

2. Introduction to Filipino cooking


Filipino food is deep, diverse and complex. Way back in the pre-Hispanic period, the Philippines was surrounded by countries of Malay race origin. The use of spices such as curry, cumin, and paprika plus the method of cooking meat in coconut milk were just some of the food influenced by neighboring countries. The abundance of Malay cooking ingredients flourished naturally in the Philippines.

During the Spanish colonization, Filipinos learned to eat Spanish foods and use different kinds of spices. This was also the start of the spice trade between Spain, Mexico, the Philippines, and Moluccas (The Spice Island). The Filipino dishes such as afritada, menudo, michado, pastel, paella, rebosado and more sounds Spanish because it is Spanish influenced. Take for instance, Caldereta. Caldereta is originally a goat stew (nowadays, beef is used for economic reason). But the name of the food was not derived from the main ingredient (the goat) but from the Spanish word 'caldera' which means cauldron.

The Chinese also traded with the Filipinos as early as the 15th century. This was the time when Chinese food was introduced. Along with the Chinese were other traders such as the Arabs and Indians which also left some influences. Later on, Americans came and introduced American food which was welcomed and immediately embraced by the Filipinos mainly in the cakes, salads, sandwiches, soda fountain items and cocktail we now enjoy.

2.1 To define Filipino culture

Filipinos love to eat. We eat rice for breakfast, morning *merienda* (the usual coffee break for Western people), heavy lunch with rice, afternoon *merienda* (tea time) and dinner same like lunch, heavy with rice. If you think that's the last of it, hold on. Filipinos drink after dinner, this is usual because of the belief that drinking alcohol with an empty stomach easily get drunk. While drinking, pulutan (pica-pica) is set on the table. Pulutan like chicharon (fried pork rind) dipped in coconut vinegar spiced-up with silinglabuyo (bird's eye chili), chopped onion and garlic. Or leftover dinner stews, such as, menudo, afritada, kaldereta or the classic adobo with a little kick. But without all those pulutan, we suffice with the classic "isangplatitongmani" (a small plate of peanuts). And after drinking an average 3-6 bottle of beers, we thread the street to visit food carts that sell rice porridge (lugaw), La Paz batchoy (famous southern style noodle soup), or ask someone (who is sober) to run errand at any sari-sari store (aka a variety store or **OUR** local 7-11 minus the walk-in and the aircon) and buy Lucky Me instant noodle seafood flavor (to sweat out the alcohol- I was told). Is this eating attitude different onboard? No. Filipinos love to eat - period.

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2.2 To define regional dishes

The Philippines consist of 17 regions , geographically combined into three main island groups of Luzon,Visayas ,and Mindanao, offering distinct gastronomic highlights developed according to ingredients available in their localities.

Luzon-the Ilocos Region on the northwest coast of Luzon is located between the cordillera mountains and the water of south china sea where vegetables and rice are abundance Ilocano boast of a diet heavy in boiled or steamed vegetables and fish are particularly ponds of dishes flavored with bagoong ,fermented fish that is often used instead of salt.

Pampanga in Central Luzon-is known for its exceptional cooks and outstanding cuisine based on slow cooking methods in which taste is allowed to come into it own without resorting from packaging mixes and high heat(kare –kare ,fried morcon, longganisa ,sisig, lengua estopada).The neighboring province of Bulacan is popular for chicharon and steamed rice and tuber cakes (puto,kutsinta suman). Cainta in rizal province is known for its rice cakes and pudding with latik. Antipolo is known for its suman and cashew products.

Laguna is known for its buko pie(coconut pie)and panutsa (molasses clustered peanuts),Batangas offer worlds rarest that are delicious native delicacies, as well as kapeng barako, a strong brew of coffee beans .The province of Bicol Region are known for their very spicy preparation particularly the “Bicol Express”, made of thin strips of sautéed pork simmered in coconut milk and season with chili peppers. shrimp paste and the laing ,

Visayas-Chinese Influence is reflected in visayan cuisine where visitors can find an array of delicious noodle soup as well as prawn ,chicken and pork dumpling .Cebu is popular for its own version of the lechon ,they also known for sweets like dried mangoes.T he City of Bacolod is famous for the Binakol,a popular chicken soup with fresh buko,This area is also famous for lumpiang ubod ,The Iloilo boast for its pansit molo which uses dumpling wrapper made from rice instead the usual pansit noodles.

Mindanao-Located in the far south of the Philippines archipelago .offers an array of exotic cuisine influenced by the Malays ,Spices including turmeric ,garlic ,ginger ,roasted coconut and chilies are prominent in the areas dishes ,Local mindanaoans tend to eat their seafood raw. A dish typically served during special occasions is tiula itum(black soup) ,a stew made with beef charred mature coconut meat that give the dish a black color ,Not also to be missed are the grilled tuna panga (jaw line) and belly from General Santos and Davao as well as the curacha ,a highbred crustacean unique found in the water around Zamboanga ,The Indeginous moro and Lumad peoples of Mindanao and sulu archipelago differs greatly from mush of the cooking found throughout the Philippines ,having more in common with the spicy preference of Malaysia ,brunei and Indonesia ,more well known dishes include satti,local counterpart to the Malaysian “satay”, Since this region is predominantly Muslim pork is rarely consumed but regional crops also figure prominently in their daily fare.

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2.3 Cooking Method Applied In Filipino Cuisine

It is important to be familiar with the different cooking methods and how they apply to Filipino cuisine .Cooking methods are divided into two major groups: dry heat and moist heat

Dry heat cooking includes grilling, broiling ,frying and sautéing .They are characterized by the omission of water or liquid as a cooking medium.

Moist heat cooking includes simmering, boiling ,steaming ,stewing ,braising and poaching.This method uses liquid (such as stock, sauce ,broth) as a medium.

a. Dry Cooking Method	Description	Kinds of Dishes
Grilling (inihaw/inasal/sinugba)	is a high heat cooking method over hot charcoal, the fats that drips down onto charcoal, imparting a smoky charred flavor to the food.	chicken
Sauteing/(Guisa/sangkutsa)	Food is cooked in a small amount of fats. In a shallow pan. Sangkutsa is when meat or Poultry is browned without flavoring.	pinakbet monggo
Pan Frying(prito-prito)	moderate heat (180/190c),the food is turned once during cooking process.	beef tapa
Baking (ihurno)	Similar to roasting, except it is used for fish, breads ,and pastries.	Pork torta, relleno

b. Moist Heat Cooking	Description	Kinds of Dishes
Steaming (pasingaw)	Cooking in a steamer or on rack over boiling water preserves the flavor vegetables, nutrients, shape and texture.	puto/kutsinta/ palitaw
Boiling (pinakulo)	Food is submerged in salted water and cooked above 100C/212F and maintained high heat ,bubbles rises quickly to the surfaces	pochero bulalo
Blanching(banlian)	vegetables are submerged in water vegetables for one or two minute to partially cook then they are dried on towel and usually reserved for later use.	sinigang/ tinola
Searing (sankutsa)	Browning the surface of the food at high heat with little or no fat, brings out the flavors and create a fond at the bottom of the pan, used in making sauce.	

2.3. 1 To define Basic Vegetables Cuttings

Basic Knife skills

Greater attention must be paid to proper cutting techniques and knife skills, to provide greater control and evenness in cooking and naturally lead to less waste and better presentation. Since Poultry and meat vendors now provide pre-cut parts ,the task is made little bit easier.

a .Basic Cuts and Terms

- Chop (hiwa,putol,tadtad)-Cutting into small pieces without specific measurement.
- Mince (pinong hiwa o tadtad)-Used for aromatic vegetables, such as shallots and garlic or herbs ,This is a fine ,small chop.
- Shred(himay)-Used for leafy herbs and vegetables .This is a fine strip cut.
- Julienne-Used for starchy root vegetables to produce matchstick sizes;

- *Fine julienne----1/16 x 1/16 x 2in.—used for lumpia or ukoy.
- *Julienne (matchstick or allumette)— 1/8 x1/8 x2in.—used for salads.
- *Batonnet ----- 1/4 x1/4 x2 in.
- Dice—Produce cube shaped cuts used for garnishes and vegetables
- * Fine Dice/ Brunoise----1/8 x1/8 x 1/8 in.
- * Small Dice/Macedoine-1/4 x1/4 x 1/4 in.
- * Medium Dice / Paramentier - 1/2 x1/2 x 1/2 in.
- *Large dice / Carre-3/4 x3/4 x 3/4 in.

3.Basic Nutrition for Filipinos

3.1 To define Nutrients

Nutrients are the substance present in the food that keep us healthy, make us grow and give us heat and energy.

Kinds of Nutrients

Proteins are known to be the body building blocks of the body, They are essential for growth, for building body tissues and for basic function .they can also used for energy if the diet does not contain enough carbohydrates and fats .

Carbohydrates are any group of inorganic compounds that includes sugar ,starches and gums that serves as a major energy source in diet of man.

Vitamins are present in foods extremely small quantities, but they essential for regulating body functions .

Fat function as a protector of vital organs of the body to provide heat and energy and certain fats also provides vitamins.

Mineral are also consumed in very small quantities and are essential for regulating certain body processes, the most important mineral in the diet of man are calcium, phosphorous, iron, copper ,iodine and sodium

3.2 To define Digestive system

The Digestive system is composed of a series of organs (mouth, esophagus, stomach, small intestine ,large intestine ,anus) from the mouth to the anus, inside this tube is a lining called the mucosa .In the mouth ,stomach and small intestine ,glands (from liver , gallbladder, pancreas, lining)produce juices to help digest food.

Digestion begins in the mouth, when we chew and swallow and is completed in the small intestine.

When we eat such things as bread, meat and vegetables, they are not in a form that the body can use as a nourishment .Our food and drink must be changed into smaller molecules of nutrients before they can be absorbed into the blood and carried to cells throughout the body. Digestion is the process by which food and drink are broken

down into their smallest parts so that the body can use them to build and nourish cells and to provide energy.

3.3 To define Filipino food pyramid

4. Basic Victualing

4.1 To define food process flow in the galley

There are 8 stages in the flow of food through galley department:

1. Purchasing and receiving
2. Storage
3. Preparation (including defrosting)
4. Cooking
5. Cooling
6. Hot and cold holding
7. Reheating
8. Serving

- **Purchasing and receiving**

- All food must from approved sources.
- Homemade or uninspected food is not allowed
- Inspect all incoming food for torn, damaged or stained boxes.
- Inspect the condition of the delivery truck.
- Check the temperature of incoming food .Refrigerated foods must be at 4°C (40°F) or less. Frozen food must be at -18°C (0°F) or less.

- **Storage**

- General—Practice F.I.F.O (First In, First Out)
- Store chemical products away from food products.
- When foods are repackaged, clearly label and date container.
- All foods containers must be properly covered.
- Refrigeration Storage –All refrigeration units must have accurate indicating thermometer.
- Temperatures must be maintained at 4°C(40°F) or less.
- Store all raw foods below cooked foods or ready to eat foods to prevent cross contamination.
- Avoid packing refrigerator full, air needs to circulate to maintain proper temperature.
- Freezer Storage –Must be maintain at -18°C(0°F) or less.
- Dry Storage ---Keep food at least 15 cm(6in) off the floor to facilitate cleaning and to easily identify rodent problem.

- **Preparation**

- Wash your hands before beginning preparation and in-between tasks.
- Prepare food in small batches.

- Prevent cross contamination by cleaning and sanitizing utensils and work surfaces in tasks ,or by using color code cutting boards for different foods.
- Prepare the foods as close to serving time as possible.

- **Thawing / Defrosting**

Food can be safely defrosted :

- a. In the refrigerator;
- b. Under cold running water
- c. In the microwave on the defrost cycle, should not be frozen;
- d. Use items within two days.

- **Cooking**

Cooked food to a minimum internal temperature of:

Whole poultry (chicken , turkey)	82°C	180°F
Poultry pieces or ground poultry	74°C	165°F
Hazardous food mixtures	74°C	165°F
Ground meats (beef, pork, lamb)	71°C	160°F
Pork and Pork Products	70°C	158°F

Use a probe thermometer to check cooking temperature.

*Temperature to be maintained for a minimum of 15 seconds.

- **Cooling**

Food should be cooled from 60°C (140°F) to 4°C (40°F) within 4 to 6 hours, if not days for large quantities of food to cool to appropriate temperatures.

- Place pots of food in an ice water bath.
- Divide large quantities of food into smaller container.(10cm(4in) in depth.
- Stir frequently.
- Slice or divide large cut of meat into smaller pieces.
- Place in refrigerator and once it cools to 4°C (40°F) cover the container.
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- **Hot and Cold Holding**

Proper Hot Holding

- Maintain temperature of hazardous food above 60°C (140°F).
- Check internal temperature of food using metal stem probe thermometer every 2 hours.
- Never cook or reheat food in hot holding equipment.

Proper Cold Holding

- Keep food cold in refrigerated display units or an ice .The internal temperature of food must be at 4°C(40°F) or less.

- **Reheating**

- Reheat cold hazardous food to original cooking temperature .
- Reheat quickly on or in the stove .
- Never reheat slowly over several hours in the hot holding units. Place food in/on stove or microwave to reheat then place in hot holding units.

- **Serving**

- Prevent cross contamination by ensuring servers take appropriate personal hygiene measures,(e.g. Hand washing ,no direct contact with food)
- Ensure clean and sanitized utensils are used .
- Do not stack plates when serving meals .
- Ensure service areas kept clean.

4.2 To compute for expenses using a form

5. Effective Menu Planning

5.1 Food Budget

Food costing is an important tool in determining the actual budget requirement for an entire meal and on per persons basis. Food cost can be calculated by determining the total net food purchase and by dividing the total purchases by the number of persons to be served .

$$\frac{\text{Total net food purchase}}{\text{Number of persons}} = \text{Food cost}$$

Benefits in costing menus are :

- Purchases are made based on the budget
- Portion sizes can be controlled
- Waste in kitchen is minimized
- Bulk purchases ensures discounted prices
- Inventory is kept to a minimum and hence will make more organized storage room.

*Extra funds can be used to purchase ingredients for special treats for the crew on special occasions like birthdays and holidays.

5.2 To convert of weights and measures

The easiest place to begin in costing a menu is to familiarize with the yield of each food and to use a standardized recipes.

Liquid Measure Conversion

1 gal	4 qt	8 pt	16 cups	126 fl oz	3.79 L		
½ gal	2 qt	4 pt	8 cups	64 fl oz	1.89 L		
¼ gal	1 qt	2 pt	4 cups	32 fl oz	.95 L		
	½ qt	1 pt	2 cups	16 fl oz	.47 L		
	¼ qt	½ pt	2 cup	8 fl oz	.24 L		
			½ cup	4 fl oz	.12 L	8 tbsp	24 tsp
			¼ cup	2 fl oz	.06 L	4 tbsp	12 tsp
			1/8 cup	1 fl oz	.03 L	2 tbsp	6 tsp
				½ fl oz	.015 L	1 tbsp	3 tsp

Dry Measure Conversion

1 cup	8 fl oz	16 tbsp	48 tsp	237 ml
¾ cup	6 fl oz	12 tbsp	36 tsp	177 ml
2/3 cup	5 1/3 fl oz	10 2/3 tbsp	32 tsp	158 ml
½ cup	5 fl oz	8 tbsp	16 tsp	118 ml
1/3 cup	2 2/3 fl oz	5 1/3 tbsp	12 tsp	79 ml
¼ cup	2 fl oz	4 tbsp	6 tsp	59 ml
1/8 cup	1 fl oz	2 tbsp	3 tsp	30 ml
1/16 cup	½ fl oz	1 tbsp	1 tsp	15 ml
1/48 cup	1/6 fl oz	1/3 tbsp	1 tsp	5 ml

Handy substitutions

There are substitutions that can be made in the absence of the ingredients ;

- 1 cup cake and pastry flour =1 cup sifted all purpose flour less 2 tbsp.
- 1 cup buttermilk=1 cup thinned plain yogurt (thin with milk)=1 cup milk plus 1 tbsp vinegar or lemon juice ,stand for 10 mins.
- 1 teaspoon lemon juice =1/2 teaspoon white vinegar
- 1 cup cream cheese =1 cup cottage cheese plus ¼ cup butter or margarine sour cream = plain low fat yogurt

Mayonnaise=1 part real mayonnaise blended with 1 part low fat yogurt

Conversion Table

Ounce	X	28.3	=	grams
Grams	X	.0353	=	ounce

Pounds	X	453.59	=	grams
Pounds	X	.045	=	kilograms
Ounces	X	.30	=	milliliters
Cups	X	.24	=	liters
Inches	X	2.54	=	centimeters
Centimeters	X	.39	=	inches

Temperature Conversion

Farenheit	To	Celcius
32		0
100		38
150		65
200		95
250		121
275		135
300		150
325		165
350		175
375		190
400		205
425		220
450		230
475		245
500		260

* Given Celcius + 40 (9/5) - 40 = Farenheit

* Given Farenheit + 40 (5/9) - 40 = Celcius

5.3 Converting Recipes

If the quantity required is less or more than 10 portion, divide the required number of servings by 10 to get the number(X) needed to multiply to the specified amount of ingredients to get the adjusted amount;

$$\frac{(\text{Required number of servings})}{10} = X$$

Adjusted ingredients computation is illustrated below:

Original recipes for 10 crew	Recipe for 3 crew	Recipe for 20 crew
20 kilos of pork belly	600 grams	4 kilos
6 tbsp olive oil	2 tbsp	12 tbsp
1 cup vinegar	1/3 cup	2 cups
1/4 cup soya sauce	2 tbsp	1/2 cup
1/2 tsp black pepper ground	1/4 tsp	1 tsp
2 pieces bay leaf	1 pc	3 pieces

6. Basic Sanitation

Cleanliness and Sanitation is of vital importance to the successful operation of a food service and any other food business establishment, which when neglected may cause irreparable damage to the company because it will result to the following:

- food poisoning
- spoilage of merchandise
- fly, rodent and pest control problems
- smell and bacterial growth
- possible loss of job or business for years

Food service sanitation helps keep people healthy, do your part to prevent contamination of food:

- Take all precautions, everyday in every operations.
- Inspect all area for hazards;
- Report any problems to your supervisor.

Don't let food infections start in your galley. The following must be observed in the preparations of food;

a. Washing

- Wash raw food thoroughly.
- Wash food in the proper sink-don't used the hand or dishwashing sink.
- Keep washed and unwashed food separately to prevent contamination.
- Wash hands after cleaning and handling food.

b. Cutting and Chopping

- Use color coded chopping board
- Clean and sanitize utensils and board between processing different foods to prevent contamination.

c. Thawing

- Thaw frozen foods at the chamber lobby or in the refrigerator at 45°F(7°C) or colder.
- Under potable water, 70°F or colder.
- In a microwave oven if the food will be cooked immediately as part of the cooking process

d. Heating

-Use an accurate thermometer to make sure that the foods have been heated internally to at least;

- 140°F(60°C)for most foods
- 150°F (66°C) for pork or foods containing pork
- 165 °F(74°C) for poultry and stuffed meats
- 130°F(55°C)for rare roast meat

e .Reheating

-Reheat all leftover or stored foods rapidly to an internal temperature of least 165°F (74°C).Cool and reheat as seldom and as quickly as possible.

6.1 To define personal hygiene


The single most common carrier of contamination to food are the handlers of the food because humans are the walking reservoir of bacteria. Germs or bacteria are to be found in and on the body and they can be transferred on to anything with which the body comes in contact, hence personal cleanliness is essential to prevent germs getting on to food .

The rules of personal hygiene are common sense. These are the basic rules which must be followed to ensure personal cleanliness:

Wash your hands often

Hands must be washed in every possible contamination;

- a. after using toilet
- b. before going to work and after the break;
- c. after handling dirty pots and pans, dishes or other cooking utensils and equipment;
- d. after handling raw meat or seafood
- e. before handling fruits and vegetables or any other food which may eaten or require no further cooking .
- f. after smoking cigarettes
- g. after handling cleaning materials , most especially chemical,
- h. after picking things up from the deck

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Other rules of personal hygiene ;

- If you have an open wounds , sores , spots etc, must always covered with a clean colored waterproof dressing.
- Never work if you have sore throat, cold , cough or fever, diarrhea, vomiting or any other symptoms
- Keep your hair neat and trim always
- Keep your finger nails short, neat and clean
- Wear clean uniform always .Dirty uniform carry bacteria which may contaminate the food .
- There is no eating ,drinking or smoking allowed while working ,Eating and drinking are activities which may contaminate food that is being prepared or serve.

Hand washing must be done properly, otherwise it will not be effective, we must use proper hand washing technique .Hands must be washed in approved hand washing facilities and follow the following steps:

- Turn on the water .make it hot but comfortable
- Moisten hands, soap thoroughly and lather to elbow
- Rubs hands together using friction for 20 seconds
- Rinse thoroughly under running water
- Dry hands ,using single service towel or hot air dryer

Cleanliness and Sanitation is of vital importance to the successful operation of a food service and any other food business establishment ,which when neglected may cause irreparable damage to the company because it will result to the following :

- food poisoning
- spoilage of merchandise
- fly, rodent and pest control problems
- smell and bacterial growth
- possible loss of job or business for years

Good personal hygiene and cleanliness are essential part of the sanitary operation as a professional food handlers .

6.2 To define cleaning method

Equipment ,Utensils and work surfaces which come in contact with food must be thoroughly cleaned and sanitized before and after food preparation.

The first step is to manually remove from the utensils as much as adhering food as possible .

Then wash the utensils with the suitable soap or detergent, and hot water (140°F to 60°C),liberally applied by manual or mechanical means .

After rinsing ,and after all visible grease and dirt have been remove ,sanitized the utensils either of the methods outlined below.

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Heat Sanitation

Using clean hot water (170°F or 76°C), apply to all surfaces of the equipment or utensils for at least 30 seconds.

Using live stream, keep surfaces of equipment or utensils in contact with the live stream under pressure for at least one minute .

Avoid the following:

- a. Never use water from hoses to clean surfaces other than the deck.
- b. Never throw or splash buckets of water on the deck to clean it.
- c. Never clean food contact surface with commercial powder cleaner
- d. Never towel dry food preparation surface ,dishes, glasses and utensils; Air drying is the correct method.

Other precautionary measures;

- a. Handle cooking knife very carefully
- b. When using a meat or other kitchen machine ,take care to avoid hands and finger from coming in the mincing machine .use an exclusive pushing bar.
- c. Keep the floor of the galley dry always .Spread mats on the floor of the galley during heavy weather and watch your step to avoid slipping ,
- d . Pay special attention to the fall and turn of the containers used for boiling or frying on the stoves ,particularly during heavy weather.(always use oven storm bar during heavy weather to avoid burn accident.)
- e. Post a tag on the door ,or inform other crew before entering any refrigerated chamber to indicate your presence inside and be familiar with emergency device push bottom. (trapped alarm)

Chemical Sanitation

A Sanitizing solution for utensils or equipment can be prepared by mixing 2 ounce (56 grams) of chlorine bleach to 1 gallon (4.5 liter) of lukewarm water.

When using sanitizing solution .it is important to remember that the solution must remain in contact with the desired surface for at least 30 seconds to a minute and that any solution over 2 hours old must be discarded and replaced with freshly prepared one.

Sanitation with chlorine

- a. To make a 100ppm chlorine and add ½ oz of ordinary bleach to 2 gal of water.
- b. To sanitize with chlorine solutions:
 1. Wash with warm soap water
 2. Rinse with warm clean water
 3. Swab with a clean towel drenched in chlorine solution or submerge smaller utensils for more one minute in chlorine solution.

6.3 To define food storage

Dry store , Refrigerator, and Freezer are the main places for food storage onboard the vessel .Proper food storage method is important to ensure that there will be no cross contamination of food items .The rule of thumb is to place the all raw food in the lower shelves which could have salmonella and can contaminate the rest of the food with its dripping.

Must adhere the following storage principles;

- Top shelf : ready to eat foods
- 5th shelf :dairy products
- 4th shelf : seafood
- 3rd shelf : fresh meats
- 2nd shelf : ground meats
- 1st shelf : poultry

It is important to store all food at their proper temperatures:

- Dairy products : 2-4°C/36 -40°F
- Eggs : 3-4°C/38-40°F
- Meat and poultry : 0-2°C/32-36°F
- Fish and seafood : 1-1°C/32-36°F
- Produce product : 4-7°C/40-45°F

Proper food handling minimizes the risk of food borne illness. Food hazards can be avoided by monitoring the time and temperature. At any stage of preparing and cooking .

- Time- Pathogens need time to reproduce and grow. the time danger zone is four (4) hours .it is the minimum amount of time needed to grow the pathogens rapidly to a dangerous level, food should never be exposed to the danger zone for more than 4 hours.
- Temperature-Pathogens can live and survive in a extreme temperatures. The range is between 4°C to 60°C /39°F to 180°F.this is the range within which pathogens can grow.

7. To define a menu for one week

Dishes can be mixed and matched according to the available ingredients .When mixing and matching, the first thing is to choose the main item or entrée so that the other menu items will have to complement it. a great opportunity to add color ,using bright fruits, vegetables or a colorful dessert and use a crisp, firm foods for its texture.

Balance in weight and flavor can be also achieved , if the planned menu is heavy, plan a light vegetables or dessert such as fruits.

To balance in flavor use a combination of mild and strong flavored food . Too many foods with strong flavor may result in unacceptable meal.

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To create appealing menu is also by shapes and sizes. Consider a meal with fried fish fillet served with round potatoes and buttered peas and carrots with bacon would be more appealing. The color of the food should also be considered, two color in one meal will help.

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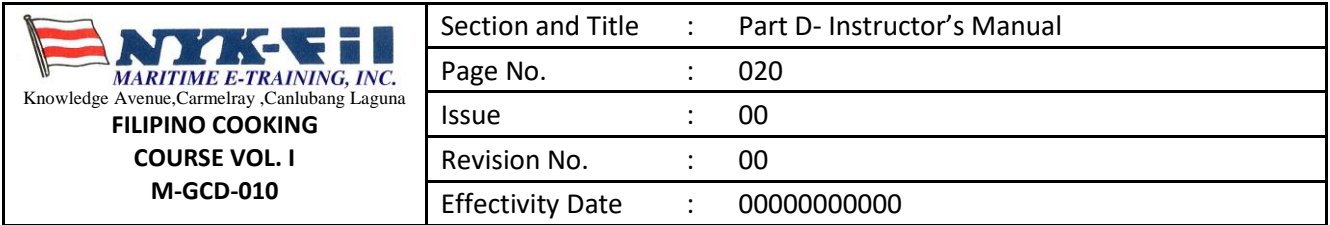
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To demonstrate breakfast cooking.

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- 1.Sinangag
- 2.Daing na bangus
- 3.Scambled egg with onion and tomatoes.

▪ **Sinangag**(fried rice)

Serves 6

Ingredients:

- 5 cups cooked rice
- 4 cloves /20 g garlic minced
- 1 tbsp/15 ml cooking oil

½ tsp/3 g coarse salt

Preparation:

1. Sprinkle a little water over the cold cooked rice and mash with one hand to loosen every grain.

2. Minced the garlic.

Cooking:

1. In a frying pan ,sauté the garlic in a cooking oil until light brown.

2. Add rice ,using 2 metal turners(wooden if using non stick pan) mix the rice very well and cook until the rice is lightly toasted.

3.Season with salt ,mix well, Serve immediately.

▪ **Daing na Bangus**(Serves 4)

Ingredients:

- 4pcs (200g each) boneless bangus (milkfish)
- 10 Cloves/50g minced garlic
- 1 tbsp/10g black peppercorn
- 1 tbsp/15g salt
- 1 cup/240ml vinegar
- ¼ cup/60ml cooking oil

Preparation:

The day before :

1.Clean and wash the fish. Trim the tail and fins.

2.Crush the garlic cloves.

3. Crush the black peppercorn.

4. Sprinkle the crushed garlic and pepper. Season with salt. Drizzle with vinegar, Marinate fish for at least 4 to 6 hours or overnight .Store covered in the refrigerator.

Cooking:

1.Pre heat the pan with oil over a medium fire.

2.Fry the butterflied fish skin side up for 2 minutes or until golden brown,turn over and fry the skin side for another 2 minutes .Include the crushed garlic.

▪ **Scrambled egg with onion and tomato(serves 10)**

Ingredients:

10 pcs egg slightly beaten

¼ cup milk

¼ tsp salt

¼ tsp pepper, ground

4 tbsp cooking oil

2 pcs medium onions ,cubed

400g tomatoes,diced

2 tbsp spring onion ,chopped

Cooking :

1. In a clean bowl, mix egg, milk , salt and pepper and beat slightly.

2. Heat oil and sauté diced onion and tomatoes, add the egg mixture and cook over medium heat.

3. Garnish with chopped spring onions.

7.2 To demonstrate lunch cooking and bread / dessert making .

MENU 1

1. Rellenong Talong
2. Beef Caldereta
3. Tinolang Manok
4. Kutsinta

- **Rellenong Talong**(stuffed eggplant)

Serves 6

Ingredients:


- 2 cloves /15 g garlic
- 1pc/40g onion
- 1pc/50g potato
- 1pc/50g carrot
- 1pc/50g bellpepper
- 4pcs calamansi
- 300g ground pork
- 3tbsp/45ml water
- 3tbsp/45ml oil
- 1/4cup/30g raisin(optional)
- 1/4cup/50g cooked peas
- 1/2cup/120ml tomato sauce
- 2tbsp/30ml soy sauce

Preparation:

1. Crush ,peel and chop the garlic
2. Peel and chop the onion.
3. Peel the potato and cut into ¼ in.small cubes.
4. Peel the carrots and cut into ¼ in.small cubes.
5. Trim off the bellpepper stem.Slice in half and remove seeds.Cut into small 1/4 cubes.
6. Slice calamansi in half and extract juice.

Cooking:

1. Place the ground pork in a pot .Add the water and calamansi juice.
2. Boil until the meat is almost dry .Set aside.
3. In a pre heated pan, add oil,, Saute the garlic ,onion ,.potato, carrot, and bell pepper.
4. Add ground pork, raisins and green peas., Stir,

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5. Add the tomato sauce and soy sauce .stir well.

6. Simmer , taste ,then adjust seasoning.

For each stuffed eggplant:

1/6 long eggplant

1 egg

¼ tsp/1g salt

1/4cup/60g pork torta

2tbsp/30ml oil

Preparation;

Grill the eggplant directly on the stovetop flame until skin is charred. Allow to cool and then peel. Place on the plate and slit down the center lengthwise. Flatten eggplant with fork forming an oval shaped. Keep the stem.

Cooking:

1. Crack the egg and beat. add salt.
2. Spread the pork torta evenly on the flattened eggplant.
3. In a preheated , nonstick pan, add oil, slide in the stuffed eggplant .Fry until done, turning once the to cook the side.
4. Pour the beaten egg over the stuffed eggplant.
5. Fry until done, turning once to cook the side.

- **Kaldereta** (beef stew in tomato sauce)

Serves 6

Ingredients:

½ kg beef brisket or short ribs

5clove s/30g garlic

2pcs/160 g white onions

4/350g tomatoes

400g baby potatoes

200g carrots

1 spanish sausage (chorizo)

1/100g red bellpepper

1/100g green bellpepper

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Enough water to cover meat

2tbsp/30ml cooking oil

1cup/237 ml tomato sauce

1can/87g liver spread

2tbsp/30ml soy sauce

¼ cup/50g green olives

1tsp/5g salt

1 tsp/5g pepper

Preparation:

1. Trim the beef , cut into 5cm/2in,cubes or ,if using spare ribs ,cut into 5cm pcs.

2. Crush , peel and mince the garlic.

3. Peel and chop the onions.

4. Pell and chop the tomatoes.

5. Clean and wash the potatoes with a brush ,leave unpeeled,

6, Peel the carrots. Cut and shape into 1.5 x 1.5 cm/1/2in. mini carrots.

7. Slice the sausage crosswise into 1cm ,1/4-in rings.

8. Seed and slice the red and green bell peppers into 2cm/3/4 in strips.

Cooking:

1. Place the beef pieces in a pot .add the water .Cover pot. Just when the water begins to boil , immediately reduce to simmer 82C/180F and cook for three hours or until beef is tender .Remove beef from stock and set aside .Reserve beef stock for making sauce .

2. Just before serving , preheat another pot. Pour in oil , Saute garlic ,onion and tomatoes, add beef ,tomato sauce ,liver spread, soy sauce ,reserved stock, potatoes ,carrots and sausage ,Simmer for 5 minutes ,then add bell pepper and olives, Continue cooking until potatoes are done.

9. Season with salt and pepper.

• **Tinolang Manok**

Serves 6

Ingredients:

1 thumb sized pc/25g ginger

2 cloves /10g garlic

½ pc/40g onion

½ pc/ 250g green papaya.

2tbsp /30ml cooking oil

2tbsp/30ml fish sauce

1500g chicken ,bone in

10 cups /2 ½ liter water or chicken broth

2tsp/10g salt

15g chilli leaves

Preparation:

1. Peel and cut the ginger crosswise into thin slices.
2. Crush, peel and mince the garlic.
3. Peel and chop the onion finely,
4. Peel the green papaya and cut evenly into wedges
5. Cut the chicken into 2in thick.

Cooking:

1. In a pre heated pan, saute the ginger, garlic and the onion in a cooking oil.
2. Add the chicken.
3. Season with fish sauce, add the chicken broth and boil, Reduce the heat and simmer until chicken is cooked.
4. Strain the broth and return to the pot.
5. Just before serving, bring the broth to boil again. add the papaya and cooked until tender, and lastly add the chili leaves.

- **Pandesal**

Yield 45 pandesal

Ingredients:

2tsp/10g instant yeast

2tbsp/30ml tepid water

1/3 cup+4tsp /100g sugar

1kg bread flour

1tsp/5g salt

1 1/2 cups/360 ml warm water

1/3 cup+2tsp/90g shortening

1 cup/240g breadcrumbs

Preparation:

1. Dissolve yeast in tepid water.
2. Use 1tsp/5g of the sugar and add to the dissolved yeast. Set remaining sugar aside.
3. Measure 1 cup/240g of the flour, Set aside to be used for dusting.
4. In a bowl, combine the remaining flour, salt, remaining sugar and water. Add the dissolved yeast and mix well.
5. Knead the mixture into a smooth, elastic dough. Dust with the reserved flour as needed.
6. Rest the dough in a greased bowl. Cover and let rise until doubled in bulk (about 25-30 mins)
7. Preheat oven to 175C/350F.
8. Punch dough and knead again.
9. Roll dough into a 2 inches thick baton. Cover with bread crumbs.
10. Using a dough cutter, cut and divide the cylinder into 1 in/30g pieces.
11. Place the dough, cut side up, on a baking tray. Make sure there is enough space between the pieces.
12. Proof or allow the dough to rise for about 20 minutes.

Cooking :

Bake in a preheated oven for 15-18 minutes or until the pandesal develop a light brown crust.

- **Kutsinta**

Yields 30 pieces

Ingredients:

1 1/2 cups/302g rice

3 1/2 cups/800ml water

1tbsp lye water(lihiya)

1 1/2 cups/258g brown sugar

Plastic wrap

Oil for brushing plastic wrap

Preparation:

1.Wash rice and soak in water for at least 5 hoursl.

2.Put half the soaked rice in the blender ,add soaking water up to the level of the rice .Blend for 11/2 minutes only .Repeat with the remaining rice .

3.Pour the blended rice into the bowl.

4.Add the remaining water.lye water and sugar.Mix well until smooth and all the sugar has dissolved.

5.Using a cheesecloth or a very fine sieve ,strain the mixture into another bowl.

6.Brush the plastic wrap with oil ,then line each well of a muffin pan.trim the wrap so that each one fits snugly into each well.

7.Pour 2tbsp of mixture into each muffin.

Cooking:

1.Place the muffin pan in a steamer.Steam for 45 minutes to an hour over medium heat.

2.When cooled.pull down each using plastic wrap.remove the wrap and discard.

3.Serve with freshly grated coconut.

7.3 To demonstrate dinner cooking and bread/ dessert making.

Menu 2.

- 1.Pork sinigang
- 2.Pansit bihon guisado
- 3.Bistek tagalog

4. Palitaw

- Pork Sinigang
- Serves 6
Ingredients:

500g pork ribs

5pcs/400g tomatoes

1pc/80g onion

2pcs/200g small taro(gabi)

1 bunch/150g water spinach(kangkong)

6 1/2 cups /1.6 liters water

3 to 4 tbsp extract sour juice from tamarind or 45 to 60g tamarind powder

2 pcs green chilies(siling pansigang)

1 tsp fish sauce

Preparation:

1. Cut the pork ribs across the bone into 8cm long and 1 1/2 cm thick/ 3inX 3/4 in pieces.

2. Quarter the tomatoes.

3. Peel and quarter the onions.

4. Peel and quarter the taro.

5. Trim the water spinach by picking the leaves with the tender stems, discard main stems. Wash well..


Cooking:

1. Put the pork ribs and water in a pot. Bring to boil and immediately reduce to simmer. Remove the scum that rises from the surface.

2. Put in the tomatoes and onions. Simmer until the pork is tender. Add the taro until cooked. Remove pork and taro.

3. To remove excess fat from the broth,

4. Add the tamarind powder or tamarind extract.

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5. Season with salt or fish sauce .stir and correct seasoning taste.

6. Add the green finger chillies.

- Pansit Bihon Guisado

Serves 6

Ingredients

3 cups /1 liter cold water

½ tsp /2 g salt

¼ tsp /1g whole black pepper

250g pork belly (liempo)

200g shrimps

30g dried shitake mushroom

Water for soaking mushroom

2 cloves /10g garli

1pc/80g onion

1/4tsp /1g salt

½ tsp ground pepper

4tbsp /60ml soy sauce

2tbsp/30ml fish sauce

100g cabbage

1pc/60g carrots

60g green beans

6pcs calamansi

500g thin rice noodles

2tbsp/30ml cooking oil

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Preparation:

1. In a small pot ,boil the water, salt whole black pepper and the pork belly, simmer 82C/180F until the pork is fork tender. Remove the cooked pork from the broth ,Cut out the fat portion from the top of the belly, Set aside ,Slice the fat and meat into thin strips separately, Set the pork broth aside.
2. Peel and devein the shrimps , Reserve the heads and shell trimmings to make the shrimp stock.
3. Soak the dried shitake mushrooms until soft .Drain and discard the hard stem. Cut the caps into ½ cm strips.
4. Crush ,peel and minced the garlic.
5. Peel and chop the onion.
- 6 Cut the cabbage in long narrow strips of ½ cm / 1/4in.
7. Peel and cut the carrot into julienne strips.
8. Strip beans of ribs and cut carrots diagonally into ½ cm / 1/4 in long strips .
9. halve the calamansi ,

Cooking:

1. In a wok, add the fat portion that was set aside and render oil until crispy .Set aside the crispy fat, Using the same oil ,sauté the garlic ,onion ,shrimps and sliced pork.Add the shrimp stock.
2. Season with salt, pepper, soy sauce and fish sauces.
3. Add the carrots and green beans. stir –fry for one minute.
4. Add the cabbage and mushrooms and continue cooking for another minute.
5. Add the pork broth and let it boil.
6. Add the dry rice noodles and toss with the rest of the cooked ingredients.
7. Cook until all the liquid and the cooked ingredients have been absorbed and incorporated into the noodles.

- Bistek tagalog(beef steak with onions)
Serves 4

Ingredients

500g beef tenderloin(lomo)sirloin(tagiliran)

4 cloves /20g garlic

3/240g white onions

1tsp/3g black peppercorns

1/2cup/120ml soy sauce

¼ cup juice of calamansi, lemon or lime

3tbsp/45ml cooking oil

Preparation:

1.Cut beef into 8 x 5 x ½ cm / 3 x 2 x 1/4in thick steaks.

2.Crush ,peel and minced the garlic.

3.Peel and cut the onion into ½ cm / ¼ in thick rings.

4.Crack the black peppercorns.

5.In a bowl mix the garlic ,soy sauce ,pepper and calamansi juice .Marinate steaks in the mixture for at least one hour.

Cooking :

1.Heat the pan and add oil.

2.Saute onions until translucent, set aside.

3.Remove the steaks from the marinade and sear each steaks over high heat on both sides according to the desired doneness,Set aside on the serving platter and keep warm.

4.Reduce heat and pour the marinade into the same pan,add the onion rings and simmer until the liquid is reduced in half.

5.Pour the cooked marinade and onions over the beef. And serve.

- Palitaw(rice paste rolled in sesame seeds)
Yield;12 pcs

Ingredients:

1 cup /185g glutinous rice (malagkit)

2 cups /450ml water
1 ½ cups /375g peanuts
¼ cup/60g sesame seeds
½ cup/95g white sugar
1 mature coconut

Preparation:

1. Wash the rice then soak in the water for at least 3 hours,
2. Drain the water from the rice.
3. In a blender, grind the rice into a smooth paste.
4. Wrap the rice paste in a cheese cloth and let it sit until the liquid has drained. A heavy weight set on top will help squeeze out the excess water.
4. Roll the rice paste into small balls approximately 50g each. using a palm of your hands, flatten each ball until 1 cm thick. With your thumb make a dent by pressing the center of each cake, arrange flattened cakes

Topping:

1. Toast the peanuts, chop coarsely.
2. Toast the sesame seeds.
3. Combine the sugar, toasted sesame seeds and peanuts on a plate.
4. Crack the coconut and grate the meat. Set aside.

Cooking :

1. Fill a medium-sized pot with water and bring to a boil.
2. Drop flat cakes in, one at a time. when they rise to the surface, the palitaw are cooked.
3. Transfer to a large bowl of water. this will ensure that they will not stick together.

- Menu 3

Meatballs with wheat thin noodles (miswa)

Shrimp ukoy (crispy shrimp fritters)

Pinakbet (vegetables stew)

Puto (rice cakes)

- **Meatballs with wheat thin noodles** (miswa)

Serves 10

Ingredients for meatballs:

2 pcs whole wheat bread ,crust removed, diced.

¼ cup fresh milk

400 grams ground pork

2 pcs onion large sized ,fined chopped

1 pc carrot medum sized , chopped

3 tbsp spring onion, finely chopped

1 pc egg

1 ½ tsp salt

¼ tsp pepper.

1 cup flour for dredging

For the soup;

2 tbsp cooking oil

2 tbsp garlic minced

1 pc onion large sized, chopped

12 cups chicken stock

1 kilo sponge gourd (patola)zucchini)peeled and sliced thin.


1 tbsp salt

¼ tsp pepper , freshly ground, fish sauce (patis to taste)

¼ kilo wheat thin noodles.

Preparation:

Meatballs:

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Soak bread in milk for 5 mins, squeeze out excess milk and combine with ground pork in a bowl, rolled mixture into balls, dredge in the flour and set aside.

Soup:

In a large sauce pan, heat oil over medium heat and sauté garlic and onion until translucent.

Add chicken stock, and bring to boil. add meat balls few pieces at a time, add sponge gourd or zucchini, simmer until tender. Season with salt, pepper, fish sauce to taste. stir in noodles.

- **Shrimp ukoy** (crispy shrimp fritters)

Yield 7 fritters

50g shrimps small.

100g sweet potato

1 egg white

1 clove/5g garlic

1 tbsp/ 8g cornstarch

250ml cold water

1/4tsp salt

1/4 tsp ground pepper oil for frying

Preparation:

1. Wash shrimps. Trim the sharp part of the whiskers, place shrimp in the bowl.
2. Peel the sweet potatoes. cut into julienne strips.
3. Crush, peel and minced the garlic.
4. Place the sweet potatoes, egg white and garlic in the bowl with the shrimps.
5. Mix cornstarch with the cold water, add to the shrimp mixture.
6. Season mixture with salt and pepper. remove excess liquid.

Cooking;

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1. Heat a 10 inches frying pan and fill oil until 2cm.3/4 in,deep.(175C /350F)
2. Scoop up the mixture , and drop the mixture into the hot oil and press with spatulato flatten into the fritters of 3in diameter.
- 3, drain , and reapeat the process with the remaining mixtures.

- **Pinakbet** (vegetable stew)
Serves 6

Ingredients:

3 cloves /15g garlic

1/ 80 g onion

4 pcs/320g tomatoes

6pcs/125g yard long beans(sitaw)

6pcs/200g baby bitter gourds(ampalaya)

3pcs/35g winged beans(sigarilyas)

6pcs/100g baby okra

3pcs/140g eggplants,6in length.

200g.squash


50 gpork crackling (sitcharon)

1 liter water

¼ cup/60ml fish paste.(bagoong isda)

Preparation;

1. Crush ,peel and mince the garlic .
2. Peel and chopped the onions.
3. Sliced the tomatoes into wedges.
4. Cut the yard long beans into 5cm/2 in long pieces.
5. Cut the tip of the bitter gourd and press out the inner core of seeds.

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6. Cut the winged beans 2.5 cm. /1 in long pieces.

7. Cut off the okra stems then leave whole,

8, Remove the eggplant stem and cut diagonally.

9Cut the squash in 1.5 x 2.5 cm wedges.

10. Boil water and blanch all the vegetables for about 1 minute, and cool immediately.

Cooking:

1. in a pre heated pan, sauté the garlic in oil until golden brown.

2. add onions and continue until translucent. add tomatoes ,fish paste and simmer about two minutes,

3. Add all vegetables and mix thoroughly after 1 minute add pork crackling and turn off the heat.

- Puto (rice cakes)
Yield : 30 pieces

Ingredients and material

1 cup/ 185g rice

1 cup/225 ml water

1 tbsp/13g cooked rice

½ cup/95g white sugar

1 tbsp/9g baking powder

Plastic wrap.

Oil for brushing.

Preparation.

1. wash rice and soak in water for at least 5 hours.

2. Add the cooked rice .

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3. Pour in the soaked rice into the blender ,add some water used for soaking until it reaches the level of the rice ,blend for 1½ min.repeat with the remaining rice.

4. Pour the blended rice in the bowl,add the rest of the water and sugar ,baking powder,mix until smooth.

5. Using a cheese cloth or a fine shieve,strain the mixture into another bowl.

6. Brush the plastic wrap with oil,then line well the muffin pan,

7, pour two (2) tbsp of mixture into each muffin well.

Cooking:

1. Place the muffin pan inside a steamer,, steam for 15 mins over high heat.

2. Cool, pull down each puto using the plastic wrap. discard the wrap..

Breads:

- **Pandesal**

Yield 45 pandesal

Ingredients:

2tsp/10g instant yeast

2tbsp/30ml tepid water

1/3 cup+4tsp /100g sugar

1kg bread flour

1tsp/5g salt

1 1/2 cups/360 ml warm water

1/3 cup+2tsp/90g shortening

1 cup/240g breadcrumbs

Preparation:

1. Dissolve yeast in tepid water.
2. Use 1 tsp/5g of the sugar and add to the dissolved yeast. Set remaining sugar aside.
3. Measure 1 cup/240g of the flour, set aside to be used for dusting.
4. In a bowl, combine the remaining flour, salt, remaining sugar and water. Add the dissolved yeast and mix well.
5. Knead the mixture into a smooth, elastic dough. Dust with the reserved flour as needed.
6. Rest the dough in a greased bowl. Cover and let rise until doubled in bulk (about 25-30 mins)
7. Preheat oven to 175C/350F.
8. Punch dough and knead again.
9. Roll dough into a 2 inches thick baton. Cover with bread crumbs.
10. Using a dough cutter, cut and divide the cylinder into 1 in/30g pieces.
11. Place the dough, cut side up, on a baking tray. Make sure there is enough space between the pieces.
12. Proof or allow the dough to rise for about 20 minutes.

Cooking :

Bake in a preheated oven for 15-18 minutes or until the pandesal develop a light brown crust.

- Ensaymada
Ingredients

1 ¼ cup flour sifted

½ cup unsalted butter melted

½ cup salted butter melted

½ cup cheddar cheese grated

6 pcs egg yolks

1 tbsp honey

1 tbsp powdered milk

½ tsp salt

¾ cup water

¾ cup white sugar

1 ½ tbsp yeast

Topping:

½ cup unsalted butter

½ cup grated cheese

½ cup white sugar

Preparation:

In a large mixing bowl, pour in water, add honey, place flour. Sprinkle salt and add cheese. Mix everything thoroughly, add the rest of the ingredients except the softened butter. Knead for about 5 mins, at this step it is best to use the mixer using a low speed. Transfer mixture in to a bowl and cover, let rise and double in size, punch down dough, divide into serving 60g, roll each with rolling pin and pat with softened butter, twirl until round. Place on a tray then let it rise, about four hours in a warm room, pre heat the oven and bake with the temperature of 350F for 20 mins. remove from oven and brush with butter and sprinkle white sugar or top with a grated cheese.

- Spanish Bread

Yield: 16 rolls

Ingredients:

For the dough:

2 tsp instant yeast

¼ cup tepid water

1 tsp sugar

3 ½ cups flour

1/3 cup white sugar

1 tsp salt

½ milk

½ cup unsalted butter melted

2 eggs

For the assembly.

¼ cup unsalted butter.melted

½ cup breadcrumbs

½ cup sugar

Preparation:

Dissolve yeast in a tepid water with a temperature between 100 and 110F.to proof the yeast ,add 1 teaspoon sugar and let stand for 10 minutes.

In a large bowl ,whisk together the flour ,sugar and salt.add the milk ,melted butter ,eggs and yeast and combine well .on a clean surface dusted with flour ,knead the dough until smooth and elastic .Let the dough rest in a bowl lightly greased with oil until double in size,for about 3 hours

Diivide the dough into 2 equal parts ,Shape each part into log and divide into eight equal parts with piece weighing 2 ½ ounce.Roll each piece into a 3 x 5inch.brush with melted butter ,sprinkle with breadcrumbs and sugar,roll like a sheet,Start from one corner towards the opposite corner .then sprinkle the rolled dough with more bradcrumbs .place the pieces with the seam-side down.

Pre heat the oven to 375F.let the rolls rise for another 30 minutes,bake until golden brown,about 15 minutes.

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