

# Filipino

HOMESTYLE DISHES

*Delicious Meals in Minutes*

Norma Olizon-Chikiamco



### Measurement Conversions

All our recipes are thoroughly tested in the Periplus Test Kitchen. Standard metric measuring cups and spoons are used throughout, and all cup and spoon measurements are level. We have used medium-sized (60 g, grade 3) eggs in all recipes.

### International Measures

Volume	Lengths	Weights
1 teaspoon = 5 ml	$\frac{1}{4}$ in = 6 mm	1 oz = 28 g
1 UK/US tablespoon = 15 ml = 3 teaspoons	$\frac{1}{2}$ in = 12 mm	8 oz = 225 g
1 Australian tablespoon = 20 ml = 4 teaspoons	1 in = 2.5 cm	1 lb = 450 g

We have used international 15 ml tablespoon measures. If you are using an Australian 20 ml tablespoon, the difference will not be noticeable for most recipes. However, for flour, cornstarch or baking powder, subtract one teaspoon for each tablespoon specified.

### Cup Equivalents

$\frac{1}{4}$ cup = 60 ml = 2 fl oz	1 cup boiled chickpeas = 130 g
$\frac{1}{2}$ cup = 125 ml = 4 fl oz	1 cup flour = 120 g
1 cup = 250 ml = 8 fl oz	1 cup green beans = 100 g
2 cups = 500 ml = 16 fl oz = 1 pint	1 cup pressed tofu = 200 g
4 cups = 1 liter = 32 fl oz = 1 quart	1 cup sugar = 200 g

### Oven Temperature Guide

When using convection ovens, the outside of the food cooks more quickly than the inside. As a general rule, set the oven temperature 60-70 °F (15-20 °C) lower than the temperature indicated in the recipe, or refer to your oven manual.		°F	°C
	Low	300	150
	Moderate	350	180
	Med. Hot	400	200
	Hot	425	220
	Very Hot	450	230

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*Delicious Meals in Minutes*

by Norma Olizon Chikamco



One of Asia's least known but most exciting cuisines features delicious dishes such as Spicy Garlic Shrimp (Gambas) and Braised Pork with Vegetables (Pinakbet).

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## MAIL ORDER SOURCES

Finding the ingredients for Asian home cooking has become a pain. Most supermarkets carry staples such as soy sauce, fresh ginger, and fresh lemongrass. Almost every large metropolitan area has Asian markets serving a local population. Internet companies do business exclusively with the Internet community. Some ingredients are available on Amazon.com, usually from China. The following is a sampling of some online merchants offering a wide variety of goods and services.

<http://www.italooc.com>

<http://www.gourmet.com/Media/Asian/index.html>

<http://www.igmp.com/cgi-bin/Filipino/index.html>

<http://www.igmp.com/>

<http://www.italooc.com/>

<http://www.italooc.com/>

<http://www.italooc.com/Merchant/index.html>

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**F**ilipino food is one of the least well-known of all Southeast Asian cuisines. Strongly influenced by the historical presence of the Spaniards, Chinese and Americans, it lacks the singular national identity that characterizes the food of other nations. Any man (or woman) of Filipino food would probably draw a blank expression if people were confronted with any dish in particular. What is it? How does it taste? How does one cook it?

Yet it is precisely this indefinable quality, this veil of mystery surrounding it, that makes Filipino food an interesting discovery.

Imagine a stew of chunky, tender "red meat," its sauce thickened by long, patient simmering, enriched with the flavors of olive oil and grated cheese, or a pot of bacitang' vegetables *cooking* in string peas and a spell of garlic, garnished with a morsel of ground pork. Or a panini of tropical fruits and cream, sweetened with sugar and milk and topped with crushed ice. Tacos and more, all of it, part of the repertoire of the Filipino cook. They show the diversity of Filipino cuisine – from the Spanish-infused *Caldero* to the indigenous *Panini*, or the Asian inspired *Ube* to be *del* *del* *del*.

This diversity is likewise reflected in the wide variety of ingredients used in Filipino cooking. While some dishes may call for the liberal application of Spanish oil and others are more Oriental in their use of Asian condiments such as soy sauce and shrimp paste. Moreover, not only are these condiments used during the cooking process; often they are also served at the table as dips, or the Chinese are accustomed to favor of the dishes according to their own tastes.

Many Filipino dishes are also characterized by heavy sauces. While this may seem strange to some, to Filipinos it makes perfect sense. The sauces in a dish are often used to accent and flavor a piece with which the dish is eaten. Dishes such as Stewed Pork (Bistaco) or *adobo* are served dry. These sauces are to Filipinos what gravy is to the American or European.

With the advent of globalization, many Filipinos are now more aware of the cuisines of other countries. Modern appliances have also made cooking a much easier task than it was a century ago. Yet while hamburgers and pasta may sometimes be cooked in the contemporary Filipino kitchen, how often it is the steaming Filipino dishes that rule. There will always be *Adobo*, *Menchudo* and fish sauce, shrimp paste and soy sauce in a Filipino kitchen, whether it be in the urban climes of Manila or in the rugged terrain of Abra.

This collection of recipes presents authentic Filipino dishes as they would be found in a Filipino home. Many are personal favorites in my own family; all have been kitchen-tested and are representative of true Filipino cuisine in all its diversity, simplicity and complexity. They are a regional survey of the food of a resilient people who, while adopting foreign influences, have managed to create a cuisine that is truly their own – part Western, part Oriental, and uniquely and authentically Filipino.



## Basic Filipino Ingredients

**Almond essence** or almond extract is sold in small bottles in the baking section of supermarkets. If almond essence is not available, substitute with vanilla extract.



**Annatto seeds**, known as *atsuete* in the Philippines, are dried, reddish-brown seeds that are used as a food coloring or dye. The seeds are soaked, then squeezed in water to extract the red coloring, which lends an orange to reddish tint to food. Artificial red food coloring may be substituted.



**Banana heart** is the tender innermost portion of the stem of the young banana plant. It is cooked as a vegetable and is available fresh in Asian grocery stores.

**Bitter gourds**, known in the Philippines as *ampalaya*, are green and resemble fluted cucumbers. They are available fresh from Asian grocery stores. Bitter gourds are sometimes salted before cooking to eliminate their bitter taste. If bitter gourd is unavailable, substitute winter melon or cucumber.



**Chayote**, known as *sayote* in the Philippines, or christophene or choko, is a pale green squash that resembles a wrinkled pear. It should be peeled before use. If chayote is not available, substitute zucchini.

**Chicharon** or deep-fried pork cracklings, are thin pieces of pork rind that are grilled and then deep-fried until crispy. They are sold in packets and are available in Asian grocery stores.

**Chilies** come in two basic varieties; the small (about 1 in/2-1/2 cm in length) and very hot chilies are known as *siling labuyo* in

the Philippines, or *chili padi* in Malaysia and Singapore (and are commonly referred to as “bird’s eye chilies” elsewhere). These are often chopped and used in dipping sauces. *Siling labuyo* chilies are used sparingly—the amount of heat increases as the size diminishes. The longer finger-length chilies, known as *siling mataha* in Tagalog, are often cooked with soups and stir-fries. To reduce the heat of a chili while retaining its flavor, make a lengthwise slit and remove the seeds.

**Coconut cream** and **coconut milk** are used in many Filipino desserts and curries. To obtain **fresh coconut cream** (which is normally used for desserts), grate the flesh of 1 coconut into a bowl (this yields about 3 cups of grated coconut flesh), add 1/2 cup water and knead thoroughly a few times, then squeeze the mixture firmly in your fist or strain with a muslin cloth or cheese cloth. **Thick coconut milk** is obtained by the same method but by adding double the water to the

grated flesh (about 1 cup instead of  $\frac{1}{2}$  cup). **Thin coconut milk** (which is used for curries rather than desserts) is obtained by pressing the grated coconut a second time—adding 1 cup of water to the same grated coconut flesh and squeezing it again. Although freshly pressed milk has more flavor, coconut cream and milk are now widely sold canned or in packets that are quick, convenient and quite tasty. Canned or packet coconut cream or milk comes in varying consistencies depending on the brand, and you will need to try them out and adjust the thickness by adding water as needed. In general, you should add 1 cup of water to 1 cup of canned or packet coconut cream to obtain thick coconut milk, or 2 cups of water to 1 cup of coconut cream to obtain thin coconut milk. These mixing ratios are only general guides however. For best results, follow the package instructions.

**Coriander leaves**, also known as cilantro, are widely used as a flavoring and garnish. Fresh coriander leaves have a strong taste and aroma and can be refrigerated in

a plastic bag for about one week. Parsley is a suitable substitute.



**Fish sauce** or *patis* is made from salted, fermented fish or prawns. It is clear, golden brown in color, tastes salty, and is used in marinades, dressings and dipping sauces. It is sold in bottles and is available in Asian grocery stores and supermarkets.

**Hoisin sauce** is a sweet Chinese sauce made from soybeans. It is used as a dipping sauce and flavoring and is sold in jars or cans in Asian grocery stores.



**Jicama**, also known as yam bean or *bangkuang* in Malaysia and Singapore, is a crunchy tuber with crisp, white flesh and beige skin. It may be eaten raw with a spicy dip or may be sautéed and used as a

filling in spring rolls. It is sold fresh in Asian grocery stores and supermarkets, and may be substituted with lotus root or cabbage.

**Kanton noodles** are thin noodles that are made from wheat and egg. They are available in round or flat shapes in a variety of sizes.

**Palm sugar** is distilled from the juice of the aren or coconut palm fruit, and has a rich flavor. Substitute with dark brown sugar, maple syrup or regular sugar with a touch of molasses.

**Pan de sal** is the national bread of the Philippines, usually made with salt, yeast, sugar and flour and shaped into a bun. If *pan de sal* is not available, it may be substituted with any bun or bread.

**Plantains** look like bananas, but are less sweet and have a firmer texture, which makes them suitable for preparation as a vegetable. They are available in Hispanic markets. If unavailable, unripe bananas or pumpkins make a reasonable substitute.

**Pinipig** is a rice cereal that has been flattened and

toasted in a pan to make it crunchy. It is used in desserts or as a topping. It can also be eaten as a cereal or as an accompaniment to thick hot chocolate. If tapioca is not available, any crispy rice cereal such as Rice Krispies may be used as a substitute.

**Rice flour** is sold in packets in supermarkets. It can be made in small quantities by first soaking  $\frac{1}{2}$  cup long grain rice in water for 2 hours. Drain and transfer the rice to a blender. Add  $\frac{1}{2}$  cup water and grind until a thick liquid slurry forms. Pour the mixture into a fine strainer and a paste forms, etc. as indicated in the recipe. This yields about  $\frac{1}{2}$  cup rice flour.

**Rice vermicelli** are very fine, white threads made from rice flour. These dried noodles can be easily rehydrated by soaking in hot water for a few minutes, then rinsing before adding to soups or frying.

**Sago pearls** are tiny dried beads of sago obtained by grinding the pith of the sago palm to a paste and pressing it through a sieve. It is glutinous, with little taste, and is often used in

Asian desserts. Sago pearls are sold in packets in Asian grocery stores. Sago pearls should not be confused with fresh sago, which is starchy and sticky.

**Shrimp paste**, known as *shrimp* in Tagalog, is a thick, salty paste made from fermented shrimp. It is the same as *locsin* in our food. Thai *lapu* or Malaysian *belacan*.

**Soy sauce** is brewed from wheat, salt and soy beans. Light soy sauce is dark and thin, and gives a slightly sweet flavor to a dish, while regular soy sauce is darker and saltier.



**Spanish sausages**, known as *chorizo*, are dried pork sausages flavored with paprika, garlic and chili. In Filipino cuisine, they are usually added to stews rather than being eaten on their own. They are available from supermarkets and may be substituted with pepperoni or any other spicy sausage.

**Spring roll wrappers** or *hoisin* wrappers are a

thin crêpe made from a batter of rice flour, water and salt, with or without eggs. Wrappers made with eggs are known as egg roll wrappers and rolls made with this type of wrapper are normally deep-fried. Thin rice flour wrappers come already cooked and must be moistened with a bit of water or steamed to make them pliable.

**Tofu** is a soy product that comes in many forms and consistencies. Firm tofu is sold fresh in supermarkets in sealed plastic trays. Pressed tofu, known as *toyou* in the Philippines, is tofu that has been pressed to expel most of the water.

**Water spinach** is a nutritious leafy green vegetable also known as water spinach or *longkong*. Young shoots may be eaten raw as part of a salad platter or with a dip. The leaves and tender stems are usually braised.

**Wonton wrappers** are square pastry. The wrappers are sold in various sizes in the refrigerator sections of supermarkets. They are filled with meat or vegetables, then fried, steamed or boiled in soups.



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## Lechon Sauce

3  $\frac{1}{2}$  oz (50 g) chicken livers  
2 tablespoons cider vinegar  
 $\frac{1}{2}$  cup bread crumbs  
 $\frac{1}{2}$  teaspoon minced garlic  
 $\frac{1}{2}$  cup (50 g) minced onion  
 $\frac{1}{2}$  teaspoon salt, adding extra to taste  
 $\frac{1}{2}$  teaspoon garlic, adding extra to taste  
1 teaspoon dark brown sugar or palm sugar  
 $\frac{1}{2}$  cup (125 ml) water

1 Grill the chicken livers under a broiler until half cooked, about 3–4 minutes, then press the livers through a sieve to extract the juices and set them aside. Discard the remaining parts of the livers.  
2 Combine the chicken liver juices with the remaining bread crumbs in a saucepan and simmer over medium heat until the sauce thickens about 20 minutes.  
3 Serve with Beer-Fried Pork (see page 52).

Makes about 1 cup  
Preparation time: 10 mins  
Cooking time: 30 mins

## Garlic Vinegar Dip

$\frac{1}{2}$  cup (125 ml) vinegar  
4–5 cloves garlic, peeled and crushed  
 $\frac{1}{4}$  teaspoon freshly ground black pepper, adding extra to taste

1 Combine the vinegar, garlic, and black pepper in a bowl that set aside.  
2 Serve with Deep-Fried Pork (page 68) or Slip-Up Sausages (page 73).

Makes about  $\frac{1}{2}$  cup  
Preparation time: 5 mins

## Sour Cream Mayonnaise Dip

$\frac{1}{2}$  cup mayonnaise  
 $\frac{1}{2}$  cup sour cream  
3–4 cloves garlic, minced  
1 teaspoon ancho seasoning (optional)  
1 teaspoon salt  
 $\frac{1}{2}$  teaspoon pepper

1 In a bowl, mix mayonnaise and sour cream to form a smooth mixture. Add garlic and ancho seasoning, if desired. Season with salt and pepper to taste.  
2 Serve as a dip with beer-bread slices.

Makes about 1 cup  
Preparation time: 5 mins

## Grilled Eggplant Relish

- 8 oz (225 g) eggplants
- 1 tablespoon lime juice
- 2-3 cloves garlic, crushed
- 2 tablespoons vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 small tomato, diced
- 1 scallion, chopped

Makes about 1 1/2 cups  
Preparation time:  
10-15 mins  
Cooking time: 15 mins

- 1 Grill the eggplants under a preheated broiler or over a barbecue grill until tender, about 15 minutes, turning frequently to cook evenly. Slice open the eggplants and scoop out the pulp. Mash. Finely mash the eggplant flesh with the back of a fork. Sprinkle with lime juice and set aside for a few minutes.
- 2 Combine the garlic and vinegar in a bowl. Pour over the mashed eggplants. Add salt and pepper. Mix well and garnish with tomato and scallions.
- 3 Serve as relish with rice or steamed fish.

## Garlic Mayonnaise Dip

- 1/2 cup (125 ml) mayonnaise
- 6-8 cloves of garlic, peeled and crushed
- 1 teaspoon white sugar
- 1 teaspoon Kani-oni
- 1 Maggi seasoning sauce
- 1/2 teaspoon salt, add to taste if taste
- 1/2 teaspoon pepper, adding extra to taste

- 1 Mix the ingredients in a bowl to form a smooth mixture.
- 2 Serve as a dip with Crispy Squid Rings (page 177).

*• If you do not have Maggi seasoning sauce, it is not available, substitute with 2-3 drops of Worcestershire sauce.*

Makes about 1/2 cup  
Preparation time: 5 mins

## Vinegar Lime Dip

- 1/2 cup (125 ml) soy sauce
- 2 tablespoons vinegar
- 2 tablespoons lime juice
- 2-3 cloves garlic, crushed
- 1/3 tablespoon sugar
- 1-2 scallions, chopped
- 2 tablespoons water
- 1/4 teaspoon pepper or chopped red chilies

- 1 Combine all the ingredients in a bowl. Set aside for several minutes to allow the flavors to blend.
- 2 Serve as a dip for grilled or fried fish or grill to pork.

Makes about 1 cup  
Preparation time: 5 mins

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## Pickled Daikon and Carrots (Acharang Labanos)

2 oz (200 g) daikon radish, peeled and very thinly sliced, washed with  $\frac{1}{2}$  cup salt and set aside 3–4 hours  
 $\frac{1}{2}$  cup (150 g) sugar  
 $\frac{1}{2}$  cup (125 ml) white or cane vinegar  
1 medium carrot, peeled and very thinly sliced

Makes 2 cups  
Preparation time: 20 mins  
1 3–4 hours soaking  
Cooking time: 10 mins

1 Rinse the radishes in water thoroughly, making sure to remove all the salt. Dress out all the water and set aside.

2 Combine sugar and vinegar in a saucepan and bring to a boil over low heat until mixture becomes clear, about 2 minutes. Add the radish and carrots. Simmer for about 5 minutes.

3 Remove from heat and, using a slotted spoon, transfer radish and carrots to a clean glass bowl. Pour in a little of the vinegar-sugar syrup. Set aside to cool. Store in a covered container. Refrigerate and serve with fried fish, fried chicken or fried dishes.

## Green Mango and Tomato Relish

1 green unripe mango (about 5 oz/150 g)  
2–3 small ripe tomatoes, sliced  
1 small onion, minced  
1 tablespoon sugar, adding extra to taste  
2 tablespoons fish sauce  
1 tablespoon lime juice

Serves 4  
Preparation time: 10 mins

1 Peel and slice the mango, discarding the mango seed. Combine the mango with the tomatoes and onions.

2 Mix the sugar, fish sauce and lime juice. Pour over the mango mixture and set aside for 5–10 minutes before serving.

3 Serve with *Charal Duck* (page 68), *Chicken and Pork Assado* (page 62) or fried fish dishes.



Cut wrapper into 6-in. Squares. Spoon 2 tablespoons of ground pork mixture onto each wrapper.



Moisten edges of wrapper with egg and water mixture. Roll wrapper until seal the edges.

# Tasty Pork and Shrimp Spring Rolls (Lumpiang Shanghai)

2 tablespoons oil  
2 tablespoons finely  
chopped garlic  
1/2 cup sliced onions  
1 lb (450 g) ground pork  
6 oz (170 g) fresh shrimp,  
peeled, deheaded and  
diced  
1/2 cup chopped sweet  
pepper  
1/2 cup julienned green  
onion (carrot, ginger)  
1/2 teaspoon salt, adding  
extra to taste  
1/2 teaspoon pepper,  
adding extra to taste  
1 egg  
1-2 tablespoons water  
20 spring roll wrappers  
4 cups (1000 ml) oil for  
deep frying

## Sweet and Sour Sauce

1/2 cup (150 g) sugar  
1/2 teaspoon salt  
2 tablespoons soy sauce  
ketchup  
1/2 cup (100 ml) vinegar  
1 tablespoon cornstarch  
dissolved in 1/2 cup  
(125 ml) water

1. To make the Sweet and Sour Sauce, blend the sugar,  
salt, ketchup, ketchup and vinegar in a saucepan.  
Simmer over low heat. Stir at the constant intervals.  
Continue simmering, stirring occasionally, until the  
sauce thickens. Turn off heat and set aside.  
2. Heat the oil in a frying pan and saute the garlic and  
onions. Add pork and and saute until lightly browned.  
Add the shrimp, sweet pepper and carrot and saute  
until pork is cooked through, mixing to mix well.  
Season with the salt and pepper. Set aside to cool.  
3. Combine egg and water in a small bowl. Cut each  
spring roll wrapper in half. Spoon a near 2 tablespoons  
of the ground pork and shrimp mixture onto each  
wrapper. Moisten the edges of each wrapper with the  
egg mixture. Roll each wrapper, tucking in the ends,  
then seal the edges.  
4. Heat half of the oil in a frying pan over high heat  
until hot, then reduce the heat. Fry the rolls in batches  
in the hot oil until browned, adding more oil as  
needed. Serve hot with the Sweet and Sour Sauce.

Makes 40 spring rolls  
Preparation time: 30 mins  
Cooking time: 40 mins





## Papaya Relish (Papaya Achara)

- 1 small unripe papaya, (about 10 oz/300 g)
- 2 teaspoons salt
- $\frac{1}{4}$  cup (150 g) sugar
- $\frac{1}{4}$  cup (185 ml) white vinegar
- $\frac{1}{2}$  teaspoon salt
- 1 small carrot, thinly sliced
- $\frac{1}{2}$  red bell pepper, thinly sliced
- $\frac{1}{2}$  green bell pepper, thinly sliced
- 8–10 thin slices ginger
- $\frac{1}{2}$  cup (25 g) raisins

### Syrup

- $\frac{1}{2}$  cup (150 g) sugar
- $\frac{1}{4}$  cup (175 ml) cane or white vinegar
- $\frac{1}{2}$  teaspoon salt

- 1 Peel the papaya then grate into thin strips. Coat the papaya strips well with 2 teaspoons of salt. Rinse and squeeze out any juice. Pat dry with paper towels.
- 2 Mix the sugar, vinegar and  $\frac{1}{2}$  teaspoon of salt in a large saucepan. Add the papaya strips and simmer for about 5 minutes. Add carrots and bell peppers and simmer for 5 minutes, or until carrots are tender. Drain and arrange in a bowl.
- 3 Soak the ginger slices in hot water and drain. Toss ginger and raisins with the soaked vegetables.
- 4 Combine the syrup ingredients in a separate saucepan. Bring to a boil, lower heat, and simmer for 5 minutes. Pour the syrup over the cooked vegetables.
- 5 Set aside to cool then transfer to a container and cover. If not using immediately, store in a refrigerator. Serve with roasted or fried meats.

Serves 4–6

Preparation time: 30 mins

Cooking time: 20 mins



## Green Salad (Ensaladang Pinoy)

5–6 large lettuce leaves,  
torn  
2 medium tomatoes,  
quartered  
1 small cucumber, thinly  
sliced  
 $\frac{1}{2}$  medium yellow onion,  
thinly sliced

### Dressing

$\frac{1}{2}$  cup (100 g) superfine  
sugar  
 $\frac{1}{4}$  cup (185 ml) vinegar  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  tablespoon fish sauce  
 $\frac{1}{4}$  teaspoon freshly  
ground black pepper

1 To make the Dressing, combine the sugar, vinegar,  
salt and fish sauce in a bowl and stir well. Add the  
ground black pepper then set aside for a few minutes.  
2 Toss the lettuce leaves, tomatoes, cucumber and  
onions.  
3 Pour the Dressing over the tossed vegetables just  
before serving.

Serves 4–6

Preparation time: 15 mins



## Spicy Garlic Shrimp (Gambas)

1 lb (450 g) fresh medium shrimp, peeled and deveined  
1 tablespoon lime juice  
2 tablespoons oil  
3 tablespoons crushed garlic  
 $\frac{1}{4}$  teaspoon Tabasco or other hot pepper sauce  
 $\frac{1}{4}$  teaspoon salt, adding extra to taste  
 $\frac{1}{4}$  teaspoon freshly ground black pepper, adding extra to taste  
Few sprigs parsley, to garnish (optional)  
1 green chili, thinly sliced, to garnish (optional)

1 Marinate the peeled shrimp in the lime juice for about 30 minutes.  
2 Heat the oil in a frying pan or wok and sauté garlic until lightly browned. Add shrimp and stir-fry until they turn pink, about 3 minutes.  
3 Season with hot pepper sauce and salt and pepper to taste. Transfer to a serving dish and garnish with parsley and sliced chilies if desired.

Serves 4-6

Preparation time: 20 mins + 30 mins marinating

Cooking time: 5 mins



## Braised Vegetables with Fish (Dinengdeng)

$\frac{1}{4}$  cup (60 ml) oil  
2–4 small fish or 1 lb (450 g) fish fillets (any fish may be used, such as mackerel, scad or tilapia)  
1 lb (450 g) chayote or squash, peeled and cut into bite-sized pieces  
10 oz (300 g) eggplant, cut into bite-sized pieces  
3 $\frac{1}{2}$  oz (100 g) green beans, sliced into 2-in (5-cm) pieces  
2 tablespoons shrimp paste  
 $\frac{1}{4}$  cup (60 ml) water

1 Heat the oil in a frying pan and fry the fish for 2–3 minutes on each side, or until golden brown. Set aside to cool slightly, then slice. Place the chayote, eggplants, green beans and fish slices in a large saucepan.  
2 Mix the shrimp paste with water until smooth, then pour into the saucepan.  
3 Simmer over medium heat for 10–15 minutes until vegetables are cooked but still firm.

Serves 4  
Preparation time: 5 mins  
Cooking time: 25 mins



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## Tofu and Pork Vinaigrette (Tokwa't Baboy)

10 oz (300 g) pork shoulder  
6 oz (225 g) pressed tofu (tokwa)  
2 tablespoons oil  
1 small onion, diced  
1/4 cup (60 ml) vinegar  
2 tablespoons soy sauce  
2 tablespoons chopped scallions, to garnish (optional)

Serves 4–6

Preparation time: 30 mins

Cooking time: 45–50 mins

1 Simmer the pork shoulder in water for 30 minutes or until cooked through. Drain and set aside to cool.

2 While the pork is simmering, pat the pressed tofu dry with paper towels then cut into bite-sized pieces. Heat the oil in a wok or skillet and fry the tofu pieces over medium heat in batches until they turn golden brown, 2–3 minutes each side. Remove from the heat, drain on paper towels and set aside.

3 Mix the onions, vinegar and soy sauce in a bowl. Add water to taste if the mixture is too sour. Set aside for a few minutes.

4 Slice the pork shoulder thinly and combine with the reserved tofu in a separate bowl.

5 Pour the soy sauce mixture over the pork and tofu and stir. Garnish with scallions, if desired, and serve with rice and other dishes.





## Crispy Squid Rings (Calamares)

Often served in bars and bistros as a snack, Calamares is a dish of Spanish origin adopted by Filipinos and localized with the use of calamansi limes.

1 lb (450 g) medium squid, head, ink sacs and tentacles discarded, purple skin peeled  
2 tablespoons lime juice  
2 egg whites  
 $\frac{1}{2}$  cup (60 g) flour  
1 cup (250 ml) oil  
 $\frac{1}{4}$  teaspoon salt, adding extra to taste  
 $\frac{1}{4}$  teaspoon freshly ground black pepper, adding extra to taste  
Lettuce leaves, for serving (optional)

1 Slice the cleaned squid into rings. Marinate in lime juice for about 30 minutes.  
2 Dip the squid rings in egg whites, then dredge in flour.  
3 Heat the oil in a wok over medium heat and fry the squid rings in hot oil a few pieces at a time until they turn golden brown, about 1 minute. Do not overcook as this will make the squid tough. Remove the rings from the wok and drain on paper towels. Season with the salt and pepper.  
4 Serve on a bed of lettuce leaves, with Garlic Mayonnaise Dip (see page 8) on the side, if desired.

Serves 4-6

Preparation time: 15 mins + 30 mins marinating

Cooking time: 15-20 mins



## Vegetarian Rice Paper Rolls (Lumpiang Sariwa)

2 tablespoons oil  
1 cup (200 g) pressed  
tofu (tofu), diced  
1 cup (100 g) green  
beans, thinly sliced on  
the diagonal  
1 medium carrot, julienned  
3/4 cup (100 g) thinly  
sliced white cabbage  
1/4 teaspoon salt  
1/4 teaspoon pepper  
12 rice flour spring roll  
wrappers  
Soft green or red lettuce  
leaves  
1 cup (130 g) boiled  
chickpeas  
Chili sauce (optional)  
8–10 cloves garlic, peeled  
and crushed

### Sauce

1 cup (200 g) dark brown  
sugar or palm sugar  
2 cups (500 ml) water  
1 teaspoon salt  
2 tablespoons soy sauce  
2 tablespoons cornstarch  
1/4 cup (60 ml) water

1 To prepare the Sauce, blend the sugar, water, salt and soy sauce in a saucepan, bring to a boil then simmer 5 minutes. In a small bowl, mix the cornstarch and water to form a smooth mixture. Stir into the sugar-soy sauce mixture. Simmer over low heat until the mixture thickens, about 10–15 minutes.

2 Heat the oil in a pan and stir-fry the diced tofu over medium heat until browned, about 5–7 minutes. Remove from pan and set aside.

3 Blanch the green beans, carrots and cabbage in boiling water for 3–5 minutes. Drain immediately and rinse with cold water. Drain well then season with salt and pepper.

4 Steam a rice flour spring roll wrapper until soft, about 3 minutes. Line a wrapper with a small piece of lettuce leaf. Spoon 2–3 tablespoons of the blanched vegetables onto the lettuce leaf. Add 1 tablespoon of the chickpeas and the tofu. Roll the wrapper and tuck in one end to seal. Repeat with remaining ingredients. Serve with chili sauce, crushed garlic and Sauce.

Serves 4–6

Preparation time: 40 mins

Cooking time: 30 mins



Steam the spring roll wrappers to soften.



Line a spring roll with a lettuce leaf.



*Spoon the vegetables onto the lettuce leaf.*



*Roll the wrapper and tuck in one end to seal.*



# Homestyle Chicken and Vegetable Casserole (Nilaga)

1 chicken (2 $\frac{1}{4}$  lbs/1 kg),  
cut into serving portions  
1 onion, thinly sliced  
8 cups (2 liters) water  
2 potatoes, peeled and  
cut in chunks  
2 cups thickly sliced  
plantains (optional)  
2 tablespoons fish sauce  
 $\frac{1}{2}$  teaspoon salt  
1 teaspoon pepper  
1 small head cabbage,  
quartered

### Fish Sauce Dip

$\frac{1}{2}$  cup (125 ml) fish  
sauce  
2 tablespoons lime juice

1 Place chicken and onion in a large casserole and pour in the water. Bring to a boil, then lower heat to medium and simmer for 20 minutes.

2 Add the potatoes and simmer for 5 minutes. Add the plantains and simmer until the chicken, potatoes and plantains are tender, about 10 more minutes. Season with fish sauce, salt and pepper. Add the cabbage and cook until just tender, about 2 minutes.

3 To make the Fish Sauce Dip, combine the fish sauce and lime juice in a bowl.

4 Serve soup hot with rice and Fish Sauce Dip.

Serves 4-6

Preparation time: 5 mins

Cooking time: 35-45 mins



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## Healthy Papaya and Ginger Chicken Soup (Tinola)

2 tablespoons oil  
3–4 cloves garlic, minced  
2 in (5 cm) ginger,  
peeled and thinly sliced  
2 lbs (900 g) chicken  
pieces (breast, thighs  
and drumsticks)  
6 cups (1½ liters) water  
7 oz (200 g) unripe  
papaya, peeled and  
cut into chunks  
2 tablespoons fish sauce  
1 tablespoon salt  
1½ cups (50 g) spinach  
or watercress leaves,  
washed and drained

1 Heat the oil in a large casserole and sauté garlic for 1 minute. Add ginger and chicken pieces, sauté until the chicken is lightly browned, then add the water and bring to a boil over high heat.

2 Reduce the heat to medium and simmer the chicken until almost tender, about 20 minutes. Add papaya and season with fish sauce and salt. Simmer over medium heat until the chicken is fully cooked and papaya is tender, about 10 more minutes.

3 Stir in the spinach or watercress leaves and heat through. Serve hot with additional fish sauce, if desired.

Serves 6

Preparation time: 10 mins

Cooking time: 35 mins







## Ground Beef and Vegetable Stew (Picadillo)

2 tablespoons oil  
1 onion, diced  
3–4 cloves garlic, minced  
1 lb (450 g) ground beef  
6 cups (1½ liters) beef stock (made from beef bouillon cubes) or water  
2 medium potatoes, peeled and diced  
2 small carrots, peeled and diced  
1 cup (50 g) spinach leaves or peas  
2 tablespoons fish sauce  
½ teaspoon salt  
½ teaspoon freshly ground black pepper

1 Heat the oil in a casserole or large saucepan and sauté the onion until transparent, 2–3 minutes. Add garlic and sauté until fragrant, about 1 minute.  
2 Add the ground beef and stir-fry until browned, 3–4 minutes. Pour in the beef stock or water. Bring to a boil then simmer over medium heat. Add diced potatoes and carrots and simmer until potatoes and carrots are tender, about 10 minutes. Stir in spinach leaves or peas, and heat through. Season with fish sauce, salt and pepper and serve hot with rice.

Serves 6  
Preparation time: 10 mins  
Cooking time: 20 mins

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