

# THE PHILIPPINE



## COOK BOOK

[PORK](#)

[CHICKEN](#)

[SEAFOOD](#)



## **ADOBONG BABOY**

- 1 kilo pork picnic or side bacon belly (cut into bite-sized cubes)
- 1 cup white vinegar
- 1 head garlic (finely chopped) portioned into two
- 3 pcs. laurel (bay leaves)
- 1/2 cup soy sauce
- 1 cup water
- 1 teaspoon peppercorn
- 3 tablespoons oil

In a deep skillet, brown pork in oil.

Add vinegar, soy sauce, first portion of garlic, laurel, peppercorn and water.

Bring to a boil, lower the fire and cook uncovered for 10 minutes.

When it gets too dry just add 1/2 cup of water.

Cover and let simmer until pork becomes tender.

In another pan, cook remaining garlic until golden-brown.

Add pork and pour the rest of the adobe sauce.

Serve hot.

## **AFRITADANG BABOY**

- 1 kilo pork (cut into chunk cubes)
- ½ kilo potatoes (peeled and quartered)
- 1 small head of garlic (minced)
- 1 big onion (diced)
- 1 red bell pepper (quartered)
- 1 green bell pepper (quartered)
- 2 cups stock
- 1 cup tomato sauce
- ½ cup breadcrumbs
- Pinch of salt & pepper
- Oil

In a casserole, brown pork and set aside.

Sauté garlic and onion.

Pour in the stock and tomato sauce.

Bring to a boil and add in pork.

Allow simmering until pork is cooked and tender.

Add in potatoes and allow cooking.

Add in bell pepper and season with salt & pepper.

Add in breadcrumbs and thicken sauce.

Serve hot.

## **AFRITADANG BAKA**

- 1 kilo beef (cut into chunk cubes)
- ½ kilo potatoes (peeled and quartered)
- 1 small head of garlic (minced)
- 1 big onion (diced)
- 1 red bell pepper (quartered)
- 1 green bell pepper (quartered)
- 2 cups stock
- 1 cup tomato sauce
- ½ cup breadcrumbs
- Pinch of salt & pepper
- Oil

In a casserole, brown beef and set aside.

Sauté garlic and onion.

Pour in the stock and tomato sauce.

Bring to a boil and add in beef.

Allow simmering until beef is cooked and tender.

Add in potatoes and allow cooking.

Add in bell pepper and season with salt & pepper.

Add in breadcrumbs and thicken sauce.

Serve hot.

## **BICOL EXPRESS**

- ¼ kilo pork (sliced very thinly)
- 3 cups long chili pepper (julienne)
- 1 cup baguio beans (julienne)
- 1 small head of garlic (minced)
- 1 small onion (minced)
- 1 cup coconut milk
- 1 cup coconut cream Pinch of salt and pepper

Soak chili peppers in salted water for 30 minutes, rinse, then strain well.

In a pan, brown pork for a few minutes, put it on the side then saute garlic, onion, and then mix pork once more.

Pour in coconut milk, bring to a boil and then lower the fire and let simmer for 10 minutes.

Add in baguio beans and chili pepper and cook until dish gets a little dry.

Pour in coconut milk and cook until sauce thickens.

Season to taste.

Serve hot.

## **BINAGOONGANG BABOY**

- 1 kilo pork with fat (cut into chunk cubes)
- 2 cups bagoong alamang
- 1 head of garlic (minced)
- 1 big onion (minced) 4 tomatoes (diced)
- 4 chili peppers (minced)
- ½ cup vinegar
- 4 tablespoons brown sugar
- ½ cup water

In a casserole, boil pork and lower fire until water evaporates and pork oil starts to come out.

When pork is lightly crispy, put in on the side and sauté garlic, onion, tomatoes and chili peppers in the fat and mix pork once more.

Add in the bagoong and cook while stirring for 5 minutes.

Pour in the vinegar and stir well.

Add in the sugar and let simmer for 10 minutes or just until cooked.

Serve hot.

## **BISTEK**

- ½ kilo beef sirloin (cut into 3 " strips)
- 2 tablespoons soy sauce
- 2 tablespoons calamansi juice
- 1 teaspoon salt
- 1 teaspoon pepper
- cooking oil
- 1 big red onion (sliced thinly to make rings)

Marinate beef in soy sauce, calamansi, salt & pepper for 30 minutes.

In a pan, heat oil and stir-fry beef until cooked and tender. Set aside  
Sauté onion rings in oil.

Serve beef in a platter topped with onion rings.

## **BOPIS**

- 1 kilo pig's heart (clean, boiled and minced)
- 1 kilo pig's lungs (clean, boiled and minced)
- 1 head of garlic (minced)
- 1 onion (minced)
- 3 tablespoons oil
- ½ teaspoon oregano
- 1 laurel leaf
- 3 pieces red bell pepper (diced)
- ½-cup vinegar
- 1-cup stock
- ½ teaspoon hot chili pepper (minced)
- 2 tablespoons atsüete oil
- Pinch of salt & pepper

In a sauté pan, heat oil and sauté garlic and onion.

Add in minced heart and lungs.

Season to taste with salt & pepper.

Add in oregano, laurel leaf, red bell pepper and vinegar.

Bring up heat and allow boiling without stirring.

Stir in stock and hot chili pepper.

Lower heat and allow simmering until stock evaporates a little.

Finish with atsüete oil.

Serve hot.

## **BULALO**

- 1 kilo beef shank (chopped for serving pieces with the bone & marrow)
- 1 big onion (diced)
- 4 stalks onion leeks (chopped)
- ¼ cup dried banana blossom
- Pinch of salt & pepper
- Water
- Patis (fish sauce)
- ½ cup Soy sauce
- 2 pieces calamansi
- 2 pieces hot chili pepper

Boil beef shank and throw away the water.

Boil beef shank once again in medium heat for about 2 hours or until beef is tender and broth is flavorful.

Add water if necessary.

Add the onions, leeks and banana buds.

Season with salt & pepper and patis.

Serve hot with soy sauce, calamansi, and hot chili pepper.

## **BREADED STEAK**

- 1/2 kilo beef (tenderloin)
- 1 tbsp salt
- 1/4 tbsp pepper
- 1 tbsp calamansi juice
- 1 tbsp vetsin
- 1 beaten egg

Cut beef into thin slices. Season with salt, calamansi juice, pepper, and vetsin. Let stand for 1/2 hour.

Dip in beaten egg, roll on bread crumbs. Deep fry until golden brown. Serve with catsup.

## **CHICKEN-PORK ADOBO**

- 1/2 kilo pork
- 1/2 kilo chicken
- 1 cup vinegar
- 2 tbsp salt
- 1 tsp vetsin
- 1/2 tsp pepper (powdered)
- 5-6 cloves garlic, minced
- 2 cups thick coconut milk

Cut pork and chicken into small serving pieces. Put in pan and add all ingredients except coconut milk. Boil for 5 minutes. Drain. Set aside broth.

Fry pork, chicken, and garlic in oil until a little brown. Add broth again, cover and boil. When half cooked, pour in coconut milk. Stir until it boils. Continue cooking until pork and chicken are done.

## **CHICKEN PORK EMBUTIDO**

- 1 kilo ground pork
- 2 cups diced ham
- ½ cup grated carrots
- 1 cup pickle relish
- ½ cup raisins
- ¼ cup green bell pepper (minced)
- ¼ cup red bell pepper (minced)
- 6 whole eggs
- 1 cup grated cheddar cheese
- Pinch of salt & pepper

In a mixing bowl, mix all ingredients well.

Divide into 6-8 portions and roll and wrap in aluminum foil and seal on both ends.

Steam or bake in oven until firm cooked.

Let cool and refrigerate.

Serve chilled and sliced.

## **CHORIZO DE BILBAO**

- 1/2 kilo ground beef meat
- 1/2 kilo ground pork meat
- 1/4 kilo pork fat, cubed
- 1/4 tsp. salitre
- 2 tbsp. fine salt
- 2 tbsp. white sugar
- 3 tsp. ground pepper
- 1 head garlic, minced
- 1/4 cup pimento
- 3/4 cup cooking oil

Brown garlic in oil. Add garlic and oil to ground beef, pork meat, and pork fat. Add the rest of the ingredients and mix well. Fill in casing. The chorizo should be at least 4" long. Keep in refrigerator for 3 days.

On the 4th day, place in pan, cover with water and boil for 10 minutes. Prick with fork to eliminate air bubbles in skin. Drain. Set aside broth. Dry in the sun for a day or dry in the oven with a low heat (200 F) for 2 hours.

Place again in pan. Pour back broth (where chorizos were boiled). Add 3/4 cup cooking oil or shortening. Simmer until sauce dries and only the oil is left. Turn several times while cooking. Cool and arrange in a container with cover. Pour in oil. Keep in the refrigerator.

## **CORNED BEEF**

- 1 kilo beef
- 5 cups water
- 1 cup salt
- 1 tbsp white sugar
- 5 tablets ascorbic acid (500 mgs)
- 1 tsp saltier
- 1 tsp Sodium Nitrite

Cut meat into 1 1/2" cubes. Mix last 6 ingredients. Soak cubed meat in the solution for 7 hours or overnight. Caution: soaking should not exceed 12 hours and sodium nitrite should be used as directed. Too much of this solution is dangerous to the health.

Rinse 3 times in clear water.

Boil in plain water until done. Drain. Throw away broth.

While in strainer, shred meat using 2 forks.

You may then saute your corned beef with minced garlic, onion, and tomatoes.

Add diced potatoes if desired.

## **CRISPY PATA**

- 1 pork's front leg (pata)
- 1 bottle 7 up or sprite (soft drinks)
- 1 1/2 cups water
- 1 tbsp. salt
- 1/2 tsp. baking soda
- 1 tsp. vetsin
- 2 tbsp. patis
- 2 tbsp. flour oil fro frying

Clean pata and slit skin (3-4 slits on both sides) without cutting bone. Place in a deep pan with a tight cover. Add water, 7 Up and salt. Bring to a boil. After 15 minutes, add baking soda. Baking soda will hasten the softening of the pata's skin. Continue cooking. If water dries up and pata is not yet done, add another cup of water. Meat should not be too tender. Drain when done. Hang for 1 day or place in refrigerator overnight to make skin dry.

Before frying, brush with patis and sprinkle with flour generously. Deep fry until crispy and golden brown.

Put off the heat and pour 1/4 cup water. This will make the skin more crispy.

Serve with this sauce:

Vinegar with 2 cloves garlic (crushed), a little salt, pepper and 1 small hot pepper (siling labuyo).

## DINOQUAN

- ½ kilo pork (diced)
- 1/8 kilo pork liver (diced)
- 1 small head of garlic (minced)
- 1 small onion (minced)
- 2 pieces laurel leaves
- 3 tablespoons oil
- ½-cup vinegar
- 3 tablespoons patis (fish sauce)
- 2-cups stock
- 1-cup pig blood (frozen)
- 4 long green peppers
- 2 teaspoons sugar
- 1 teaspoon salt
- ½ teaspoon black pepper

In a pot, simmer pork for 30 minutes and remove scum that rises to the surface.  
Keep stock.

In a casserole, heat oil and saute garlic and onion for a minute.

Add in pork, pork liver, laurel leaves, patis, salt & pepper and saute for another 5 minutes.

Add in vinegar and bring up to a boil without stirring.

Lower heat and allow simmering uncovered until most of the liquid has evaporated.

Add in stock and allow simmering for 5 minutes.

Add in blood, sugar and long green peppers.

Cook for 10 minutes more or until consistency thickens, stirring occasionally to avoid curdling.

Serve hot with puto.

## **EMBUTIDO**

- 1 kilo ground pork
- 2 cups diced ham
- ½ cup grated carrots
- 1 cup pickle relish
- ½ cup raisins
- ¼ cup green bell pepper (minced)
- ¼ cup red bell pepper (minced)
- 6 whole eggs
- 1 cup grated cheddar cheese
- Pinch of salt & pepper

In a mixing bowl, mix all ingredients well.

Divide into 6-8 portions and roll and wrap in aluminum foil and seal on both ends.

Steam or bake in oven until firm cooked.

Let cool and refrigerate.

Serve chilled and sliced.

## **HAM (15 DAYS)**

- 1 kilo pork (thigh or piggi)
- 1 cup salt
- 1 tsp salitre
- 1/2 cup gin
- 1 cup white sugar

Mix salt, salitre, sugar, and gin altogether. Prick pork all over with ice pick or fork and soak in mixture. Soak for 15 days. Kepp in refrigerator, covered with cheese cloth or foil.

Each day, prick and turn meat in its solution.

On the 15th day, wash thoroughly, add a can of pineapple juice (medium-sized can) and boil until meat is tender.

Remove the skin. Sprinkle brown sugar and bake in a preheated oven (350 F) for 10 minutes or until brown.

Instead of baking in oven, you may press a heated kitchen turner (siyanse) on the meat, repeating several times until meat browns.

## **KALDERETANG BAKA**

- 1 kilo beef (for stewing, cut into chunk cubes)
- ½ kilo beef liver (cut to almost the same size as the beef)
- 6 cloves garlic (minced)
- 2 medium onions (diced)
- 6 big tomatoes (quartered)
- 3 big red peppers (diced)
- 3 big green peppers (diced)
- ½ cup pitted green olives
- 4 pieces chili pepper (minced) 1/2 cup olive oil)
- 2 tablespoons tomato paste
- ¾ cup all purpose cream
- ¾ cup grated cheese pinch of salt & pepper to taste
- 3 cups beef stock
- 1 ½ teaspoon cornstarch in little water

In a casserole, saute garlic, onion, tomatoes and all the pepper.

Add in the beef and the liver. Cook for a little while and take out the liver and set aside.

Pour in the stock and tomato paste.

Bring to a boil and lower the fire and let simmer until beef becomes tender.

Season with salt and pepper.

Add in olives, and diluted cornstarch.

Grate liver and add into the mixture.

Allow sauce to thicken and add in cream and grated cheese.

Serve hot

## **KARE KARE**

- ½ kilo beef (tender cut from sirloin or round)
- cut into chunk cubes
- 2 oxtail
- 2 pig hocks
- 7 cups water
- Pinch salt & pepper
- ½ cup oil
- 4 tablespoons atsüete oil
- 2 heads garlic (minced)
- 2 medium sized onions (diced)
- ½ cup bagoong alamang
- 3 cup ground nuts or 4 cups of peanut butter
- ¼ cup ground toasted rice
- 5 pieces eggplant (sliced into rings)
- 1 banana bud (cut to almost proportional to eggplant slices, blanch in boiling water)
- 1 bundle sitaw (string beans) cut to 2" long

In a casserole, boil oxtail, hocks, beef. Lower fire and let simmer until all meat is tender and cooked. Remove all scum that rises to the surface.

Take out the meat, set aside, keep stock for later.

In another casserole, heat oil and atsüete oil and saute garlic, onion and bagoong alamang and toasted rice and nuts (if using nuts)

Add oxtail, hocks and beef, pour in the stock, season with salt and pepper and add peanut butter (if using peanut butter)

Simmer until all flavors are incorporated, then add the vegetables.

Make sure vegetables is well cooked and not soggy.

Serve hot with bagoong with calamansi and chili pepper.

## LENGUA ESTOPADA

- 1 tongue pork (about 1 1/2-2 kilos)
- 2-3 large onions, quartered
- 6 green olives (optional)
- 1/4 kilo pork fat
- 3 tbsp pimento
- 1 small can tomato paste or 2 cans tomato sauce
- 1 tbsp. vetsin
- 1 tsp. pepper (ground)
- 1 tbsp. salt
- 1/2 cup rum
- 2 tbsp. chili sauce
- 2 tbsp. Worcestershire sauce
- 3 bell pepper, red & green (strips)
- 1 small can pineapple juice
- 1/2 cup bread crumbs
- 1 chorizo de bilbao (finely chopped)

To clean tongue, dip in 3 cups boiling water. Let stand for 5 minutes, then scrape white, thick skin. Then wash in clear water.

Place in deep pan, pour water enough to cover tongue. Boil. Lower heat and simmer until half done.

Saute onion and pork fat (in big slices) in butter. When onion is wilted, add all ingredients except bread crumbs. Stir for 3 minutes, then add to tongue.

Continue cooking until tongue becomes tender. You may add more water if sauce dries and meat is not yet done.

Cool. Cut tongue into thin slices. Arrange in serving plate. Thicken sauce with bread crumbs. Pour over sliced tongue.

## **LONGANISA HAMONADO**

- 1 kilo ground pork
- 1/4 kilo pork fat (cubed)
- 1/2 cup white sugar
- 1 1/2 tbsp. fine salt
- 1/2 tsp. salitre
- longanisa casings

Mix all seasoning before adding to the ground pork and fat. The pork should be coarsely ground. Mix by hand.

Fill casings with mixture. Dry in sun for 2-3 hours, then store in refrigerator. After 4 days or more, it is ready to be cooked.

## MECHADO

- 1 kilo beef sirloin (cut into chunk cubes)
- ½-cup pork fat (julienne)
- 6 medium potatoes (quartered)
- 4 onions (quartered)
- 1-cup beef stock
- 2 bay leaves
- 2 pieces red bell pepper (quartered)
- ½ -cup vinegar
- 1-cup tomato puree
- Pinch of salt & pepper
- 2 tablespoons olive oil

Make an incision on each beef chunks and insert porkfat.

In a casserole, place beef, bay leaves, vinegar, tomato puree, salt & pepper and beef stock.

In medium heat, allow simmering until beef is tender.

Add in potatoes, onions, and bell pepper.

When potatoes are fork-soft and sauce has thickened, stir in olive oil.

## **MENUDO**

- ½ kilo pork tenderloin (cut into chunk cubes)
- ¼ kilo pork liver (cut into cubes)
- 4 pieces chorizo Bilbao (sliced to the same size as pork)
- 1 big red bell pepper (diced)
- 1 big green bell pepper (diced)
- 3 big potatoes (peeled, diced and deep fried)
- 1½-cup chickpeas
- ½ -cup raisins
- ½ teaspoon Spanish paprika
- 1 cup stock or water
- Pinch of salt and pepper
- 3 tablespoons oil
- 1 tablespoon atsuetete oil
- 1 small head of garlic (minced)
- 1 medium size onion (diced)
- 2 big tomatoes (diced)
- ½ cup grated cheese

In a casserole, heat cooking oil and atsuetete oil.

Saute garlic, onion, and tomatoes.

Add in pork chunks, pork liver, chorizo bilbao, bellpepper, Spanish paprika and stock.

Simmer until pork is tender.

Add in potatoes, chickpeas, and raisins.

Season to taste.

Finish grated cheese.

Serve hot

## MORCON

- ¼ cup calamansi juice
- ½ cup soy
- Pepper
- 2 kilos beef kalitiran, sliced into 3/4" thick whole sheets
- 1 can sausage, cut into strips
- 3 hard-boiled eggs, sliced lengthwise into quarters
- 1 carrot, sliced into 1/4" thick long strips
- 2 strips pork fat, 1/4" thick
- 2 strips of cheese, 1/4" thick each
- All-purpose flour
- Cooking oil
- 4 cups broth
- Salt and pepper
- Parsley and bell pepper (optional)

Mix together marinade ingredients (calamansi juice, soy sauce and pepper). Place the beef kalitiran on a flat dish and pour in marinade. Set aside for one hour.

Remove the marinated beef and lay on a flat, clean bpardor tray. On one end of each beef arrange the following: strips of sausages, egg, carrot, porkfat and cheese, distributing fillings evenly.

Starting from the end where the fillings are, roll the beef sheets carefully, making sure that all the fillings are intact.

Roll the sheets of beef completely until it reaches the other end.

Truss the rolls using any kitchen twine by using a metal truss and some string to use for twining.

Spread flour on a large sheet pan or on a work table that has been cleaned and dried. Roll the morcon over the flour.

Heat cooking oil in a frying pan. Saute the morcon in oil until it becomes brown on all sides.

Transfer the morcon to a big casserole. Add broth (or stock) and season with salt and pepper. Cover the pan and allow to simmer over low heat until the beef becomes tender (about 2 hours).

When the morcon has cooled down a little, slice it into half an inch slices and serve on a platter with the sauce it was cooked in.

You can add a garnish of peppers and parsley.

Serve hot.

## **NILAGANG BAKA**

- 1 kilo beef (for stewing) cut into chunk cubes
- 4 small onions (diced)
- ½ head garlic (minced)
- pinch of salt and pepper
- 7 medium potatoes (cut to the same size as the beef)
- 10 pieces Chinese cabbage (cut into four)
- 12 pieces Petsay (cut into 3)
- 2 tablespoons patis
- 2 tablespoons oil

In a soup pot, brown garlic and onion.

Add in beef, water and bring to a boil, lower the fire and let simmer until beef is tender for about an hour or two.

Remove all the resulting scum that will rise to the top of the pot and keep the stock clear.

Add potatoes and bring up to a boil to cook potatoes.

Season with salt, pepper and patis.

Lower heat and add in vegetables and cook uncovered.

Serve hot with soy sauce and calamansi to taste.

## **PAKSIW NA LECHON**

- 1 kilo cooked lechon
- 1 cup ready-mixed sauce or 1 can liver spread
- 1 cup vinegar
- 1/2 cup brown sugar (pack)
- 1 tbsp. salt
- 1 tbsp. peppercorn (whole)
- 4 cloves garlic, crushed
- 1 teaspoon vetsin
- 1/2 cup dried oregano
- 1 cup water

Chop lechon into small serving pieces. Put in pan and add all the ingredients. Boil. Lower heat and simmer until lechon skin becomes very soft and sauce thickens.

## **PAKSIW NA PATA**

- 1 pork's leg (chopped)
- 1 gram dried banana blossoms
- 1/2 cup dried oregano leaves or 1/2 tsp. pregano powder
- 1 tbsp. peppercorn (whole)
- 4 gloves garlic, crushed
- 1 cup vinegar
- 2 cups water
- 2 tbsp. soy sauce
- 1 tbsp. salt
- 1/2 brown sugar (pack)

Place pata and all the ingredients in a deep pan with a tight cover. Boil. Lower heat and simmer until meat and skin of the pata is tender and sauce thickens.

## **PIMIENTO LOAF**

- 1 kilo ground pork (double grind)
- 1 tsp fine salt
- 3 tbsp powdered milk
- 1/2 cup red & green pepper (finely chopped)
- 1 cup bread crumbs
- 1 tbsp white sugar
- 3-4 cloves minced garlic
- 1/2 tsp pepper
- 1 tbsp vetsin

Mix all ingredients. Brush bread pan with oil and pack in mixed ingredients. Cover with foil; steam-bake for 1 hour. You may also wrap mixture in 'sinsal' and roll like an 'embutido'. Cool before slicing. Serve with catsup.

## **PINSEC PRITO**

- 1/2 kilo ground pork w/o fat (double grind)
- 1/2 cup grated turnips
- 1 tbsp. chopped spring onions
- 1/2 tsp. salt
- 1 raw egg
- 2 tbsp. soy sauce
- 2 tbsp. cornstarch
- 1 tbsp. vetsin
- 30-40 pcs. siomai wrappers

Mix together all ingredients. Same ingredients as of SIOMAI. The difference is in the way the mixture is wrapped. Place 1 teaspoon of mixture in center of the wrapper, fold once triangle, press and drop one by one in deep boiling oil. Fry until crispy and golden brown.  
Serve with sweet sour sauce.

## **PINEAPPLE-PORK DE LUXE**

- 1 kilo pork (cubed, 1")
- 1 small can pineapple tidbits
- 2 tbsp soy sauce
- 1 tbsp vetsin
- 2 large onions, cubed
- 4 cloves garlic, minced
- 2 tbsp butter or margarine
- 1 tbsp cornstarch
- a few stalks of spring onions

Fry pork and garlic together in butter. Brown a little and add onions. After 3 minutes, season with soy sauce. Stir for another 3 minutes, then pour in pineapple juice (drained from tidbits) and 1/2 cup water. Add vetsin and salt. Cover, simmer over low fire until tender.

Thicken sauce with dissolved cornstarch. Lastly, add pineapple tidbits. When it boils remove immediately from pan. Garnish with spring onions cut 1 1/2" long.

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- 1/2 cup grated turnips
- 1 tbsp. chopped spring onions
- 1/2 tsp. salt
- 1 raw egg
- 2 tbsp. soy sauce
- 2 tbsp. cornstarch
- 1 tbsp. vetsin
- 30-40 pcs. siomai wrappers

Mix together all ingredients. Same ingredients as of SIOMAI. The difference is in the way the mixture is wrapped. Place 1 teaspoon of mixture in center of the wrapper, fold once triangle, press and drop one by one in deep boiling oil. Fry until crispy and golden brown.  
Serve with sweet sour sauce.

## **PORK ASADO (MACAO STYLE)**

- 1 kilo pork chops or spareribs
- 2 tbsp. soy sauce
- 1/2 cup brown sugar (pack)
- 1 tbsp. salt
- 1 tbsp. peppercorns (whole)
- 1 cup water
- 1/2 pc. bay leaf
- 5 cloves garlic, minced
- 1 petal sangue (estrella)
- 4-5 pcs. dried mushrooms (optional)
- 1 tsp. vetsin
- 1/2 cup toasted casay nuts

Boil and simmer pork with all the abovementioned ingredients except casuy nuts. If sauce dries and pork is not yet done, add more water. Boil over low fire until sauce thickens. Add casuy nuts when about to serve. Garnish with parsley or spring onions cut into 2" long sprigs. Best when served with pickled papaya.

## **PORK IN SWEET SOUR SAUCE**

- 1/2 kilo lean pork
- 1 large size onion, quartered
- 3 tomatoes, quartered
- 1 carrot (strips, 2" long)
- 2 bell pepper, red & green (strips)
- 2 stalks celery (1 1/2" long)
- 3-4 cloves garlic, minced
- 1 small can pineapple tidbits
- 1 cup catsup
- 1 tbsp soy sauce
- 1 tbsp cornstarch
- 2 tbsp flour
- 1 tbsp salt
- 1 tbsp vetsin

Cut pork into small serving pieces. Boil in 1 1/2 cup water with a little salt. When tender, drain. Set aside broth to be used later. Sprinkle flour on pork. Fry until golden brown.

Saute` minced garlic until brown. Add altogether onion, tomatoes, celery, carrot, and pepper strips. Stir. After 3 minutes or until half-cooked, add catsup, pineapple tidbits (with syrup), and broth. Thicken with dissolved cornstarch. When it boils pour over fried pork.

## **PORK TIIM**

- 1/2 kilo pork (belly or liempo)
- 1/4 cup soy sauce
- 1/4 cup rice wine
- 2 tbsp. thin strips of ginger
- 1 tbsp. dried shrimps (hibe)
- 1 tsp. vetsin
- 1/2 kilo petsay (Baguio)
- 1 tbsp. cornstarch

Slice pork into long strips, 1/3" thick. Arrange in baking pan, top with hibe (previously soaked in a little water for 1/2 hour) and ginger strips. Pour soy sauce, and rice wine, and sprinkle with vetsin. Steam for 1 hour or more till pork is tender. transfer to serving dish.

Boil pork drippings in a pan; abdd petsay (cut into big pieces). Cook until petsay is half-wilted. Thicken sauce with dissolved cornstarch. Pour over pork and serve hot.

## **SINAMPALUKANG BAKA**

- ½ kilo beef (cut into chunk cubes)
- 2 heads of garlic (crushed)
- 1 onion (diced)
- 5 pieces taro root (quartered)
- 1 piece radish (sliced bias)
- 1 bundle string beans (cut into 1')
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- cup beef stock
- 6-cups of the water used to wash rice
- ½-cup tamarind juice

In a bowl, marinate beef chunks in salt & pepper for an hour.

In a soup pot, heat oil and brown beef.

Add beef stock and rice wash water.

Bring to a boil in low heat until beef is tender.

Add in taro root, radish and string beans.

When vegetable is almost cooked, stir in tamarind juice.

Serve hot.

## **SINIGANG NA BAKA**

- 1 Kilo beef (for stewing, cut into chunk cubes)
- 12 pcs Tamarind (Sampaloc)
- 1 big Onion (diced)
- 6 big tomatoes (quartered)
- 2 pcs Radish (sliced)
- 4 pieces Gabi (peeled & cubed)
- 1 bundle Sitaw Stringbeans (cut into 2" long)
- 1 bundle Kangkong (cut into 2" long)
- Salt and Patis to taste
- 6 cups water

Boil Tamarind to soften. Pound and strain all juices and set aside.

In a casserole, bring beef to a boil, lower fire and simmer for an hour or 2 until beef is tender.

Take out all scum that rises to the surface.

Add onions, tomatoes and Tamarind juice.

Add in gabi, and cook for a few minutes.

Add in string beans (sitaw) and kangkong stalks.

Season with salt and Patis to taste.

Add in kangkong leaves.

Serve hot.

## SISIG

- 1 ½ kilo Pork head
- ¼ cup grilled liver (diced)
- 2 small onions (minced)
- 2 pieces red pepper (minced)
- 1 head garlic (minced)
- 6 pieces hot chili pepper (minced)
- 2 tablespoons oil
- 1 cup vinegar
- 1 ½ tablespoons liquid seasoning
- 1 teaspoon black pepper
- 1 teaspoon brown sugar
- 1 cup beef stock

Grill pork head for to remove hair.

Boil pork head until tender.

Take out all the meat and dice.

In a sauté pan, heat oil and sauté garlic, onion, red pepper, pork meat and liver.

Season with liquid seasoning, black pepper, and brown sugar.

Pour in beef stock and cook until meat is tender and starts to oil again.

Add minced chili pepper last.

Serve on a sizzling plate.

## **SIZZLING STEAK**

Choice of Meat:

Beef - round or pierna

Pork - thigh or piggi

Meat Preparation:

Cut all ligaments or litid on surface. Slice diagonally, 3" thick and slit in middle to make 1 1/2" thick. Pound meat with back of knife or sprinkle with meat tenderizer to make it tender before marinating. You may also use the juice of fresh, unripe papaya as tenderizer.

Cooking Time:

Medium rare or half done - 7 minutes

Well done or fully cooked - 15 minutes

Marinate for at least 1/2 hour in:

- 1/4 cup worcestershire sauce
- 1 tbsp. vetsin
- 1/4 tsp. pepper
- Procedures:

When grilling do not press meat so as not to squeeze out the meat's juice. Brush griller with a little oit before putting on steak. Also brush meat with a little oil before truning to grill its other side.

Meanwhile, while waiting for the steak to cook, heat the steak's stell plate on another stove. Arrange garnishings on palte, so you can immediately transfer steak from the griller to the hot platter. The steak will sizzle when placed on the hot platter. Serve at once.

## SIOMAI

- 1/2 kilo ground pork w/o fat (double grind)
- 1/2 cup grated turnips
- 1 tbsp. chopped spring onions
- 1/2 tsp. salt
- 1 raw egg
- 2 tbsp. soy sauce
- 2 tbsp. cornstarch
- 1 tbsp. vetsin
- 30-40 pcs. siomai wrappers

Mix together all ingredients. Wrap by spoonfuls in wrapper. Brush steamer plate with oil; arrange at least 1 inch apart, so they will not stick together when cooked. Boil water in steamer before placing the before placing the steamer plate. Steam for 30-45 minutes.

Serve with soy sauce and calamansi juice.

## **SPARERIBS With CATSUP**

Choice of Meat:

Kilo pork

Beef spareribs (or Chicken)

Procedures on how to prepare Spareribs:

Rub spareribs with a little salt. Set aside. After 15 minutes pour 1 bottle 7 Up or Sprite over ribs.

Catsup Sauce:

- 1 cup banana catsup
- 1 tbsp. minced garlic
- 3 tbsp. butter or margarine
- 2 minced hot pepper (siling labuyo)
- 1 small piece bay leaf
- 1 tsp. pepper, ground
- 2 onions, finely chopped
- 1 tsp. salt
- 1 tbsp. vetsin
- 2 tbsp. white sugar
- Procedures in Cooking:

Marinate spareribs in sauce for 1 hour or more (or overnight). Heat a little oil in pan. Scrape sauce from spareribs. Fry meat. Brown a little, then pour 1/2 cup of sauce; simmer for 5 minutes. Add the remaining mixture if more sauce is desired. Served Hot.

## **ADOBONG MANOK**

- 1 Kilo Whole chicken (cut into parts) or choice
- cuts of breasts, thighs or wings.
- 1 cup white vinegar
- 1 head garlic (firmly chopped) portioned into two
- 3 pcs. laurel (bay leaves)
- 1 cup water
- 1 teaspoon peppercorn
- 3 tablespoons oil

In a deep skillet, brown chicken in oil.

Add vinegar, soy sauce, first portion of garlic, laurel, peppercorn and water. Bring to a boil, lower the fire and cook uncovered for 10 minutes.

When it gets too dry just add 1/2 cup of water.

Cover and let simmer until chicken becomes tender.

In a deep pan, cook remaining garlic until it becomes soft golden-brown.

Add the chicken and cook until lightly crispy and pour the rest of the adobo sauce.

Serve hot.

## **AFRITADANG MANOK**

- 1 kilo chicken (cut into parts)
- ½ kilo potatoes (peeled and quartered)
- 1 small head of garlic (minced)
- 1 big onion (diced)
- 1 red bell pepper (quartered)
- 1 green bell pepper (quartered)
- 2 cups stock
- 1 cup tomato sauce
- ½ cup breadcrumbs
- Pinch of salt & pepper
- Oil

In a casserole, brown chicken on both sides and set aside.

Sauté garlic and onion.

Pour in the stock and tomato sauce.

Bring to a boil and add in the chicken.

Allow simmering until chicken is cooked.

Add in potatoes and allow cooking.

Add in bell pepper and season with salt & pepper.

Add in breadcrumbs and thicken sauce.

Serve hot.

## **BAKED CHICKEN**

- 1 kilo chicken
- 1 cup pineapple chunks
- 2 tbsp soy sauce
- 1/4 cup white sugar
- 1 tsp vetsin
- 1 tsp salt

Cut chicken into small pieces. Marinate in soy sauce, salt, sugar, and vetsin. Let stand for 1/2 hour. Place in baking pan, pour in pineapple chunks and 1/2 cup of its juice. Bake in oven with 350 F heat for 45 minutes or until done. You may also steam-bake it in ordinary pan (kawali) with a tight cover. Serve with spring onions or parsley as garnishing.

## CHICKEN ALA KIEV

- 5 pcs. chicken breast (pitso)
- 1/2 head garlic, minced
- 1 tbsp. salt
- 1/4 tsp. ground white pepper
- 1 tsp. vetsin frozen butter ofr margarine
- 1/2 cup bread crumbs
- 1 betten egg

Remove skin of chicken breast. Separate meat from the bone. With one chicken breast you can make 2 pieces of "Ala King". Place meat between 2 pieces of wax paper. Pound until spread thinly. You may use minced garlic. Combine salt, vetsin and pepper. Sprinkle on meat.

Rub meat with minced garlic. Combine salt, vestin, and pepper. Sprinkle on meat.

Cut frozen butter into sticks 3/4 " thick and 2 1/2" long. Place 1 piece in the middle of the meat and roll like a drumsticksrim. Be sure the butter is well enveloped in the meat or it will ooze out while being fried.

Cover thoroughly with flour, Dip in beaten egg and roll on bread crumbs. Place in refrigerator for 1 hour to set the coating. Deep-fry for 5 minutes and serve immediately.

Cooking Tip:

Instead of butter, try stuffing a thick of quick-melt cheese in your 'Ala Kiev'.

## **CHICKEN or PORK BARBECUE**

PORK - slice into square but thin pieces.

CHICKEN - cut whole chicken into 4 pieces. Slit thick meat (thigh and breast). Break joints of wings to flatten but do not separate the bones.

Marinate for at least 1/2 day or overnight in the following mixture:

- 1/2 cup tomato or banana catsup
- 2 tbsp sugar
- 1/2 head garlic, crushed
- 1 tsp pepper
- 1 tsp vetsin
- 1/4 cup rum or gin
- 1 tbsp salt
- 1 tbsp soy sauce

Brush pork or chicken with mixture while grilling. Serve with 'papaya atsara', and fried rice.

## **CHICKEN-CABBAGE CURRY**

- 1 cup chicken meat (cooked, shredded)
- 2 tbsp butter or margarine
- 3 tbsp flour
- 1 1/2 tbsp curry powder
- 1 tsp salt
- 1/2 tsp ground pepper
- 3/4 cup evaporated milk (or thick coconut milk)
- 1 small onion, finely chopped
- 1 tsp vetsin
- 1/2 cup water
- 1/2 kilo cabbage shredded

Drop shredded cabbage in boiling water with a little salt. Put off heat. After 3 minutes, drain. Set aside.

Combine flour, salt, pepper, and curry powder. Melt butter in low heat, add flour mixture. Stir. When well blended, gradually add water and continue stirring until mixture is smooth.

Add onion and chicken meat. Cook for 5 minutes. Add milk. Stir until smooth and thickened. Add vetsin.

Spread drained cabbage on plate. Make a hollow in the middle and pour the cooked chicken mixture. Serve hot.

## CHICKEN DRUMSTICK

- 5-6 pcs. chicken legs
- 1/4 kilo ground pork
- 2 slices sweet ham
- 2 pcs. frankfurters or sausage
- 2 eggs
- 1 onion, finely chopped
- 2 tsp. pickle relish
- 2 tbsp. flour
- 1 tsp. vetsin
- 1 tsp. salt
- 1/2 tsp. pepper
- 3 tbsp. bread crumbs
- 1 egg, beaten

Clean chicken legs. Carefully push down skin to the end of the bone. Try not to tear the skin. Scrape meat from bone. Season skin with a little salt and vetsin. Set aside.

Grind or chop finely the chicken meat, ham and sausage. Mix with ground pork, pickle relish, onion, eggs, and flour. Season with vetsin, salt and pepper.

Pack well mixed ingredients around bone with skin holding it. If the skin is torn, wrap with sinals. Dip in beaten egg; roll on bread crumbs. Fry in deep, hot oil until golden brown.

Serve with catsup.

## **CHICKEN with BANANA CATSUP**

- 1 kilo chicken
- 1/4 kilo cabbage (cut into 1 1/2" squares)
- 2 bell peppers (red & green, cut into thick strips)
- 2 stalks celery (1 1/2" long)
- 2 onions (quartered)
- 1 cup banana catsup
- 4 cloves garlic (minced)
- 1 tbsp soy sauce
- salt to taste
- 1/2 cup water

Cut chicken into small pieces. Saute garlic and when brown, add onion. Stir for 3 minutes, then add chicken. Stir for another 3 minutes, put in soy sauce, salt and water. Cover and simmer.

When chicken is almost done, add banana catsup, cabbage, celery, and pepper. Cook until cabbage is wilted. Add vetsin.

## CHICKEN GALANTINA

- 1 big chicken (1 1/2 kilo)
- 2 grams ham, chopped finely or 4 ocs. sausage
- 1/2 kilo ground pork, doubled grind
- 2 eggs, hard cooked
- 6-8 pcs' olives, chopped finely (optional)
- 1 tsp. salt
- 1 tsp. vetsin
- 1/2 tsp. bround white pepper
- 2 carrots cooked whole
- 1/4 cup grated cheese
- 1 1/2 cup fresh bread crunbs

Clean and debone whole chicken. Rub with salt and pepper (in and out). Set aside.

Mix together all ingredients except boiled eggs, whole pickles, and cooked carrots.

Stuff 1/2 of mixture in chicken. Arrange the boiled age, carrots, and whole pickles (all cut into half, lengthwise) on top of mixture. Then, spread remaining mixture.

Do not overstuff chicken or the skin would burst while cooking. Sew opening.

Place stuff chicken in baking pan. Cover with cheese cloth or foil. Use a pan just big enough to pack in chicken so stuffings will be firm when cooked and chicken can easily be sliced evenly. Preheat oven (350 F) for 10 minutes. Bake for 1 hour or until done. To test, prick chicken with toothpick and when toothpick comes out dry, it is then cooked. Cool before slicing.

### SAUCE:

Make a delicious sauce out of the pan-drippings. Add 2 tablespoon grated cheese, thicken with 1 tablespoon dissolved cornstarch. Cook over low fire, string continously until thick and smooth.

### TIP:

Instead of baking in oven, steam-bake Galantina in steamer.

## CHICKEN CALDERETA

- 1 chicken (1 kilo)
- 1 can liver spread or
- 1 cup lechon sauce
- 1 small can tomato sauce
- 3-4 pcs. sweet whole pickles (sliced slanting by, 1/4" thick)
- 1/4 cup pickle sauce
- 2 bell pepper (red & green, strips)
- 3 onions (quartered)
- 4 Frankfurters or sausage (sliced slantingly, 1/4" thick)
- 1/2 head garlic, minced
- 1/4 cup vinegar
- 2 tbsp. soy sauce
- 1 tsp. salt
- 1 tsp. ground pepper

Clean chicken, cut into small serving pieces. marinate in vinegar, soy sauce, salt, pepper, and garlic. Let stand for 1-2 hours. Drain. Fry until a little brown. Put back fried chicken into vinegar mixture, add tomato sauce, pickles, pickle liquid, onions. Cover.

When it starts boiling, lower heat and simmer until chicken is tender. Add the rest of the ingredients, Thicken sauce with liver spread or prepared lechon sauce. Cook for another 10 minutes.

### NOTE:

If you want a more spicy caldereta, add minced siling labuyo and more powdered pepper.

## CHICKEN PAELLA

- 1 kilo chicken (cut into small pcs.)
- 1/4 kilo chicken giblets & liver
- 2 cans tomato sauce
- 2 large onions chopped
- 1/2 head garlic, minced
- 1 pc. bay leaf (laurel)
- 2 bell peppers, red & green (strips)
- 1/2 kilo tahong (cooked in shell)
- 3-4 crabs (cooked, quartered)
- 1 cup sweet green peas
- 2 chorizo de bilbao (sliced diagonally, 1/4' thick)
- 1 tsp. pimenton powder
- 1 tbsp. vetsin
- salt to taste
- 1 hard-cooked egg (garnishing)
- 3 cups rice
- 4-5 cups water

Saute and brown garlic in oil. Stir in half of chopped onions. When wilted, add chicken. Stir until light brown and pour in tomato sauce. Add bay leaf, vetsin, and salt. Cover. Cook until almost done. Add pimenton, stir to blend well with sauce. Then, add pepper strips, tahong, shrimps, peas, chorizo, and crabs. Boil for 10 minutes. Set aside.

This time a big wok or KAWALI. Saute' remaining onions until soft. Add 1 can tomato sauce, water, and rice (previously washed). Stir to blend water with tomato sauce. When it boils, cover, lower heat to medium temperature and continue cooking until rice is cooked.

When done, toss rice with fork to make it fluffy. Then, add 3/4 part of cooked mixture to rice. Increase heat. Mix to blend the cooked mixture and rice evenly. Cook until dries.

Place in a big dish, spread the remaining cooked mixture on top. Garnish with sliced hard-cooked egg and chopped spring onion.

## CHICKEN PASTEL

- 1 chicken (1 kilo)
- 1 pc. chorizo de bilbao, chopped
- 1 big onion, finely chopped
- 1/2 cup butter
- 1 carrot small cubes
- 2 potatoes, medium size cubes
- 1 small can sausage, cubes
- 8-10 pcs. olives (optional)
- 1/2 kilo chicken giblets & liver
- 1 cup evaporated milk
- 1/4 cup flour
- 1 tbsp. salt
- 1 tbsp. vetsin
- 1/2 tsp. ground pepper
- 2 cups chicken broth
- 4 cloves garlic, crushed

Brown garlic in butter. Add onion, chicken (cut into small serving pieces), giblets, liver, and chorizo. Stir for 2 minutes, add 1/2 of broth. Cover; simmer for 10 minutes. Add remaining ingredients. Stir in remaining chicken broth. Lastly, add milk and thicken sauce with dissolved flour.

When chicken is almost done, transfer to baking dish. garnish top with hard-boiled egg (cut into half). Cover with pie crust. Bake at 350 F for 20 minutes or until crust turns golden brown.

### Pastel Crust:

- 4 cups all-purpose-flour (sift 3 times)
- 1 cup shortening or margarine
- 2 tsp. salt
- 1 tbsp. sugar
- 1 cup water

Add salt and sugar to flour. Cut in shortening using two knives. Gradually add water. Mix with hand but do not knead. When well blended, roll out on floured board. Fit on top of prepared 'pastel'. brush with beaten egg yolk or milk.

## CHICKEN TINOLA

- 1 chicken (1 kilo)
- 3 potatoes, quartered or 2 cups quartered upo or sayote
- 1 onion, chopped
- 4 cloves garlic, crushed
- 2 tbsp. ginger strips
- 2 tbsp. patis
- 1 tsp. vetsin
- 4-5 cups rice water
- 1/2 cup young SILI leaves

Clean and cut chicken into small serving pieces. Saute' garlic and ginger until brown. Add onion. When wilted, add chicken. Stir for 3 minutes, pour in patis. Cook for another 3 minutes, then, add 1 cup rice water. Cover and let simmer. When chicken is half done, add potatoes. Pour in the remaining rice water. Cover and simmer until chicken and potatoes are done. Lastly, add vetsin and sili leaves. Let boil for 3 minutes.

Serve hot.

## ROAST CHICKEN

- (With bread stuffing)
- 1 chicken (1 1/2 kilo)
- 1/2 cup soy sauce
- 1 1/2 tbsp calamansi juice
- 1 tsp vetsin
- butter or margarine

Clean whole chicken. Marinate in combined soy sauce, calamansi juice, and vetsin. Set aside for 1 hour.

Pack in bread stuffing and sew opening. Brush with butter. Wrap in aluminum foil with tied at the sides and the neck pushed inside the shoulder. Bake for 1 hour or more (until done) at 325F. Unwrap and continue baking until golden brown. Brush occasionally with butter.

Serve with gravy made from the drippings.

## STEAMED WHITE CHICKEN

- For every 1 kilo chicken
- 1 tbsp vetsin
- 1/2 tsp ground pepper
- 1 cup 7up or sprite
- 2 tbsp ginger strips
- 1/3 cup rhum or gin
- 1 1/2 tbsp sesame oil
- 3-4 stalks spring onions (1" long)
- 3-4 stems kinchay (1" long)

Marinate whole chicken in the mixture for 1 hour or more. Place altogether in a pan and steam until chicken is done. Halfway, add spring onions and kintsay. Thicken broth with 1 tablespoon dissolved conr starch.

Serve whole with the broth in separate sauce bowl. Garnish with parsley and sliced carrots.

## **ADOBONG BANGUS**

- 1 medium sized bangus, sliced
- 4 cloves garlic, minced
- 2 tbsp. soy sauce
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 cup vinegar
- 1/3 cup water
- 1 tsp. vetsin
- cooking oil

Combine all ingredients and marinate bangus in this mixture. Let stand for 1 hour.

Drain fish. Set aside vinegar mixture. Fry fish. When golden brown, set aside and fry garlic. Add vinegar mixture. When it boils, drop in fried bangus. Cook for 10 minutes.

## **ADOBO PUSIT**

- 1 Kilo squid
- ½ cup water
- 1 cup white vinegar
- 1 teaspoon peppercorn
- 1 pinch of salt
- 1 head garlic (roughly chopped)
- 1 medium onion (roughly chopped)
- 3 pieces tomatoes (diced)
- ½ tablespoon sugar (optional)
- 3 tablespoons oil

Wash and clean squid well, making sure the black tint does not burst as it will give bitter taste.

In a deep pan, bring the water to a boil along with the squid, vinegar, pepper and salt until squid is cooked.

Take out the squid, set aside.

Strain the sauce, set aside.

In another pan, saute' garlic, onion and tomatoes.

Add the squid and pour the rest of the sauce.

Add sugar if desired and allow it to thicken or be a little dry in consistency.

Serve hot.

## **ADOBONG TILAPIA**

- 1/2 kilo med. size tilapia
- 5-6 cloves garlic, minced
- 1 cup vinegar
- 1/3 cup water
- 1 tbsp soy sauce
- 1 tbsp salt
- 1 tsp pepper
- 1 tsp vetsin
- 2 tbsp cooking oil

Scrape scales of fish. Clean. Arrange on shallow pan. Add all ingredients. Cover. Let boil, then lower heat and cook for 15 - 20 minutes.

## **BAKED TAHONG**

- 1 kilo fresh large tahongs
- 1/2 cup butter or margarine
- 5 cloves garlic, minced
- 1/2 cup grated cheese
- 1/2 cup bread crumbs

Place tahong on a pan (no water), cover and cook over moderate heat. When shells open up, drain. Remove top shell.

Melt butter, add minced garlic. Stir for 3 minutes. Brush each tahong meat with butter-garlic mixture, top with grated cheese and cover with bread crumbs.

Arrange tahong on a baking sheet. Bake in pre-heated oven with a low heat (250F). Bake for 10 - 15 minutes.

## **BLANCHED FRESH SHRIMPS**

(Hipon Halabos)

Wash shrimps. Cut off whiskers.

Heat water enough to cover shrimps. Add salt and when about to boil, drop shrimps. Add a little sugar.

After 5 minutes cooking, drain shrimps. Add a few drops of cooking oil and toss.

## **BURONG DALAG**

- 1 kilo mudfish (Dalag)
- 2/3 cup salt
- 3 cup cooked rice
- 1 tbsp angkak (herb for coloring)

Scrape scales of fish. Slit at the back from head to tail and spread. Cut into 4 pieces. Clean. Drain and rub with salt. Set aside for 2 hours.

Combine cooked rice, salt and angkak. Pack fish and rice mixture in an earthen jar (Palayok) or a bottle with wide mouth. Cover tightly. Store in the refrigerator.

After one week, you may then saute the 'buro'.

NOTE: Instead of dalag, you may choose tilapia or gurami for your buro.

### **Sauteing Burong Dalag**

Saute minced garlic till brown, add chopped onions and tomatoes. Stir for 3 minutes and add burong dalag with the rice mixture. Add a little water, vetsin. Cook for 10 minutes.

## **BURONG ISDA**

- ½ kilo milkfish or fresh water carp
- (well cleaned and scaled)
- 2 cups cold rice, not burnt
- 100 grams garlic (crushed)
- 100 grams ginger (minced)
- 100 grams red onion (chopped)
- 6 lime wedges
- Pinch of salt and pepper
- ½ cup patis (fish sauce)
- ½ cup white vinegar
- ½ cup water

In a bowl, mix all ingredients by hand, mashing everything well.  
Pour into a big mouthed bottle.

Stick fishes into the bottle.

Seal the bottle well and keep for 1-2 weeks

After 2 weeks the fish should be ready.

## **CAMARON REBOSADO**

- Wash and unshell shrimps. Remove head but leave tail intact. Cut a slit on the back. Marinate in salt, vetsin, and a few drops of calamansi juice. Set aside.
- 1/2 cup all-purpose flour
- 1/2 cup cornstarch
- 2 eggs (medium size)
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/4 cup water

Mix all ingredients until smooth.

Dip shrimps in this dough and drop one by one in boiling oil. If you want 'double-size' shrimps, after cooking halfway, dip again in dough and fry. Hold shrimps by the tail while dipping (first step) to be able to take it out in oil and coat again with dough.

Serve with sweet sour sauce or soy sauce with calamansi juice.

You can turn this recipe into another delicious dish:

## **CARDILLONG BANGUS**

- 1 medium sized bangus, sliced 4-5 pcs
- 1 large onion, sliced
- 2-3 tomatoes, sliced
- 3 cloves garlic, minced
- 1 tbsp patis
- 1 tsp vetsin
- 1 cup water
- 1 egg
- cooking oil

Sprinkle a little salt on bangus. Set aside for 1 hour. Fry until golden brown. Saute garlic until brown, add onion and tomatoes. Add patis. Stir for 3 minutes and pour in water. Season with vetsin. When it boils, add fried bangus. Cook for 5 minutes, then, stir in slightly beaten egg. Serve hot.

## **FISH ASADO**

(Japanese Style)

- 1/2 kilo fish fillet (labahita or any meaty fish)
- 2 tbsp cornstarch
- 1 large onion, quartered
- 5 cloves garlic, minced
- 3-4 stalks leek (cut into 1 1/2 " long) or spring onions
- 1 red bell pepper (strips)
- 2 tbsp soy sauce
- 1 tbsp Worcestershire sauce
- 1/2 tsp ground pepper
- 1 tsp vetsin
- 2 tbsp margarine
- 1/2 cup water

Cut fish into 1" square fillets. Add minced garlic and cornstarch. Fry in butter until golden brown. Pour in soy sauce, Worcestershire sauce and season with pepper and vetsin. Stir in onion. After 5 minutes, add water, stir till sauce thickens. Lastly, add pepper strips and leek. Serve at once.

## FISH ESCABECHE

- 1 large fish (apahap, lapu-lapu or talakitok)
- 1 large onion, thick slices
- 2 red & green bell pepper, strips
- 1 cup grated papaya (unripe)
- 4 cloves garlic, crushed
- 2 tbsp. ginger strips
- 1 cup vinegar
- 1/2 cup water
- 1 tbsp. salt
- 3 tbsp. sugar
- 1 tbsp. cornstarch

Clean fish. Rub salt and let stand for 1-2 hours.

Prepare vinegar sauce. Add salt and sugar to vinegar and boil. Thicken with cornstarch (dissolved). Blend well. Set aside.

Saute' garlic, ginger strips, and onion. Add bell pepper and grated papaya. Saute' until half-cooked.

Fry fish until golden brown. Place in serving dish and while still sizzling hot, top with sauteed mixture and pour on the vinegar sauce. Serve at once.

## **FISH SALAD**

- 1 large fish (apahap or any meaty fish)
- 1/4 kilo shrimps (cooked, chopped)
- 1 cup mayonnaise
- 1/4 cup butter
- 1 tsp. vetsin
- 2 tbsp. sweet pickles (relish)
- salt to taste
- 1 tsp. sugar

Clean fish. Place in pan, cover with 1 cup water, a little salt and butter. Cook for 3 minutes. Drain. Flake meat, pick out bones. Retain the head and tail of fish intact on its big bone as you are going to put back the fish-meat mixture on it.

Mix together the fish meat, chopped shrimps, mayonnaise and seasonings. Pack mixture on the fish skeleton. Chill before serving.

## **FISH SARCIADO**

- 1 large lapu-lapu (apahap or bacoco)
- 3 tbsp. patis
- 1 tsp. vetsin
- 1 tbsp. calamansi juice
- 4 cloves garlic, minced
- 2 onions, chopped finely
- 3-4 tomatoes, chopped finely
- 1/2 cup bread crumbs or cornstarch
- 1/2 tsp. ground pepper
- 2 tbsp. chopped spring onions for garnishing

Scrape scales of fish. Clean. Marinate whole in combined patis, calamansi juice, vetsin, pepper, and minced garlic. Let stand for 3-4 hours (or overnight). Drain. Set aside patis mixture to be used for sauce.

Roll fish in bread crumbs and fry until golden brown. Saute garlic (drained from patis mixture), onion, and tomatoes. Add patis mixture and cook until it thickens.

Place fried fish in serving dish, pour sauted mixture and sauce on top. Sprinkle chopped spring onions.

## **GAMBAS**

- 1/2 kilo frsh shrimps (medium size)
- 1/4 cuo butter or margarine
- 1/2 cup tomato sauce
- 5 cloves garlic, minced
- 1 large onion, finely chopped
- 1 tsp. vetsin
- 1/2 tsp. powdered pepper
- 1 tsp. hot sauce or 1 2 hot pepper (siling labuyo), minced
- 1 tbsp. salt
- 1 tbsp. bread crumbs

Unshell and devein shrimps. Saute and brown garlic in butter. Add onion. Then, add shrimps. Stir for 3 minutes and add all ingredients. Cover. Cook for 5 minutes. Then, thicken with bread crumbs.

## **GALUNGGONG - PINANGAT SA KAMIAS**

- 1/2 kilo fresh galunggong
- 5-6 tomatoes, quartered
- 1 large onion, chopped
- 6-7 large kamias
- 1 tbsp salt
- 1 tbsp patis
- 1 tsp vetsin
- 2 tbsp cooking oil
- 3/4 cup water

Cut off ends of kamias. Slice into halves, lengthwise. Put on a shallow pan, add onion and tomatoes. Pour in water and cooking oil, add patis, salt and vetsin. Arrange galunggong on top of mixtures. Cover and cook for 15-20 minutes over low heat.

## **CAMARON REBOSADO**

Wash and unshell shrimps. Remove head but leave tail intact. Cut a slit on the back. Marinate in salt, vetsin, and a few drops of calamansi juice. Set aside.

- 1/2 cup all-purpose flour
- 1/2 cup cornstarch
- 2 eggs (medium size)
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/4 cup water

Mix all ingredients until smooth.

Dip shrimps in this dough and drop one by one in boiling oil. If you want 'double-size' shrimps, after cooking halfway, dip again in dough and fry. Hold shrimps by the tail while dipping (first step) to be able to take it out in oil and coat again with dough.

Serve with sweet sour sauce or soy sauce with calamansi juice.

You can turn this recipe into another delicious dish:

## **GRILLED SQUIDS**

- fresh large squids
- salt
- calamansi juice
- powdered pepper
- vetsin

Clean squid, slit on one side to spread. Rub with salt, pepper and sprinkle with vetsin. Season with a few drops of calamansi juice. Let stand for 2-3 hours before grilling.

Add 1 tablespoon cooking oil to marinate mixture. Brush squid with this mixture while grilling.

Serve grilled squid with pickled papaya.

## **GINATAANG TILAPIA**

- 6 pieces Tilapia fish (cleaned and scaled)
- 4 cloves garlic (crushed)
- 1 medium red onion (cut into eight)
- 1 red bell pepper (sliced)
- 1 green bell pepper (sliced)
- 1 small ginger (sliced)
- 1 big eggplant (cut into eight)
- 1/2 cup squash (sliced)
- 1 medium ampalaya - bitter gourd - (cut into eight)
- Salt to taste
- 2 cups coconut milk
- 1 cup vinegar

In a casserole, arrange fish and spices.

Pour in vinegar and coconut milk.

Boil for five minutes.

Add squash and eggplant and cook until almost done.

Add onions, red and green peppers and ampalaya (bitter gourd).

Season with salt.

Cook until vegetables are done.

Serve hot with steamed rice.

## **KINILAW NA TUNA**

- 1 kilo fresh tuna (cut into chunk cubes)
- 1 cup vinegar
- ½ cup calamansi juice
- 1 head of garlic (minced)
- 1 big onion (minced)
- 2 tablespoons ginger (minced)
- 3 pieces chili pepper (minced)
- Pinch of salt & pepper
- ½ cup chicharon (ground)

Wash the tuna and drain well.

In a bowl, mix all the ingredients except for chicharon.

Transfer to a serving container and top with chicharon.

Chill and serve.

## LOBSTER TERMIDOR

- 4 pcs. large prawns
- 2 tbsp. butter
- 2 tbsp. flour
- 1 cup evaporated milk
- 1 tsp. salt
- 1 tsp. vetsin
- 3/4 cup grated cheese
- 1 ts. calamansi juice
- 2 tbsp. bread crumbs
- 1 egg yolk
- 1 medium sized onion, finely chopped

Cook prawns in a little water over low fire for 1 hour. Cut shell at the back and scoop out meat. Set aside the shell. Chop meat coarsely.

Saute onion in butter, lower heat and add flour. Stir well. Remove from heat and gradually add milk, egg yolk (slightly beaten), and half of the grated cheese.

Season with salt, vetsin, and calamansi juice. Lastly, add the prawns meat.

Continue cooking until mixture thickens.

Fill prawns shell with cooked mixture, top with bread crumbs and the remaining grated cheese. Bake in preheated oven (375 F). Bake for 20-30 minutes or until topping becomes golden brown.

## **PAKSIW NA BANGUS**

- 3 medium bangus (clean, scaled & halved)
- 2 small ampalaya (quartered)
- 2 small eggplants (quartered)
- 1 small ginger (crushed)
- 4 pieces long green pepper
- 2 cups vinegar
- 1 cup water
- 1 teaspoon patis (fish sauce)

In a casserole, arrange vegetables at the bottom.  
Add in bangus, long green pepper and ginger.  
Pour in vinegar and bring to a boil.  
Lower the heat and pour in water.

## **PAKSIW NA TILAPIA**

- 6 pieces Tilapia fish (cleaned and scaled)
- 1 medium red onion (diced)
- 1 small ginger (quartered)
- 5 small whole okra
- 3 long green peppers (sliced)
- ½ cup vinegar 1 small garlic (crushed)
- ¼ teaspoon soy sauce
- 5 pieces string beans

In a casserole, arrange fish, red onion, ginger, okra, green peppers, string beans and garlic.

Pour in vinegar and soy sauce.

Season with salt.

Cook covered over medium fire for 10-15 minutes.

Serve hot with steamed rice.

## RELLENONG BANGUS

- 1 large size bangus
- 1 onion, chopped finely
- 4 cloves garlic, minced
- 1 small size carrot, small cubes
- 1 box raisins (optional)
- 2 tomatoes, chopped
- 1 raw egg, large
- 1 tsp vetsin
- 1 tsp salt
- 1/2 tsp Worcestershire sauce
- 1 green bell pepper, chopped finely
- 2 tbsp flour
- cooking oil for frying

Scrape fish scales. Clean. Gently pound fish to loosen meat from the skin. Use flat side of a knife in pounding. Break the big bone at the nape and on the tail. Insert the end of the handle of an aluminum kitchen turner (sandok) through the fish neck. Gently scrape down the handle between the meat and the skin. Scrape down to the tail, going around and on the other side of the fish. If you feel the meat is entirely separated from the skin, remove the handle, squeeze and push out meat (with the big bone), starting from the tail going out through the head. This way, you will be able to push out the whole meat without cutting an opening on the skin.

Marinate skin and head of the fish with soy sauce and calamansi juice. Set aside. Boil fish meat in a little water. Drain. Pick out bones. Flake meat.

Saute garlic until brown. Add onion and tomatoes. Stir in fish meat, carrot, and pepper. Season with salt, vetsin, ground pepper, and Worcestershire sauce. Add raisins.

Transfer cooked mixture to a plate. Cook, then, add raw egg and flour. Fill in mixture in bangus skin. Wrap bangus in wilted banana leaves or aluminum foil. Fry. Cool before slicing.

Garnish with sliced fresh tomato, spring onions or parsley. Serve with catsup.

## RELLENONG ALIMANGO

- 8 pieces crabs
- 1 small head of garlic (minced)
- 1 small onion (minced)
- 3 pieces tomatoes (diced)
- 3 pieces potato (boiled, peeled & cubed)
- 4 pieces whole eggs
- Pinch of salt & pepper
- 3 tablespoons olive oil
- Cooking oil

Cook crabs and take out all meat and mince.

Keep the shells and set aside.

In a pan, sauté garlic, onion, and tomatoes.

Add in potatoes and minced crabmeat.

Cook and let cool then add one whole egg to the mixture.

Stuff the shells with the mixture.

In a bowl, whisk 3 whole eggs.

Dip stuffed shells in egg and deep fry.

Serve hot.

## SHRIMP CURRY

- 1/2 kilo fresh shrimps (medium size, shelled)
- 1 1/2 cup thick coconut cream
- 2 onions (coarsely chopped)
- 2 red and green bell pepper, (strips)
- 2 stalks celery (cut into 2" long)
- 3 cloves garlic, crushed
- 2 tbsp curry powder
- 1 tsp vetsin
- 1 tsp pepper (powdered)
- 1 tsp hot sauce
- or 2 3 hot pepper (siling labuyo), minced salt to taste

Saute garlic until brown. Add onions, pepper strips, and celery. Stir for 3 minutes. Pour in coconut cream and add shrimps. Stir until it boils. Add curry powder, season with salt, vetsin, and powdered pepper. Simmer until cream thickens. Substitute to coconut cream - 1/4 cup evaporated milk and 3/4 cup water

## **STEAMED FISH**

(with Mayonnaise)

- 1 large lapulapu or Apahap
- 1 cup mayonnaise
- 2 hard-boiled eggs, chopped
- 1/3 cup minced sweet pickles
- 1 small carrot, cooked, chopped finely
- 2 tbsp spring onions, chopped finely
- salt to taste

Clean whole fish, scrape scales. Rub with salt, vetsin, and sprinkle pepper. Let stand for 1 hour.

Brush fish with butter. Steam for 20-30 minutes. Drain. Place on a serving dish. Cool. Then, coat both sides with mayonnaise. Arrange the chopped garnishings on top. Chill in refrigerator before serving.

On garnishing the fish, you may use your own artistic talent. Either mix together and sprinkle on top of fish or arrange individually by strips on top of fish.

## SUAM NA TAHONG

- 1 kilo large na tahong
- 1 large onion, sliced
- 2 cups diced papaya (unripe)
- 3-4 cloves garlic, minced
- 2 tbsp ginger strips
- 2 tbsp patis
- 1 tsp vetsin
- 4 cups rice water
- salt to taste
- 2 tbsp cooking oil
- young pepper leaves (dahong sili)

Wash tahong drain.

Saute' garlic until brown. Set aside. Brown ginger strips and add onion. Pour in patis. Stir for 3 minutes and add rice water and papaya. Cover and let boil.

When papaya is half cooked, season with vetsin and add tahong. Boil until shells open up. Lastly, add pepper leaves. Serve hot.

## **SINIGANG NA HIPON**

- 1 Kilo Shrimp
- 12 pcs Tamarind (Sampaloc)
- 1 big Onion (diced)
- 3 big tomatoes (quartered)
- 2 pieces Radish (sliced)
- 1 bundle Sitaw (Stringbeans)
- 1 bundle Kangkong (cut into 2" long)
- 3 pieces long green pepper
- 5 cups ricewash or water
- Salt or Patis to taste

Boil Tamarind in rice wash or water to soften. Pound and extract all juices and set aside.

In a casserole, boil rice wash or water, Tamarind juice, onions, tomatoes and Radish.

Lower fire, add in Shrimps, Kangkong, Sitaw and green long pepper. simmer for 5 minutes.

Season with salt and patis.

Serve hot.

## STEAMED LAPU LAPU

- 400 grams Lapu-lapu fish
- 20 grams salt & pepper
- 20 grams butter
- 100 ml fresh milk
- 12 pcs. Quail eggs
- 60 grams sweet green peas (cooked)
- 2 pcs. Calamansi
- 30 grams flour

In a bowl, marinate fish in salt, pepper and calamansi juice for 20 minutes.

Steam fish for 20 minutes.

In a pan, melt butter over low heat, add flour and fresh milk and stir to thicken sauce.

Season w/ salt and pepper (do not boil).

Place fish on a platter and pour sauce over the fish.

Garnish with Quail eggs and sweet green peas.

Serve hot with steamed rice.

## TINUHOG NA HIPON

(Skewed Shrimps)

- 3 pcs. King Prawns (80-90 grams), peeled but tail intact
- 1 piece. Big tomato (sliced into two thick rings)
- 1 piece green bell pepper
- (sliced to almost the same size as the tomato)
- 1 piece red onion (sliced into two thick rounds)
- 1 tablespoon mixed spices
- (even measures of black pepper, paprika and salt).
- 1 tablespoon Calamansi juice
- 1 tablespoon soy sauce

In a bowl, marinate prawns in calamansi juice, soy sauce and spices for 20 minutes.

Skewer alternatively prawns, tomato, onion and bell pepper.

Grill for a few minutes until prawns are cooked.

Serve hot with steamed rice and atchara.

## **TAHONG OMELLETE**

- 1 tahong meat, chopped
- 1 med. sized onion, finely chopped
- 3 cloves garlic, minced
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 med. sized onion, finely chopped
- 1 tsp vetsin
- 3 eggs
- 2 tbsp cooking oil

Saute' garlic until brown. Add onion. Stir in tahong meat and season with salt, pepper, and vetsin. Cook for 3 minutes.

Beat eggs, add sauted tahong. Heat a little oil in pan and pour in mixture. Fry. You can make 2 pcs. omelletes with this mixture. Serve with tomato catsup.