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THIS IS PANSIT PALABOK

Noodles are traditionally a symbol of long life and good health. Wherever you are in the world, you can celebrate Pinoy tradition with this classic dish. Use any smoked fish or even canned tuna for this recipe. If annatto seeds (achuete) is not available, try to look for annatto powder. Check our full recipe at the back.

JANUARY

2016

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THIS IS KARE KARE

Enjoy this favorite Pinoy dish even when you are abroad. There are easy substitutes to traditional ingredients. Use spinach instead of pechay or chinese cabbage, and annatto powder instead of annatto seeds. Simple and easy recipe at the back.

FEBRUARY

2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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THIS IS PORK SISIG

Invite your Filipino friends over and enjoy this dish over drinks and pleasant conversations. Traditionally made using pork ear or cheek, we made this recipe easier to do by using pork shoulder or commonly known in Filipino markets as kasim. Full recipe at the back.

MARCH

2016

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THIS IS GISING GISING

This is a delicious and easy to prepare dish. Pair it with fried fish and lots of steamed rice for a truly Filipino meal. See the full recipe at last pages of this calendar.

APRIL

2016

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THIS IS PASTILLAS DE LECHE

This classic 3 ingredient dessert is a treat for your sweet tooth. Prepare it for dessert this weekend. Easy recipe at the back. Check it out.

MAY

2016

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THIS IS HALO HALO

Relive your happy summers in the Philippines. You can prepare this classic dish with ingredients you can find abroad. Check out full recipe at the back.

JUNE

2016

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THIS IS GINATAANG BILO-BILO

This is traditional Filipino comfort food at its best. Make the bilo bilo with our simple and easy tips. Check out full recipe at the end of the calendar.

JULY

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THIS IS CHICKEN INASAL

This is a classic dish from Bacolod. Prepare it wherever you are with easy substitutes: replace coconut vinegar with distilled white vinegar or apple cider, and trade in fresh lemongrass with lemon rind and dried lime leaves. Check out full recipe at the last few pages of the calendar.

AUGUST

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THIS IS VEGETABLE ACHARA

A good accompaniment to any dish. If you can't find green papaya then jicama (singkamas) or any crunchy vegetable can be a good replacement. Prepare it this weekend by following the full recipe at the last few pages of this calendar.

SEPTEMBER

2016

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THIS IS BEEF KALDERETA

You don't need to be a chef to prepare this special family dish.
Check out full recipe at the back of the calendar.

OCTOBER

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THIS IS LUMPIANG SARIWA

You can enjoy this dish with or without the wrapper. Or you can also serve it on top of romaine lettuce instead. So easy!
Prepare this in a few easy steps with the full recipe at the back of the calendar.

NOVEMBER

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THIS IS MORCON

Morcon spells Filipino family celebrations. A tip in preparing this dish: make sure to secure your meat roll securely with kitchen twine sealing the edges so that the filling, especially the cheese, do not ooze out during cooking. Check out the full recipe at the back.

DECEMBER

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PANSIT PALABOK



Ingredients:
200 grams rice noodles (bihon), cooked
½ kilo medium-sized shrimps, boiled then peeled, heads reserved
For the Sauce:
2 tablespoons vegetable oil
4 tablespoons flour
1 tablespoon annatto powder
3 cups shrimp stock
2 tablespoons fish sauce
½ teaspoon ground black pepper
2 tablespoons vegetable oil
½ cup flaked smoked fish
½ cup crushed pork rind (chicharon)
2 hard boiled eggs, sliced
Sliced lemon or calamansi, fried garlic chips and green onions for garnish

Procedure:

1. Boil shrimps in 4 cups water until they curl. Reserve stock. Peel shrimps, reserving the heads. Chop heads and place back into the reserved stock.
2. Boil stock and let simmer for about 10 minutes. Strain using a fine sieve and discard shrimp heads.
3. Heat oil in a saucepan. Add flour and sauté briefly in low heat until slightly toasted. Add in annatto powder, and shrimp stock, stirring constantly to achieve a smooth sauce. Season to taste with fish sauce and ground black pepper.
4. To assemble: Place noodles on a serving plate and pour sauce over it. Top with peeled shrimp, flaked smoked fish, crushed chicharon, hard boiled eggs, garlic chips and green onions. Serve with sliced lemon or calamansi.

Tips:

- Annatto is a condiment used in cooking to impart a yellow-orange color to a dish. You can use either the seeds or the more convenient powder form. The seeds need to be added to hot oil or water to extract its color while the annatto powder is ready to use. If you can't find annatto or achiote in your country, use a combination of paprika and turmeric or egg yellow food coloring to this recipe.
- Make annatto oil by mixing 1/2 teaspoon annatto powder in 3 tablespoons warm oil until color is evenly distributed.
- You can use any smoked fish, even canned smoked tuna for this recipe. Flake into small pieces and cook in oil until slightly toasted before using.

KARE KARE



Ingredients:
1 kilo beef shank
2 tablespoons annatto oil
¼ cup finely chopped onions
2 cloves garlic, minced
¼ cup creamy peanut butter
2 tablespoons rice flour
2 cups beef broth
1 cup eggplant, sliced diagonally
1 cup string beans, cut into 2 – 3 inch long pieces
A handful of pechay or Chinese cabbage

Procedure:

1. Simmer beef shank in a pot of salted water until fork tender. Set aside, reserve stock.
2. Prepare the sauce. Heat annatto oil in a pan and sauté onions until fragrant. Add in garlic and sauté until softened.
3. Add rice flour and toast slightly. Add in beef broth and peanut butter and whisk until thickened. Season to taste with salt and pepper.
4. Return beef to pot and simmer until tender. Add in eggplant and string beans and cook for about 8 minutes. Lastly, add in Chinese cabbage. Simmer once then serve.

Tip:

- Pechay or Chinese cabbage may not be available worldwide. As a substitute, use spinach leaves instead.

PORK SISIG



Ingredients
500 grams pork shoulder (kasim)
2 teaspoons salt
1 teaspoon whole black peppercorns
2 pieces bay leaf, crushed
150 grams pork liver, grilled then chopped into small pieces
1 large red onion, chopped
2 pieces long green chili, seeded and sliced
1 piece bird's eye chili, seeded and sliced
1 cup heavy cream
1 ½ tablespoons soy sauce
¼ teaspoon black pepper
1 egg (optional)

Procedure:

1. In a pot of water, boil together pork shoulder with salt, whole peppercorns and bay leaf until fork tender. Chop into small bite-sized pieces then set aside.
2. In a non-stick pan, heat oil and sauté onions until translucent. Add in chopped meat and liver. Saute for 10-12 minutes until slightly toasted then add in sliced chilis and sauté for 1 – 2 minutes.
3. Add in heavy cream, soy sauce and black pepper. Adjust seasoning as needed. Cook until mixture is slightly dry. Serve with lemon or calamansi.

Tips:

- Adjust spice level according to your tolerance. Sisig is normally prepared using a combination of green chili (sili sigang) and red chili (siling labuyo).
- Traditionally made using pork ear or cheek, we made this easier to do by using pork shoulder or commonly known in Filipino markets as kasim.

GISING GISING



Ingredients:
3 tablespoons oil
1 small onion, chopped
2 cloves garlic, chopped
200 grams ground pork
1 piece long green chili, sliced
½ piece bird's eye chili, chopped
300 grams green beans, sliced diagonally and thinly
1/2 cup coconut milk
¼ cup coconut cream
Fish sauce
Salt and pepper to taste

Procedure:

1. Saute garlic and onions in oil until softened. Add in ground pork and cook until meat is brown.
2. Add in red and green chilis. Stir for about 20 seconds then add in green beans. Cook for 2 to 3 minutes then add in coconut milk. Simmer until vegetables are tender.
3. Add in coconut cream. Season to taste with salt, pepper and fish sauce.

Tip:

- If you can find shrimp paste (bagoong) where you are, you may add 2 tablespoons before adding the pork for added flavor.

PASTILLAS DE LECHE



Ingredients:
2 1/2 cups powdered milk
1 cup condensed milk
White sugar for coating

Procedure:

1. Toast powdered milk in a shallow non-stick pan about 3-5 minutes. Add in condensed milk and mix well until combined.
2. Take 1 tablespoon of the mixture and form into balls then roll into logs. Coat in sugar and wrap in a sheet of grease proof paper before wrapping as desired.

Tip:

- Use the best powdered milk you can get. Use the full cream version unless a lighter option is preferred, then skim milk powder may be used as a substitute.

HALO HALO



Ingredients:
2 tablespoons sweetened red mung beans
2 tablespoons sweetened white beans
2 tablespoons green palm nuts (ka-ong)
2 tablespoons red colored jelly cubes (gulaman)
1 piece sweetened plantains, sliced
1 tablespoon sweetened coconut sport (macapuno)
1 tablespoon ube jam (ube halaya)
1 cube leche flan
1 scoop ice cream
Crushed or shaved ice
1/2 cup evaporated milk

Procedure:

1. Arrange crushed ice in a bowl or glass. Arrange all 9 toppings on top of the crushed ice. Finish with a scoop of ice cream.
2. Serve immediately with evaporated milk on the side.

Tips:

- Most of the items for halo-halo are bottled and ready to use.
- Leche flan is crème caramel or caramel pudding, a custard dessert which is readily available in supermarkets.
- Ube halaya is a bottled jam made from boiled and mashed purple yam. You may choose to omit this if not available.
- Make sweetened bananas by boiling 1 part brown sugar to 1 part water. Cook bananas until slightly soft and syrup has thickened.

GINATAANG BILO-BILO



Ingredients
20 pieces bilo bilo (see procedure below)
2 cups coconut milk
1/2 cup water
1/2 - 3/4 cup white sugar
1/2 teaspoon salt
2 pieces pandan leaves
1/2 cup bottled sweetened jackfruit, cut into strips
1/2 cup cooked small tapioca

Procedure:

1. Bring a small saucepan of water to a boil. Drop bilo bilo one by one into the hot water and cook for about 10 minutes or until it floats to the surface. Remove from pan and set aside.
2. In another saucepan, mix the coconut milk, water, white sugar, salt and pandan leaves. Bring to a boil and simmer. Adjust sweetness as desired.
3. Add in sweetened jackfruit and simmer. Cook for about 5 minutes then add in cooked sago and pre-boiled bilo bilo. Cook for 4 – 5 minutes more. Serve hot.

To make Bilobilo – Bilobilo:

1. Combine 1 cup glutinous rice flour with 1/2 cup warm water. At this point, you can add flavor and color to your bilo bilo with food coloring or flavoring.
2. Scoop 1/2 tablespoons portion of the mixture and shape into balls. You can freeze this for later use.

Tips:

1. If pandan leaf is not available, substitute with 1/2 teaspoon pandan essence. You may also substitute with vanilla flavoring.
2. Jackfruit may be substituted with fresh mango or plantains if desired.

CHICKEN INASAL



Ingredients:
1 kilo chicken leg quarters, slitted

For the marinade:
2 tablespoons minced ginger
1 head garlic, minced
2 stalks lemongrass, chopped
1 cup coconut vinegar
Rind and juice of 1 lemon
1 tablespoon salt
1/4 cup brown sugar
1/2 tablespoon ground black pepper

Basting Sauce:
1/2 cup softened margarine
3 tablespoons annatto oil
1/4 teaspoon salt

Procedure:

1. Mix together all ingredients for the marinade and pour over the chicken leg quarters. Let sit for 4 hours or overnight.
2. Mix together all ingredients for the basting sauce. Remove legs from marinade and place on a hot grill pan or a grill to cook, basting with the annatto oil frequently to keep the chicken moist.
3. Cook for 25 to 30 minutes or until cooked through. Serve chicken hot off the grill with calamansi, soy sauce and extra chili on the side

Tips:

- Slit the meat at the back of the chicken leg quarter, exposing the bone of the drumstick for a quicker, more even and an easier time on the grill.
- Coconut vinegar is traditionally used to make chicken inasal. When not available, substitute with distilled white vinegar or apple cider vinegar.
- If fresh lemongrass is not readily available, substitute with the dried kind. If neither is available, the rind of 1 piece of lemon (included in the ingredients above) is already a close substitute. Add fresh or dried lime leaves for a more citrusy aroma.

VEGETABLE ACHARA



Ingredients:

- 1 ½ cups coarsely grated jicama (singkamas)
- ¾ cup coarsely grated carrots
- ½ cup red and green bell peppers, cut into thin strips
- 7 pieces shallots, peeled then halved
- ¾ cup cane or distilled white vinegar
- ¾ cup white sugar
- ½ tsp fine salt

Procedure:

1. Combine first 4 ingredients in a mixing bowl and toss to distribute vegetables evenly.
2. Bring vinegar, sugar and salt to a boil. Let mixture cool for about 20 minutes.
3. Fill a sterilized bottle with vegetable mixture until ¾ full. Pour syrup in bottle until almost full. Let cool before sealing.

Tips:

- Jicama (singkamas) is a good substitute for green papaya when the latter is not available.
- To sterilize bottles, place empty unsealed and washed bottles and caps in a pot of boiling water and boil for 15-20 minutes. Invert on a clean towel to dry before using.

BEEF KALDERETA



Ingredients:

- 1 kilo beef round, cut into chunks
- ¼ cup calamansi juice
- ¼ cup soy sauce
- ¼ teaspoon ground black pepper
- 3 cloves garlic, minced
- 2 tablespoons olive oil
- 1 piece medium onion, sliced
- 1 piece bird's eye chili (siling labuyo), sliced
- 3 tablespoons liver spread
- 2 tablespoons tomato paste
- 1 cup tomato sauce
- 1 ¼ cups water
- 2 pieces bay leaves
- 2 pieces potatoes, cut into chunks
- ¼ cup each red and green bell peppers, cut into strips
- ½ cup green peas
- ¼ cup grated cheese

Procedure:

1. Marinate beef cubes in calamansi juice, soy sauce, pepper and garlic for 20-30 minutes. Drain and reserve marinade.
2. In a deep pan, heat olive oil and add in marinated meat. Sear and cook until brown on all sides. Add in onions, chili, liver spread and tomato paste. Stir briefly for 2 – 3 minutes before adding tomato sauce, water, bay leaves and leftover marinade. Mix well.
3. Bring to a boil and simmer until meat is tender about 30 minutes.
4. Add in potatoes and bell peppers. When potatoes are soft, add in green peas and grated cheese and stir until cheese has melted.

Tip:

Calamansi juice in the marinade may be substituted with lime or lemon juice. Marinating beef is important to tenderize the meat and give it additional flavor.

LUMPIANG SARIWA



Ingredients:

For the Wrapper:

- 1 cup all-purpose flour
- 2 pieces large eggs
- 2 tablespoons butter, melted
- ¼ teaspoon salt
- 1 ¼ cups milk

For the Sauce:

- 2 tablespoons soy sauce
- ½ cup brown sugar
- 2 cups water
- ½ piece pork broth cube
- 1 ½ tablespoons garlic, minced
- 2 tablespoons cornstarch, dissolved in water
- 3 tablespoons annatto oil (see Palabok recipe for annatto oil)
- 1 ½ cups green beans, cut into 2 inch strips
- 1 ½ cups jicama, cut into 2 inch strips
- 1 cup carrots, cut into 2 inch strips
- 1 cup sweet potato, cut into 2 inch strips
- 1 piece tofu, deep fried then cut into strips ½ cup water
- 2 teaspoons fish sauce
- Chopped peanuts for garnish

Procedure:

1. Mix together all ingredients for the wrapper until smooth. Heat a Teflon coated pan and pour ¼ cup of the batter into the pan. Swirl immediately to coat the entire pan and cook both sides until done. Repeat with the rest of the batter. Set aside.
2. Mix together all ingredients for the sauce and bring to a boil.
3. Heat annatto oil in a pan and sauté vegetables one by one until half-cooked. Add in fried tofu and water and simmer until vegetables are fully cooked. Season to taste with fish sauce.
4. Arrange the dish by placing a piece of wrapper on a plate. Spoon about ½ cup of the vegetable mixture in the middle. Roll, sealing the sides then transfer to a plate. Spoon sauce over the roll then top with crushed peanuts.

Tip:

- Pressed for time? You can also enjoy this dish minus the wrapper and serve it on top of romaine lettuce instead.

MORCON



Ingredients:

- 1 700 - 800 g piece of beef round, sliced into a ¼ inch thick sheet

Marinade:

- 1 ½ tablespoons calamansi juice
- ¼ cup soy sauce
- 3 cloves garlic, crushed
- ⅛ teaspoon pepper

Stuffing:

- 1 piece egg hard boiled and quartered
- 2 pieces sausage/ hotdog cut into strips
- 1 small carrot cut into 2" thick strips
- 2 whole pickles cut into 2" strips
- 1 small bar cheddar cheese cut into 2" strips

Sauce:

- 3 cloves garlic, crushed
- 1 small piece of onion, sliced
- 2 cups tomato sauce
- 3 cups water
- 1 piece laurel leaf

Procedure:

1. Mix together all ingredients for marinade and marinate meat for 20-30 minutes.
2. Drain meat and reserve marinade. Arrange stuffing ingredients, filling the middle part of the meat. Roll and tie with a kitchen twine to secure.
3. In a hot pan, sear meat until brown on all sides. Set aside.
4. In the same pan, saute garlic and onions in oil until softened. Pour in tomato sauce, water and remaining marinade. Season to taste with salt and pepper.
- 5 Add in morcon and cook until tender, about 40 – 50 minutes. Remove rolled meat from pan and slice into serving pieces. Arrange on a platter and pour sauce over.

Tip:

Make sure to secure your meat roll securely with kitchen twine sealing the edges so that the filling, especially the cheese, do not ooze out during cooking.