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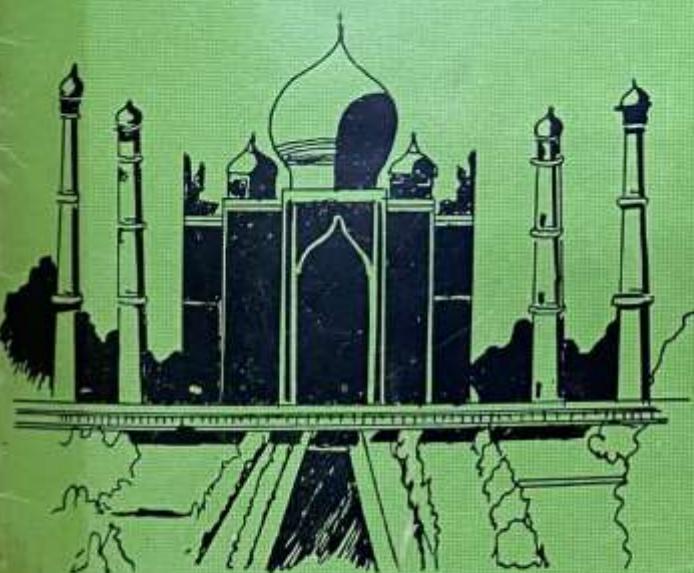
CHINA



MALAYSIA



THAILAND



INDIA

AUTHENTIC ORIENTAL COOKERY

Compiled and edited by:

Mrs. Leonora N. Panlasigui
Chairman, Authentic Oriental
Cookery Short Term Course

Miss Annabella Castro
Co-Chairman, Authentic Oriental
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HANDY EQUIVALENTS

| | | |
|-------|---|--------|
| 1 T | = | 3 t |
| 2 T | = | 1 oz |
| 16 T | = | 1 c |
| 2 c | = | 1 pt |
| 4 c | = | 1 qt |
| 30 g | = | 1 oz |
| 16 oz | = | 1 lb |
| 1 lb | = | 454 g |
| 1 Kg | = | 2.2 lb |

ABBREVIATIONS

| | | |
|------|---|----------------------|
| T | = | tablespoon |
| t | = | teaspoon |
| c | = | cup |
| pt | = | pint |
| qt | = | quart |
| gm | = | gram |
| oz | = | ounce |
| lb | = | pound |
| Kg | = | kilogram |
| in | = | inch |
| sm | = | small |
| med. | = | medium |
| pc | = | piece |
| AP | = | all purpose |
| MSG | = | Monosodium glutanate |

SUBSTITUTIONS

| | | |
|----------------|---|---|
| 1 T flour | = | 1/2 T cornstarch or gawgaw |
| 1 c cake flour | = | 7/8 c all-purpose flour or 1 c all-purpose-flour minus 2 T |
| 1 whole egg | = | 3 T cocoa plus 1 T fat |
| 1 oz chocolate | = | 2 egg yolks as thickening agent |
| 1 c whole milk | = | 1/2 c evaporated milk plus 1/2 c water |
| 1 c butter | = | 1 c margarine or 7/8 c lard plus 1/2 t salt. |

PURCHASING GUIDE FOR COMMON FOODS

| | | | |
|----------------------------|--------------|---|------------|
| Butter or butter compound: | 1/2 lb stick | = | 1 cup |
| Eggs, large: | 1 cup whole | = | 5 eggs |
| | 1 cup white | = | 8 eggs |
| | 1 cup yolks | = | 12 eggs |
| Flour, A.P. | 1 pound | = | 4 cups |
| Flour, cake | 1 pound | = | 4-3/4 cups |
| Sugar, white | 1 pound | = | 2-1/4 cups |
| Milk, tall can | 14½ ozs | = | 1-2/3 cups |

Courtesy of "Filipino Cooking for all ages and all occasions"
by M. Guzman
JMC Press 1972

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PREFACE

Since 1968, the Department of Food Science and Nutrition (FSN) of the U.P. College of Home Economics had been conducting short-term courses, conferences, seminars and workshops on the different areas of interest in the field of Foods. Such activities had been conducted during summer vacation, Saturdays of the regular semesters or within the semestral break. The Committee responsible for these programs was formerly called the FSN Seminar Committee and lately re-named the FSN Continuing Education Program (CEP) Committee.

True to its name the FSN CEP had been involved in activities which could provide additional training to people who had earlier been exposed or interested in some basic areas related to foods. In some cases participants who had minimal background in foods joined the program simply to learn something new which they could hopefully adapt later for the betterment of their homes and families. At other instances, participants translate his acquired knowledge to their friends, neighbors and students, resulting in the so-called "multiplier-effect"; i.e. the learning process of one being spread to many others.

At this very time of writing the Committee boasts of having trained no less than 500 participants since its start. It had been very gratifying to hear many of those trained coming back either for more courses or to request for additional materials or to report the success of their work. A number had actually gone into small scale industries of their own; while many others have become very happy and gratified housewives practicing their learnings at home; while still others have earned promotions either as employees or as teachers in their respective institutions.

The course on "Oriental Cookery" is one of the twenty different undertakings of FSN CEP (formerly FSN Seminar) since 1968. The book herein printed is part of the work of the workshop course Co-Chairmen Mrs. Leonora Panlasigui and Miss Annabella Castro. There are other monographs printed on the different courses already offered. A listing is available on request at the Department of Food Science and Nutrition, U.P. College of Home Economics.

November, 1973

MIFLORA M. GATCHALIAN
Chairman, FSN CEP

INTRODUCTION

IF YOU TRAVEL from one country to the other, what usually impress you most are the wide variety of costumes and peoples, languages and scenic loveliness of places. This variety extends also to the food of the country. Acquiring typical foreign recipes and developing basic skills in cooking them are indeed worthwhile. Such skills can be acquired even without being in these different countries. This year's short course in authentic oriental cookery, designed to meet this objective, has compiled a number of recipes representative of different countries of the orient. Eight countries are represented in this short course—China, India, Iran, Japan, Korea, Malaysia, Thailand and Vietnam. Recipes typical of these countries are included in this compilation.

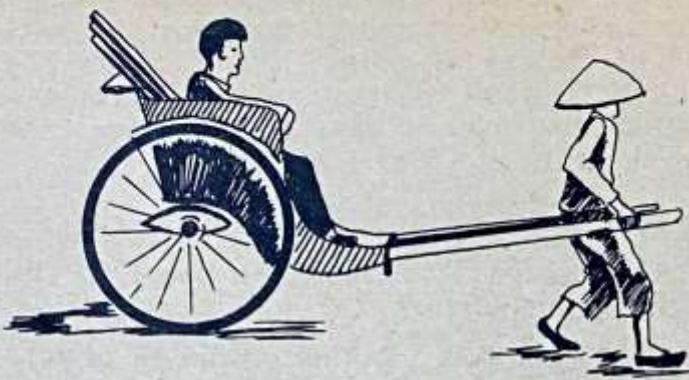
The different cuisines are arranged alphabetically; each with an introduction. Main dishes including meat and fish, vegetable dishes, cereal dishes, soups and desserts are included in each cuisine. For each recipe, ingredients and utensils as well as number of servings are indicated.

L. N. Panlasigui
Chairman, Oriental Short Term Course

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CHINESE COOKERY

Chinese cooking is an ancient art which dates back when agricultural procedures and domestication of animals were introduced about 5,000 years ago. Chinese scholars, and indeed their leader Confucius were gourmands who urged others to perfect cooking as an art.

There are many ways of achieving this perfection:

1. Chinese cookery always use fresh, young and tender vegetables.
2. Frozen foods are never used, however dehydrated vegetables such as mushrooms are often included.
3. Foods must be washed and sorted carefully then cut in a variety of ways depending upon the use: sliced, chopped, diced, minced or mashed.
4. Careful attention must be made to the seasonings, sauces and marinades to develop taste and eliminate undesirable odors or taste. Among the most common seasonings used are: bean paste, black pepper, garlic, ginger, leeks, monosodium glutamate, wine and soy sauce.
5. The essence of Chinese cookery which is tenderness is achieved through quick cooking. Flavor and color are retained more easily. All must be ready at hand, the seasoning sauces prepared and the proper items marinated.
6. Timing is important, as is the selection of line materials, proper heating facilities, blending and foremost, the harmonizing of color, taste and aroma.

A well-prepared Chinese dish has three important attributes

1. Pleasing color combination
2. Uniform size of ingredients
3. Characteristic fragrance of ingredients used

Chinese dishes almost always consist of a mixture of foodstuffs. Vegetables and meat are sauted together in a small amount of fat. Heated to a high temperature, the oil quickly sears the meat to pre-

serve flavor, juice and tenderness. This also preserves the characteristic texture and attractiveness of the color of the vegetables. This unique method of cooking is called CH'AO, which is fast cooking in a small amount of fat with constant stirring. Proper cutting and preparation of ingredients, quick intense heat, and accurate timing are the three essential elements of Chinese cooking.

There are four major methods of cooking in China:

1. Shanghai (Eastern Chinese style) noted for its oily food and wonderful special sauces.
2. Canton (Foochow or Southern Chinese style) famous for its light tasting dishes often stir-fried to preserve texture and flavor. Honan, south of Peking, is famous for sweet and sour sauce, and soft fried dishes, especially sweet-and-sour fish and pork.
3. Szechuan (Honan and Western Chinese Style) is known for its hot, pepper seasoning. Szechuan pepper is known as the fagara
4. Peking (Northern Chinese Style) is noted for dishes prepared with wine stocks. Northern cooking includes pungent sweet-and-sour dishes and seasoned foods. Garlic and spring onions are often used. The Peking roast duck is the most famous of the northern delicacies.

QUE DIONG LO SUN TENG (Mashed Chicken and Asparagus Soup)

Ingredients

1/2 kilo (2-3 pcs.) chicken
12 C. (3 qts.) chicken stock
1 small can asparagus,
drained; reserve liquid
6 T. 1/3 corn starch,
dissolved in enough water
1 egg, slightly beaten
Monosodium glutamate
vetsin
salt to taste

Utensil

4 qt. sauce pan
measuring cups & spoons
utility plate
2 qt. mixing bowl
chopping board
kitchen knife

Procedure:

1. Boil chicken breast in 12 cups water. Drain off and reserve stock. Debone chicken breast. Chop the meat until very fine.
2. Boil chicken stock and add chicken meat.
3. Add water from the asparagus, continue boiling for 10-15 minutes.
4. Cut asparagus into 1 in. long and add to the soup. Season with salt and MSG.
5. Add dissolved cornstarch. Continue cooking.
6. Lastly, add egg by the dropfuls.
7. Cook until soup is slightly thick. Serve immediately.

Yield: 8-10 servings.

PAT PO AH (Stuffed Duck)

| Ingredients | Utensils |
|---|---------------------------------|
| 1 pc. duck (about 1 K. dressed weight), cleaned. | pan or bowl for marinating duck |
| $\frac{1}{2}$ C. soy sauce for marinade | chopping board |
| $\frac{1}{2}$ C. hibi, soaked for a few min.; chopped finely | wok or carajay |
| $\frac{1}{4}$ K. shallots (sibuyas Tagalog), sliced finely | turner |
| 1 C. glutinous rice (malagkit), soaked for 4 hrs. or overnight. | utility bowl |
| 8 pcs. Chinese mushrooms; soaked for 30 min. and cut into four | measuring cups and spoons |
| 3 T. sugar | needle and thread |
| 4 pcs. laurel leaves | basting spoon |
| $\frac{1}{4}$ C. soy sauce | wire rack |
| salt to taste | large saucepan with cover |
| $\frac{1}{4}$ t. black pepper | |
| 2-3 pcs. chili (siling labuyo) | |
| $\frac{1}{2}$ C. cooking oil | |
| water | |

Procedure

1. Marinate cleaned duck in soy sauce for 30 minutes.
2. Sauté mushrooms, shallots, and hibi. Add sugar and $\frac{1}{4}$ C. soy sauce. Add drained glutinous rice. Mix very well.
3. Stuff duck with 3/4 of the filling and sew the openings.
4. Heat enough oil for deep-fat frying. Fry stuffed duck till skin is golden brown. Transfer duck into a sauce pan big enough to contain it. To avoid scorching, place the duck on top of a wire rack.
5. Add the remaining filling into the saucepan. Add about 3-4 C. water to cover the duck. Add laurel leaves, chilles, salt, pepper and a little soy sauce. Simmer 2-3 hours until duck is tender. When the meat pulls away from the leg bone, then it is cooked.

Yield: 8-10 servings.

SING DUA HI
(Sweet and Sour Fish)

Ingredients

1 (12 to 14 in.) Lapu-Lapu
(approx. 1 $\frac{1}{2}$ K)
 $\frac{1}{2}$ C cornstarch
3 C cooking oil
1 T salt (coarse)
1 pc. med., red bell pepper, cut to
1 in. sq.
1 pc. med. onion, wedged
1 pc. carrot-sliced and
cut to flowers
1 pc. med. tomato, wedged
6 T vinegar
4 T sugar
3 T catsup
1 T rice wine
2 T cornstarch mixed with $\frac{1}{2}$ C
water

Utensils

chopping board
kitchen knife
utility plates
1 qt. mixing bowl
measuring cups and
woks
2qt. sauce pan

Procedure:

1. Clean and salt the fish. Make diagonal slits on both sides.
2. Prepare the wok for deep frying.
3. Dredge fish in cornstarch and fry until done. Set aside.
4. Combine vinegar, sugar, catsup, wine, cornstarch water mixture in a mixing bowl. Set aside.
5. Saute red and green pepper, onion, carrots and tomatoes for 3 minutes then pour in sweet and sour sauce mixture into sauteed vegetables. Boil until it thickens.
6. Pour the above mixture over the fried lapu-lapu.
Serve immediately.

Yield: 8 to 10 servings

CA-RI-PAO-HI
(Curried Abalone)

Ingredients

1 big can abalone
1/2 K baguio pechay
6 pcs. Chinese mushrooms,
soaked for 30 min.
1 T curry powder
1 T sugar
1 T soysauce
vetsin
1 T cornstarch dissolved in
 1/4 C milk
wansuy (garnish)
sesame oil
cooking oil
1/3 C water
vetsin

Utensils

chopping board
knife
utility plate
measuring spoons and cups
wok
2qt. sauce pan
turner
colander

Procedure:

1. Drain and reserve liquid of abalone. Cut abalone into 1/8 inch thick slices. Slit a little hole in the center, and insert one end into the hole and pull.
2. Cut pechay into 4 (lengthwise and crosswise). Blanched in boiling water. Drain in a colander and rinse in cold water. Set aside.
3. Cut mushroom crosswise into two and saute in oil. Add 2 t soy sauce, 1 t curry powder, 1 t sugar, vetsin and water of the abalone. Add more soysauce, curry powder and sugar if needed. Add the blanched pechay. Cook for 3-5 minutes.
4. Cook abalone separately, not too long to prevent hardening. Add sauted abalone to vegetable mixture.
5. Thicken with cornstarch.
6. Sprinkle with sesame oil and garnish with wansuy.

Yield: 6 to 8 servings

CHO BA
(Pork Tenderloin)

Ingredients

1 K pork tenderloin, trimmed
of fat and cut into
1 in. thick
2 egg whites
2 T cornstarch
2 T sugar
2 T Del Monte vinegar
4 T soy sauce
4 T garlic, crushed
4 T water
2 C cooking oil
dash of sesame oil

Utensils

kitchen knife
chopping board
mixing bowl
frying pan
turner

Procedure:

1. Mix eggwhite, cornstarch, sugar, vinegar, soysauce and garlic in a mixing bowl. Soak the pork for 2-3 hours.
2. Fry all the meat in deep fat at the same time. Refrain from stirring too much (ingredients of marinade will separate.)
3. When half done, add a little water and continue cooking until tender.
4. Remove from pan, drain excess cooking oil.
5. Put a dash of sesame oil. Serve with sweet sour raddish. Serve hot.

Yield: 6 to 8 servings

DIENG PUA
Assorted Cold Cuts

(1) PE CHAI
(Pechay)

Ingredients

4-5 stalks Baguio pechay
(Chinese cabbage) cut into
thirds
4 strips red pepper
2 T black vinegar)
2 T sugar)
MSG)
pepper)
sesame oil)
Chili)

Utensils

chopping board
kitchen knife
measuring spoon
utility plate
mixing bowl
2 qt. saucepan
colander
basting spoon

1. Add Baguio pechay to boiling water, stir once and rinse with cold running water. Drain well.
2. Marinate the pechay in the prepared marinade and add red pepper strips for color and crushed chili to make it hot. Soak a few hours or overnight before serving.

Yield: 6-8 servings

(2) PI-THAN
(Century Egg)

Ingredients

2 pcs. century eggs

Utensils

chopping board
knife
utility plate

Procedure:

1. Remove mud from eggs and wash.
2. Shell eggs carefully.
3. Cut into wedges and arrange in a serving platter.

(3) CHI KUE
(Cucumber)

Ingredients

1 pc. cucumber (green);
cut into 2-inch long and
sliced very thinly.
2 T sugar
1 T black vinegar)
MSG)
pepper) marinade
sesame oil)
rock salt)

Utensils

chopping board
kitchen knife
utility plate
measuring cups and spoons

1. Wash cucumber with salt. Set aside for half an hour to remove bitter taste.
2. Rinse cucumber in water until the saltiness is just right.
3. Squeeze out water well; marinate cucumber in marinade for 3-4 hrs. before serving.
4. Arrange attractively in a platter.

Yield: 6 to 8 servings.

(4) HE
(shrimps)

Ingredients

1/4 K suahe shrimps, shelled
2 T sugar
2 T soy soysauce
1 t chopped garlic
3 T cooking oil

Utensils

chopping board
utility plate
frying pan 10" diameter
measuring spoon
turner

Procedure:

1. Saute shrimps with garlic, sugar and soy sauce.
2. When done arrange in a platter.

Yield: 4 to 6 servings

(5) KUE SIT
(Chicken Wings)

Ingredients

12 pcs. chicken wings,
Debone bigger section
of the wings
2 slices sweet ham, cut 2 in. long
1 bunch green onion,
cut 2 in long
chicken broth

Utensils

chopping board
knives
utility plate
steamer or saucepan

Procedure:

1. Stuff the bigger section of the wings with a slice of ham and green onion.
2. Tie the stuffed wings with green onions around the middle portion of the wings.
3. Drop these in boiling chicken broth and cook it for 8-10 minutes.
4. When done, remove from broth and arrange in a platter.

Yield: 10 to 12 servings

(6) NG SEH
(Egg Roll)

Ingredients

4 whole eggs, beaten
1/2 of whole egg
200 gms. ground pork with
 1 T. cornstarch
salt
pepper
MSG (vetsin)
dash of sesame oil
cooking oil
1 1/2 T cornstarch
1 t fine salt
dash of ground pepper

Utensils

mixing bowl
egg beater, or fork
measuring spoons
frying pan
turner
steamer
utility plates

Procedure

1. Mix pork, cornstarch, and 1/2 whole egg together. Season with salt, pepper, MSG, and a dash of sesame oil. Set aside.
2. Beat 4 eggs. Add cornstarch, fine salt and a dash of ground black pepper. Blend well. Make 3 sheets of thin wrapper out of the egg mixture (like making lumpia wrapper)
3. Lay out egg wrapper on a plate and spread meat filling thinly and roll like jelly roll. Put in a steamer and steam for 20 minutes.
4. When done, cut the roll into 8-10 slices. Arrange on a cold cut platter.
5. Make a sauce by adding cornstarch and seasoning to the drippings. Pour over sliced eggroll.

Yield: 8-10 servings.

(7) KIATO OCHA
(Fried Mock Brain)

Ingredients

2 C. chicken broth, strained
1/2 of whole egg, beaten
1/2 C. evaporated milk
5 T. cornstarch, dissolved in
 1/2 C. water
1/4 T. salt
1/4 T. vetsin
1/2 C. sugar
cooking oil
cornstarch

Utensils

2-qt. saucepan
wooden spoon
ice-tray
kitchen knife
frying pan
turner

Procedure:

1. Add egg, milk, salt and MSG to chicken broth in a saucepan and cook over low fire. Stir continuously.
2. When mixture is boiling, add $\frac{1}{2}$ of the dissolved cornstarch until the mixture is thick. Then add the rest of the dissolved cornstarch, and cook to make a thick paste.
3. Pour into a greased ice-tray and chill at least 3 hours. (Do not freeze)
4. Cut into desired cubes and roll in cornstarch.
5. Deep-fat fry. Place fried pieces on paper napkins to allow absorption of excess fat. Roll in sugar.
6. Serve immediately while hot.

Yield: 8-10 servings.

DIP PIA QUE
(Chicken Pie)

Ingredients

Crust:

$\frac{1}{2}$ C all purpose (AP) flour
 $\frac{1}{2}$ C (125 g.) shortening
 (crisco)
1 T sugar
3 T water
salt

Utensils

chopping board
2 qt. bowl
utility plate
peeler
1 qt. saucepan
3 feet wax paper
rolling pin
round 10" pyrex dish
sifter
wok
kitchen knife
measuring cups and spoons
weighing scale
pastry brush

Filling:

1 whole chicken, deboned and dice
3 stalks celery, sliced across finely
1 carrot, diced
1 onion, chopped
1 can Campbell cream of mushroom soup
1 hard cooked egg
1 raw egg for brushing
salt
vetsin
pepper
1 T cornstarch
5 T cooking oil

Procedure:

1. Prepare pie shell: mix flour sugar, salt in a mixing bowl. Add shortening, work with the finger tips until texture of the mixture is that of oat meal. Then add water. Stir until a ball is formed. Wrap in wax paper and refrigerate.
2. Fry diced chicken in cooking oil.
3. Add chopped onion, celery, carrot. When almost cooked add cream of mushroom soup.
4. Season with salt, pepper and vetsin. Thicken slightly with cornstarch.
5. Transfer into a pyrex or pie plate and arrange hard cooked eggs on top.
6. Roll out the pastry dough until 1/8" thick. Place on top of the pyrex and brush with beaten egg.
7. Bake at 400 °F for 15-20 mins. or until crust is golden brown.

Yield: 8 to 10 servings

SUNG DUA CHAI THAO
(Sweet Sour Raddish)

Ingredients

½ K radish
1 pc. carrot
½ C coarse salt
6 T sugar
4 T Del Monte Vinegar
MSG
pepper
dash of sesame oil

Utensils

chopping board
peeler
kitchen knife
mixing bowl

Procedure:

1. Peel raddish and carrot. Using a peeler slice them into thin strips.
2. Combine radish and carrot strips in a mixing bowl. Add coarse salt. Mash 2-3 times to remove the bitter taste. Rinse out in cold water to remove salt. Squeeze well.
3. Combine sugar, vinegar, MSG, pepper and sesame oil. Add to the prepared vegetables. Marinate for 2-3 hours in the refrigerator.
4. Serve chilled with pork tenderloin and shrimp ball.

Yield: 8-10 servings.

HE WAN
(Shrimp Ball)

Ingredients

1/2 K med. size shrimps, peeled
100 g pork fat, diced
1 med. onion, sliced
1 egg
1 T flour
1 T cornstarch
salt
pepper
vetsin
cooking oil for deep frying

Utensils

chopping board
2 qt. bowl
frying pan 12" diameter
utility plate
kitchen knife
grinder

Sauce:

3 T. vinegar
3 T sugar
1 T catsup
1 T soysauce
3 T cornstarch, dissolved in
 3 T cold water
1 T oyster sauce
3/4 C water

Procedure:

1. Grind peeled shrimps with the pork fat and onions
2. Transfer to a mixing bowl.
3. Add egg, flour, cornstarch, salt, vetsin and pepper. Mix well.
4. Form into balls and fry in deep fat.
5. Serve with sauce and sweet sour radish.

Sauce:

1. Mix all ingredients except cornstarch in a sauce pan.
2. Bring to boil and add dissolved cornstarch until mixture has thickened.
3. Serve with the shrimp ball.

CHAP CHAY IEN CHUN NENG
(Vegetables with Quail Eggs)

Ingredients

$\frac{1}{4}$ K cauliflower or substitute
(Chinese cabbage)
100 g. sweet peas (chicharo)
2 pcs. carrots, sliced into thin
circles or fancy shapes
 $\frac{1}{4}$ K shrimps, cleaned & peeled
1 pc. dried Chinese mushroom,
soaked and cut into strips
1 doz. quail eggs, hard-cooked
3 T oyster sauce
 $\frac{1}{2}$ C chicken broth
2 T cornstarch
cooking oil

Utensils

chopping board
kitchen knife
utility plate
2-qt. sauce pan

Procedure:

1. Cut cauliflower into flowerettes (or Chinese cabbage into cross-wise strips). Cut sweet peas diagonally in half.
2. Blanch the vegetables and set aside.
3. Saute mushrooms and shrimps and season with oyster sauce and salt.
Add broth, blanched vegetables and thicken with cornstarch.
Then add all the eggs. Mix well.
4. Remove from pan and serve immediately.

Yield: 6-8 servings

CHAY CHAY CHAMI
(Fried Noodle with Assorted Meat)

Ingredients

100 g. pork tenderloin,
sliced thinly
100 g. shrimp
1 pc. chicken breast,
deboned and sliced
6 stalks Chinese cabbage
(Baguio pechay),
cut into 2 or 3 pcs.
12 pcs. sweet peas (chicharo)
1 small carrot, sliced thinly
1 pkg. (450 gms.)
Nissin Ramen noodle
4 C chicken broth
1/3 C cornstarch
Salt)
pepper) to taste
vetsin)
dash of sesame oil
cooking oil

Utensils

chopping board
kitchen knife
4 qt. saucépan
utility plates
wok
basting spoon

Procedure:

1. Cook the noodles in boiling water. Drain well and set aside.
2. Dredge pork, chicken and shrimp with cornstarch.
3. Mix Chinese cabbage, carrots, and chicharo.
4. Heat 4 T oil in wok. Saute pork, chicken and shrimps. Add 1 T salt and stir for 1 minute over high heat. Remove from pan and set aside.
5. Heat 3 T oil in the same wok. Add 1 T salt and dash of sesame oil. Add Chinese cabbage, peas and carrots. Toss quickly for half a minute over high heat. Remove from pan.
6. Heat chicken broth in the same wok. When boiling, add meat mixture, then add the vegetables. Season with salt and pepper. Thicken slightly with cornstarch. Set aside.
7. Fry noodles in 5 T oil and transfer on a platter.
8. Pour cooked meat and vegetable mixture over noodles and serve immediately.

Yield: 8-10 serving.

CHUT BI
(Sweet Rice Cake)

Ingredients

1½ C pure glutinous rice,
(malagkit)
¼ C pork lard
½ C sugar
10 pcs. diff. dried Chinese fruit
preserves (dikiam)
3 pcs. cherries
1 C black beans
6-7 C water
1 C sugar
1 T pork lard
cornstarch
sugar

Utensils

4 qt. saucepan
utility plates
measuring spoons and cups
bowl
round pyrex dish

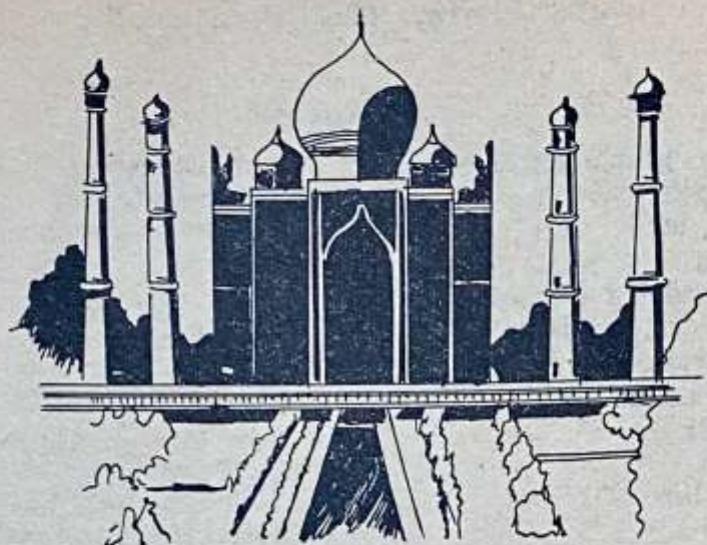
Procedure:

1. Boil beans in 4- 5C. water until very soft (about 2-3 hrs.) When almost dry, add sugar and continue cooking till dry. Add pork lard. Mash the beans by pressing through a sieve. Remove the skins.
2. Boil glutinous rice in 1-2 C. water for 30 min.
3. Add ¼ C pork lard and 1 C sugar to the boiled glutinous rice and transfer into a bowl.
4. Make a hole at the center but leave the bottom covered. Put in bean puree. Decorate with the preserves and invert in a round pyrex dish.
5. Steam for 20 min. or until rice looks almost dry.
6. Top with syrup.

Syrup:

1 C water, thicken very lightly with
1 T cornstarch and ½ C sugar
Boil all ingredients together and pour over inverted rice cake

Yield: 8-10 servings



INDIAN COOKERY

Indian Cuisine is not a cookery of a single nationality or of recent civilization. Centuries old, it is a combination of the cookery of many nationalities. It is a result of a complicated art dating back to remote ages and dependent on religion, health, customs, taste and climatic conditions. All of these factors play an important part in the selection of the dishes as well as their preparation. Rice curry, for example are cooked in different parts of the country and called by different names.

"Curry" one of the gift of India to the "World" is made with either fish, meat, vegetables or eggs in a lot of gravy eaten with rice. A plain curry is generally flavored with turmeric, green chillies or red garlic and ginger, while for the richer varieties cumin seed, mustard seed, coriander root, coconut and almonds are used.

Chappaties, a bread item, is a popular delicacy. The secret of making chappaties depends on kneading the dough to the right consistency. The dough should be kneaded soft and allowed to stand for an hour before being made into chappaties, depending on individual preferences.

Vegetables may be cooked with or without gravy. Spinach and other leafy vegetables and pumpkin are better without gravy, while potatoes, cauliflower, beans and peas make delicious curries. The spices used for these curries are usually the same as those used for meat curry and often the method of preparing them is also identical. "Dal", another popular favorite and available in a number of varieties, is eaten with rice. The best method of cooking "dal" (mongo) is to boil it in water and then give it a "baghar". This process involves first frying a few chopped or sliced onions, in **Dalda Vanaspati**, then frying chillies, turmeric mustard seed, a little chopped ginger and salt to taste, and adding this to the dal. When ready it should be served hot with boiled or fried rice.

The diet in North India is so far the best balanced in the whole country from the nutritional point of view, as it contains plenty of wheat, meat, milk, vegetables and fat. The climate of North India has wide seasonal variations and the diet of this region varies accordingly. During the cold months the body must have a diet rich in fats to keep it warm. During hot summer months however, North Indian meals are quite different consisting mainly of milk, fruit and vegetable preparations.

The characteristic North Indian meal begin with a vegetable and meat dish. On special occasions both may be served. This is accompanied by a wheat preparation such as chappati, poorie or paratha. Next, fried rice or pulao is generally served with a rich or plain curry. Finally comes a sweet, seeds as a halva, to complete the meal.

South India remained mostly vegetarian partly in defence of its religious traditions, partly because it was less affected by Mogul rule, and mostly because it is a less rich and more densely populated region.

A typical South Indian meal has boiled rice as the basic food accompanied by a dry curry (fried vegetables) or a wet curry, with a pulse preparation and buttermilk. Poories are a common part of a South Indian meal, while wheat preparations, such as chappati or paratha, are less frequently served. On special occasions, a more elaborate meal with six or seven accompanying courses may be served, and this may be followed by a sweet. Fried rice or pulaos are also served during special occasions.

Maharashtrian and Gujerati are essentially vegetarians. Their diet is a mixed one composed of wheat rice, other cereals, vegetables and a large quantity of milk products, these being the only source of animal proteins for a vegetarian. However, quite a large number of Maharashtrians are non-vegetarians who include meat, fish and eggs in their daily meal.

A typical Maharashtrian or Gujerati meal begins with a chappati, a liquid dal and a couple of vegetable preparations, followed by chutney and pickles. Next comes rice, eaten with the same dal and vegetables and then curds or lassi. If any sweet like "birfi", "sheera" or "laddu" is served it generally accompanies the first part of the meal, with the "chappati" or "poori".

Bengali diet includes a wide variety including rice, wheat, flour, fish, meat, eggs, milk, vegetables and pulses and a generous amount of cooking fat. The main item of the meat is rice, but wheat is also used in the form of "loochies" (poories). Bengali sweets are, of course, especially famous and a pinch of sugar is included quite often in their savory preparations.

A typical Bengali meal generally starts with a rather bitter preparation e.g. shukto, bitter gourd, etc., which is eaten with rice. This is followed by vegetables, pulses and a fish or meat dish eaten with rice or loochies. Chutney and papad are served next, then curd, and the meal ends with a sweet dish.

A small percentage of Bengali are strictly vegetarians and they include more eggs, fruits and milk in their diet.

TARI MURG
(Chicken Curry)

Ingredient

2 K chicken, cut into serving pcs.
6-8 med. red onions, sliced
2 C yoghurt
8 T oil

Utensils

chopping board
kitchen knife
utility plates
mortar and pestle
frying pan
basting spoon

Grind together:

2 cloves garlic
2 t ginger
2 pcs. red chilli
8 t salt
8 pepper corns
1 pc. cinnamon stick
a few mint leaves

Procedure:

1. Heat oil in frying pan. Fry onions till golden brown.
2. Add ground spices till almost dry.
3. Add the chicken and cook till the chicken is well-fried.
4. Add yoghurt, mint and about $1-1\frac{1}{2}$ C of water. Cook over low flame till done.

Yield: 8-10 servings.

SUKHI BHINDI
(Fried Okra)

Ingredients

1 K okra, washed, dried and cut into 1 inch pcs.
 $\frac{1}{2}$ K tomatoes, cut into wedges
2 pcs. large onions, sliced finely
1 green chilli (long, thin variety), chopped
1 T salt to taste
 $\frac{1}{2}$ C cooking oil

Utensils

chopping board
kitchen knife
utility plates
measuring cups and spoons
frying pan
basting spoon

Procedure:

1. Heat oil in frying pan. Add green chilli.
2. Fry okra. Add salt to taste. Continue frying till the sticky thread disappears.
3. Add onions and fry till it softens a little.
4. Add tomatoes, stir once and turn off the fire.
5. Serve hot.

Yield: 8-10 servings.

BHUNE HUE CHAWAL (Fried Rice)

Ingredients

2 C rice, washed and drained
10 segments garlic, crushed
4 C water
6 T oil
3 t salt

Utensils

big bowl
mortar and pestle
measuring cups and spoons
saucepan
basting spoon

Procedure:

1. Heat oil in the saucepan. Fry garlic till light brown in color.
2. Add rice and fry till transparent.
3. Add water and salt, bring to a boil and simmer till slightly moist. Do not stir.
4. Reduce flame and cook till done and dry.

Yield: 6-8 servings

MOONG KI DAL (Mongo Curry)

Ingredients

2 C dal (split mongo), soaked,
washed and boiled in
enough water to make it
of dropping consistency
1 pc. green mango, sliced
into 8 pcs.
 $\frac{1}{2}$ t turmeric power
2 t salt
4 T oil
10 segments garlic, ground
3 t ginger, chopped
2 pcs. hot chilli
a few mint leaves

Utensils

measuring cups and spoons
saucepan
basting spoon
utility plates and bowls
peeler
chopping board
kitchen knife
mortar and pestle
frying pan

Procedure:

1. Heat oil in a frying pan.
2. Add ground spices. Cover the pan.
3. Stir and add cooked dal (mongo) and mango slices. Simmer for 5 minutes.
4. Turn off the fire and add mint leaves.

Yield: 8-10 servings

KACHUMBAR
(Relish)

Ingredients

2 large red onions, chopped
finely
1 large tomato, chopped
3 T vinegar
3 T kalamansi juice
1 pc. hot chilli
1 t salt

Utensils

chopping board
utility bowl
kitchen knife
measuring spoons

Procedure:

1. Combine all ingredients in a bowl and mix well.
2. Chill before serving.

Yield: 6-8 servings.

GAJAR KA HALMA
(Candied Carrot)

Ingredients

2 K carrots, pared and grated
2 cans sweetened, condensed
milk
2 C water
1 C pili nuts or cashew nuts,
(optional)
 $\frac{1}{2}$ t cinnamon powder
 $\frac{1}{2}$ lb. butter (1 C)

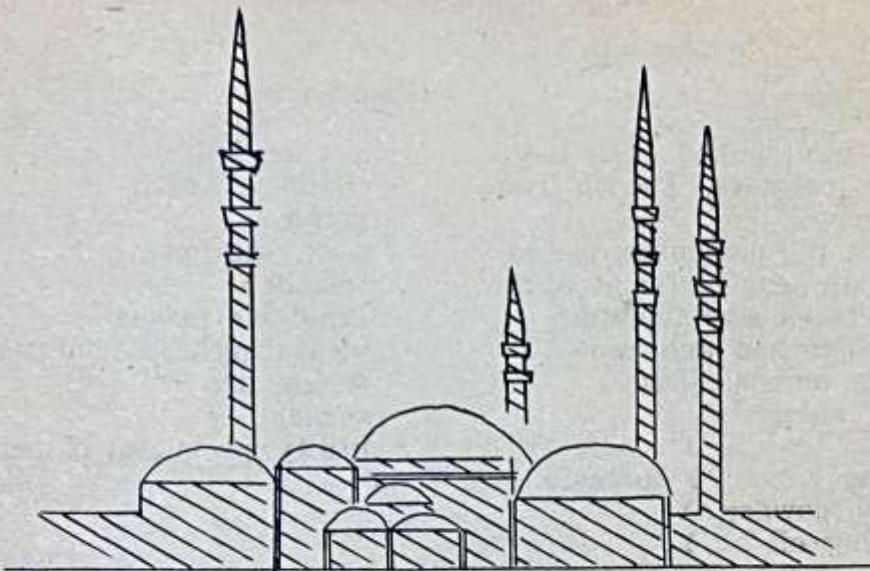
Utensils

chopping board
kitchen knife
peeler
grater
utility plates and bowls
large saucepan
can opener

Procedure:

1. Melt butter in a large saucepan over low flame. Add carrots, stirring continuously till color changes and fat separates.
2. Add milk and water.
3. Cook, stirring constantly till mixture comes off the sides of the pan forming a ball.
4. Remove from heat. Add cinnamon powder and fried nuts.
5. Spread on a platter and cool.

Yield: 8-10 servings



IRANIAN COOKERY

The basic food of Iran is rice. Meats, vegetables and fruits are served usually as accompaniments or as side dishes. The national dish is Chelokebab which consists of rice and barbecued lamb served with yoghurt, raw eggs and sumak (a sour wood-scented spice).

Rice is eaten in staggering quantities which may surprise non-rice-eating foreigners. However, Iranians prepare rice in many ingenious and novel ways to avoid monotony. Every Iranian considers himself a rice expert.

There are 2 basic kinds of rice dishes in Iranian meals: **Chelo** and **Polo**. Both are initially cooked in much the same way, and the difference lies only in the manner they are served. Chelo is plain rice, boiled and buttered, topped with a **Khoresh** made of varied sauces and meats. Polo resembles a "pilaf" in that the accompaniments are mixed and cooked with the rice.

The **Khoresh** used for topping the chelo (rice) is hardly ever missing from the Iranian table and is to some extent a seasonal mixture depending on whatever meat, fruits and vegetables are available in the market and on the type of the above food items the housewife desires.

Polo rice dishes come in two forms. One is "Tah Chin" which is rice and meat with yoghurt and the second is "Shekar Polo" or sugar pilaf, a sweet version, served during weddings and holidays.

Generally, Iranian food uses a lot of oil and spices especially curry powder and black pepper. Foods, too, vary with the season: fish are popular in winter; spring brings a variety of fruits, summer teems with fresh vegetables; and autumn abounds with meat.

KHOROSHET BADEMJAHOON
(Beef Eggplant Casserole)

Ingredients

1 K beef, cubed (1½ in.)
 ½ K potatoes, French-fries
 cut
 8 pcs. big eggplants, peeled,
 slit lengthwise at center.
 2 K fresh ripe tomatoes,
 blanched and peeled
 2 pcs. onions, sliced
 3 C. water
 salt)
 pepper) to taste
 curry powder)
 cooking oil)

Utensils

kitchen knife
 chopping board
 peeler
 4 qt. saucepan
 colander
 vegetable masher
 measuring cups and spoons
 frying pan
 turner
 utility bowls and plates

Procedure:

1. Saute onions in a little oil. Add beef cubes. Add enough water to cover and simmer.
2. Meanwhile, wash peeled eggplants and sprinkle with a mixture of salt, black pepper and curry powder. Let stand for 10 mins., then fry. Arrange on top of the simmering meat.
3. Cook potatoes, French-fries style. Set aside.
4. Mash the peeled tomatoes in the vegetable masher. Add to the meat, eggplant and onion mixture. Season with salt, black pepper and curry powder. Cook till mixture is thick.
5. Place meat casserole in serving dish. Top with fried potatoes, and serve hot.

Yield: 8-10 servings.

MORGH
(Chicken Soup)

Ingredients

1 K chicken, cut into
 serving pcs.
 2 pcs. carrots, sliced julienne
 ¼ K potatoes, sliced
 4 C water
 salt
 black pepper
 parsley, for garnishing

Utensils

kitchen knife
 chopping board
 peeler
 saucepan
 measuring cups and spoons

Procedure:

1. Boil chicken in water till tender. Drain, flake and set aside.
2. Add potatoes and carrots to chicken broth. Season with salt and black pepper. Continue boiling for 10 minutes.
3. Add chicken pieces.
4. Garnish with parsley and serve hot.

Yield: 6-8 servings.

SALAD OLIUVIEN
(Potato — Chicken Salad)

Ingredients

1 pc. chicken, boiled, deboned
and diced
½ K potatoes, boiled and diced
2 pcs. hard-cooked eggs,
chopped
1 T salt
1 C mayonnaise
1 small bottle stuffed green
olives

Utensils

4 qt. saucepan
kitchen knife
chopping board
colander
measuring cups and spoons
basting spoons
mixing bowl
rubber scraper

Procedure:

1. Mix chicken, potatoes and eggs in mixing bowl.
2. Add mayonnaise and olives. Season with salt.
3. Chill before serving.

Yield: 6-8 servings.

CHELO KEBAB
(Rice with Broiled Lamb)

Ingredients

4-4½ lbs. leg of lamb, cut into
1½ "in. thick pieces
4 T onion juice
salt) to taste
pepper)
1 T saffron (casubha)
1 large onion, chopped finely

Utensils

kitchen knife
chopping board
measuring spoons
utility plates and bowls
kebab sticks (steel)

Procedure:

1. Marinate meat in onion juice, salt pepper, saffron, and chopped onion mixture to make the meat tasty and tender. Cover and refrigerate overnight.
2. Arrange on kebab sticks and broil over charcoal.
3. Serve with chelo.

Yield: 8-10 servings.

CHELO
(Rice)

Ingredients

2½ C rice
4 T salt
2 qts. water
½ C butter, melted

Utensils

measuring cups and spoons
colander
kettle
large bowl
4 qt. saucepan or large pot
with cover
utility bowl
clean dish towel

Procedure:

1. Wash rice in lukewarm water and then soak in cold salted water. (2 C water and 2 T salt). Use enough cold water to completely immerse the rice. Soak for 2-3 hrs. or overnight.
2. Boil 2 qts. water to which 2 T salt has been added.
3. Drain soaked rice. Add the rice to the boiling water and cook for 10-15 minutes. Stir rice once or twice to prevent the grains from sticking together.
4. Drain off the water.
5. Grease the bottom of the pot with 1/3 of the melted butter. Pour in the half-cooked rice. Pour the rest of the melted butter over the rice.
6. Cover the pot's opening with a clean dish towel, then put on the lid. The cloth prevents the escape of steam. Cook for 10-15 min. over medium fire. Then cook for 35-40 min. or until done over low fire.

Note: The formation of a crust (tutong) at the bottom of the pan is a sign of a good product.

Serving suggestions:

Arrange broiled kebabs inside the rice mound to make chelo kebab.



JAPANESE COOKERY

Japanese food is usually served in small, meticulously prepared portions. Fish, shell-fish and seaweeds appear frequently on the menu, but they never become monotonous because the Japanese have devised an astonishing number of mouth-watering ways of preparing them.

World travellers describe Japanese cuisine as uniquely refined, fastidious and subtle; the Japanese themselves refer to it as clean, neat, light and sparkling with honesty. In Japanese cooking, the intrinsic properties of each ingredient are preserved, so that they may all be equally important, in taste as well as in appearance. In a clear Japanese soup, for example, the bit of carrot used as garnish is quite distinct in taste, colour and shape from the pale-gold sliver of pungent lemon that floats up against your lips as you drink the soup. If a dish call for a strong-tasting garnish such as chopped spring onions or grated ginger, this is added at the last moment, usually by the diner himself, so that its taste will not permeate the rest of the ingredients.

The Japanese are adept at giving food an additional excitement through the use of exquisite dishes and bowls for their harmony with particular foods.

Among the popular Japanese ingredients, soya bean, is the king of the Japanese kitchen. Three soybean products are commonly used:

- a) Miso (yakimono)-fermented soya-bean paste for making the favourite breakfast dish (misoshiru), for rich soups, as marinade for vegetable and fruits and as dressing for grilled foods (yakimono).
- b) Tofu-a custard like soya bean cake used to garnish soups and a common accompaniment to a wide array of Japanese foods. It can be sauteed, boiled or grilled.

- c) Shoyu (soy sauce)-used for dips, for seasoning and as marinade for ingredients.

Other ingredients used are: mild rice vinegar (su) sesame oil (goma abura), sweet rice wine (mirin), stronger rice wine (sake), green horse-radish powder (wasabi) giant white radish (daikon), strips of dried gourd (kanpyo), gobo or burdock root, and shirataki, a preparation made from yam-like tubers. Other seasonings such as salt, pepper, mustard, sugar, spring onion (chives), onions are also used.

The order of the Japanese formal meal often puts soup near the end, and usually includes both fish and meat or several kinds of fish mostly raw and a number of vegetables treated in different ways. In this use, the Japanese meal is like that of the Chinese, which it consciously imitated many centuries ago.

The Japanese do not eat salads made of raw salad greens with dressing. The almono and sunomono (mixed foods and vinegared salads) are roughly the equivalent salads and could be served as a vegetable course, or as a main course.

The Japanese normally end their meals with a fresh fruit such as a slice of orange, pineapple or strawberry.

TEMPURA

Ingredients:

8 med. prawns (suahe or bulik)
8 servings pcs. of any white-fleshed fish (labahita or maya-maya)
8 small eggplants (3-4 inches long)
2 pcs. white sweet potatoes
3 pcs. green bell peppers

Tentsuyu Sauce

2 C fish broth
(boil dried dilis in water)
2/3 C mirin
(sweet sake brandy)
or substitute (sweet sherry)
2/3 C Japanese Soy Sauce
(Kikkoman)
2 T sugar
MSG
radish, grated
ginger, grated

Utensils

utility plates and bowls
chopping board
kitchen knife
peeler
sifter
mixing bowl
beater
saucepans
basting spoon
measuring cups and spoons
grater
carajay
turner
wire rack or drainer w/pan
underneath to catch drippings
absorbent paper or napkin

Batter

2 eggs
2 C all-purpose flour
2 C ice water
cooking oil

Procedure:

1. Clean, shell and devein prawns. Leave tails on. Make short diagonal slits to keep the shrimp straight, taking care not to sever it.
2. Cut the fish into serving pieces.
3. Remove eggplant stalks and cut in half then slit fan style.
4. Remove seeds of pepper. Cut each into 2 or 3 pieces, then slit fan style.
5. Heat about two inches deep of oil in a pan. Test the temperature of the oil by dropping some batter.
6. Dredge vegetable, fish and prawn pieces with a little flour, then dip into prepared batter. Cook in hot oil a few at a time till golden brown.
7. Remove from fat and place on wire drainer lined with absorbent paper.
8. When everything is cooked, arrange a combination of ingredients on individual plates lined with paper napkins.
9. Put a small heap of grated radish at the side of each plate and top it with grated ginger. Serve with individual bowls of warm tentsuyu sauce. Each person mixes his own sauce.
10. Serve with a bowl of fluffy white rice, soup and some pickles.

Tentsuyu Sauce

1. Mix all the ingredients in a saucepan except radish and ginger. Bring to a boil and remove from heat.
2. To serve, put warm sauce into individual bowls.

Batter

- In a mixing bowl, beat eggs slightly with $\frac{1}{2}$ C ice-cold water.
2. Sift flour little by little into the beaten egg and stir the mixture thoroughly with a wire whisk. Do not beat.
 3. Batter should not be too heavy as to become lumpy or sticky.

Yield: 8-10 servings.

SUKIYAKI

Ingredients

1 K round steak cut in pcs.
2 x $\frac{1}{4}$ in.
1/2 lb. fresh mushroom, thinly sliced
1 bunch green onion, cut 1 1/2" length
5 stalks celery, sliced
1 can (8 oz.) bamboo shoots, drained
2 large onions, thinly sliced
3 T. water
2/3 C soy sauce
1 1/2 T. sugar
2 chicken boullion cube dissolved in 1/2 cup hot water.
5 C raw spinach leaves or Chinese cabbage
cooked rice

Utensils

chopping board
kitchen knife
measuring spoons and cups
utility bowl
frying pan

Procedure:

1. Brown meat in hot oil.
2. Add all ingredients except spinach and rice.
3. Simmer until vegetables are tender, about 10 minutes.
4. Add spinach. Cook for 5 minutes.
5. Serve on rice.

Yield: 8 to 10 servings.

PORK TERIYAKI

Ingredients

1 K lean pork, sliced $\frac{1}{4}$ inch thick
1 C soy sauce
1/2 C honey
1 t MSG (ajinomoto)
1 clove garlic, minced
1 t ginger, minced
1/2 t pepper

Utensils

chopping board
kitchen knife
utility plates and bowls
measuring cups and spoons

Procedure:

1. Marinate pork slices in teriyaki sauce about 2 hrs. Turn occasionally.
2. Preheat oven to about 350° F (moderate). Griddle can also be used.

3. Place pork on a cake rack with pan under it, lined with foil to catch drippings.
4. Broil about an hour, turning and basting frequently till pork is tender.

* Teriyaki sauce:

Mix together soy sauce, honey, flavor enhancer (ajinomoto), garlic and ginger.

Yield: 6-8 servings.

WHIPPED-EGG SOUP

Ingredients

10 C broth (chicken or pork)
2 t salt
2 t soy sauce
4 t cornstarch
8-10 pcs. chicharo

Utensils

measuring cups and spoons
saucépan
utility bowl w/ spout
beater
wooden spoon

Procedure:

1. Boil the broth, add the salt and soy sauce.
2. Dissolve the cornstarch with a teaspoon or so of broth, and add it to the broth.
3. Beat the eggs well. Put them into a container that has a spout that will permit you to control the flow of eggs.
4. Drop beaten eggs in slow, thread-like streams into the boiling broth. As you do this, use a wooden spoon to keep the broth swirling in a whirlpool.
5. Boil the chicharo briefly, and add a few of them to each bowl of soup as a garnish.

Yield: 8-10 servings.



KOREAN COOKERY

The basic everyday Korean meals are simple consisting of a bowl of white rice and side dishes. The main dish may be rice mixed with grains and beans, such as barley and redbeans. The most popular meat are pork and beef while chicken and pheasant are regarded as real delicacies.

The most important vegetables, without which the Korean meal can never be complete are radishes and Chinese cabbage. They are prepared into **Kimchi**, the Korean equivalent of the pickles or sauerkraut of the West.

"Kimchi" is an essential home-made food made from radishes and Chinese cabbage seasoned with liberal amounts of red and black peppers, onions, garlic and a bit of pickled shellfish. These are fermented in a pot filled with salt water. When the weather is warm, the fermentation takes place rapidly, making the Kimchi ready for serving in a few days.

In early winter or late fall, a large quantity of Kimchi is prepared in each home to ensure a full supply throughout the winter and until the next spring when fresh vegetables will again be available. Tons of radishes and Chinese cabbages are piled high in the market places in the fall to prepare Kimchi for winter. Every household buys the vegetables by the cart-load and the womenfolk are kept busy preparing the food for winter. The winter-Kimchi, referred to specifically as **Kimjang**, is stored in giant pots buried under the earth to be taken bit by bit at each mealtime.

Korean foods prepared for guests tend to be fancy. There is **Bulgogi**, (bar-b-q) made of meat strips placed on a "brazier" (grill) roasted over charcoals at the table after marinating in a rich mixture of soy-sauce, sesame, and spices. **Sinsollo** or **Shinsulro** is a casserole of vegetables, eggs, and meats cooked at the table. There are other numerous elaborate meat, fish and vegetables dishes, including delicate rice cakes and cookies for special occasions, that entail laborious preparations.

KIMCHI (Seasoned Cabbage and Raddish)

Ingredients

2 pcs. Chinese cabbage
(Baguio pechay) cut
lengthwise into two
3-3½ T salt, dissolved in
enough water to
immerse cabbage

Utensils

chopping board
kitchen knife
bowl large enough for
brining cabbage
peeler
mortar and pestle
measuring cups and spoon
mixing bowls
wide-mouthed jar with cover

Pickling mixture

3 pcs. med-sized radish,
pared and sliced into
julienne strips
2 bunches green onion leaves,
sliced 1 inch. long
6 segments garlic, peeled and
crushed
1 pc. small ginger, pared and
crushed
2 t sugar
2 t salt
1/3 C dried hot pepper
(or substitute)
2-3 pcs. crushed chili
pepper, and 1 red pepper
cut into julienne strips)
2 T fresh bagoong alamang
1/2 C alamang stock

Procedure:

1. Pickle cabbage in brine and keep at room temperature for 2-3 hours or overnight.
2. In another bowl, combine all the ingredients for the pickling mixture and mix well.

3. Drain and wash Chinese cabbage well. Place the pickling mixture between the leaves. Fold the leaves if necessary to hold the mixture.
4. Arrange prepared cabbage in a wide-mouthed jar. Add enough alamang stock to cover the vegetables. Cover and store at room temperature for 2-3 hours, then refrigerate. For best results, store 2-3 days before serving.
5. To serve, slice cabbage crosswise in 1½" pcs. with some of the sauce.

Yield: 8 to 10 servings.

CHAP CHE (Meat and Veg. w/ Vermicelli)

Ingredients

100 gms. beef sliced thinly,
marinated in 1 T
soy sauce
70 gms. sliced bamboo shoots
50 gm. celery, cut into 1½ inch
long
2 pcs. green bell pepper,
sliced in strips
30 gms. dried black fungus
(tainga ng daga)
soaked in water for 30 min.
3 pcs. carrots, peeled and
sliced in strips
1 pkg. Chinese vermicelli
(sotanghon), blanched in
hot water and cut short
1 onion, sliced
1 egg, beaten
cooking oil

Utensils

chopping board
kitchen knife
utility plates and bowls
fork or beater
strainer
frying pan
basting spoon
measuring spoons
mortar and pestle
mixing bowl

Seasoning Mixture

2 t salt
2 t sesame seeds (linga)
toasted
¼ t black pepper
1 bunch green onion leaves,
cut into 1 inch long
3-5 segments garlic, crushed
1 t soy sauce
1 sugar
1 T sesame oil

Procedure:

1. Combine in a mixing bowl all ingredients for seasoning mixture and set aside.
2. In a small amount of fat, saute bamboo shoots, then remove from pan. Likewise, saute celery, green peppers, mushrooms, carrots and onions. Sprinkle with a little salt and set aside.
3. Saute beef. Add sotanghon, then all the vegetables. Season with the seasoning mixture.
4. Garnish with strips of fried egg. Serve hot.

Yield: 8-10 servings.

SHINSULRO

Ingredients

200 gms beef tenderloin,
sliced thinly, marinated in
1 T soy sauce and fried
100 gms. grd. beef
150 gms. beef liver, boiled &
sliced thinly
150 gms. tripe, cleaned, boiled
& sliced in strips
1 pc. green bell pepper,
cut in strips
 $\frac{1}{2}$ pc. carrot, cut in fine strips
100 gms. sliced bamboo shoots,
boiled for 5 min.
2 eggs, separate white
from yolk
1 T cornstarch
5 pcs. dried black fungus
(tainga ng daga), soaked
and fried
20 pes. macadamia nuts
(optional)
5 pes. walnuts (optional)
1 pc. hot pepper
(siling labuyo)
1 C beef stock, seasoned w/
1 T salt and 1 T soysauce
cooking oil
salt
black pepper

Utensils

utility bowls
measuring spoons and cups
chopping board
2 qt. saucepan
kitchen knife
frying pan
shinsulro pot

Procedure:

1. Dredge liver pieces in cornstarch and dip in beaten egg. Fry in a small amount of oil over low fire. Season with salt and black pepper. Remove from pan and set aside.
2. Season ground beef with salt and black pepper to taste. Form into small balls about $\frac{1}{2}$ inch in diameter. Fry, remove from pan and set aside.
3. Fry beaten egg white and beaten egg yolk separately. Set aside.
4. Arrange all prepared ingredients in 3 sections. Start with the tenderloin, tripe and liver, then the vegetables; place meatballs at the center. Top with nuts.
5. Pour soup stock over ingredients. Place live coals in the center of the shinsulro to cook further.

Yield: 8-10 servings.

* The dish is named after the **shinsulro**, a korean special cooking utensil.

BULGOGI
(Korean Barbecue)

Ingredients

- 1 K beef tenderloin, sliced thinly
- $\frac{1}{2}$ C sugar
- $\frac{1}{2}$ C soy sauce
- 1 T black pepper
- 1 T garlic, crushed
- 2 T onion leaves, chopped
- 3 T sesame oil
- 1 T sesame seeds (linga), toasted
- charcoal

Utensils

- utility plates
- chopping board
- kitchen knife
- mixing bowl
- mortar and pestle
- measuring cups and spoons
- grill (parilya) or bulgogi pan
- barbecue pit
- tongs

Procedure:

1. Combine all ingredients in a bowl. Mix well and marinate for 3-4 hrs.
2. Broil over charcoal.
3. Serve hot with kimchi (pickled Chineses cabbage and raddish.)

Yield: 6-8 servings.



MALAYSIAN COOKERY

Malaysian cuisine, is a combination of Malay, Chinese and Indian cooking. It may be categorized into regional cooking, rural cooking, urban cooking and a rich heritage of traditional cooking. Each of these differ, even if only slightly, in the method of preparation, choice of ingredients, and condiments.

The everyday Malaysian meal is essentially built around rice, which is the staple food. "Lauk" (an auxiliary dish eaten with the rice) is a savoury concoction of vegetables, fish, or meat spiced and flavored in many different ways. The ingredients used in "lauk" depends very much on the locality.

Coconut is an essential ingredient in Malay cooking. Coconut oil and coconut milk are practically used in all preparations.

One would also be able to find the different regional styles of cooking of mainland China-Peking, Shantung, Canton and Szechuan. An exception to the rule is the straits Chinese styles which is referred to as "Malaysian Chinese Cookery". Straits Chinese dishes usually contain a mixture of Chinese ingredients (pork, for instance which is not eaten by Moslem Malays) cooked in the Malay manner.

Indian food which is also found in Malaysia must have originated from the Hindus and Moslem merchants.

The most popular dish is the "Korma", a favorite among the Indians. "Rendang" is a traditional Malay dish consisting of meat with coconut milk and simmered over low fire until very dry. Noodles are cooked either with a spicy sauce or cook until dry.

PAJRI NENAS (Pickled Pineapple)

Ingredients

1 med. size fresh pineapple,
halved lengthwise and
sliced crosswise
 $\frac{1}{2}$ C vinegar
1 T sugar
 $\frac{1}{4}$ lb. butter
10 pcs. shallots
(sibuyas tagalog)
5 segments garlic, crushed
2 pcs. red chili, halved
2 sticks cinnamon (canela))
2 seeds cardamom) for flavor
2 seeds clove (clavo de comer))
3 pcs. star anise
 $\frac{1}{4}$ C water
salt to taste

Utensils

kitchen knife
chopping board
frying pan
basting spoon
measuring spoons and cups
utility plates and bowls
colander

Procedure:

1. Boil pineapple pieces with water to cover for 5 min. Drain thoroughly and set aside.
2. Melt butter in a frying pan. When hot, fry shallots, garlic and all the spices until desired flavor is attained.
3. Add vinegar, salt, sugar and $\frac{1}{4}$ C water. Let boil a few minutes.
4. Add pineapple and let cook another 5 minutes. Put in chilies just before removing from the fire.

Yield: 8-10 servings.

IKAN PERCEK (Broiled Fish)

Ingredients

1 pc. pampano
(approximately $\frac{1}{2}$ k)
 $\frac{1}{2}$ C cococream
2 cloves garlic, ground finely
1 red chili, ground finely
5 pcs. shallots (sibuyas tagalog)
ground finely
1 stalk of lemon grass
(tanlad) don't remove bulb
 $\frac{1}{2}$ T dried, powdered ginger
1 T saffron (casubha) or
yellow ginger
salt to taste

Utensils

kitchen knife
chopping board
grinder
utility bowl & plate
measuring cup
barbecue pit
pastry bag for extracting
coconut milk
charcoal
double wire grill (parilya).

Procedure:

1. Clean fish, rub with salt and saffron.
2. Mix garlic, chili, shallots, ginger and saffron with coconut milk.
3. Place the fish in a double wire grill. Broil the fish over charcoal basting it with the above mixture. Turn the fish frequently to prevent burning. Continue broiling and basting until fish is cooked.

Yield: 4-5 servings.

CHICKEN KORMA
(Spiced Chicken)

Ingredients

- 1 whole chicken
(approximately 1 1/2 K)
cut into serving pcs.
- 1 small piece of fresh ginger
(sliced thinly Julienne style)
- 10 pcs. of shallot, chopped finely
- 1 clove garlic, chopped finely
- 1 T coriander powder (kilantro)
- 1/2 t pepper
- 1 large onion, sliced thinly
- 2 cups coconut milk or 1 can
evaporated milk diluted
with 1 cup water
- 1/2 C cooking oil
- 1 T lime juice or kalamansi
juice
- a stick of cinnamon
- few pcs. of cardamons for flavor
(optional)
- 2 pcs. anise seeds
- salt to taste

Utensils

- kitchen knives
- chopping board
- measuring spoons and cups
- mortar and pestle
- saucepans
- turner
- basting spoon
- utility plates and bowls

Procedure:

1. Wash chicken and rinse with calamansi juice.
2. Mix coriander powder, pepper, ginger, shallot and garlic with a little water to make a paste.
3. Fry large onions, cinnamon and cardamons in hot oil until slightly brown.
4. Add the mixture of coriander powder. Stir and cook until the desired flavor is reached.
5. Add chicken and salt, cook for 8-10 minutes stirring frequently.
6. Add coconut milk or diluted evaporated milk. Bring to a boil, then simmer until fairly dry and chicken is tender.
7. Add lime juice just before removing from fire. Serve with rice.

Yield: 6 to 8 servings

ROJAK (Vegetable Salad)

Ingredients

1 pc. cucumber, sliced into thin strips
1 pc. turnip (singkamas), sliced into thin strips
4 pcs. bean curd (tokwa)
 $\frac{1}{4}$ K bean sprouts (toge)
2 pcs. hard-cooked egg, sliced crosswise
cooking oil
hot water

Utensils

chopping board
kitchen knife
utility plates and bowls
frying pan
turner
colander

Procedure:

1. Fry bean curd in hot oil until brown. Slice and set aside.
2. Pour boiling water over bean sprouts. Let stand for 2 minutes and drain.
3. Arrange ingredients by layers in a serving plate beginning with turnips, cucumber, bean sprouts, bean curd and hard-cooked eggs.
4. Serve with peanut sauce.

PEANUT SAUCE

Ingredients

1 C peanuts, ground
2 pcs. red chilli
1 T sugar
1 T shrimp paste
(bagoong alamang)
 $\frac{1}{4}$ C diluted calamansi juice
salt to taste
hot water

Utensils

mortar and pestle
utility bowl
measuring cups and spoons

Procedure:

1. Pound chillies and shrimp paste until fine. Transfer to a bowl.
2. Add sugar, salt and peanuts. Blend well.
3. Stir in calamansi juice, adding hot water if mixture is too thick.
4. Pour over arranged mixed vegetables.

NASI MINYAD (Buttered Rice)

Ingredients

4 C long-grain rice (Wag-Wag)
1 T sliced ginger
 $\frac{1}{2}$ C evaporated milk
 $\frac{1}{4}$ lb. butter or margarine
1 large onion, sliced thinly
 $\frac{1}{4}$ clove garlic, crushed
 $\frac{1}{4}$ C onion flakes
(slice onion finely and fry till golden brown)
2 T cashew nuts, toasted
2 T raisins, toasted
1 T chopped onion leaves
1 T chopped celery
a few pcs. whole cinnamon, cardamon and cloves
salt to taste
cooking oil
4 C water

Utensils

big bowl
measuring cups and spoons
chopping board
kitchen knife
utility plates and bowls
frying pan
basting spoon

Procedure:

1. Wash rice and soak for about an hour before cooking time. Drain thoroughly.
2. Melt butter and fry onions, garlic and ginger until slightly brown.
4. Add 4 C water and salt; cover the pot and bring to a boil.
5. Put in the rice, add the milk. Stir constantly until cooked to prevent sticking.
6. Serve on a platter; top with onion flakes, cashew, raisins, green onions and celery.

Yield: 6-8 servings



THAILAND COOKERY

Thai cookery is a combination of Indian and Chinese influences, retaining the spicy features of both—the curry of India and the condiments of China. There are about 25 varieties of curries in Thailand including sweet, sour, bitter, peppery etc. Examples of popular curried dishes are haem of the north (spiced pork sausage and fermented rice) and Pla Daek of the northeast (fermented and sliced small fish). Favorite Thailand condiments are garlic, chili and an amber colored fish sauce called **nampla**, which gives savory flavor to even the blandest of dishes. Another popular sauce **kapi**, is made of dried salted shrimps pounded and mixed with sugar, garlic and lime juice.

In ordinary family style Thai cooking, the fundamental staples of rice and fish are usually served with various pastes and sauces. In urban restaurants or elegant households, a vast array of other ingenious concoctions supplement these staples. The menu provides what may well be the most diversified and delectable assortment of food, beef, pork, shrimp, vegetables and fruits.

Thai desserts are extremely delicate, characteristically light, faintly sweet and subtly fragrant. These include unripe green grains of rice, boiled in lightly scented water, passed through a sieve and flavored with sugar and thick coco milk. Fruits in season is also a favorite dessert.

Tea is a very popular drink in Thailand and is always served to guests. Generally no soft drinks or alcoholic drinks should be served during each meal. Iced or cold water usually accompany the meal, although tea may be served afterwards.

GOENG PHED GAI (Chicken Curry)

Ingredients

2 pcs. (approx. 2 K) dressed chicken, cut into serving pcs.
2 medium coconut, grated
2 C hot water

Curry paste pound together:

1 T kapi (bagoong alamang)
5 pcs. galingale
7 pcs. coriander root
(culantro or wansuy)
7 pcs. pepper corns
2 cloves garlic
3 pcs. shallots
(sibuyas tagalog)
1 stalk lemon grass (tanlad)
7 chillies (siling labuyo)
season with: patis and sugar
sweet basil leaves (optional)

Utensils

chopping board
kitchen knife
utility plates and bowls
measuring cups and spoons
muslin jelly bag
frying pan
basting spoon

Procedure:

1. Extract coco cream and set aside. Add 2 C warm water and extract the coco milk.
2. Pour the coco cream into a frying pan and allow it to boil. Add the curry paste and let boil.
3. Add the chicken pieces and simmer for a few minutes. Then add the coconut milk. Cook over medium to low flame till chicken is tender.
4. Season with patis and sugar to taste. Flavor with basil leaves if desired.
5. Serve hot or cold.

Yield: 10-12 servings.

KAI KRUM
(Salted Egg with Pork)

Ingredients:

10 pcs. egg-yolk of salted eggs,
 (hard-cooked chicken
 eggs can be substituted)
 $\frac{1}{4}$ K ground lean pork
 2 t garlic, crushed
 1 T soy sauce or patis.
 1 T curry powder
 1 t black pepper
 2 T patis
 cooking oil
 onion leaves) for garnish
 red pepper strips)

Utensils

utility plates and bowls
 mixing bowl
 measuring spoons
 frying pan
 turner
 chopping board
 kitchen knife
 colander
 paper napkin

Procedure:

1. Peel eggs. Remove egg white, reserving yolks. Set aside.
2. Combine curry powder, garlic and black pepper together.
3. Mix the ground pork with the spices and add patis to taste.
4. Divide pork mixture into 10 portions. Roll each into a ball.
5. Deep fat fry till golden brown. Drain on a paper-napkin-lined colander.
6. Cut into halves before serving. If desired use serrated edge of a knife.
7. Garnish with fancy cut red peppers and onion leaves.

Yield: 10-12 servings.

NAM PRIK KAPI
(Vegetables and fish with Salted Alamang Sauce)

Ingredients

1 K Tanguingue (10 med.
 slices)
 $\frac{1}{4}$ C bagoong alamang
 4 segments garlic, crushed
 5 chillies (siling labuyo)
 $\frac{1}{4}$ C lemon (or kalamansi
 juice)
 2 T sugar
 cooking oil
 fresh vegetables:
 5 stalks kangkong,
 (use tender portions only)
 1 pc. eggplant, cut into four

Utensils

measuring cups and spoons
 chopping board
 kitchen knife
 utility plates and bowls
 frying pan
 basting spoon
 colander turner
 sauce pan

1 pc. cucumber, cut in strips
 $\frac{1}{4}$ inch thick
1 small Chinese cabbage,
 cut into two
 $\frac{1}{4}$ C fresh bamboo shoots,
 grated or sliced
1 small banana heart,
 cut into four
5 pcs. winged beans
 (sigarlyas)

Procedure:

1. In a small amount of oil, cook alamang over medium flame. Add garlic, chillies, lemon juice and sugar. Simmer till almost dry.
2. Blanch vegetables. Drain well and arrange them on a platter.
3. Fry tanguingue slices. Arrange on platter.
4. Serve fish and vegetables with alamang sauce.

Yield: 10-12 servings.

MET KA NOON
(Sweet Gabi)

Ingredients

4 C cooked, mashed gabi
3 C cocomilk
2 C sugar
6 egg-yolks
Syrups

Utensils

saucepan
vegetable masher
wooden spoon
kitchen knife
chopping board
utility bowls and plate

Procedure:

1. Mix gabi with sugar and cocomilk. Cook over low flame till paste consistency is attained.
2. Form small oval shapes and flatten between your palms.
3. Beat egg yolk well.
4. Heat syrup until it boils.
5. Dip gabi balls in beaten eggyolk and drop in the boiling syrup.
6. Serve cold.

Yield: 10-12 servings.

SANG KA YHA FAKTONG
(Sweet Squash)

Ingredients

2 med. size fresh squash
2 C whole egg (approx. 8)
2 C coconut milk
2 C palm sugar

Utensils

2 mixing bowls (8")
1 kitchen knife
1 steamer
1 fork or egg beater

Procedure:

1. Cut the top portion of the squash, remove the seeds and clean well. Always retain the shape of the squash.
2. Beat eggs for 2 minutes. Add palm sugar. Mix well.
3. Put the beaten egg inside the squash.
4. Steam starting with hot water until done (about one hour)

Yield: 10-12 servings.

WOON KA TI
(Sweet Gulaman)

Ingredients

5 pcs. colored gulaman
5 Cboiling water
6 C cocomilk
3 C sugar
1 T salt

Utensils

4 qt. saucepan
measuring cups and spoons
strainer
individual gelatin molds or
shallow baking pan
wooden spoon

Procedure:

1. Dissolve gulaman in boiling water.
2. Add sugar and mix well.
3. Add cocomilk and salt. Boil for 2 minutes. Strain mixture.
4. Pour into individual molds or shallow pan.
5. Chill before serving.

Yield: 10-12 servings

FOY TONG
(Thai Silk)

Ingredients

12 ducks egg yolk (chicken
egg yolk can be
substituted)
 $\frac{1}{2}$ C egg white
syrup (1 C water, 4 C sugar)

Utensils

1 saucepan (12")
1 fork or egg beater
1 utility plate

Procedure:

- .1 Beat egg until well blended.
2. Heat syrup in a saucepan.
3. Drop beaten egg gradually into the boiled syrup like a long thread.
4. Set aside until dry.
5. Serve cold.

Yield: 10-12 servings.



VIETNAMESE COOKERY

Vietnamese cooking is influenced both by the Chinese who first occupied the country and the French who later ruled them for many years.

Food included in the meals depend on what are in season. The whole menu is made such that each dish would complement each other, that is, a very fatty and heavy soup will go with a light main dish. Fruits are usually eaten for dessert.

The basic seasonings used are patis, sugar and pepper. The Vietnamese are also fond of hot spicy foods although not as much as the Indian or Thais. They too make use of fragrant flowers like the "Sampaguita" to add flavor and aroma to dishes and beverages.

CA CHUA NHOI (Stuffed Tomatoes)

Ingredients

- 8-10 pcs. big, firm, ripe tomatoes
- 1/2 K ground pork
- 1 sm. pack sotanghon, soaked
in water for 15 minutes,
and cut finely)
- 1 pc. onion, chopped
- 1 bunch onion leaves
cut 2" long

Utensils

- kitchen knife
- paring knife spoon
- chopping board
- utility plates and bowls
- frying pan
- turner

4-5 pcs. dried mushrooms,
 soaked for 30 minutes
 and chopped finely
 patis)
 sugar) to taste
 black pepper)
 Baguio lettuce
 cooking oil

Procedure:

1. Slice off the tops of the tomatoes and set aside the tops. With a paring knife and a spoon, remove the cores and seeds and set aside. Be careful not to break the skin or the stuffing will ooze out.
2. Mix pork, sotanghon, onions, and mushrooms together. Add patis, sugar, and pepper to taste. Stuff tomatoes with this mixture.
3. Fry stuffed tomatoes with cut side down, then turn over and cook until they turn slightly brown.
4. Chop the tomato tops and cores. Place around the tomatoes. Season with patis, pepper and sugar. Simmer until stuffing is cooked.
5. Remove pan from fire. Add green onions.
6. Serve hot on a bed of lettuce leaves as garnish.

Yield: 8-10 servings.

CANH HO LON
(Mixed Soup)

Ingredients

1/2 chicken cut into very
 small pcs.
 200 gms. lean pork, sliced into
 small pcs.
 1 Chinese sausage
 (Langonisang Macao)
 sliced thinly
 1 pc. carrot, cut into
 flowerettes or fancy shapes
 1 sm. head baguio pechay, cut
 crosswise into 1½ long
 2 pcs. med. size, dried squid,
 soaked with ginger in
 water for 30 mins.
 3 C water
 4 t patis)
 black pepper) to taste
 sugar)

Utensils

Chopping board
 kitchen knife
 utility plates and bowl
 mortar and pestle

Procedure:

1. Remove skin of squid and cut into 1 inch pieces.
2. Boil chicken in 3 C water. Add pork and squid. Continue boiling for a few minutes.
3. Add carrots and pechay.
4. Season with patis, sugar, and black pepper.
5. Add Chinese sausage to the soup and serve hot.

Yield: 8-10 servings

NON DU DU
(Papaya Salad)

Ingredients

- | | |
|---|---------------------------|
| 1 big pc. green papaya, grated | chopping board |
| 200 gm. grd. pork, boiled | kitchen knife |
| 200 gm. shrimp, boiled, shelled and chopped finely | utility plates and bowls |
| 1/2 C shelled peanuts, ground | peeler |
| 10 pcs. kalamansi, squeezed | grater |
| a few pcs. red chili | measuring cups and spoons |
| 1 pc. onion, minced | saucepan |
| 1 clove garlic, crushed | mortar and pestle |
| 3 T vinegar | |
| 2 T sugar | |
| 3 T patis | |
| 3 T water | |
| black pepper | |
| a few mint leaves | |

Utensils

Procedure:

1. Mix together pork and shrimps.
2. Add patis, vinegar, sugar, calamansi juice, garlic, chili, onions.
3. Spread grated papaya on a platter. Top with above mixture. Garnish with peanuts and mint leaves. Chill and serve cold.

Yield: 8-10 servings.

GLOSSARY OF TERMS

Bulgogi — Korean term for barbecue. Consists of marinated meat strips roasted over charcoals using a grill or a **bulgogi** pan.

Chao — Chinese term for fast cooking in a small amount of fat with constant stirring.

Chappatties — popular bread item in India. The dough is kneaded to the right consistency and shaped into pieces of different shapes and flavored with assorted spices.

Chelo — plain rice boiled and buttered and topped with varied sauces and meats.

Dal — Indian term for mongo and by-products.

Haem — northern Thailand delicacy which is essentially spiced pork sausage and fermented rice.

Kapi — a kind of Thai paste prepared from salted tiny shrimps.

Khresh — Iranian seasonal food mixture made on whatever meat, fruit and vegetables are available in the market and on the type of the above items the housewife desires.

Kimchi — pickled vegetables such as cabbage, raddish and cucumber. It is the Korean equivalent of the pickles or sauerkraut of the west.

Korma — most popular dish in Malaysia. It is usually a main dish cooked with a spicy sauce.

Lauk — Malaysian savoury concoction of vegetables, fish or meat spiced and flavored in many different ways. It is an auxiliary dish eaten with rice.

Mishimono — Japanese term for steamed foods.

Nampla — a Thai sauce, very commonly used in seasoning. It is prepared from salted fish or shrimps. Thai's version of "patis".

Pla Daek — curried dish made of fermented fish and a delicacy of northeastern Thailand.

Plara — fish preserved and packed in salt and ground roasted rice.

Rendang — traditional Malay dish consisting of meat with coconut milk and simmered over low fire until very dry.

Sake — rice wine commonly used in Japanese cooking.

Sashimi — Japanese term referring to slices of raw fish.

Shinsulro or Sinsollo — Korean special cooking utensil. It is made of compartments where you can arrange the different ingredients and a hollow center just like a tube pan. The hollow center is where you place live charcoals to cook the ingredients further.

Sukiyaki — simmered beef dish popular among Japanese.

Wok — Chinese cooking utensil with a wide mouth and 2 handles resembling "carajay". It is used mostly for frying and simmering foods.

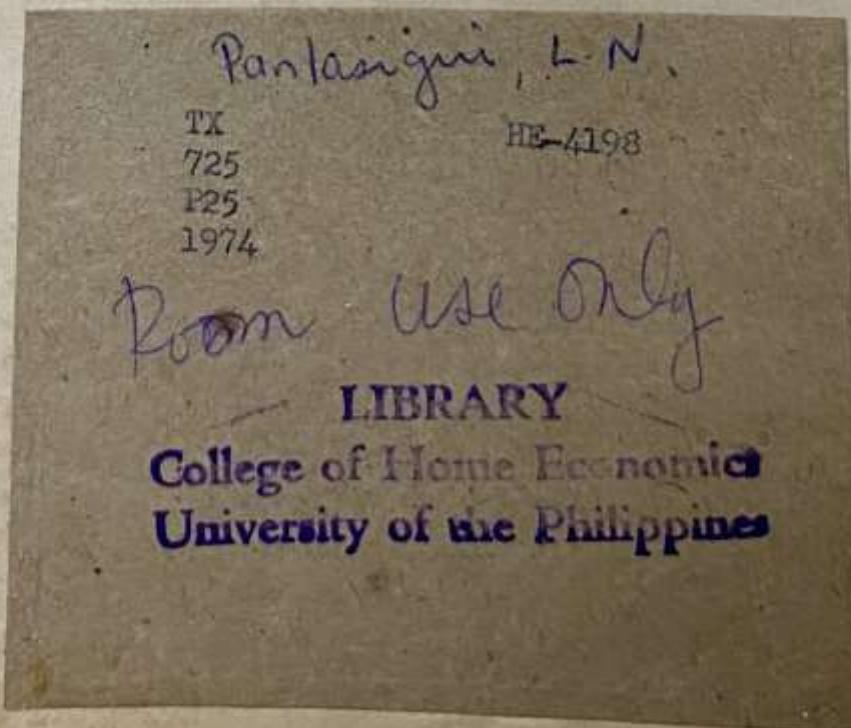
Yakimono — Japanese term for grilled foods.

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MAY 27 1970 *Daw*
AUG 26 1970 *MPB*
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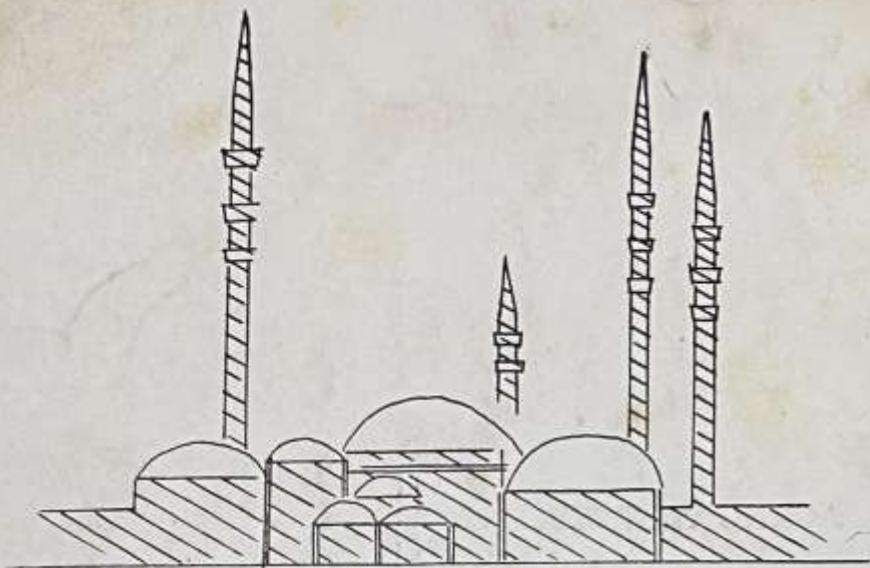


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Leonora N. Panlasigui
Chairman, Oriental Short Term Course



IRAN



KOREA

VIETNAM



JAPAN