

Filipino Tasting Recipes

Pork / Chicken Adobo

Estimated cooking time: 50 minutes. Adobo is the most popular Filipino dish enjoyed by all classes. Adobo is typically served with steamed white rice.

Adobo Ingredients:

- 2 tablespoons of cooking oil or olive oil
- 1 head garlic, minced
- 1/2 yellow onion, diced
- 1/2 kilo pork cut in cubes + 1/2 kilo chicken, cut into pieces or choice of either 1 kilo of pork or 1 kilo of chicken
- 1/2 cup soy sauce
- 1 cup vinegar
- 2 cups of water
- 1 teaspoon paprika
- 5 bay leaves
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- 2 tablespoons of cooking oil or olive oil
- 2 tablespoons cornstarch
- 1/4 cup cool water
- Salt and pepper to taste
- 3 tablespoons water

Adobo Cooking Instructions:

1. In a Dutch oven, heat 2 tablespoons of oil then sauté the minced garlic and onions.
2. Add the pork and chicken to the pan. Add 2 cups of water, 1/4 cup of soy sauce, vinegar, paprika and the bay leaves. Bring to a boil. Cover and simmer for 30 minutes or when meat is tender.
3. Take the cooked pork and chicken out of the cooking liquid using a slotted spoon and move to a plate. Return any cooking liquid from the meat to the Dutch oven.
4. Strain the cooking liquid through a sieve into a large, Pyrex measuring cup, then return the liquid to the Dutch oven. (Discard the bay leaves and anything else the sieve catches.)
5. Dissolve cornstarch in 1/4 cup cool water. Add this mixture to the cooking liquid and stir. Heat the liquid, stirring constantly, until mixture thickens.
6. Meanwhile.... in a non-stick skillet, heat 2 more tablespoons of cooking oil. Brown the pork and chicken for a few minutes.
7. Add the browned pork and chicken to the sauce.
8. Add salt and/or pepper if desired
9. Simmer for an additional 5 minutes, allowing flavors to blend. Serve hot with the adobo gravy and rice.

Adobo Cooking Tips:

You have the option to add crushed ginger to the onions and garlic when sautéing. Ginger adds a unique flavor to your pork/chicken adobo.

<http://www.filipinofoodrecipes.net/adobo.htm>

Pianono (Coco-Choco Roll)

6-8 Servings

INGREDIENTS:

- 1/4 cup butter
- 1/3 cup ground unsalted almonds
- 1 cup coconut flakes
- 12-ounce can condensed milk
- 1 cup sifted flour
- 1/3 cup cocoa
- 1/4 teaspoon salt
- 1 teaspoon baking soda
- 1 cup sugar
- 3 eggs, separated
- 1/3 cup cold water
- 1 teaspoon vanilla
- confectioner's sugar

1. Line a 10-by-15-inch jelly-roll pan with foil. Preheat oven to 375F.
2. Melt butter and pour into foiled pan.
3. Mix nuts and coconut flakes and sprinkle evenly in pan.
4. Drizzle with condensed milk.
5. Sift together flour, cocoa, salt, baking soda and sugar.
6. Beat egg yolks in bowl until fluffy.
7. Blend sifted dry ingredients, water and vanilla and beat for another minute.
8. Beat egg whites separately until stiff & fold into mixture.
9. Pour into pan, bake for 20 minutes or until cake is done.
10. Immediately turn cake out on to clean linen towel sprinkled with confectioner's sugar. Roll cake up in jelly-roll fashion and to set until cool.
11. Transfer to a serving platter and sprinkle with more confectioner's sugar.
12. Slice with serrated knife to serve.

Recipe Courtesy of www.RecipesofNanayHelen.com

Sinangag Fried Rice

Estimated preparation & cooking time: 30 minutes

Fried Rice Ingredients:

- 5 to 6 cups of "cold" steamed rice
- 1 head garlic, crushed then minced
- 1 fried scrambled egg, chopped
- 1/2 cup of any cooked meat: ham, sausage, bacon, shredded fried chicken, beef, etc., cut into small pieces or slices
- 1/4 cup, cooking oil
- Salt to taste

Sinangag Cooking Instructions:

1. In a big wok or frying pan, heat cooking oil.
2. Fry minced garlic until golden brown, set aside.
3. Add rice and continue mixing for 5 minutes.
4. Add the scrambled egg and meat.
5. Season with salt, mix well.
6. Serve on a big platter while hot.
7. Top fried rice with the fried garlic.

Fried Rice Cooking Tips:

You may add any or all of the following to fried rice: 1/4 cup of cooked green peas, 2 tablespoons of sesame oil or peanut oil for flavor, or chopped spring onions. Leftover steamed rice kept in the refrigerator for a couple of hours or overnight is best used for fried rice.

<http://www.filipinofoodrecipes.net/fried-rice.htm>

Gulo Gulong Kamot

(Deep Fried Sweet Potato) 48 each

INGREDIENTS:

1 cup flour
2 teaspoons baking powder
1 tablespoon sugar
1/4 teaspoon salt
1 egg
2 cups mashed cooked sweet potatoes
1/4 cup milk

1 cup cooking oil

1 cup sugar

1. Mix together flour, baking powder, sugar and salt.
2. Add egg, sweet potatoes and milk.
3. Drop small spoonfuls of batter into hot oil and deep fry.
4. Drain and sprinkle with sugar to coat before serving.

Recipe Courtesy of www.RecipesofNanayHelen.com

Mais Guisado (Sautéed Corn)

4 Servings

INGREDIENTS:

2 tablespoons cooking oil
1 tablespoon finely minced garlic
1/4 cup minced onion
1/2 cup chicken broth
3 cups corn (canned, frozen or fresh)
salt or patis and freshly ground pepper to taste
1/2 pound spinach
1/2 pound shrimp, shelled, deveined, & cut into small pieces

1. Heat oil in a medium pot.
2. Sauté garlic until light brown and onion until transparent.
3. Add chicken broth, season with salt or patis and pepper.
4. Bring to a boil. Add corn and simmer until corn is cooked.
5. Add spinach and simmer for 3 minutes.
6. Add shrimp, cook just until shrimp turns pink.
7. Serve hot.

Recipe Courtesy of www.RecipesofNanayHelen.com

Misuang Manok (Chicken with Noodles)

4 Servings

INGREDIENTS:

3 tablespoons cooking oil
2 tablespoons crushed garlic
1/4 cup sliced onion
1- 2 lbs. chicken, cut into serving pieces
2 tablespoons patis or 1 tablespoon salt
1/4 teaspoon pepper
6 cups water
2 packs misua or 1 pkg angel hair pasta
1/4 cup scallions or green onions

1. In large dutch oven, sauté garlic & onion in oil until golden.
2. Add chicken, patis or salt and pepper.
3. Brown chicken on all sides.
4. Add water, bring to a boil. Then reduce heat and simmer until chicken is cooked.
5. Remove chicken from cooking broth, cool.
6. Remove chicken meat from bones, shred meat and set aside.
7. Strain cooking broth, return to Dutch oven, bring to a boil.
8. Add misua noodles or angel hair and cook till noodles are tender.
9. Stir in shredded chicken.
10. Sprinkle with scallions before serving.
11. Serve hot.

Recipe Courtesy of www.RecipesofNanayHelen.com

Pipino Salad (Cucumber Salad)

4 Servings

INGREDIENTS:

2 medium-size cucumbers
1 teaspoon salt
1/8 teaspoon freshly ground pepper
1 tablespoon sugar
1 tablespoon finely minced ginger
1/4 cup red wine vinegar
lettuce leaves and tomato slices for garnish

1. Wash, thoroughly dry and slice cucumbers thin.
2. Combine salt, pepper, sugar, ginger and red wine vinegar.
3. Mix well with the cucumber slices.
4. Refrigerate for an hour before serving.
5. Serve on lettuce leaves. Garnish with tomato slices.

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