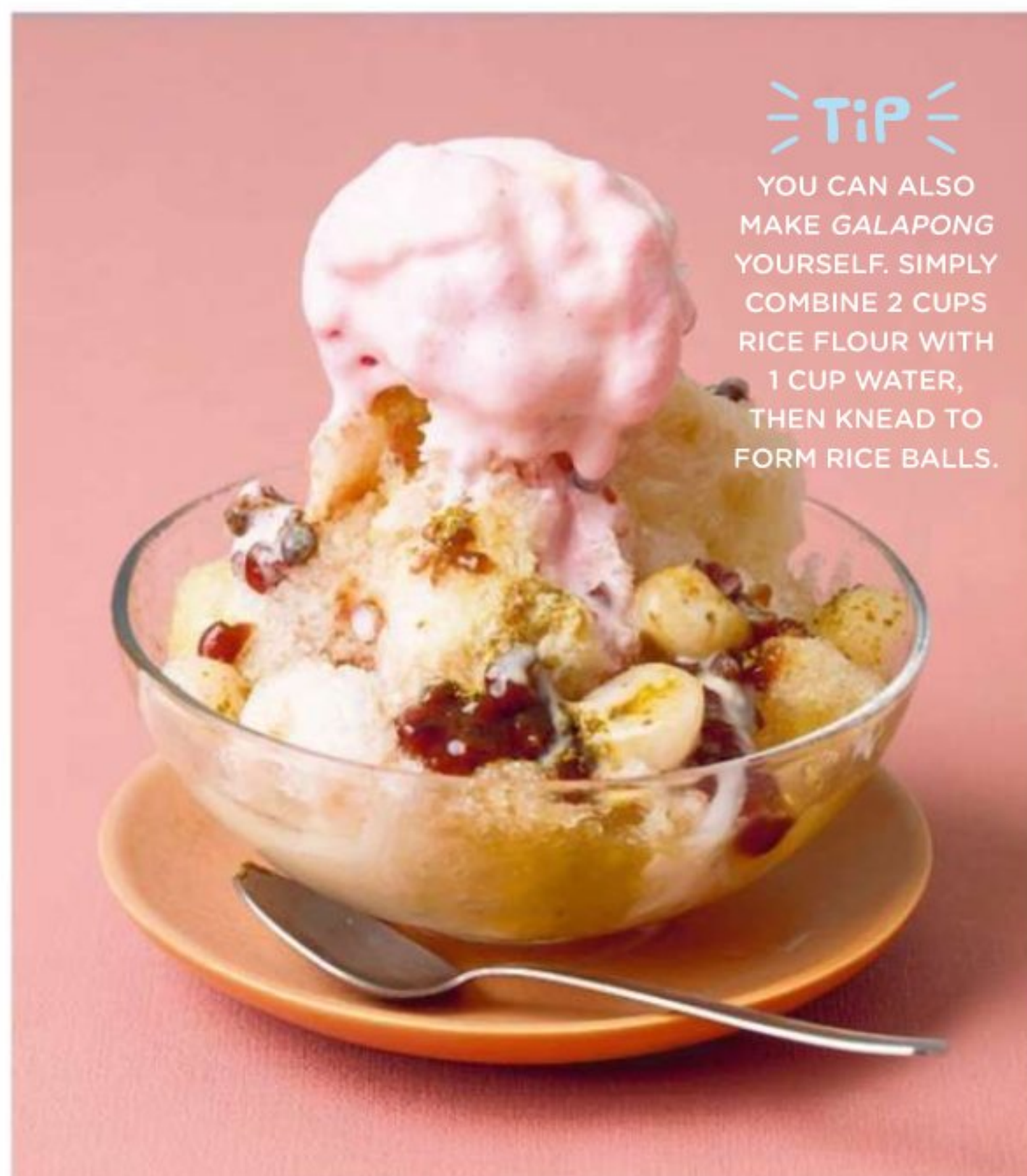
FOR THE RICE BALLS (BILO-BILO)

- ✓ 1/4 cup galapong, shaped into 1/4-inch balls (available at wet markets)
- ✓ water for boiling
- ✓ 1 cup simple syrup (1 part sugar dissolved in 2 parts water)
- ✓ 1 cup coconut milk
- ✓ 1/2 cup condensed milk
- ✓ 1/4 cup evaporated milk
- ✓ 6 cups shaved ice
- ✓ 1 1/2 cups store-bought sweetened red beans
- ✓ 1 pint strawberry ice cream
- ✓ 1/4 cup strawberry syrup
- ✓ 3 tablespoons sweetened green tea powder

1 Prepare the rice balls: Boil water in a large pot. Carefully place balls one by one into the boiling water. Balls are cooked once they rise to the top. Scoop out using a slotted spoon, then place in a container with simple syrup.

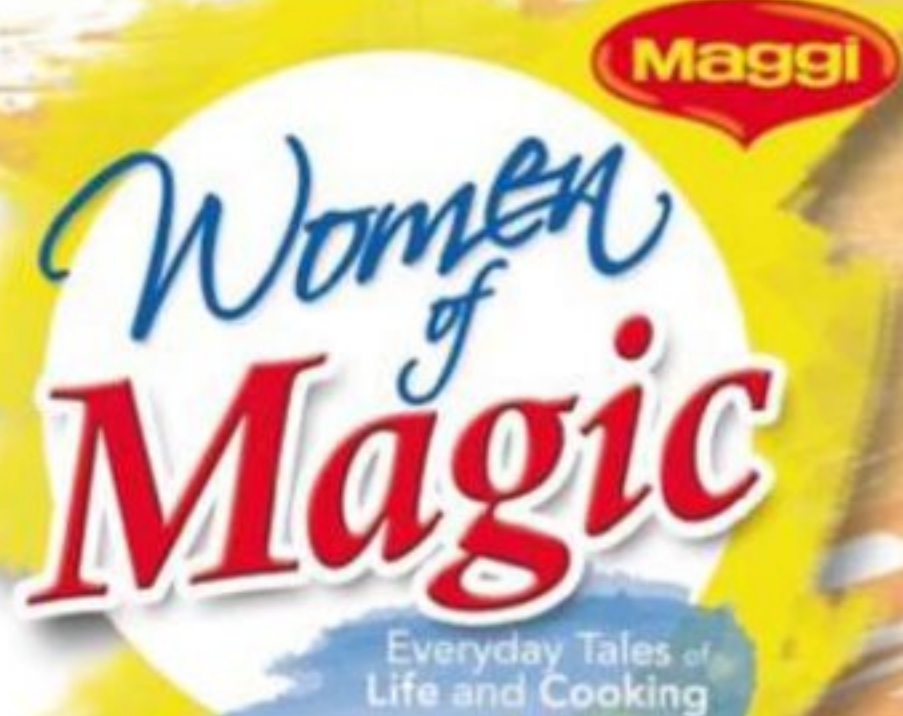
2 Combine coconut milk, condensed milk, and evaporated milk in a bowl. Mix until well combined. Chill until ready to use.

3 Assemble the *patbingsu*: Place shaved ice in a bowl. Add red beans and rice balls. Top with a scoop of ice cream. Drizzle strawberry syrup and chilled milk mixture over each bowl, then dust green tea powder on top. Repeat with remaining ingredients to make 6 bowls.



TIP

YOU CAN ALSO MAKE GALAPONG YOURSELF. SIMPLY COMBINE 2 CUPS RICE FLOUR WITH 1 CUP WATER, THEN KNEAD TO FORM RICE BALLS.



Christine,
the adventurous
superchef working
her magic on
experimenting with
diverse cuisines.

Tangy Twist

Count on **Christine** to whip up a gourmet recipe that's easy to prepare. The twist is in its sour perfection.

“I'm hosting a get-together with my friends. Of course, I want to make dinner special, so tonight, a hearty meal is in order. Soft meat is glazed with tangy tamarind with a blend of honey for that sweet-sour yumminess. A serving of mash and beans makes it a satisfying treat.”



Tamarind Honey Glazed Beef Tenderloin with Green Beans and Mashed Potato

Ingredients

For Tamarind Honey Glaze:

2 sachets	11g MAGGI MAGIC SINIGANG® ORIGINAL SAMPALOK
3 tbsp	water
1/3 cup	honey
1/4 cup	chili-garlic sauce
1/2 tsp	cumin, ground
1/2 tsp	cardamom, ground

For Beef Tenderloin:

1/2 kg	beef tenderloin, sliced 3/4" thick
1 sachet	8g MAGGI MAGIC SARAP®
	freshly ground black pepper, to taste
	olive oil, to drizzle
	green beans, blanched, buttered, and seasoned

For Mashed Potato:

1/2 kg	potatoes, peeled and boiled
2 tbsp	butter
1/2 cup	NESTLÉ Cream
1 sachet	8g MAGGI MAGIC SARAP®
	freshly ground black pepper, to taste

1. In a bowl, stir well MAGGI MAGIC SINIGANG® ORIGINAL SAMPALOK and water. Add in honey, chili-garlic sauce, cumin, and cardamom. Mix well and set aside.
2. Season beef tenderloin on both sides with MAGGI MAGIC SARAP® and pepper. Drizzle both sides with olive oil.
3. Place beef tenderloin on a grill pan and cook for 2 minutes. Turn beef tenderloin over, brush half the glaze over beef tenderloin, and cook for 2 minutes. Repeat latter procedure twice. Remove beef tenderloin from grill pan and let rest for 5 minutes.
4. In a large bowl, wire-whip boiled potatoes and butter until mashy. Add in cream and continue whipping. Season with MAGGI MAGIC SARAP® and pepper.
5. Transfer glazed beef tenderloin on a serving plate. Add a brush of glaze. Serve with mashed potato and green beans.



Discover how the *fruity-asim* goodness of
MAGGI MAGIC SINIGANG®
ORIGINAL SAMPALOK
can level up your glazed sauces.



TAKE IT TO THE STREETS

All over Asia, street food is an unforgettable experience. We give you the best the region has to offer in these eight recipes.

PHOTOGRAPHY BY
Miguel Nacianceno

**RECIPES & FOOD
PREPARATION BY**
The Cookery Place

STYLING BY
Idge Mendiola

CHA YEN (THAI ICED TEA)

Eating a spicy bowl of salad while dining al fresco under the scorching sun? Keep cool with a glass or two of Thai iced tea.

Serves 4 **Prep Time** 1 hour, including cooling time

- ✓ 4 cups water
- ✓ 2 pieces star anise
- ✓ pinch of ground cinnamon
- ✓ 1 piece clove
- ✓ 6 bags black tea
- ✓ red food coloring
- ✓ 1 teaspoon vanilla extract
- ✓ 1/2 cup sugar
- ✓ ice cubes, to serve
- ✓ condensed milk, to taste

1 Bring water to a boil in a medium saucepan. Add star anise, cinnamon, and clove; let infuse for 3 to 5 minutes. Add tea bags and boil for a minute. Remove from heat.

2 Add a drop or two of red food coloring, along with vanilla and sugar. Allow tea to steep until liquid cools down and becomes warm enough to touch.

3 Strain mixture. Refrigerate until cool.

4 Fill serving glasses with ice and pour tea over. Adjust sweetness with condensed milk.

SOM TAM

Green papaya takes the limelight in this salad, perfectly complemented by a dressing that is sweet, salty, sour, and spicy all at once.

Serves 4 to 6
Prep Time 30 minutes

FOR THE DRESSING

- ✓ 4 tablespoons palm sugar
- ✓ 4 tablespoons fish sauce
- ✓ 2 cloves garlic, crushed
- ✓ 4 to 5 bird's eye chilies, seeded and chopped
- ✓ 1 1/2 tablespoons dried shrimp
- ✓ 4 tablespoons lime juice
- ✓ 1 green papaya, shredded
- ✓ 3 stalks long bean (*sitaw*), sliced
- ✓ 6 cherry tomatoes, halved
- ✓ 2 tablespoons roasted peanuts, crushed

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

1 Make the dressing: Dissolve palm sugar with fish sauce in a saucepan over low heat. Let cool. Transfer to a large bowl, add remaining dressing ingredients, and mix thoroughly.

2 Add green papaya, long beans, tomatoes, and peanuts to the bowl. Toss to combine.

3 Let stand for 30 minutes before serving. Divide among bowls and garnish with cilantro. Serve with lime wedges on the side.

TIP

ADD OR LESSEN THE AMOUNT OF BIRD'S EYE CHILIES IN THE RECIPE DEPENDING ON YOUR TOLERANCE FOR HEAT. FOR A SAFER OPTION, SERVE THE CHOPPED CHILIES ON THE SIDE INSTEAD.





OKONOMIYAKI

The Japanese name for this savory pancake translates to “cook what you want.” Many regions in Japan have come up with their own versions! Make your own by substituting the shrimp and bacon in this recipe with your choice of filling.

Makes 3 pieces **Prep Time** 25 minutes

Cooking Time 10 minutes

- ✓ 4 tablespoons all-purpose flour
- ✓ 2 medium eggs
- ✓ 4 tablespoons *dashi* stock (a pinch of *dashi* granules dissolved in $\frac{1}{4}$ cup water)
- ✓ $\frac{1}{4}$ head cabbage, shredded
- ✓ 10 shrimps, peeled, deveined, and chopped

- ✓ 4 stalks green onion, chopped

FOR THE OKONOMIYAKI SAUCE

- ✓ 2 tablespoons Worcestershire sauce
- ✓ 1 tablespoon ketchup
- ✓ 1 tablespoon soy sauce

- ✓ oil for greasing
- ✓ 9 slices pork belly or bacon
- ✓ Japanese mayonnaise, to serve
- ✓ bonito flakes (*katsuoboshi*), to serve
- ✓ seaweed flakes, to serve

1 Whisk together flour, eggs, and stock in a bowl until smooth.

2 Add shredded cabbage, shrimp, and

green onions. Mix until well combined.

3 Make the sauce: Mix together all ingredients in a bowl. Set aside.

4 Heat a lightly oiled pan over medium heat. Scoop $\frac{1}{3}$ of the *okonomiyaki* mixture into the pan, forming a circle just like a pancake.

5 Place three slices of bacon on top of the *okonomiyaki*. Flip after about 2 to 3 minutes. Cook for 3 minutes and flip again. Cook for another 3 minutes before transferring to a plate. Repeat with remaining ingredients.

6 Drizzle sauce and Japanese mayonnaise over the *okonomiyaki*. Top with bonito and seaweed flakes.

TIP

PLAY AROUND WITH DIFFERENT SERVING OPTIONS: MAKE BIGGER PANCAKES AND SLICE LIKE PIZZA OR SERVE ON TOP OF NOODLES.

BUN CHA

Sweet pork patties, rice noodles, fresh greens—simplicity is key when it comes to Vietnamese dishes like this.

Serves 4 **Prep Time** 40 minutes

Cooking Time 15 minutes

- ✓ 2 tablespoons palm sugar
- ✓ 2 tablespoons fish sauce
- ✓ 1 shallot, minced
- ✓ 1 clove garlic, minced
- ✓ pinch of ground pepper
- ✓ 500 grams ground pork

FOR THE NUOC CHAM SAUCE

- ✓ ½ tablespoon lime juice
- ✓ 2 tablespoons fish sauce
- ✓ 2 tablespoons water
- ✓ 2 tablespoons white sugar
- ✓ 1 clove garlic, minced
- ✓ 1 bird's eye chili, sliced

- ✓ rice noodles, cooked according to package directions
- ✓ lettuce, basil leaves, mint leaves, cilantro leaves, bean sprouts, lime slices, bird's eye chilies, to serve

1 Combine palm sugar with fish sauce in a saucepan over low heat. Stir until sugar dissolves. Remove from heat and let cool.

2 Add shallots, garlic, and pepper; whisk well. Add ground pork and mix until well combined. Set aside and marinate for at least 30 minutes.

3 Shape pork mixture into small patties. Cook on a preheated grill until brown, about 4 minutes on each side.

4 Make the dipping sauce: Whisk together all ingredients in a bowl until sugar dissolves.

5 Divide rice noodles among serving bowls. Top with pork patties. Pour sauce over pork; serve with herbs and vegetables on the side.



TIP

YOU CAN ALSO TRY THIS RECIPE USING BEEF, LAMB, FISH, PRAWNS, OR TOFU INSTEAD.



CHICKEN SATAY

A good satay marries the sensational taste of grilled meat and the relentless kick of peanuts and spices. For a more traditional experience, make sure to grill these skewers over wood or charcoal.

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

- ✓ 3 shallots
- ✓ 1 clove garlic
- ✓ 1 stalk lemongrass, sliced
- ✓ 1 teaspoon sugar
- ✓ salt, to taste
- ✓ 1 teaspoon ground coriander
- ✓ 1 teaspoon ground cumin
- ✓ 1 tablespoon ground turmeric
- ✓ 1/4 teaspoon ground cinnamon
- ✓ 1 tablespoon roasted peanuts
- ✓ 1/4 cup oil
- ✓ 400 grams chicken thigh fillet, cubed

FOR THE SATAY SAUCE

- ✓ 1/4 teaspoon minced ginger
- ✓ 1/2 teaspoon minced *galangal*
- ✓ 1 small onion
- ✓ 1 stalk lemongrass, pounded
- ✓ 4 tablespoons oil
- ✓ 125 grams roasted peanuts, coarsely ground
- ✓ 1 tablespoon tamarind paste
- ✓ 4 tablespoons sugar
- ✓ water, as needed

1 Grind together shallots, garlic, lemongrass, sugar, spices, and nuts in a food processor or blender. Add oil.

2 Transfer mixture to a separate bowl and add chicken pieces. Marinate overnight in the refrigerator.

3 Make the *satay* sauce: Grind together ginger, *galangal*, onion, and lemongrass in a food processor or blender. Sauté the paste in oil until brown and fragrant. Add peanuts, tamarind paste, and sugar. Add a little water if the mixture is too thick. Continue cooking until oil rises to the top.

4 Skewer chicken onto bamboo sticks. Cook on a preheated grill for 10 to 15 minutes, basting the chicken with any leftover marinade. Serve immediately with *satay* sauce.



CHAR KWAY TEOW

Easy to prepare and a meal in itself, this noodle stir-fry is popular in many hawker stalls around Southeast Asia.

Serves 2 Prep Time 20 minutes

Cooking Time 8 minutes

- ✓ 3 tablespoons oil
- ✓ 2 cloves garlic, minced
- ✓ 1 shallot, minced
- ✓ 1 tablespoon chili paste
- ✓ 1 Chinese sausage, sliced
- ✓ 6 prawns, cleaned and peeled
- ✓ 200 grams flat rice noodles (*hofan*), cooked according to package directions
- ✓ 1 tablespoon soy sauce (we used Kikkoman)
- ✓ 1 tablespoon sweet soy sauce (we used ABC)
- ✓ pinch of white pepper
- ✓ 2 eggs
- ✓ 1/2 cup bean sprouts
- ✓ 8 stalks green onion, sliced into 1-inch lengths

1 Heat oil in a pan or wok over high heat.

2 Add garlic, shallot, and chili paste. Stir until fragrant.

3 Add sausages and cook for a few minutes. Add prawns; cook until they turn pink.

4 Add noodles and toss quickly. Immediately add soy sauce, sweet soy sauce, and white pepper. Stir to coat noodles in the sauce.

5 Push noodles to one side of the pan. Pour eggs into the pan, cook until scrambled, then stir into the noodles when almost dry.

6 Quickly stir in the bean sprouts and green onions. Serve immediately.

KIMBAP

What makes the Korean *kimbap* different from the Japanese *maki*? The rice is mixed with sesame oil instead of sushi vinegar. Try making it at home!

Serves 4 Prep Time 20 minutes

- ✓ 2 cups cooked Japanese or short-grain rice
- ✓ 1/4 teaspoon toasted sesame seeds
- ✓ 1/4 teaspoon salt
- ✓ 2 teaspoons sesame oil, plus extra for brushing
- ✓ 2 sheets seaweed (laver)
- ✓ water for dabbing
- ✓ scrambled egg strips, crabsticks, boiled spinach, carrot sticks, pickled radish sticks, and pickled burdock sticks for filling

1 Mix together rice, sesame seeds, salt, and sesame oil.

2 Place a sheet of laver (shiny side down) on a bamboo mat. Spread a thin layer of rice over the sheet, leaving a third of the space above uncovered.

3 Arrange fillings next to each other over the center of the rice. Dab a small amount of water on the uncovered part of the sheet. Gently roll the mat towards the uncovered part, making sure that the fillings stay put. Remove the mat and brush the roll with sesame oil. Repeat with remaining ingredients.

4 Slice the rolls into 1/2-inch rounds.

TIP

TO MAKE SLICING THE ROLLS EASIER, RUB A LITTLE SESAME OIL ON THE BLADE OF YOUR KNIFE. REPEAT EVERY SO OFTEN TO KEEP THE RICE AND FILLINGS FROM STICKING TO THE BLADE.



ROTI PRATA

The versatility of *roti* makes it perfect for either the beginning or the end of a meal. Serve it with a bowl of curry sauce for a savory appetizer or some condensed milk for a quick dessert!

Serves 8 **Prep Time** 45 minutes, plus dough resting time **Cooking Time** 5 minutes

- ✓ 600 grams all-purpose flour (about $4\frac{4}{5}$ cups)
- ✓ 1 teaspoon salt
- ✓ 1 tablespoon sugar
- ✓ 30 ml milk
- ✓ 270 ml water
- ✓ 1 medium egg
- ✓ 1 tablespoon oil, melted margarine, or ghee, plus extra for coating, brushing, and greasing
- ✓ curry sauce or condensed milk, to serve

1 Sift flour into a bowl. Add salt and sugar. Set aside.

2 Whisk together milk, water, egg, and oil or melted margarine in another bowl.

3 Add wet ingredients to the dry ingredients; mix until well combined. Let

rest for 20 minutes.

4 Knead the dough for 15 minutes.

5 Divide the dough into 8 equal pieces and shape into balls. Brush the balls with oil and let rest for at least 3 hours.

6 Place a ball of dough on an oiled work surface. Flatten the ball with your palms. Flip the dough over and flatten again.

Repeat until the dough is very thin, about $\frac{1}{8}$ -inch thick. Alternatively, you can keep on stretching the dough with your hands.

7 Brush the flattened dough with butter or ghee. Fold the sides into the center and repeat with the top and bottom sides until you form a square.

8 Heat a pan over medium heat. Lightly grease with margarine or ghee. Grill *roti* until brown spots form on both sides. Set aside and keep warm.

9 Repeat steps 6 to 8 with the remaining balls of dough. Serve hot with curry sauce or condensed milk on the side.





PHOTOGRAPHY BY
Miguel Nacianceno

**RECIPES & FOOD
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ART DIRECTION BY
Jon Tolentino

JUST WING IT



MASTER RECIPE

CRISPY CHICKEN WINGS

This tried and tested recipe yields deliciously crunchy chicken wings! Make a big batch and toss with your choice of sauce.

Makes 20 pieces **Prep Time** 15 minutes **Cooking Time** 20 minutes

- ✓ 20 pieces chicken wings (around 2 kilos in total)
- ✓ 2 tablespoons plus $\frac{1}{2}$ teaspoon salt, divided
- ✓ 1 cup rice flour
- ✓ oil for deep frying

1 Place chicken wings in a large pot and add enough water to cover the chicken. Add 2 tablespoons salt. Let water simmer for about 10 to 15 minutes or until chicken wings are cooked. Drain chicken on a wire rack until thoroughly dry.

2 Mix rice flour and $\frac{1}{2}$ teaspoon salt in a large bowl. Dredge chicken in the mixture, coating the wings thinly. Shake off excess.

3 Heat oil to 350°F in a large pot. If you don't have a thermometer, test the oil's temperature by dropping a piece of bread into it—it should bubble and brown immediately. Discard bread and proceed to cook. Deep-fry chicken in batches for 5 to 10 minutes until skin is crispy and golden brown. Drain on a wire rack. When cool enough to handle, toss in choice of sauce.

Crazy for chicken wings? Try our foolproof master recipe, then pair the wings with any of these eight delicious rubs and sauces.



ORANGE MISO SAUCE

The salty-sweet combination proves to be enjoyable to the last bite.

Makes ½ cup **Prep Time** 5 minutes
Cooking Time 5 minutes

- ✓ ⅓ cup *shiro miso* (light yellow soy paste)
- ✓ 2 teaspoons fresh *calamansi* juice
- ✓ 1 teaspoon finely grated fresh ginger
- ✓ 1 teaspoon fish sauce
- ✓ 1 bird's eye chili, minced

- ✓ 3 tablespoons honey
- ✓ zest and juice of half an orange

- 1** Mix all ingredients together in a saucepan over low heat. Simmer until sauce thickens, about 5 minutes.
- 2** Place cooked chicken wings in a large bowl and toss with sauce. Garnish with orange zest.

COFFEE BBQ SAUCE

This isn't your average barbecue sauce. Coffee and cocoa add an interesting depth of flavor to this rich and sticky concoction. Try it with steak, too!

Makes 2 cups **Prep Time** 5 minutes
Cooking Time 5 to 10 minutes

- ✓ ½ cup brewed black coffee
- ✓ 1 tablespoon cocoa powder
- ✓ ¼ cup tomato ketchup
- ✓ ⅛ cup Worcestershire sauce
- ✓ ¼ cup brown sugar
- ✓ ⅛ cup butter
- ✓ ⅛ cup lemon juice
- ✓ ⅛ cup vinegar

- 1** Mix all ingredients together in a saucepan over medium heat.
- 2** Bring to a full boil; reduce heat to a simmer. Cook for another 5 to 10 minutes until sauce thickens, stirring occasionally.
- 3** To serve, place cooked chicken wings in a large bowl and toss with the sauce.

INASAL SAUCE

This lip-smacking take on a Pinoy favorite is spicy and tasty! To tweak the flavors a bit, substitute lemon juice for calamansi and *siling labuyo* for green finger chilies.

Makes $\frac{3}{4}$ cup

Prep Time 30 minutes

Cooking Time 5 minutes

- ✓ $\frac{2}{3}$ cup butter
- ✓ 3 tablespoons annatto seeds (*atsuete*)
- ✓ 2 tablespoons calamansi juice
- ✓ 4 tablespoons vinegar
- ✓ 2 tablespoons soy sauce
- ✓ 4 stalks lemongrass (*tanglad*), crushed, chopped
- ✓ 2 tablespoons grated ginger
- ✓ 2 green finger chilies (*siling pang-sigang*)
- ✓ $\frac{1}{4}$ teaspoon sugar
- ✓ $\frac{1}{4}$ teaspoon coarsely ground black pepper

1 Melt butter in a saucepan over low heat. Add *atsuete* and simmer until butter turns reddish in color. Remove from heat. Strain.

2 Puree infused butter, calamansi juice, vinegar, soy sauce, lemongrass, ginger, finger chilies, sugar, and pepper in a food processor. Transfer to a bowl and set aside to infuse for about 30 minutes or more. Strain the sauce.

3 To serve, place cooked chicken wings in a large bowl and toss with the sauce.

THAI CURRY SAUCE

After a taste of this sauce, you'll definitely want to make chicken wings more often at home. Try the recipe with yellow or green curry paste, too!

Makes 1 cup **Prep Time** 5 minutes

Cooking Time 10 minutes

- ✓ 1 tablespoon cooking oil
- ✓ $3\frac{1}{2}$ tablespoons store-bought red curry paste
- ✓ 1 cup coconut milk
- ✓ 2 teaspoons fish sauce (*patis*)
- ✓ 1 teaspoon sugar
- ✓ 2 fresh kaffir lime leaves, chopped
- ✓ 2 tablespoons chopped basil

1 Heat oil in a saucepan over low heat. Sauté curry paste until fragrant.

2 Add coconut milk, fish sauce, and sugar. Stir to dissolve sugar. Simmer until sauce thickens.

3 Add kaffir lime leaves and basil. Let infuse for 10 minutes.

4 To serve, place cooked chicken wings in a large bowl and toss with the sauce.





CHILI-CALAMANSI RUB

What's not to love about crispy, golden wings sprinkled with a zesty blend of spices? Turn up the heat by adding more hot sauce to the mix.

Makes about 1 cup
Prep Time 5 minutes

FOR THE DRY RUB

- ✓ 1 teaspoon salt
- ✓ 1 teaspoon brown sugar
- ✓ 1 teaspoon garlic salt
- ✓ 1/2 teaspoon chili powder
- ✓ 1/2 teaspoon cayenne pepper
- ✓ 1/4 teaspoon ground black pepper
- ✓ 1/2 teaspoon dried oregano

FOR THE SAUCE

- ✓ 1/2 cup butter, melted
- ✓ 1 clove garlic, very finely minced

- ✓ 1/4 cup *calamansi* juice
- ✓ hot sauce, to taste

1 Prepare the dry rub: Mix all ingredients together in a bowl until well incorporated. Set aside.

2 In another bowl, mix butter, garlic, *calamansi*, and hot sauce. Add 1 teaspoon of the dry rub.

3 To serve, drizzle sauce over cooked chicken wings and toss. Sprinkle dry rub mixture all over. Toss again to make sure chicken pieces are coated well.

PARMESAN GARLIC RUB

When it comes to flavor, this hits all the right spots. For an added treat, smother it in a dip made of sour cream and blue cheese!

Makes about 1 1/2 cups **Prep Time** 5 minutes **Cooking Time** 5 minutes

- ✓ 2 teaspoons garlic powder
- ✓ 1/2 teaspoon ground black pepper
- ✓ 1/2 cup grated Parmesan cheese
- ✓ 1 tablespoon minced fresh garlic
- ✓ 2 tablespoons *calamansi* juice
- ✓ 1 cup melted butter

1 Mix garlic powder, pepper, and Parmesan in a bowl.

2 In a separate bowl, combine fresh garlic, *calamansi* juice, and melted butter. Toss in cooked chicken wings.

3 Sprinkle garlic-Parmesan mixture liberally on buttered chicken wings. Toss to ensure chicken pieces are coated well.



CHIMICHURRI SAUCE

With bright flavors from the vinegar and cilantro, Argentina's traditional sauce for grilled beef also works well with fried chicken.

Makes about 1 cup **Prep Time** 5 minutes

- ✓ 1/2 cup extra-virgin olive oil
- ✓ 1/3 cup red wine vinegar
- ✓ 1/2 cup fresh flat-leaf parsley, firmly packed
- ✓ 1/2 cup fresh cilantro, firmly packed
- ✓ 2 cloves garlic, minced
- ✓ 3/4 teaspoon red pepper flakes
- ✓ 1/2 teaspoon ground cumin
- ✓ 1/2 teaspoon salt

1 Mix olive oil and vinegar in a food processor. Add parsley, cilantro, garlic, red pepper flakes, cumin, and salt. Process until herbs are finely chopped.
2 To serve, place chicken in a large bowl and toss with the sauce.

SOY-SRIRACHA SAUCE

Spiked with sriracha, this is a tasty alternative to the usual soy chicken. Like it extra spicy? Add more sriracha to taste.

Makes 1 cup

Prep Time 10 minutes

- ✓ 6 tablespoons unsalted butter
- ✓ 1/3 cup honey
- ✓ 1/4 cup sriracha sauce
- ✓ 1 tablespoon soy sauce
- ✓ 2 teaspoons calamansi juice

1 Melt butter in a small saucepan over medium heat. Add honey, sriracha, soy sauce, and calamansi juice. Stir until the mixture bubbles gently. Remove from heat and set aside.

2 To serve, place cooked chicken wings in a large bowl and toss with the sauce.



have a bowl

Whatever language you speak, a bowl of piping hot noodle soup always translates to warmth and comfort. Here are five favorites from the Eastern side of the globe.

PHOTOGRAPHY BY
At Maculangan

**RECIPES AND FOOD
PREPARATION BY**
Him Uy de Baron
of Nomama

STYLING BY
Rachelle Santos

PROPS FROM
Saizen



Tempura Udon

With thick wheat noodles and crunchy prawn *tempura* in a mild *shoyu* broth, this complete meal in a bowl is sure to satisfy.

Serves 4 **Prep Time** 30 minutes

Cooking Time 30 minutes

FOR THE BROTH

- ✓ 8 cups dashi stock (4 cups loose bonito flakes and 4 three-inch pieces *kombu*, boiled in 8½ cups water)
- ✓ 1 cup light soy sauce (we used Kikkoman)
- ✓ 4 tablespoons sugar
- ✓ ¼ cup mirin

FOR THE EBI TEMPURA

- ✓ 8 prawns, shelled and deveined with tails left intact
- ✓ 1 cup *tempura* flour
- ✓ salt and pepper, to season
- ✓ 1 egg
- ✓ 1 cup ice water

- ✓ canola oil for deep-frying
- ✓ 3 tablespoons all-purpose flour

- ✓ 4 (225-gram) packs fresh udon noodles
- ✓ 12 store-bought assorted fish cakes
- ✓ 1½ cups spinach, blanched
- ✓ 4 eggs

1 Make the soup: Combine all ingredients in a stockpot. Bring to a boil. Lower heat and simmer for 5 minutes. Set aside and keep hot.

2 Make the *tempura*: Lay the prawns flat on a chopping board, belly side down. Make shallow slits along the back to prevent the prawns from curling when fried. Set aside.

3 Season *tempura* flour with salt and

pepper; set aside. Place egg in a bowl, beat lightly, then add cold water. Add *tempura* flour mixture and mix lightly, being careful not to overmix the batter. Set aside and keep cold.

4 When ready to fry, heat oil in a deep wok or casserole. Dredge prawns in all-purpose flour and dust off excess. Dip in *tempura* batter and deep-fry in batches until golden, about 3 minutes over medium heat. Drain on paper towels.

5 Blanch the noodles in boiling water for about 30 seconds. Drain and portion among 4 serving bowls. Boil fish cakes for 2 minutes and drain. Top noodles with fish cakes, spinach, and egg. Ladle broth over, making sure it's boiling hot so the raw egg will get cooked. Place 2 pieces *tempura* in each bowl. Serve immediately.

Chicken and Prawn Wonton Noodle Soup

Homemade food is always extra special, and this wonton noodle soup is no exception. Make the dumplings and broth ahead of time, then freeze. When a craving hits, just heat and serve.

Serves 4 Prep Time 40 minutes

Cooking Time 20 minutes

FOR THE WONTON DUMPLINGS

- ✓ 150 grams ground chicken
- ✓ 6 prawns, shelled and chopped
- ✓ 2 small dried wood ear mushrooms, rehydrated in warm water, drained, and chopped
- ✓ 1 tablespoon cornstarch
- ✓ 1 teaspoon soy sauce
- ✓ 1 teaspoon sesame oil
- ✓ 1/2 teaspoon sugar
- ✓ 1/2 teaspoon salt
- ✓ 1/4 teaspoon white pepper
- ✓ 24 wonton wrappers

FOR THE BROTH

- ✓ 8 cups homemade chicken stock

- ✓ 1 (2-inch) piece ginger
- ✓ 2 pieces star anise
- ✓ 1 tablespoon soy sauce
- ✓ 1 teaspoon salt
- ✓ 1/4 teaspoon sugar
- ✓ 4 bundles *bok choy*
- ✓ 4 cups cooked Chinese egg noodles
- ✓ 1 (2-inch) piece ginger, sliced into thin strips
- ✓ 2 tablespoons chopped green onions

1 Make the wontons: Mix all ingredients (except the wonton wrappers) in a bowl until well incorporated. Place a tablespoon of filling in the center of a wonton wrapper. Dampen the edges of the wrapper with water to seal. Fold to make a triangle, then take the 2 opposing

points together and seal to make a cardinal hat. Repeat to make a total of 24 pieces. Place the wontons on a floured pan; keep in the refrigerator or freezer until ready to use.

2 Make the broth: Place all the ingredients in a stockpot. Bring to a boil, then simmer for 20 minutes. Strain and discard the solids. Set aside.

3 When ready to serve, bring broth back to a boil. Add wontons; cook for 2 to 3 minutes or until the dumplings float to the surface. Blanch *bok choy* in broth and set aside.

4 Portion cooked noodles among 4 serving bowls. Arrange *bok choy* on top of the noodles. Add broth and dumplings. Garnish with ginger strips and green onions.

TIP

NO TIME TO MAKE YOUR OWN DUMPLINGS? THE FROZEN KIND WILL WORK JUST AS WELL IN THIS RECIPE.

Korean Spicy Seafood Ramen

Love instant Korean ramen? Make it from scratch and taste the difference. Homemade broth and fresh seafood will definitely get you hooked.

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

FOR THE BROTH

- ✓ 8 cups homemade chicken stock
- ✓ 1 tablespoon Korean chili powder
- ✓ 1 teaspoon *gochujang* (Korean hot pepper paste)
- ✓ 1 teaspoon Korean miso paste
- ✓ 2 tablespoons light soy sauce
- ✓ 1 tablespoon fish sauce
- ✓ 1 tablespoon minced garlic
- ✓ 300 grams squid, cleaned and skinned

- ✓ 8 shrimps, shelled and deveined with heads left on
- ✓ 4 shiitake mushrooms, stems removed and sliced in half
- ✓ 4 (100-gram) packs fresh ramen noodles (available at Japanese groceries)
- ✓ 1/4 cup enoki mushrooms
- ✓ 1 bunch *tom yao* sprouts
- ✓ 4 (4x4-inch) pieces *nori*

1 Place chicken stock in a pot and bring to a boil. In a small bowl, combine remaining ingredients to make a paste. Add to stock and simmer for 5 minutes.

- 2** Slice one side of each squid to open it up. Lay it flat on a chopping board and score in a crisscross pattern.
- 3** Bring the broth to a boil. Add squid, shrimp, and shiitake mushrooms. Cook for 2 minutes, then remove from stock and set aside.
- 4** Cook ramen noodles in a pot of boiling water for 2 minutes. Drain and portion among 4 serving bowls. Top noodles with squid, shrimp, and shiitake mushrooms. Carefully pour broth into each bowl, then garnish with enoki mushrooms, sprouts, and sliced *nori*.

Tantanmen

With a distinctive creamy, peanut-flavored broth, this hearty dish will be a welcome addition to your repertoire.

Serves 4 **Prep Time** 20 minutes

Cooking Time 30 minutes

FOR THE BROTH

- ✓ 8 cups homemade chicken stock
- ✓ 2 tablespoons creamy peanut butter
- ✓ 2 tablespoons soy sauce
- ✓ 1½ tablespoons miso paste
- ✓ 1 tablespoon chili bean paste
- ✓ 1 tablespoon sesame oil
- ✓ 2 teaspoons Japanese chili powder
- ✓ 1 teaspoon sugar

FOR THE GROUND PORK TOPPING

- ✓ 1 tablespoon vegetable oil
- ✓ 250 grams ground pork
- ✓ 1 white onion, minced
- ✓ 1 (1-inch) piece ginger, grated
- ✓ 3 cloves garlic, minced
- ✓ 2 tablespoons soy sauce
- ✓ 1 tablespoon chili bean paste
- ✓ 1 tablespoon sake

- ✓ 1 teaspoon sesame oil
- ✓ 4 (100-gram) pack fresh ramen noodles (available at Japanese groceries)
- ✓ 4 bundles *bok choy*, blanched
- ✓ fried leek slices and chili threads, for garnish (optional)

1 Make the broth: Place all ingredients in a stockpot and bring to a boil. Reduce to a simmer and cook for 10 minutes.

2 Heat oil in a saucepan. Add pork and sauté for 2 minutes. Add onions, ginger, and garlic; sauté for 1 minute. Add soy sauce, chili bean paste, sake, and sesame oil. Simmer for 3 minutes. Add pork mixture to the broth.

3 Cook ramen noodles in a pot of boiling water for 2 minutes. Drain and portion among 4 serving bowls. Arrange *bok choy* on top of the noodles. Carefully pour broth into each bowl. Garnish with leeks and chili threads.



Beef Pho

A mix of spices and fresh herbs gives this popular Vietnamese soup a deliciously complex flavor. Add a few drops of sriracha for heat and drizzle lime juice over each bowl for a refreshing zing.

Serves 4 **Prep Time** 30 minutes

Cooking Time 40 minutes

FOR THE BROTH

- ✓ 8 cups homemade chicken stock
- ✓ 2 stalks lemongrass, trimmed and pounded
- ✓ 3 pieces star anise
- ✓ 2 pieces cinnamon bark
- ✓ $\frac{1}{4}$ cup fish sauce

- ✓ 250 grams rib eye or sirloin, *sukiyaki* cut
- ✓ 3 cups cooked rice noodles
- ✓ 1 cup bean sprouts
- ✓ $\frac{1}{2}$ cup basil leaves
- ✓ a handful of fresh cilantro leaves
- ✓ 1 bird's eye chili, seeded and chopped (optional)
- ✓ 2 limes, sliced into wedges
- ✓ sriracha sauce, hoisin sauce, and fish sauce, to serve

1 Make the broth: Place all ingredients in a stockpot and bring to a boil. Lower heat and simmer for 3 minutes. Strain and discard solids. Place broth back in the pot and bring to a boil.

2 Using chopsticks, dip beef slices in boiling broth for 1 minute to cook. Set beef aside.

3 Portion noodles among 4 serving bowls. Add broth and top with beef, bean sprouts, basil leaves, cilantro leaves, and chopped chilies. Serve with lime wedges, sriracha sauce, hoisin sauce, and fish sauce on the side.



ASIAN INGREDIENTS



Looking for specific spices, condiments, or herbs? Our roundup of 20 specialty stores and groceries clues you in on where to buy authentic and hard-to-find Asian ingredients.

PRODUCED BY Zee Castro-Talampas

1 ASSI MART

SPECIALTY Korean

Assi Mart has a wide selection of every Korean staple you need: *kimchi*, dumplings, marinades, noodles, ice cream, and more. Love corn tea or banana milk? You can buy 'em by the box!

THUMBS UP Aside from homemade *kimchi*, stock up on vegetables here as well. Their lettuce bundles are some of the cheapest you can find in the city.

GO SHOP 109 Neptune St., Bel-Air, Makati (tel. no.: 899-6678); 1786 M. Adriatico St., Malate, Manila (tel. no.: 354-5207)

2 YAMAZAKI

SPECIALTY Japanese

This grocery store-slash-restaurant is often packed with Japanese expats—a sign that this place is the real deal. Here, you'll find different noodles, curries, spices, condiments, and drinks, including *sake*.

THUMBS UP Try their *gyoza*, *tonkatsu*, or beef *yakiniku*, then buy the ingredients to make your own version at home.

GO SHOP Little Tokyo, 2277 Fernando St. corner Chino Roces Ave., Makati City (tel. no.: 893-2163)

3 ASSAD MINI-MART

SPECIALTY Indian & Middle Eastern

The spices, curries, and sauces at Assad are sourced all over Asia and the Middle East. They have tahini from Pakistan, spices from Saudi Arabia, rose water from India, and more. Their refrigerators are stocked with fresh yogurt, *lassi*, and cheese, too.

THUMBS UP Their bakery section has samosas for only P14 a piece, while *gulab jamun* (a popular Indian dessert) costs P175 for every 500 grams.

GO SHOP Unit 1-A Eurocrest Building, 126 Jupiter St., Makati (tel. no.: 897-2543); 1268-IJK United Nations Ave., Midtown Executive Homes, Paco, Manila (tel. no.: 526-5034); Door #5 Thadeus Arcade, Gil Fernando Ave., San Roque, Marikina (tel. no.: 645-1596)

4 MASAN GROCERY

SPECIALTY Korean and Japanese

Making *sukiyaki* or *bibimbap*? This air-conditioned store at the Farmers Market is a reliable source for all the Korean ingredients you need.

THUMBS UP This is one of the few stores that sells unsweetened green tea powder.

GO SHOP G/F Farmers Market, Araneta Center, Cubao, Quezon City (tel. no.: 709-4989)

5 LITTLE STORE

SPECIALTY Asian

This neighborhood store offers a wide range of products: fresh vegetables,

frozen seafood, Chinese sausages, Korean spices, Japanese condiments, curries from Thailand, and noodles from Taiwan.

THUMBS UP They have a small restaurant, too! Get a few fried dumplings for a quick snack, or buy frozen packs to take home.

GO SHOP 2 Jose Abad Santos St., Little Baguio, San Juan (tel. no.: 721-9174); Gilmore IT Center, 1st St. corner Gilmore Ave., Quezon City (tel. no.: 723-6881)

6 HYORIM'S [WANG-MART]

SPECIALTY Korean

An interesting mix of Korean pantry staples will surely get you in the mood to make some *chapchae* and *pajeon*! For dessert, grab a few ice cream bars.

THUMBS UP Check out the interesting *banchan* (side dishes) they have on offer! They have *kinilaw*-like tiny shrimp, oysters and crabs marinated in chili sauce, and spicy greens.

GO SHOP G/F A&S Bldg. Holy Spirit Drive, Don Antonio, Quezon City (tel. no.: 547-4991)

7 WEI WANG FOODMART

SPECIALTY Chinese

Wei Wang has different ingredients from Korea, Japan, Singapore, and Thailand that can also be used in Chinese cooking. Ask the shop owner for recommendations.

THUMBS UP Find anything from maltose to abalone sauce and dried mushrooms.

GO SHOP 223-B Wilson St., Greenhills, San Juan (tel. no.: 570-2288)

8 JASH MART

SPECIALTY Asian

This shop's shelves are stocked with imported groceries from all over the region. You can buy ready-to-cook soup mixes, meatballs for *shabu-shabu*, and vegetarian sausages, as well as interesting flavors of ice cream.

THUMBS UP Live seafood is available at their Greenhills branch.

GO SHOP Unit 10-A Cartimar Plaza, Leveriza St., Pasay (tel. no.: 836-2088); 213-B Wilson St., West Greenhills, San Juan (tel. no.: 661-6588)



OUR FAVORITE FINDS BOTTLED UP



1

1 THIS SWEETENER MAKES *CHAR SIU* PORK, HONEY CHICKEN, AND PEKING DUCK SUCCULENT AND DELICIOUS. MALTOSE, P50, BEE TIN

2 ENJOY THIS CONDIMENT, CALLED *HAJIKARI* IN JAPANESE, WITH SASHIMI OR JAPANESE CURRY. PICKLED GINGER, P250, NEW HATCHIN

3 THIS ADDS DEPTH OF FLAVOR TO HAMONADO AND KUNG PAO PRAWNS. ANISADO WINE, P30, ARRANQUE MARKET



2

4 MAKE TASTY PORK RIBS, CLAY POT CHICKEN, AND EVEN CHICKEN WINGS WITH THIS. CARAMEL SAUCE, P120, MASAN

5 IT ADDS ZING TO HOT AND SOUR SOUP, AND IT'S THE PERFECT DIPPING SAUCE FOR DUMPLINGS, TOO. BLACK VINEGAR, P50, WEI WANG

6 A FEW DROPS WILL MAKE DESSERTS SMELL AND TASTE WONDERFUL. ROSE WATER, P100, ASSAD



3



4



5



6



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10



OUR FAVORITE FINDS

READY TO COOK OR EAT

1 CHOP UP AND ADD TO FRIED RICE OR PANCIT CANTON. CHINESE SAUSAGES, P150, LITTLE STORE

2 SNACK ON THIS DELECTABLE TAIWANESE TREAT. PINEAPPLE CAKE, P30, SHIN TAI SHANG

3 USE THESE NOODLES TO MAKE AN AUTHENTIC BOWL OF RAMEN. FRESH RAMEN NOODLES, P30, FUJI MART

4 BOIL AND SPRINKLE WITH SEA SALT FOR A DELICIOUS AND NUTRITIOUS

APPETIZER. EDAMAME, P28 FOR 100 GRAMS, NEW HATCHIN

5 DEEP-FRY AND ENJOY AS A SNACK, OR ADD TO A BOWL OF NOODLE SOUP. LOBSTER BALLS, P225, OUR LITTLE STORE

6 REHEAT ON A DRY, HOT PAN, THEN SERVE WITH RELISH AND YOGURT SAUCE. PAPPADUM, P100, ASSAD

7 ADD TO TOFU OR CONGEE. PORK FLOSS, P250, SHIN TON YON

8 MAKE YOUR OWN VERSION OF YOUR FAVORITE CHICKEN OR PRAWN CRISPERS! CRISPY CEREAL MIX, P140, WEI WANG

9 THIS SESAME PASTE IS USED TO MAKE HUMMUS AND BABA GHANOUSH. MIX WITH LEMON, GARLIC, AND YOGURT TO MAKE A DIPPING SAUCE FOR SHAWARMA. TAHINI, P270, ASSAD

10 THIS ADDS HEFT AND TEXTURE TO A HEARTY SOUP. WHITE FUNGUS, P85, JASH MART

9 SHIN TAI SHANG

SPECIALTY Taiwanese

What sets this store apart from neighboring shops in Binondo is their delicious spread of freshly baked Taiwanese pastries and cereal drinks.

THUMBS UP Try their lotus and taro puffs or their pineapple cakes!

GO SHOP 815 Salazar St., Binondo, Manila (tel. no.: 244-0325)

10 ARRANQUE MARKET

SPECIALTY Chinese

At Arraque Market, stalls offer century eggs, pickled vegetables, and more exotic items like dried lotus leaves, dried jellyfish, live sea cucumbers, Chinese sausages, and preserved duck legs.

THUMBS UP Head to the wet market for some black Chinese chicken.

GO SHOP T. Alonzo St. corner C.M. Recto Ave., Sta. Cruz, Manila

11 BEE TIN GROCERY

SPECIALTY Asian

A tour of Binondo won't be complete without a visit to Bee Tin! From preserved snacks and noodles to all kinds of condiments, this is the go-to place for Asian ingredients.

THUMBS UP Many established restaurants get their ingredients here. Some interesting things we spotted: kaffir lime leaves and cinnamon sticks from Thailand (by the kilo!), blocks of tea flavoring from Taiwan, and fresh machang.

GO SHOP 735 Ongpin St., Binondo, Manila (tel. no.: 243-3453)

12 SHIN TON YON

SPECIALTY Chinese

You'll love the selection of roasted delicacies at this store—pork knuckles, char siu, and Chinese sausages. You can buy pork, chicken, and beef floss, too.

THUMBS UP Shin Ton Yon is also known for its fresh kikiam and lumpia!

GO SHOP 825 Salazar St., Binondo, Manila (tel. no.: 243-2087)

13 TAJ

SPECIALTY Indian & Middle Eastern

You can smell the fragrant spices even before you enter the store. Shelves are stocked with cardamom, fenugreek, coriander, turmeric, cloves, and more.

THUMBS UP Their exclusive line of vegetarian products includes veggie meat, bread, and yogurt.

GO SHOP G/F RAINS International Building, 7502 Bagtikan St. corner Guijo St., San Antonio Village, Makati (tel. no.: 890-0558); Unit 108 & 109, One Legacy Place, Don Jesus Blvd. corner Kentucky Drive, Alabang Hills, Muntinlupa (tel. no.: 809-3417)



OUR FAVORITE FINDS SPICES AND FLAVORINGS

1 BAKE A GREEN TEA CAKE OR MAKE SOME MILK TEA! **MATCHA** (GREEN TEA POWDER), P320, NEW HATCHIN

2 THIS AROMATIC SPICE BLEND IS USED TO FLAVOR CURRIES, CHICKEN **TIKKA**, AND LENTIL SOUP. **GARAM MASALA**, P80, ASSAD

3 THIS IS TRADITIONALLY USED WITH ROSE WATER TO MAKE DELICIOUS INDIAN DESSERTS. **CARDAMOM PODS**, P140, ASSAD

4 DROP INTO BOILING WATER, THEN ADD VEGGIES, PRAWNS, AND SPICES. **TOM YUM CUBES**, P120, CHEF'S NOOK

5 WANT TO MAKE RAMEN AT HOME? THIS BROTH-FLAVORING PACKET MAKES IT EASIER. **INSTANT RAMEN**

BROTH, P20.50 (MISO) AND P15.50 (SHOYU), NEW HATCHIN

6 HOT POT SOUPS WILL TASTE MORE DELICIOUS WHEN YOU ADD THIS. **CLAM STOCK**, P142, ASSI MART

7 ADD TO CHUTNEYS AND CASSEROLES, OR TRY GRINDING IT AND ADDING IT TO MEATBALLS FOR A SPICY TWIST. **CORIANDER SEEDS**, P25 FOR 100 GRAMS, TAJ

8 SET UP A MILK TEA BAR AT YOUR NEXT PARTY! **SWEETENED WINTERMELON TEA BLOCK**, P135, BEE TIN

9 A BOWL OF SPICY CHICKEN CURRY CAN CHASE THE RAINY DAY BLUES AWAY. **GREEN CURRY PASTE**, P35, BEE TIN



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14 CHOTO STOP

SPECIALTY Japanese

Everything starts at P80: *soba* noodles, curry mixes, bottled drinks, spices, baking goods, and salad dressings—even that sesame dressing everyone loves! The kids will have fun choosing Japanese snacks to bring to school.

THUMBS UP Pastries and fresh *mochi* on sticks are flown in weekly from Japan.

GO SHOP Little Tokyo, 2277 Chino Roces Ave., Makati (tel. no.: 759-5560)

15 MASAN GROCERY

SPECIALTY Korean

This is one of the most organized Asian stores we've seen. Aside from the usual Korean products, they have an impressive display of imported meats.

THUMBS UP Check out beef belly slices ready to be made into *bulgogi*, and imported ribs waiting to be slathered in barbecue sauce and baked.

GO SHOP Unit 2, Cartimar Plaza, Leveriza St., Pasay (tel. no.: 832-3333)

16 FUJI MART

SPECIALTY Japanese

Fuji Mart is one of the more popular Asian groceries in Manila. You can buy different kinds of noodles (fresh and dried), soup mixes, spices, *sake*, frozen seafood, and fresh vegetables.

THUMBS UP Everything you need for cooking ramen at home—from *dashi* stock

to dried seaweed—can be found here. Of course, they offer different kinds of the instant variety, too!

GO SHOP Unit B FPD Bldg., 91 Doña Soledad Ave., Parañaque (tel. no.: 822-1822); 1725 M. Adriatico St., Malate, Manila (tel. no.: 525-4270); Suite 103, Pasda Mansion Bldg., 77 Timog Ave. corner Panay Ave., Quezon City (tel. no.: 410-0083)

17 CHEF'S NOOK

SPECIALTY Thai

In this quaint baking shop, you'll find well-chosen Thai ingredients along with flour and chocolate bars. From bottled *pad Thai* sauce to special flavored bouillon cubes, they have all the essentials for preparing Thai food at home.

THUMBS UP If you're lucky, they might have fresh Thai limes and Japanese green tea powder in stock.

GO SHOP 220 Pilar St., Addition Hills, Mandaluyong (tel. no.: 724-5812)

18 NEW HATCHIN

SPECIALTY Japanese

New Hatchin has every Japanese ingredient you need. Most impressive in their Makati store, however, is the *sashimi* display. Grab some salmon and fresh *uni* if they have it in stock! In their freezers, you'll find *unagi* (eel), abalone, thinly sliced beef for *sukiyaki*, beef tongue, and breaded meats ready for frying.

THUMBS UP Check out the delicious and

affordable take-out meals at the Makati branch. The Japanese-style strawberry shortcake at Bebe Rouge bakery, located beside the store, is also a must-try.

GO SHOP 7602 Sacred Heart St., San Antonio Village, Makati (tel. no.: 897-7207); Unit 6 Cartimar Plaza, Leveriza St., Pasay (tel. no.: 833-8905); 2119 A. Mabini St., Malate, Manila (tel. no.: 400-9478)

19 KOREAN HYPER MARKET

SPECIALTY Korean

There are about a dozen Korean groceries in the BF Homes area, but this is the most well-stocked. What sets it apart? They have an entire room just for fresh vegetables, as well as a wall lined with freezers full of meat, seafood, and dumplings.

THUMBS UP Sesame oil and *gochujang* (Korean hot pepper paste) are both available by the gallon.

GO SHOP 37 President's Ave., BF Homes, Parañaque (tel. no.: 809-3831, 842-3876)

20 KONBINI

SPECIALTY Japanese

Located smack in the middle of bustling Greenhills, Konbini is the place for premium Japanese items. Special edition Kit Kat bars are usually first to fly off the shelves.

THUMBS UP Enjoy a bowl of ramen in the cafe next to the grocery section, or splurge on delicious Japanese sweets and snacks.

GO SHOP 57 Connecticut St., Northeast Greenhills, San Juan (tel. no.: 722-4263)



hand in hand

The success of the country's best restaurant is the result of a collaboration between farm and kitchen—and a beautiful partnership between husband and wife.

BY CLIFFORD OLANDAY

PHOTOGRAPHY BY LILEN UY AND AT MACULANGAN

On the sprawling property of Antonio's in Tagaytay, Agnes Escalante makes her way down a footpath carved on the side of the restaurant kitchen.

The pans and stoves are still asleep at the epicurean hot spot, widely acknowledged as the best restaurant in the Philippines, but Agnes is already up and running. When the soft dirt trail ends in a small ledge, she scoots low, steps off, and plows forward. Agnes continues down, down, down the makeshift road. The *hacienda* halls of Antonio's are far above her now. When she reaches level ground, one and a half hectares of farmland unfold.

The backyard pantry

Before Antonio's, there was a garden. In 1997, Agnes' husband, chef Tonyboy Escalante, purchased a plot of land in Tagaytay. The chef, then completing an apprenticeship at the Mandarin Oriental, noticed how hotels would always run out of produce. As a side project, he decided to try his hand at growing his own vegetables. In 2002, he started his own restaurant, Antonio's, and as the restaurant grew, the garden blossomed into a farm. And in the tradition of European restaurants whose kitchen doors open to cropland, Antonio's tapped the fledgling farm as a dedicated source for its ingredients. Today, it is one of four properties that make up a 10-hectare network of backyard pantries. Three larger plots, one in Amadeo and two in Silang, all 20 minutes away from Antonio's, also feed the restaurant and the Escalantes' offshoot establishments, Breakfast at Antonio's and Antonio's Grill.

An indiscernible hum of insects plays in the background as Agnes makes her morning rounds. A roll call begins. "Spinach, romaine, spinach," says the farmer as she walks down the line. In the early days, they grew the usual greens, but now, under Agnes' care, the farm cultivates up to 20 specialized crops. Harvested produce goes into clear plastic sacks: frisée lettuce, a curly kind of endive that resembles pompoms; blood-veined sorrel, with leaves that taste like spinach; and Japanese mizuna, prized for its purple tint.

For Agnes, the availability of ingredients is one of the advantages of having a farm right beside your restaurant. Twined with the boon of availability is unbeatable freshness—the immediacy of plucking, say, a clutch of arugula and bringing the greens to the restaurant kitchen two hours before first service. Just-picked vegetables hold

their shape on the plate and, when eaten, they surrender with a crunch.

Work with nature

These are all organic herbs and veggies, Agnes points out, "and that's why, if you notice, they're not perfect." Unlike large-scale commercial farms, her crops are not doused with chemicals to promote uniform growth or pesticides to dissuade critters. Instead, "we just let them be."

But letting them be doesn't mean allowing the greens to grow wild. Natural farming is practiced here. To control pests, certain herbs are planted on the borders of the farm. Mint, for example, tastes unpleasant to bugs. There is mint everywhere.

The soil is enriched naturally as well. At the end of the path, Agnes enters a nook to show us the potting medium the farm uses, a mixture of vermicompost and coco peat. Plant cuttings are fed to African Nightcrawler worms, resulting in compost, which is then combined with shredded coconut husk. The cycle of nature nourishes the crops.

The roll call starts again. "Wild arugula, cilantro... These are red beets for color... I have eight kinds of lettuce that will go into the house salad at Antonio's later," she says. "Thyme, rosemary, marjoram, and now, sprouts—radish and mustard. These are also going into the salad."

Rosemary is one of her favorite herbs to cultivate. "If you can successfully grow rosemary, you're a good farmer," she beams. Agnes approaches a shrub of the woody herb, also a pest deterrent. She runs her fingers through its needle-like leaves and then cups her hands close to her face. "You can smell its aroma," she says.

A basket arrives. It is filled with leaves and shoots, greens and reds, including the eight varieties of lettuce for the salad. "See how young we picked it?" Agnes asks. "This is how Tony likes it. If it is overgrown, it's rejected. My toughest customer is my husband!" The farmers of Antonio's are trained to handpick greens when the vegetables are still young. This translates to dishes with a brighter, more delicate taste and a more supple texture. What's left will become compost or natural feed for chickens and pigs.

The seedling test lab

The farm's nursery—or as Agnes calls it, her



This page: Fresh greens are harvested two hours before breakfast and lunch service. Palm trees tower over the sprawling farm in Amadeo, one of three that supply the Antonio's group of restaurants with fresh produce. **Opposite page:** Pots and pans in the restaurant kitchen. At five in the morning, Agnes Escalante, farm manager and wife of Chef Tonyboy, begins making her rounds through the restaurant's 10-hectare network of cropland.



Antonio's success lies in the perfect synergy between Chef Tonyboy, who creates its famous dishes, and Agnes, who provides the kitchen with only the freshest ingredients.

test lab—looks like a bunker fashioned out of black nets on metal poles. Inside, makeshift tables are covered in white Styrofoam trays lined with soil, upon which darling green heads have popped out. The baby sorrel sprouts are coming up nicely, their red-violet striations already bold. This part of the farm, Agnes points out, is a microcosm of its bigger counterparts. “If it’s successful here, I can endorse it to the other farms for propagation.”

She stops by a row of seedling trays lined up on the ground. There are sprouts in the

little egg-shaped pockets. “I got those in Barcelona,” she says. When they travel, the couple visits local markets in search of different kinds of produce that they can try to grow back home. On a recent holiday in Europe, Tonyboy spotted *padron* chilies, a smaller and sweeter kind of pepper, at La Boqueria. Agnes purchased the seeds and was able to successfully cultivate them at the farm. In a week’s time, the *padron* sprouts will be transplanted to a bigger part of the property.

How does Agnes know whether a plant will flourish in the loam of the tropics? “I don’t,” she answers. “It’s trial and error.” She wanted to grow olives after seeing the trees in Jerusalem, she says, but the Philippines’ humid-hot climate dashed her plans. Now, the farmer is experimenting with other greens like mache, *tatsoi*, and wild arugula.

From farm to table

The handpicked herbs and vegetables end up in a bath in the kitchen of Antonio’s. Agnes slips off to the plushness of the restaurant as Chef Tonyboy appears amid the hiss-crackle-pop of lunch preparations. The kitchen is hot, the pathways are crowded, and there is a pot filled with thick yellow liquid on the stove. The fire beneath it is like a bony hand with clawing fingers. Everyone is busy—washing, chopping, cooking.

Chef Tonyboy echoes what his wife says about the advantages of the backyard farming. “You know that it’s fresh. You have your own produce,” he begins. “Most importantly, you also know when you’re going to be able to harvest the produce.” In kitchen-speak, that means you can adjust your menu according to what’s being grown at the farm. “Come September, the fennel is especially nice, so I’ll make something with it,” the chef illustrates. “And if it lasts for just three weeks, then we have fennel for three weeks.”

Right now, there is salad. After a swim in the water-filled sink, the vegetables are assembled. First, lettuce, and then turnips go on top. Then, a slew of greens: arugula, *tatsoi*, sorrel, mizuna, and spinach. Radish and shredded cabbage dress it up, and the dressing is drizzled on in between. “I always tell Agnes to give me micro greens,” the chef reiterates. “You know how arugula can be so big? The big stem at the back is bitter, but the taste of baby arugula is milder, more subtle.”

Aside from taste, the chef is very particular about appearance. The farm’s ultra fresh produce, he says, is never soggy and does not develop discoloration. Chef Tonyboy follows the lead of his eye, even in the selection of seeds for the farm. “If I like the color, I go for it, even if I’m not sure how it tastes,” he reveals. That’s how they ended up with sorrel. “I think we might be the only farm in the country that grows it,” he says. “It’s colorful,

and the lemony taste of sorrel is there.”

It was Tonyboy who started the farm years ago. But when the demands of the restaurant required him to remain in the kitchen, Agnes took up soil and shovel, and he says, “she exceeded me.” Their roles are very defined—Agnes doesn’t have a hand in the menu, and while Chef Tonyboy dictates what is grown and harvested at the farms, he doesn’t interfere in its day-to-day operations.

How the pair complements each other should be noted. Tonyboy possesses a frenetic energy that is suited to the scheduled bursts of high activity in the kitchen, while Agnes has a more steady demeanor that fits the unhurried pace of enticing something out of the earth. The couple fit each other like lock and key, and this shows on every plate that comes out of the kitchen.

Hens and sows

It is a full house at the restaurant. Everyone in the room starts with the house salad. Over lunch, Agnes discusses her three-year-old chicken-and-pig operation. It was the needs of both the kitchen and the farm that prompted

the addition of livestock, making it a very natural evolution.

After lunch, Agnes continues her rounds, driving to Amadeo. At the three-hectare farm, she makes her way toward the back, pointing out the wild *madre de agua*, *malunggay*, *mani-mani* along the way. As she nears the pens, she asks, “Did you notice that there’s no smell and there are no flies?”

The pigs’ diet of vegetables and herbs accounts for the gentle scent. “Our pigs are fed organic, natural food,” she says. “We also supply them with corn and soya for protein.” Agnes is quick to point out that her animals are raised naturally but are not fully organic because of the source of protein, which may be exposed to other non-organic materials. In any case, the pigs look happy in their pens. “They’ll eat anything,” she says. When a farmhand approaches with grain, a frenzy happens as the animals jostle for attention, creating a cacophony of snorts and squeals.

There are 15 sows in all. On average, each gives birth to a minimum of 10 piglets per litter. “If you raise them well, they’ll give birth twice a year,” says Agnes. Mothers and

One of the advantages of having a farm right beside your restaurant is unbeatable freshness—the immediacy of plucking a clutch of arugula and bringing the greens to the kitchen right before first service.



Clockwise from left: From soil management to pest control, Antonio's practices organic and natural farming. Just-picked greens are given a thorough wash before assembly. Nests for the chickens, fashioned out of woven baskets, are set high off the ground. Piglets are raised using old-fashioned, natural methods.



This page, clockwise from left: The medley of crunchy-sweet greens, blue cheese, walnuts, currants, and cranberries has made the Antonio's House Salad a popular favorite. Beautiful clouds of meringue are made with eggs from Antonio's own free-range chickens. The kohlrabi, one of the farm's specialized varieties, is a bulb-like vegetable that is related to the cabbage. **Opposite page:** Sorrel seedlings, with their bold red striations, are ready to be planted on the main farm. Chef Tonyboy likes this variety because it adds a burst of color to his salads.

piglets live together in a separate area. After 45 days, when the piglets are about the size of a small dog, they are ready to be turned into the Spanferkel, a pit-roasted, boneless stuffed piglet that is highlighted in *The Miele Guide*, a yearly list of Asia's best restaurants. (Antonio's is the only restaurant in the country that has been included in the guide for the past five years.) Like the salad, the naturally raised piglets offer a distinct taste. "It has a fuller flavor, and it's more tender because it's young," describes Agnes.

Another short trek brings us to the chickens. Agnes raises two kinds: 100 dressed chickens (a French hen variety in brown) and around 200 egg-laying hens with black-and-bluish feathers. The free-range chickens enjoy a steady supply of unused greens from the

farms, and their manure (as well as that of the pigs) is then used as a natural fertilizer.

The egg-laying hens stay in a dark and quiet coop, the suitable ambiance for delivering eggs. Nests fashioned out of woven baskets are set high off the ground. When you hear a loud, squawking beat, that means one is ready to lay a few eggs. A farmhand enters the coop and disappears into the shadows. When he emerges, he shows us eggs in varying shades of brown—khaki, tawny, toast, coffee. The larger eggs, says Agnes, come from older hens.

More than providing for the kitchens at her husband's restaurants, Agnes has a deeper connection to her organic crops and the naturally raised animals at their farms. The couple has two children, including a son with special needs, so the devoted mother

champions "good, natural food." Agnes muses, "I feel that I'm responsible for what I feed our guests. They have to eat healthy food."

A group of runaway chickens has gathered in a circle. A symphony of chirping, soft and melodic, fills the air as they scratch the ground. Elsewhere, the crops are being harvested. The sprouts continue to grow. Farm life, slow and steady, is beautiful. The heat of the afternoon sun is softened by the breath of the uplands, but you can still feel it beating down your back. Agnes moves on and drives back to Antonio's. Tomorrow, she'll rise at dawn and do it all over again.

Antonio's is located at Barangay Neogan, Tagaytay City, Cavite. For reservations, visit www.antoniosrestaurant.ph.







Opposite page: Greens are picked fresh daily, with different harvests scheduled for breakfast, lunch, and dinner service. **This page:** French hens jostle around in search of food. Their diet includes unused greens from the herb and vegetable plots. The free-range chickens' eggs are in different hues of brown.

RESTAURANTS

Dark humor, rich flavor

Wrong Ramen gives us a decidedly different take on the ramen experience.

REVIEW BY RYAN FERNANDEZ

 INTERNATIONAL BRANCHES
(WE WISH)

TOKYO
NEW YORK
PARIS
BEIJING
LONDON
DUBAI
SAO PAULO

The recent surge in the popularity of ramen has restaurants competing in terms of authenticity. Not Wrong Ramen. Here, at the edge of Burgos Circle, their inconspicuous facade bears a simple logo and the words "The last guy who ate here left screaming in pure ecstasy." Its cramped interiors are flanked by black brick walls decorated with oddball paraphernalia. Scrabble tiles spell out, "The only thing hotter than our ramen is you." Another wall has a list of imaginary overseas branches. One look at the interiors and you immediately know what you're in for.

This black sheep of the ramen scene gleefully bends all the rules. They do not think twice about putting Spam and bacon in your broth, or stuffing *panko*-crusted pork with bacon and cheese. Depending on what you're up for, Wrong Ramen has all forms of hybrid concoctions to offer. *Chashu* and lettuce shreds gingerly wrapped in Vietnamese rice paper are refreshing, especially with its tandem ponzu dip. Sink your teeth into the Bacon and Cheese Katsu, a must for fans of Adam Richman's *Man v. Food*. Crisp on the outside with a mushier center that oozes out, think of this as a Japanese cordon bleu, but with the zing of wasabi and alfalfa fluff on top.

While other ramen places hold their recipes sacred, Wrong Ramen plies a more liberal take. The FU Ramen is as hearty as any lumberjack's breakfast. Bacon strips, Spam, and fried egg in a noodle soup might give you pause, but the savory, salty, and peppery combo works. The Sea Men (try ordering this with a straight face) is a semi-clear chowder that is packed with flavor



WRONG RAMEN is located at Burgos Circle, Bonifacio Global City, Taguig City; tel. no. 823-8249.

MUST-TRIES Bacon and Cheese Katsu (P265), Chashu Rice Rolls (P125), Crispy Pata Ssam (P795), Tonkotsu (P290 to P395), Tantanmen (P395), FU Ramen (P425), Sea Men Ramen (P345), Poop of the Gods (P135)

PRICE RANGE Appetizers, P125 to P265; Ramen, P290 to P425; Add-ons, P50 to P85; Desserts, P85 to P135; Drinks, P60 to P120



and teeming with baby shrimp, squid, and clams. The thin and wiry noodles give back respectable bite and chew. The restaurant's uber rich Tonkotsu remains its house special, with a fatty white broth so thick you might as well be slurping cream. A spoonful packs a punch, but fortunately, there's a toned-down, lightened-up version for the less inclined. Spice lovers will find the Tantanmen a match for their tastebuds. The yellow-orange noodle soup comes loaded with scallions, chilies, garlic, and black pepper—all of which go down scorching in your throat.

Finally, something sweet: Never mind its name, the Poop of the Gods is a welcome sight in a selection of salty and savory dishes. A big dollop of chocolate mousse gets special treatment: A shallow pool of olive oil below, sea salt crystals sprinkled on top. It's a simple, clever play on contrasts, despite it being hardly Japanese.

But at Wrong Ramen, Japanese authenticity is hardly the point. Dark in its sense of humor, but rich in what it packs into each bowl, Wrong Ramen cares little for traditional rules. If there's one policy they take seriously, it's that you leave satisfied and, hopefully, screaming in ecstasy.



NAMNAM is located at the ground floor of Greenbelt 2, Parkside Ayala Center, Makati City; tel. no. 6250515.

MUST-TRIES Kare-Kare Oxtail (P275 to P925), Lamb Adobo and Flakes (P198 to P658), Sinigang Surf & Turf (P330 to P1,110), Peking Fried Chicken (P175 to P535), Turon of Mango & Kesong Puti (P125 to P440)

PRICE RANGE Pulutan, P65 to P575; Ensalada at Gulay, P95 to P535; Sopas, P215 to P1,005; Pancit, P135 to P560; Paboritos, P120 to P1,110; Dessert, P60 to P660; Drinks, P55 to P495

one. For instance, the Lamb Adobo & Flakes is like the famous twice-cooked *adobo*, but here, lamb takes the place of pork. The meat is braised for hours until tender, then a portion of it is deep-fried until crisp and served on top of the stew for a wonderful play on texture.

Visually, the Sinigang Surf & Turf is more colorful than your run-of-the-mill *sinigang*. The addition of rib-eye and tiger prawns makes the dish heartier, and the proportion of meat to vegetables was just right. But as with any *sinigang*, it all boils down to the broth. This version doesn't disappoint as it is redolent of unripe tamarind, so sour that it might make you wince upon first sip. But once I'd seasoned it to my liking with fish sauce and *calamansi* juice, it brought the kind of comfort I usually feel during Sunday lunch with my family.

Given the creativity and the range of variety in the entrées and mains, I was surprised to find only five desserts in the menu. Of the five, the runaway favorite was the *turon*, covered in caramel sauce with sesame seeds sprinkled on top. Namnam's version has no jackfruit but uses dried mango and *kesong puti* instead. It's a bit oily, but still satisfying.

You might find yourself in a dilemma, having to choose among Namnam's wide range of dishes. It's a good thing the restaurant offers portions in different sizes, allowing you to order just enough for yourself or your party. This way, whether you're dining alone or with a large group, it's sure to be a satisfying Pinoy feast for the senses.

Homegrown hits

Namnam satisfies cravings for both traditional and modern local fare.

REVIEW BY ANGELO COMSTI

When dining out, my friends rarely opt for Filipino cuisine, thinking these are dishes they can easily have at home. But I'm always quick to remind them that their family's *adobo* is unique from those in restaurants, and even in other households. In the case of Namnam, it's their classic Kare-Kare Oxtail which proves this point. It has the usual suspects—string beans, Chinese cabbage, tender tripe—and that velvety peanut sauce we love smothering our

rice in. But what makes it different is the *bagoong*, which has a punchy, fishy taste that rounds out the rest of the dish's flavors. It's little personal nuances like this that make eating Filipino food a unique experience, wherever you happen to be enjoying it.

Other than serving all-time Pinoy favorites, what makes this restaurant worth visiting is the creative spin they put on some of their dishes—introducing another ingredient to the mix, or combining two dishes to form a new



PHOTOGRAPHY: MIGUEL NACIANCENO. PICTORIAL DIRECTION: IDGE MENDIOLA.

Rhine and dine

Serving up hearty food and beer, **Brotzeit** proves that German flavors are more familiar than we think.

REVIEW BY RYAN FERNANDEZ

While we're no longer strangers to the virtues of fall-off-the-bone Italian *osso buco* or a mean French duck confit, German cuisine still draws a blank for many Filipinos. Beyond pretzels, sauerkraut, and frothy beer steins, there's a rich landscape that we've barely explored. New arrival Brotzeit draws us a culinary map of Deutschland, with a focus on Bavaria—home to hefty pork knuckles, bratwurst sausages, and the art of yodeling. Brotzeit (which, directly translated, means “bread time”) was started in 2006 by German expats in Singapore who longed for fare from their homeland. After successfully conquering the Singapore market, they have begun franchising their modern take on the *biertgarten* all over Asia.

The servings here are hefty, the German beer list extensive, and for the most part, the food itself is easily translated to the Filipino palate. Pork is king on the menu. The sausages are plump, juicy, and loaded with spices. Start with the Currywurst, a perennial street food favorite. Brotzeit's version is bigger, more for dinner than an afternoon snack, dusted with curry powder and served with a pile of potato wedges. For something traditional, try the Weisswurst (white sausage) made with veal and pork, spiced with parsley, ginger, and pepper, and paired with a



Käsespätzle



Schweinshaxn

chewy pretzel.

Then there's the Schweinshaxn—a cousin of the crispy *pata* and a sure attention-grabber. Its crunchy outer layer reveals juicy textures and a mildly peppery meat underneath. Rather than *atsara*, you get a siding of sauerkraut or pickled cabbage shreds. Another Brotzeit specialty, Käsespätzle, comes off as a glorified mac and cheese, using gnocchi-like egg noodles smothered in a creamy Parmesan, Gouda, and Emmental sauce. It's topped with crisp onion rings for good measure.

Beer plays a big part in German cuisine, and Brotzeit makes available a decent selection of imports you'll want to pair with your meal. For roasted meats, opt for the malt-rich Paulaner Dunkel Münchner, a hearty lager with toffee tones. Paulaner's Hefe-Weissbier is an Oktoberfest standard with hints of

BROTZEIT GERMAN BIER BAR AND RESTAURANT is located at the ground floor of Streetscape, Shangri-La Plaza, EDSA corner Shaw Boulevard, Mandaluyong City; tel. no.: 631-1489.

MUST-TRIES Backhendlsalat (P295), Käsespätzle (P580), Currywurst (P430), Weisswurst (P640), Nürnberger sausages (P470), Schweinshaxn (P1,280), Apfelstrudel (P280), Kaiserschmarren (P350)

PRICE RANGE Soups, P220 to P270; Salads, P295 to P580; Appetizers, P90 to P490; Pizzas, P490 to P600; Sausages, P430 to P640; Main Courses, P490 to P1,280; Desserts, P180 to P350; Drinks, P165 to P540



banana, apple, and nutmeg. It goes well with salads, cheeses, and fruit-based desserts.

Speaking of dessert, you'll want a glass of beer with your Apfelstrudel—stewed apples with cinnamon, wrapped in dough and served with a scoop of vanilla ice cream. While nothing mind-blowing, it makes for a sweet finish. Chopped-up pancakes thrown in with rum, raisins, and sugar add up to Brotzeit's version of the Kaiserschmarren, served with syrupy plum sauce. The “emperor's mishmash” was accidentally invented by a desperate royal chef for the nitpicky, weight-conscious Bavarian wife of an Austrian emperor.

Good grub, fantastic beer—Brotzeit is a solid introduction to German cuisine and a welcome addition to Manila's restaurant scene. Bottoms up!

RESTAURANTS

Eating
lunch
with...Aaron
Craze

After winning Jamie Oliver's *Jamie's Chef* contest, Aaron Craze got what every chef dreams of: his own cookbook and cooking show. On a recent visit to Manila, he sat down with us to talk about his cooking philosophy, his career, and his plans for the future.

You didn't start out as a chef. Are you able to apply anything you learned from your previous jobs to what you do now?

I'd say that I learned from the mistakes I made at my previous jobs. Back then, I settled for any job available, so I wasn't doing anything that I was particularly passionate about. I used to just not turn up at work or call in sick all the time. I think I grew up a bit in the kitchen because, in the restaurant business, you can't do that. If a person doesn't come in, the whole kitchen falls apart. Cooking professionally has made me more responsible.

Your job and inevitable fame has allowed you to visit, cook, and eat in different countries. Of all the street food you've sampled, what's the most interesting?

Cow offal and bile in

Mexico. They have it as a hangover soup. It definitely wakes you up. You don't have to worry about your hangover after eating it! They use an herb similar to oregano in it, and it's very pungent.

What is your cooking philosophy?

Apart from being a chef, I'm a musician as well. I play the piano, saxophone, and guitar. In a way, food is like music. Once you learn the chords, you can write your own songs. Once you learn the fundamentals of cooking, you can write your own recipes. Food rocks!

You have a cookbook called *Aaron Cooks Italian*. Why Italian cuisine?

I went to Italy and did a bit of cooking when I was there. I was influenced by Jamie Oliver's food, which is predominantly Italian. I enjoy cooking this kind of



food and I've won awards for it. After about six to seven years of cooking Italian food, it probably has become my forte. Eventually, a publisher asked if I wanted to write a cookbook, and the rest is history. It all happened in about six months.

A couple of years down the road, what do you see yourself doing?

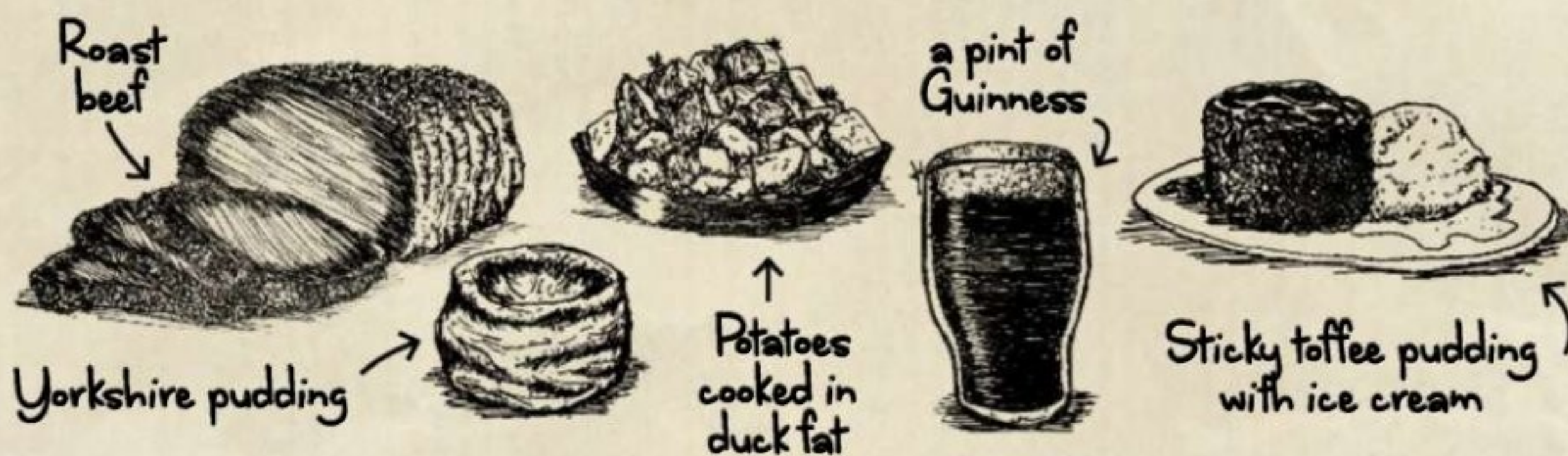
Writing more cookbooks,

doing more travel shows, possibly opening another restaurant. But right now, running a restaurant is very hard work and I don't have a lot of extra time. I'm quite happy having a bit of time for myself and spending time with my daughters.

Aaron Craze's Rude Boy Food airs every Thursday at 11 p.m. on the Asian Food Channel.

FINAL
FIVE

CHEF AARON HAS A SOFT SPOT FOR GOOD OLD-FASHIONED BRITISH FOOD. WE ASKED HIM TO SHARE HIS CLASSIC PUB FAVES WITH US.

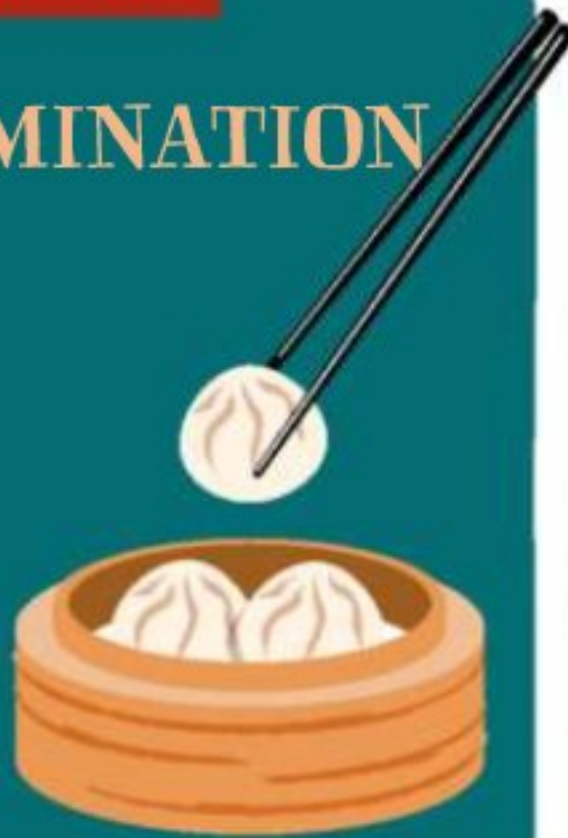




the ROUNDUP

DIM SUM DOMINATION

NO SIOMAI, HAKAW, OR XIAO LONG BAO CRAVING CAN GO UNSATISFIED WITH ALL OF THE OPTIONS AVAILABLE IN MANILA. WE PICKED THE FINEST ONES FOR YOUR EASY CONSUMPTION.



Hakaw, Kutchay Dumplings, and Chiu-chao at **Wai Ying** (Binondo, Manila)

Shrimp and Pork Siomai and Xiao Long Bao at **Shi Lin** (Rockwell, Makati)

Steamed Crab Roe and Pork Xiao Long Bao at **Lugang Café** (SM Mall of Asia)

Spinach Dumplings and Beancurd Rolls at **Gloria Maris** (Greenhills, San Juan)

Pork and Chive Dumplings at **Dong Bei** (Binondo, Manila)

Shrimp Wanton in Soy Sauce at **Suzhou Dimsum** (A. Mabini St., Mandaluyong)

Baked Honey Barbecued Pork Pastries at **Li Li** (Hyatt Hotel, Manila)

Siomai and Chicken Feet at **Le Ching Tea House** (Timog, Quezon City)

Steamed Shrimp and Radish Dumplings at **Mien San** (New Manila, Quezon City)

Xiao Long Bao at **Crystal Jade** (Greenhills, San Juan)

COLD STONE CREAMERY

Cold Stone Creamery, the worldwide ice cream phenomenon dedicated to churning out cool, comforting creations, has finally set up shop in Serendra! Choose an ice cream flavor (we like Cheesecake, Salted Caramel, and Cake Batter) and your mix-ins (so many possibilities, from caramel to gummy bears), then let the fun begin as they're mixed to form your own personal ice cream concoction. For those who can't make up their minds, signature Cold Stone creations like the Founder's Favorite, Chocolate Devotion, and Cookie Doughn't You Want Some are available as well. But whether you go with the tried-and-tested or come up with your own concoction, one thing's for sure: you're always welcome to play with your food at Cold Stone Creamery. **Cold Stone Creamery is at the Ground Floor of Serendra, Bonifacio Global City, Taguig (tel. no.: 846-0460).**



After selling over a million cupcakes since it opened its Serendra doors in 2006, **Cupcakes by Sonja** is finally branching out to different locations in the metro. Its Glorietta 2 outlet opened last summer, and outlets in Shangri-la and Eastwood will soon bring your favorite Red Velvet much closer to you.

on the menu



Las Flores beefs up its menu with a new chef from Spain at its helm. Dishes with refreshing Spanish flavors, like the Scallop Ceviche with Ham and Mussels in Spicy Pickle, have been added to their repertoire. Old favorites have also been given new life, such as the Angus and Foie Minis, now generously served with Parmesan.

HOT PLATE

Everyone's talking about... Wildflour's croissant-donuts! Inspired by Dominique Ansel's creation, this pastry is filled with custard and topped with a chocolate, strawberry, or vanilla glaze. One bite and you'll understand why it sells out in a New York minute.

Yummy Lessons

Tight squeeze

Do you sometimes have difficulty juicing lemons or limes? Get the juice out easily by rolling the fruit on the countertop back and forth several times, while applying gentle pressure, right before slicing. A piece of fruit kept warm or at room temperature will also yield more juice than one that came straight from the refrigerator. If you want to get more juice out of the fruit, give it a quick nuke in the microwave—about 5 to 10 seconds on high should do the trick. Just make sure not to overheat the fruit as the juice will turn bitter.



This month,
LEARN HOW TO...

Use **CORNFLAKES**
as breading



Whip up delicious
TONKATSU at home



Make your own
VEGETARIAN
OYSTER SAUCE



Use **COCONUT** in
10 new ways



PHOTOGRAPHY: MIGUEL NACIANCENO, TEXT AND STYLING: RACHELLE SANTOS



Food director **RACHELLE SANTOS** highlights a common ingredient and shares a new way to use it.

This month, try something new with...

C O R N F L A K E S

Cornflakes may be your go-to morning treat, but this breakfast staple can do so much more. They can also be turned into breading for chicken nuggets, fish fingers, or crab cakes. Give it a shot by making these fish burgers at home—you'll definitely enjoy the golden, crisp coating and the subtly sweet corn flavor! If you don't feel like serving them in burger buns, they're also pretty good with steamed rice and some tartar sauce or ketchup on the side. Once you've mastered the recipe, try it with other kinds of meat or seafood, too.



Cornflake-crusted Fish Burgers

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

- ✓ juice of 1 lemon
- ✓ 2 (100-gram) white fish fillets (such as cream dory or *lapu-lapu*), sliced into four (3x4-inch) pieces
- ✓ salt and pepper, to season
- ✓ $\frac{1}{3}$ cup all-purpose flour
- ✓ 1 small egg, beaten
- ✓ 2 to 2 $\frac{1}{2}$ cups crushed cornflakes, pounded using a mortar and pestle
- ✓ oil for shallow-frying
- ✓ 4 hamburger buns, split, buttered inside, and toasted
- ✓ 4 cheese slices
- ✓ vegetable slaw or lettuce, tomatoes, and pickle relish, to serve

- 1** Drizzle lemon juice on all sides of the fish fillets. Season with salt and pepper.
- 2** Lightly dredge fillets in flour and dip in beaten egg. Lightly press the fillets on the cornflakes to coat all sides.
- 3** Heat oil in a medium frying pan. Fry fish fillets in batches for about 2 to 3 minutes on each side or until cooked through and breading is crisp. Drain on paper towels.
- 5** To assemble, place fish on the bottom half of the toasted bun. Top with a slice of cheese and vegetable slaw or lettuce, tomatoes, and pickle relish. Cover with the top half of the bun. Repeat to make a total of 4 fish burgers. Serve hot.





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

ABOUT THE COLUMNIST

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



BECAUSE THIS DISH HAS GRATED COCONUT, IT MUST BE EATEN IMMEDIATELY. YOU CAN BLANCH THE VEGETABLES IN ADVANCE AND ADD IT TO THE ONION-COCONUT MIXTURE RIGHT BEFORE SERVING.

RECIPE FILE

Balinese mixed vegetables with spicy grated coconut

Discovering new ways to prepare vegetables aside from the usual salad or stir-fry always makes me happy. There are so many possibilities just waiting to be discovered! Here's one recipe I learned while visiting Bali last year. Such simple ingredients—local to boot—and yet the final dish, called *sayur urab*, is completely refreshing. I love it on its own, but it's also great paired with grilled tofu and brown rice. Tasting this dish for the first time renewed my excitement about plant-based cooking. I hope it'll make you feel the same way, too.

Bring a large pot of water to a rolling boil over high heat. Blanch **1 cup string beans (*sitaw* or Bagoio beans, sliced into 2-inch pieces)** and **1 cup julienned carrots** for less than a minute. Drain and set aside. In the same pot, blanch **1 cup bean sprouts (*togue*)**, **1 cup sliced *pechay***, and **1 red bell pepper (seeded and julienned)** for 10 to 20 seconds. Rinse vegetables in cool water, drain well, and set aside. Warm **$\frac{1}{4}$ cup vegetable oil** in a frying pan over medium-high heat. Fry **10**

shallots (thinly sliced), **6 cloves garlic (thinly sliced)**, **1 to 2 pieces *siling labuyo* (minced)**, and a **pinch of salt** until browned and crispy, about 3 to 4 minutes. Strain the onion mixture and transfer to a large mixing bowl. Set aside a spoonful for garnish. Add **1 cup room-temperature grated coconut** to the bowl and mix together with your hands. Add blanched vegetables and toss well. Adjust seasoning if needed. Transfer to a serving dish and top with the remaining crispy onion mixture. **Serves 6.**

Produce Focus

THREE WAYS WITH...

Nori



WRAP STAR

Use *nori* as a makeshift tortilla wrap: spread rice over seaweed, add veggies and protein of choice, and wrap as you would a burrito.



DAILY GRIND

Grind *nori* into a powder with a food processor or coffee grinder. Add to fried rice and salads or stir into sauces.



SOY GOOD

Mix equal parts water and cornstarch; spread on 1 side of tofu. Place *nori* on top and pan-fry. It'll give your tofu a delicate seafood taste!

FOOD FIND



Yogi nut bars

If you're constantly on the go and in need of a wholesome, filling snack to tote, try Edgy Veggy's yogi nut bars. Made with dates, nuts, dehydrated fruit, and rolled oats, these healthy snacks are available at Edgy Veggy Cafe at 7 Brixton Street in Kapitolyo. **For delivery, contact 0917-THRIVE-1.**

Q

WHAT KIND OF FOOD EXACERBATES RESPIRATORY PROBLEMS? ARE THERE SPECIFIC FOODS I CAN TAKE TO HELP WITH COLDS OR CONGESTION?

A

The state of our organs in general and lungs in particular depends on what we feed our bodies. Dense, heavy food (cheese, baked desserts, meat, fried food, ice cream) weighs the body down and stresses out our organs. It isn't uncommon for lungs, kidneys, livers, and arteries to clog up from too much waste. Clean, unprocessed food can certainly help with lung problems.

Avoid cow's milk and milk products such as yogurt, cheese, butter, and ice cream—their high calcium and casein content stimulates mucus production. Sugar and refined starch (white flour, white rice) can also cause a runny nose. Excessive salt and fat, together with excessive

protein and stress, is a recipe for the flu.

Ginger is a wonderful spice that stimulates respiration, eases lung congestion, and relieves cold and flu symptoms. Add it to soups or use it to make tea. Speaking of tea, a drink made from chamomile, *calamansi*, and lemongrass is quite soothing, too. Apples and Chinese broccoli (*kai lan*) are also known to soothe the lungs; the anti-inflammatory powers of *wombok* (Baguio *pechay*) is useful in yellow mucus discharge; turnips dissolve phlegm; and bromelain enzymes in pineapple and papaya help clear up congestion. Hot peppers such as *siling labuyo* contain capsaicin, which provides sinus relief, combats nasal congestion, and clears out mucus.

Healthify This!

ORIENTAL MUSHROOM SAUCE

ADD FLAVOR TO ANY DISH WITH THIS HOMEMADE SAUCE. SOAK 2 LARGE DRIED SHIITAKE MUSHROOMS IN 1½ CUPS BOILING WATER UNTIL SOFTENED, ABOUT 30 MINUTES. PLACE MUSHROOMS, SOAKING WATER, 6 TABLESPOONS MISO PASTE, 6 TABLESPOONS SOY SAUCE, 7 TABLESPOONS MUSCOVADO SUGAR, AND 1 TABLESPOON CORNSTARCH IN A BLENDER AND PROCESS UNTIL SMOOTH. POUR INTO A SAUCEPAN AND HEAT UNTIL THICKENED. STORE IN A GLASS JAR IN THE REFRIGERATOR FOR UP TO 2 WEEKS. MAKES 2¼ CUPS.





1



2



3



4

TIP

TONKATSU SAUCE IS ALSO AVAILABLE AT LARGE SUPERMARKETS AND JAPANESE GROCERIES.



Tonkatsu

These crispy, tender pork cutlets are a guaranteed hit! Make this Japanese favorite at home with this recipe.

WHAT YOU NEED

For the sauce

- ✓ 4 tablespoons tomato ketchup
- ✓ 3 tablespoons Worcestershire sauce
- ✓ 3 tablespoons *mirin*
- ✓ 3 tablespoons brown sugar
- ✓ 1½ tablespoons soy sauce (we used Kikkoman)
- ✓ 1½ tablespoons minced ginger
- ✓ 1½ tablespoons minced garlic
- ✓ 4 (150-gram) slices skinless pork loin or tenderloin, about ½-inch-thick
- ✓ salt, to taste
- ✓ freshly ground black pepper, to taste
- ✓ 1 tablespoon *calamansi* juice
- ✓ 1 cup all-purpose flour
- ✓ 1 large egg, lightly beaten with 1 tablespoon water
- ✓ 1 cup *panko* (Japanese breadcrumbs)
- ✓ cooking oil, for pan-frying
- ✓ shredded cabbage, sliced tomatoes, sliced cucumbers, toasted sesame seeds, and steamed rice, to serve

WHAT TO DO

- 1** Make the sauce: In a small pot over medium heat, combine all ingredients and simmer until thick. Adjust seasoning according to taste. Set aside.
 - 2** Prepare the pork: Tenderize the pork by pounding each slice with the back of the knife. Repeat on the other side. Score the fat in several places so the pork won't curl when fried. Season with salt, pepper, and *calamansi* juice.
 - 3** Place flour, egg, and breadcrumbs in separate bowls. Dredge pork chops in flour, making sure to coat each piece completely. Shake off excess. Dip pork in beaten egg, then coat in breadcrumbs.
 - 4** Heat oil in a pan over medium heat. Pan-fry pork until golden brown, about 3 to 5 minutes on each side. Place on a wire rack for a few minutes to drain.
 - 5** Slice pork chop into 3 to 4 strips. Drizzle *tonkatsu* sauce on top. Serve with cabbage, tomatoes, cucumbers, more *tonkatsu* sauce, sesame seeds, and rice.
- Serves 4.**

Cocoa-Cinnamon Tortilla Chips with Fruit Salsa

Looking for a healthy, easy-to-whip-up snack for the kids? Try this fruity take on chips and dip!

WHAT YOU NEED

For the fruit salsa

- ✓ flesh from 1 mango
- ✓ 4 to 6 strawberries, hulled
- ✓ 2 pieces kiwi, peeled
- ✓ 1/2 cup mandarin orange slices in light syrup
- ✓ 2 sprigs mint

For the chips

- ✓ 6 tablespoons sugar
- ✓ 1 teaspoon cocoa powder
- ✓ 2 teaspoons ground cinnamon
- ✓ 8 small whole wheat tortillas
- ✓ 6 tablespoons melted butter

WHAT TO DO

1 Make the fruit salsa: Using a dinner knife, dice mangoes, kiwi, and strawberries. Slice oranges into smaller segments. Place fruits in a bowl and combine with light syrup.

2 Using scissors, cut fresh mint into small pieces and toss into the fruit salsa. Chill until ready to use.

3 Make the chips: Preheat the oven to 350°F.

4 In a bowl, mix together sugar, cocoa powder, and cinnamon. Set aside.

5 Brush whole wheat tortillas with melted butter on both sides. Sprinkle cocoa-cinnamon sugar on top. Cut tortillas into 4 triangles. Place on a baking sheet.

6 Bake for about 8 minutes or until toasted but not dark brown. (You can also bake them in a toaster oven until crisp.)

7 Let chips cool for a few minutes. Transfer to a plate and serve with fruit salsa.

Serves 6 to 8.



PHOTOGRAPHY: MIGUEL NACIANCENO. RECIPE: LEN SANTOS-DING OF FEED 5000. STYLING: ZEE CASTRO-TALAMPAS. DEMONSTRATION: ANA MARQUEZ.



Coconut

Summer may be over, but that shouldn't stop you from enjoying the bountiful offerings of this tropical fruit. Relish the coconut's goodness all year round with these ideas.



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



PALETAS
DE COCO

1 Gata love it

There is comfort in a classic bowl of *ginataang mais*. But to give this old-school *merienda* an upbeat twist, generously add coconut strips to the mix! Choose the slightly mature (thicker but still moist) type of coconut meat, making sure that the strips provide a good contrast to the softness of the glutinous rice, tapioca pearls, and corn.

2 On a roll

Add young coconut meat to Vietnamese spring rolls for a sweet surprise! In a bowl, combine ground pork, vermicelli noodles, coconut strips, carrots, green onions, garlic, peanuts, fish sauce, pepper, egg, and sesame oil. Place a spoonful of the filling on a moist rice paper sheet, seal the sides, and roll. Deep-fry until golden; serve hot with sweet chili sauce.

3 Coco butter

Dried coconut is the only ingredient you'll need to make delicious coconut butter. Take 4 cups dried coconut and process in a blender. The result should be 1 to 2 cups of smooth and thick butter. Spread on toast, mix with rice, or add to coffee!

4 Noodle sub

There's a type of noodle you won't see in the same grocery aisle as *udon*, *miki*, or spaghetti. It's coconut—and it's a great substitute for noodles, too! Coconut strips or ribbons are perfect in Asian noodle dishes like curried soups.

5 Cold busters

Cleanse your palate with a refreshing cold avocado-coconut soup. In a blender, combine avocados, coconut meat, chilies, and cilantro leaves; pulse until chopped. Add chicken broth, coconut cream, and *calamansi* juice; process until smooth, then season with salt and pepper. Chill for about 5 hours before serving.

6 Paletas de coco

Stock your freezer with these creamy Latin American ice pops!

Blend together coconut milk, condensed milk, cream, vanilla extract, salt, and cinnamon until smooth. Stir in shredded coconut, pour into popsicle molds, and freeze.

7 Upper crust

Your tilapia fillets deserve more than an ordinary flour breading. Use desiccated coconut to give it a light, crisp, nutty crust instead. Get the tasty recipe from Yummy.ph! Try it with calamari and shrimp, too.

8 Soup's on

A good bowl of chicken *tinola* is an easy favorite during the rainy season. For an easy upgrade on chicken *binakol*, replace the broth in the recipe with fresh coconut juice and add big chunks of coconut meat to the soup right when you add the

greens.

9 Puffed love

Easily turn *Pinoy* fruits into sweet, sophisticated morsels with these mango-coconut tarts: Grease the bottom of a mini muffin pan and lay small squares of puff pastry over the cups. Bake until golden. Spoon mango jam onto the tart and top with sweet coconut sport (*macapuno*) and diced mangoes.

10 Toast to perfection

Got extra coconut lying around after trying out all these ideas? Simply shred or shave coconut meat, then place them in a skillet and cook over medium heat until brown and fragrant. Alternatively, you can bake them in a 325°F oven for 5 to 8 minutes. For a quick snack, sprinkle toasted coconut over caramel apples, rice balls, or frozen bananas.

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DIRECTORY

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

SUPERMARKETS

Cash & Carry

South Superhighway corner Sen. Gil Puyat Ave., Brgy. Palanan, Makati (tel. no.: 843-3469)

Metro Market! Market!

Market! Market!, Bonifacio Global City, Taguig (tel. no.: 818-6658)

Pioneer Centre

8006 Pioneer St., Brgy. Kapitolyo, Pasig (tel. no.: 637-7033)

S&R

32nd St., 5th Ave. Bonifacio Global City, Taguig (tel. no.: 888-0640); see www.snrshopping.com for a list of branches.

RESTAURANTS

Chef Tatung's Garden Café

Molave Lane, Acacia Estates, Brgy. Ususan, Taguig (tel. no. 466-5309)

Cupcakes by Sonja

2/F Bridgeway, Glorietta 2, Ayala Center, Makati City (tel. no.: 625-4884); for a list of branches, see www.cupcakesbysonja.com.

Las Flores

G/F One McKinley Place, 25th Street, Bonifacio Global City, Taguig (tel.no.: 552-2815; mobile no.: 0916-6193365)

Nomama

G/F FSS Building 2, Scout Tuason cor. Scout Castor Sts., Quezon City (tel. no.: 921-4913;

mobile no.: 0916-5504373); www.facebook.com/nomamaramen

Wildflour Café + Bakery

G/F Net Lima Bldg., 4th Ave cor. 26th St., Bonifacio Global City, Taguig (tel. no.: 856-7600); G/F The Podium, ADB Ave., Wack Wack, Mandaluyong City (tel. no.: 571-8588)

OTHERS

The Cookery Place

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

Feed 5000 (Len Santos-Ding)

186 Luzon Drive, Ayala Alabang Village, Muntinlupa City (tel. no. 807-9044); www.facebook.com/Feed5000KitchenStudio

Pio's Kitchen (Chin Gallegos)

West Triangle, Quezon City (tel. no.: 501-2391); www.piospaella.com.

Saizen

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

making it

by Kristine
D. Fonacier

RAWLICIOUS GREEN SMOOTHIES

BY ANGELA LICHAUCO AND JOANNA SALVOSA-LICHAUCO

You can smell the fresh fruit from outside the Rawlicious store, and you can hear the blenders go full throttle on delivery days. There's also a small fleet of riders out to make deliveries throughout the metro, bringing freshly made green smoothies to a pool of over 500 customers. And if you speak to the customers or read their blogs, you'll find fervent testimonials about the health benefits of Rawlicious' products.

"It wasn't always like this. We used to have to force people to taste our samples!" laughs Angela Lichauco, who, together with her sister-in-law Joanna Salvosa-Lichauco, put up Rawlicious in 2010. The idea came from Angela's studies at the Earth University in Costa Rica, but back then, the interest in raw foods and vegetable-based juices was scarce. Eventually, interest in healthy eating did catch on, and now they find themselves riding the cusp of the boom in fresh juices.

Rawlicious' green smoothies are blended from a dozen different recipes developed by the duo—"by trial and error!" says Angela. They're made from organic greens and a sweetening blend of fruits, all ozonated for sterilization. The smoothies are blended, which means that the drinks retain all the fiber of the fruits and veggies in addition to the nutrients.

With names like Hella Green (made from coconut water, organic greens, bananas, and mangoes) and Green Monster Xavier (pineapples, ginger, organic greens, and bananas), the smoothies have appealed to healthy eaters looking for a more efficient—and delicious—way to consume the required six or more servings of fruits and vegetables a day.

It's an idea that's allowed both Angela and Joanne to quit their corporate jobs and focus on Rawlicious full-time. But the best thing the business has given them both, says Angela, is the chance "to improve people's health and promote a greener lifestyle. It makes us feel that we are doing our part in increasing people's awareness of the healing powers of nature."



RAWLICIOUS can be found at the Legazpi Market (8 a.m. to 2 p.m. on Sundays in Legazpi Village) and at their store at 57 East Capitol Drive, Kapitolyo, Pasig City. To order, contact 0917-8301729 or visit www.rawliciousplanet.com.

PHOTOGRAPHY: MIGUEL NACIANCENO. STYLING: IDGE MENDIOLA.

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