



Busog, Lusog, Talino Recipe Book

Nutritious, Easy, and Affordable Meals
for Daily School Feeding

Published by:





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Busog, Lusog, Talino (BLT) Recipe Book

**Nutritious, Easy,
and Affordable Meals
for Daily School Feeding**



About the Book

As its subtitle declares, Jollibee Group Foundation's (JGF) **Busog, Lusog, Talino (BLT) Recipe Book** is all about nutritious, easy, and affordable meals for daily school feeding. It is intended for use in **BLT School Feeding Kitchens** that produce and distribute food for surrounding schools under the Department of Education's School-Based Feeding Program (DepEd, SBFP), thereby making it possible to nourish hundreds of pupils daily with less time and effort.

The portions, measurements, and preparation processes specified herein are calibrated for the large-scale food production required of BLT Kitchens. When strictly followed, each of the twenty-one (21) recipes ensures:

- **Consistent quality** across production
- **Predictable yield** that minimizes food waste and shortage
- **Cost control**, with estimated cost of each recipe using 2019 prices
- **Food safety**, with safety guidelines and quality control points flagged
- **Proper nutrition**, with majority of the prepared meals (one serving of viand with one cup of rice) providing at least 300 kcal of the recommended energy intake per day
- **Acceptable taste**, with recipes passing sensory evaluation

In short, using these recipes will help BLT Kitchens bring SBFP pupils closer to being well-fed, healthy, and inspired to learn!

*Most of the recipes herein are adapted from recipes that were used for BLT direct school feeding and were published in the following: **BLT In-School Feeding Program: Compilation of Recommended Recipes (JGF, 2007)**, **BLT Recipe Book: Easy and Affordable Meals for Daily Feeding (JGF, 2013)** and **Standardized Recipes Using Malunggay for School Feeding Program (DepEd, 2010)**. Ten (10) of the 21 recipes were standardized by Ms. Suzanne P. Cruz, Research and Development Head of Fresh N' Famous Inc.- Greenwich Business Unit in 2015. Eleven (11) additional recipes were developed and standardized by Prof. Gemaima C. Evangelista, Prof. Zarah G. Sales, and Mr. Paul Alteo A. Bagabaldo from the Institute of Human Nutrition and Food, College of Human Ecology, University of the Philippines Los Baños (IHNF, CHE, UPLB) for JGF in 2018.*

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6/F Jollibee Plaza
10 F. Ortigas Jr. Avenue
Ortigas Center, Pasig City, Philippines
Phone: (02) 8688-7133
E-mail: foundation@jollibee.com.ph
Website: www.jollibeefoundation.org
Facebook: Jollibee Group Foundation

This book was produced by JGF as part of its Busog, Lusog, Talino (BLT) School Feeding Program. All requests for replication, use of excerpts, and other uses of this book should be made to foundation@jollibee.com.ph. More information on JGF and BLT School Feeding Program may be found at www.jollibeefoundation.org.

The Busog, Lusog, Talino School Feeding Program

Jollibee Group Foundation (JGF) first became involved in school-based feeding in 2007, when it launched its *Busog, Lusog, Talino* (BLT) School Feeding Program to address short-term hunger and malnutrition among public elementary pupils in different parts of the country. By SY 2015-2016, BLT school feeding had reached 165,000 pupils in 1,567 public schools together with over 200 partners.

In 2016, the Department of Education's (DepEd) budget for its School-Based Feeding Program (SBFP) was increased to cover all undernourished pupils in public elementary schools in the country. With this development, JGF shifted its approach from direct school feeding to building BLT School Feeding Kitchens. Each BLT Kitchen serves as a commissary or a central site for food preparation and distribution to surrounding schools, feeding hundreds of children daily with less time and effort. The model was piloted in Tarlac in 2015 where the first kitchen served 5,000 pupils. With the proof of concept established, DepEd adopted the BLT Kitchen as a modality for SBFP implementation starting SY 2016-2017. Ten (10) more BLT Kitchens were constructed, reaching 7,700 undernourished pupils in 60 public schools in various municipalities and cities. As of SY 2018-2019, there are 33 BLT Kitchens across the country catering to more than 25,000 severely wasted and wasted pupils in 235 public schools.

Beyond school feeding, BLT Kitchens are platforms for various members of the community to work together. DepEd facilitates school selection and provides funds for feeding. The principals and feeding coordinators oversee kitchen operations while parent volunteers prepare, cook, and serve the food. Local Government Units (LGUs) provide allowances for parent volunteers, facilitate their medical screening, and coordinate the pick-up and delivery of food. For its part, JGF leverages the strengths of Jollibee Foods Corporation (JFC) as a food company and provides kitchen equipment, facilitates food preparation and distribution system, as well as volunteer training. JGF's publication of this recipe book forms part of its technical assistance and continuing support to the BLT Kitchens and DepEd's SBFP.



Recipes

From an initial ten (10) recipes in 2015 when the BLT School Feeding Kitchen was piloted in Tarlac, eleven (11) additional recipes were developed and standardized in 2018. Within these pages are 21 recipes for nutritious, easy, and affordable viands!



1. Almondigas with Misua



2. Chicken Afritada
Ala Moringa



3. Chicken Balls in
Sotanghon Soup



4. Chicken, Corn and
Malunggay Soup



5. Chicken Pimiento
Malunggay



6. Chicken Pochero Ala
Moringa



7. Chicken Tinola



8. Fried Fish
Escabeche



9. Ginataang Gulay



10. Ginataang
Monggo-Malunggay



11. Ginisang Gulay



12. Malunggabi Balls



13. Malunggay Fishballs
with Sweet and Sour



14. Meatballs



15. Menudo



16. Monggo Guisado
with Malunggay



17. Nilagang Manok



18. Picadillo



19. Shanghai Rolls



20. Sinigang na Manok



21. Veggie Garden Mix

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Using the Recipe Book

Recipe Title

Procedure is the step-by-step instruction on how to prepare and cook the recipe.

Ingredients lists down ingredients and food substances needed to create the recipe.

Initial Weight is the weight in grams/milliliters of ingredients upon delivery.

Usable Weight is the weight in grams/milliliter of ingredients after preparation (peeling, slicing, grating etc.).

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Chicken Tinola

Adapted from the recipe of Ms. Fely Solandria, Vice President, Nutritionist-Palitan's Association of the Philippines as published in Jollibee Group Foundation, Inc. (2007).
R.T. In-School Feeding Program: Compilation of Recommended Recipes (p. 7). Pasig City: PH. Author.

Ingredients	Initial Weight (Raw/Unpeeled) (grams/ml)	Usable Weight (Peeled and Cut/Mixed) (grams/ml)
Garlic bulb	389	338
White onion	121	113
Ginger	371	338
Chayote fruit (sayote)	4,890	3,490
Malunggay leaves	254	169
Whole chicken	11,616	11,616
Vegetable cooking oil	225	225
Purified water	7,000	7,000
Fish sauce (patis)	338	338
Iodized salt, fine	91	91

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Procedure

- Wash ingredients as needed.
 - Ingredients should be clean and free from dirt and contaminants.
- Prepare the ingredients.
 - Peel and mince the garlic, onion, and ginger.
 - Peel and slice the chayote (approximately 3/4 inch thick, 2 1/2 inches long).
 - Remove the malunggay leaves from the stems.
 - If frozen, thaw chicken in a chiller. Cut into serving pieces.
 - Hands should be clean and sanitized.
 - Keep chicken chilled.
 - Cuts must be uniform in size.
- Weigh each ingredient and set aside.
 - Ensure that the weighing scale is calibrated and in good condition.
- Heat oil in a wok. Sauté ginger and garlic for 2 minutes.
- Add onions and continue sautéing for 2 minutes or until translucent.
- Add chicken pieces. Lower heat and cook for about 15 minutes.
 - Ensure that chicken is cooked well.
- Add water and bring to a boil (boiling point is reached in approximately 25 minutes).
- Add chayote. Cook for 5 minutes or until tender.
 - Ensure that vegetables are cooked to just the right tenderness and are not too soft.
- Season with patis and iodized salt.
- Add malunggay leaves and cook for another minute.
- Remove from heat.

YIELD: 100 SERVINGS

PORTION SIZE

1 pc. meat,
2 pcs. sayote,
1/3 cup soup

WEIGHT PER SERVING

170 grams

ESTIMATED COST PER SERVING

Php 24.32

ESTIMATED ENERGY AND PROTEIN CONTENT PER 100g (100g = 100g/100g)

396 kcal, 18.4 grams

+ Safety Guidelines

are important reminders to maintain safety and quality of food being prepared.

Quality Control Point

is a point, step, or procedure at which controls can be applied and a food quality hazard can be prevented, eliminated, or reduced to acceptable levels.

Serving Size is the serving portion of viand per child.

Weight per Serving is the total weight of the viand including meat, vegetables, soup or sauce, and catsup.

Estimated Cost per Serving is the estimated cost of viand per recommended serving size (based on 2019 prices).

Estimated Energy and Protein per Serving is the estimated energy (in kilocalorie) and protein (in grams) content of viand and one (1) cup of rice.

Yield refers to the number of servings a recipe produces. **Each recipe in this book is good for 100 servings.**

Common Cooking Terms



Blanch

to plunge ingredients into boiling water for a few seconds or a few minutes, then remove and place in iced water



Cube

to cut into small squares of equal size



Debone

to remove the bones from meat, poultry, or fish



Dredge

to coat wet or moist food with a dry ingredient prior to cooking



Julienne

to cut into long thin strips, similar to matchsticks



Marinate

to soak meat, fish, or other food in a marinade (i.e., seasoned liquid) to add flavor

Common Cooking Terms



Mince

to cut into very small pieces. Common term used in Filipino is *tadtad*



Sauté

to cook food in a small amount of oil. Common term used in Filipino is *gisa*



Scrape out core

to remove the central part of a fleshy vegetable containing seeds



Shred

to cut food into thin slices or pieces using a sharp knife. Shred cooked meat by pulling it apart into strips using forks or clean hands.



Simmer

to cook in liquid at or just below the boiling point



Slice

to cut into pieces that are consistent in thickness



Slurry





a mixture of starch and a liquid stirred together until the starch dissolves. Slurries are added to sauces, soups, stews or any cooking liquid to thicken them up



Thaw

to defrost food until it is ready for cooking

Different Cuts of Ingredients

Cut length	Size reference
0.5 or 1/2 inch	
0.75 or 3/4 inches	
1 inch	
2 inches	



Baguio Beans
Sliced (1 inch in length)
Recipe: Veggie Garden Mix



Banana Saba
Sliced to four equal diagonal pieces
Recipe: Chicken Pochero Ala Moringa



Bay Leaves
Recipe: Chicken Afritada Ala Moringa



Cabbage
Shredded (cut into strips, 1 inch)
Recipe: Chicken Balls in Sotanghon Soup



Carrot
Julienned (1 inch in length)
Recipe: Fried Fish Escabeche, Chicken Balls in Sotanghon



Carrot
Sliced (1 inch x 1 inch x 1 inch)
Recipe: Chicken Afritada Ala Moringa



Celery
Chopped
Recipe: Chicken Balls in Sotanghon Soup



Chayote
Julienned (1 inch in length)
Recipe: Fried Fish Escabeche



Chayote
Sliced (3/4 inch thick, 2 1/2 inches long)
Recipe: Chicken Tinola



Corn
Shredded
Recipe: Chicken, Corn and Malunggay Soup



Garlic
Minced



Ginger
Minced



Ginger
Cut into strips
Recipe: Ginataang Monggo-Malunggay



Kinchay
Chopped into small pieces
Recipe: Shanghai Rolls



Margarine
Softened
Recipe: Chicken Pimiento Malunggay



Onion, Bombay, red
Minced



Different Cuts of Ingredients



Onion, white
Minced



Pechay
Stalks separated, lower portion removed

Recipe:
Nilagang Manok



Potato
Cubed

Recipe:
Menudo, Picadillo



Radish
Sliced (1 inch x 2 inches)

Recipe:
Sinigang na Manok



Siling haba, green

Recipe: Sinigang na Manok



Soybean cheese, soft
Sliced (0.5 cm thick)

Recipe:
Veggie Garden Mix



Spring Onion
Finely chopped

Recipe:
Chicken Pochero ala Moringa, Nilagang Manok



Squash Fruit
Cubed (1 cm x 1 cm x 1cm)

Recipe: Ginataang Monggo-Malunggay



Squash fruit
Sliced (1/4 inch thick)

Recipe: Gina-taang Gulay, Ginisang Gulay



String bean pods
Sliced (1 – 1.5 inches in length)

Recipe: Chicken Pochero Ala Moringa, Ginataang Gulay, Ginisang Gulay, Sinigang na Manok



Sweet Potato
Cubed (1 inch x 1 inch x 1 inch)

Recipe:
Chicken Afritada ala Moringa, Chicken Pochero Ala Moringa, Nilagang Manok



Tanglad
Chopped the roots, tied

Recipe:
Nilagang Manok



Tomato
Cubed (0.5 cm x 0.5 cm x 0.5 cm)

Recipes:
Chicken, Corn and Malunggay Soup; Ginataang Monggo-Malunggay; Ginisang Gulay; Malunggabi Balls; Monggo Guisado with Malunggay; Sinigang na Manok



Chicken
Cut into serving pieces

Recipe:
Chicken Tinola

Different Cuts of Ingredients



Chicken Breast
Sliced (2.5 inches x 2 inches, 1.5 inches thick; 30 grams each)

Recipe: Chicken Afritada Ala Moringa, Chicken Pochero ala Moringa, Nilagang Manok, Sinigang na Manok



Chicken Breast Fillet
Sliced (1.5 inches x 2.5 inches; 30 - 35 grams)

Recipe: Chicken, Corn and Malunggay Soup



Chicken Breast Fillet
Cut into strips (7 cm x 1 cm, 1 cm thick; 12 - 15 grams each)

Recipe: Ginataang Monggo-Malunggay



Tilapia Fillet
Cut into strips (1 inch x 2 inches; 13 grams each)

Recipe: Fried Fish Escabeche

Food Safety and Quality Standards

Receiving

1. **Ingredients should be inspected upon delivery.**

Correct variety. Item delivered should be consistent with the ingredient specified in the recipe (e.g. if the recipe calls for white onion and red onion was delivered, immediately inform the supplier of the discrepancy and ask for replacement, following agreements in the contract with the supplier).

Good quality

- Vegetables: Bright and lively color; appear crispy; free from bruises, decay, or insect bites.
- Root Crops: Firm and well-shaped; free from cuts, bruises, and decay.
- Poultry: Smooth skin and free from bruises; meat is firm and free from off odors.
- Beef/Pork: Meat is firm and free from off odors, fat covering the meat is fairly smooth and uniformly distributed, fresh beef is bright red in color while fresh pork is light pink.
- Fish: Generally clean and bright in appearance with bright red gills, full clear eyes, firm flesh, and fresh odor. Scales are tight and glossy.
- Rice: Grains are whole; clean and free from molds, insects, seeds, stones, and other foreign objects.
- All ingredients should not have sanitation defects such as flies, hard plastic, worms, insect parts, etc.

Accurate Weight. Delivery should follow the initial weight prescribed by the recipe.

Quality packaging. Packaging of ingredients should be clean, tightly sealed with no tear or damage, and with expiration dates or "consume until" dates.

Safe Handling. Food ingredients should never be laid on the floor.

2. **Weighing scale should be properly cleaned and calibrated.**
3. **Always separate dry from wet ingredients.**



Food Safety and Quality Procedures

Storage

1. **Follow first-in, first-out (FIFO).** FIFO is a system of storing and rotating food. In FIFO, the food that has been in storage longest (“first in”) should be the next food used (“first out”).
2. **Appropriate storage facilities and containers should be used to maintain quality of food ingredients.**
 - Rice and other dry produce are stored in a clean cabinet or covered container.
 - Fruits and vegetables are placed in a tray/basin or a separate container.
 - Fish and other meat products are stored in the freezer and/or chillers/coolers.
 - All condiments are properly labeled.
3. **Always separate dry from wet ingredients.**
4. **Clean the kitchen and sanitize all surfaces after kitchen operations every day.**
5. **Store cooking utensils far from possible sources of contamination** (e.g., dust, piles of garbage, insects, pests, etc.)

Preparation

1. Parents and other **volunteers handling food must have a health certificate** issued by the local health authority and have **no symptoms of any food-borne and respiratory ailment** such as cough and colds, intestinal disorders, infections, hepatitis, dysentery, typhoid fever, boils, and infected cuts.
2. **All food handlers must wear standard kitchen uniform** (hairnet, white shirt with sleeves, clean apron, pants, and closed shoes). **They must also wash and sanitize their hands:**
 - Before starting work
 - Before handling cooked or ready-to-eat food
 - Before and after handling raw food
 - After using the restroom
 - After touching hair, face and body
 - After eating or drinking
 - After cleaning or taking out the garbage
 - After handling chemicals that might affect food safety
 - After touching any dirty or soiled object
3. **Clean the kitchen and sanitize all surfaces** before daily kitchen operations.
4. **Prepare all tools and utensils needed.** Wash and sanitize them before use.
5. **Weighing scale should be properly cleaned and calibrated.**
6. **Use the right tools and utensils when measuring ingredients** to prevent under- or over-portioning.



7. **Wash ingredients as needed.** Ingredients should be clean and free from dirt and contaminants.
8. Always **separate dry from wet ingredients.**
9. **Fresh and good quality ingredients should be used in daily feeding.** Confirm that ingredients are in the state that they were received (refer to quality of ingredients under Receiving standards).
10. **Ensure meats are kept in the chiller and not exposed to room temperature.** Meat should be thawed only in running water. If refrigerator is available, transfer frozen meat from freezer to refrigerator the night before. For faster thawing, place food in a leak-proof plastic bag. Submerge in cold tap water and change the water every 30 minutes. Cook immediately after thawing.
11. **Usable weight measured should be the same or as close as possible to the initial weight indicated in the recipe copy.** Underweight ingredients may indicate that standards are not being followed (e.g. peeling of vegetables may be too thick or the variety of ingredients delivered is not what the recipe calls for).
12. **Procedures should be followed accordingly** during preparation of the recipe.
 - Among others, follow weight prescribed for the ingredients. **For fried dishes**, raw equivalent of prepared ingredients should be weighed, e.g. for Meatball: 25-30 grams per piece of raw meatball per serving.
13. **Always use purified/distilled water.**

Cooking

1. **Cooking area should be well-lit, properly ventilated, and pest-free.**
2. **Procedures should be followed accordingly when cooking the recipe.** Time of cooking may vary because of factors like thickness of wok, degree of heat per stove, batch size, etc. The kitchen manager may adjust time of cooking based on these factors.
3. **In cooking, there should be a standard of three (3) woks per BLT kitchen that caters to 500 to 600 beneficiaries.** Each wok should accommodate 2 batches of recipe or 200 servings. In case of 500 servings, 2 woks should contain 2 batches each and 1 wok should contain the remaining 1 batch. Alternatively, each prepared ingredient can be



Food Safety and Quality Procedures

combined and divided into 3 woks.

4. **When the recipe calls for frying, use only two (2) woks for a maximum of six (6) batches to avoid excessive consumption of oil.**
5. **Food should be cooked within 2 hours after proper preparation of all ingredients.**

Dispatching

1. **Proper dispatching should be followed.**
 - Pots should be properly labeled, indicating name of school, number of beneficiaries, name of recipe, serving size and the “Consume before” time (i.e., if the viand was cooked by 10am, label should read: “Consume before 12nn.”)
 - Pots should be properly sealed.
 - Pots or other food containers should not be placed on the floor.
 - Feeding coordinator should inform satellite schools to pick up viand fifteen (15) minutes before the actual pick up time.
2. **Satellite schools should be well informed of the measurement.** Schools should be provided with the same measuring cups that are used by the lead school and follow the same units in measuring food for feeding, thus avoiding discrepancy.



Serving

BLT Kitchens that also serve food directly to students must follow the serving standards implemented at the school level:

1. Follow the standard holding time. **Food should be served within a maximum of 2 hours after cooking.** If holding time is expected to be beyond 2 hours, reheat food within the 2 hours holding time. Food that is reheated must reach a minimum internal temperature of at least 165 °F for 15 seconds.
2. **Weight in grams for a single serving of viand is specified in each recipe and should be followed** when portioning allocation for the satellite schools and in preparing meals for feeding.
 - **For saucy and soupy dishes,** serving sample should be weighed and nearest equivalent household measure should be determined, e.g. For Tinola: 1 pc. meat, 2 pcs. chayote, 1/3 cup soup (total = 170 grams).
3. **Rice is served separately from viand,** either by use of:
 - Separate wares for rice and viand (rice in plate and viand in a bowl)
 - Single ware/plate with or without partition wherein rice and viand are not mixed.
4. To avoid food waste, **it is recommended to initially serve 1/2 cup rice** together with the viand. Should the pupil want more, another 1/2 cup may be served.



Almondigas with Misua

Adapted from the recipe of Ms. Fely Velandria, Vice President, Nutritionist-Dietitian's Association of the Philippines in Jollibee Group Foundation, Inc. (2007). *BLT In-School Feeding Program: Compilation of Recommended Recipes (p. 2)*. Pasig City, PH: Author.



Ingredients	Initial Weight (Raw/Unpeeled) (grams/ml)	Usable Weight (Peeled and Cut/Minced) (grams/ml)
Meatball		
Lean ground pork or beef	3,531	3,531
White onion	380	354
Carrot	594	473
All purpose flour	847	847
Chicken egg	20 pcs.	20 pcs.
Iodized salt, fine	92	92
Brown sugar	46	46
Ground black pepper	7	7
Soup		
Purified water	12,000	12,000
Misua	936	936
Fish sauce (patis)	677	677
Brown sugar	200	200
Malunggay leaves	301	200



Procedure

For the meatballs:

1. Wash ingredients as needed.
+ Ingredients should be clean and free from dirt and contaminants.
2. Prepare the ingredients.
 - Peel and mince onions.
 - Cut carrots into very small cubes.*+ Hands should be clean and sanitized.*
+ Cuts must be uniform in size.
3. Weigh each ingredient and set aside.
+ Keep the ground pork or beef chilled.
+ Ensure that the weighing scale is calibrated and in good condition.
4. In a mixing bowl, combine the ground pork or beef, onions, carrots and flour. Blend well.
5. In a separate bowl, beat eggs then add salt, sugar, and black pepper. Mix well.
+ Eggs should be washed and free from dirt and contaminants prior to use.
6. Add the seasoned egg mixture to the pork or beef mixture. Mix well.
7. Allow the combined mixture to chill for at least 30 minutes to 1 hour.
8. Using an ice cream scooper, scoop out portions of the mix and form into balls (25-30 grams each). Place on an aluminum tray.
+ Ensure correctness of portion of the mix.
9. Cover and store in the chiller.
+ Keep meatballs chilled.

For the soup

1. Prepare and weigh ingredients.
 - Remove malunggay leaves from the stems.
 - Weigh remaining ingredients and set aside.*+ Ensure that the weighing scale is calibrated and in good condition.*
2. Boil water (boiling point is reached in approximately 25 minutes).
3. Bring out the required number of meatballs from the chiller.

- + Safety Guidelines*
- + Quality Control Points*

- + Do not keep meatballs at room temperature.*
- 4. Drop the meatballs in boiling water and allow to cook.
+ Remove dark bubbles that rise to the top.
- 5. When meatballs start floating, add misua. Season with patis and sugar. Simmer for 2 minutes.
Ensure doneness of meatballs. Do not undercook.
- 6. Add malunggay leaves. Simmer for 1 minute.
- 7. Remove from heat.

YIELD: 100 SERVINGS



SERVING SIZE

2 pcs. meatball
1/2 cup soup



WEIGHT PER SERVING

175 – 185 grams



ESTIMATED COST PER SERVING

Php 14.24 (pork)
Php 15.96 (beef)



ESTIMATED ENERGY AND PROTEIN CONTENT PER SERVING (WITH 1 CUP RICE)

343 kcal, 10.7 grams



Chicken Afritada Ala Moringa

Developed by Prof. Gemaima C. Evangelista, Prof. Zarah G. Sales, and Mr. Paul Bagabaldo from IHNF, CHE, UPLB for Jollibee Group Foundation, Inc.



Ingredients	Initial Weight (Raw/Unpeeled) (grams/ml)	Usable Weight (Peeled and Cut/Minced) (grams/ml)
Garlic bulb	145	120
Red bombay onion	303	271
Red bell pepper	400	367
Yellow sweet potato (<i>kamote</i>)	2,200	1,800
Carrot	950	740
Chicken breast	6,670	6,670
Malunggay leaves	714	250
Bay leaves	6	6
Iodized salt, fine (divided)	94	94
Tomato paste	900	900
White sugar	350	350
Powdered black pepper	10	10
Vegetable cooking oil (for frying)	1,000	1,000
Vegetable cooking oil (for sautéing)	120	120
Purified water	2,700	2,700



Procedure

1. Wash ingredients as needed.
Ingredients should be clean and free from dirt and contaminants.
2. Prepare the ingredients.
 - Peel and mince garlic and onion.
 - Scrape out the seeds and trim the stems of bell peppers. Slice and mince.
 - Peel and cut sweet potato into cubes (approximately 1 inch x 1 inch x 1 inch each). Soak in water after peeling.
 - Peel and cut carrots into cubes (approximately 1 inch x 1 inch x 1 inch each).
 - Slice chicken breast (approximately 2.5 inches x 2 inches, 1.5 inches thick; 30 grams each).
 - Remove the malunggay leaves from the stems.*Hands should be clean and sanitized.*
Cuts must be uniform in size.
3. Weigh all ingredients and set aside.
Ensure that the weighing scale is calibrated and in good condition.
4. Heat 1 liter oil in a wok. Fry the sweet potato for 7 to 10 minutes or until slightly brown. Drain, then set aside.
Ensure cooking oil is hot before frying.
5. While frying the sweet potatoes, in a separate pot, cook carrots in boiling water for 4-5 minutes. Drain water then set aside.
Do not overcook.
6. Heat 120 ml oil in a wok. Sauté onions, followed by garlic and bay leaves over low heat.
7. Add chicken breasts and season with 30 grams of salt. Cover and cook for 10-15 minutes. Mix occasionally.
Ensure that chicken is cooked well.
8. Add tomato paste and mix well. Cook for 3-5 minutes over low heat, mixing occasionally.

- Safety Guidelines*
- Quality Control Points*

9. Add water and carrots. Cook for 15 minutes over low heat. Mix occasionally.
Ensure that vegetables are cooked to just the right tenderness and are not too soft.
10. Add remaining salt, sugar, and pepper. Mix well and cook for another 5 minutes, mixing occasionally.
11. Add bell pepper, malunggay, and sweet potatoes. Mix well. Cook for another 2-3 minutes, mixing occasionally.
Ensure that vegetables are cooked to just the right tenderness and are not too soft.
12. Turn off heat.

YIELD: 100 SERVINGS



SERVING SIZE

2 pcs. chicken
2 pcs. *kamote*
1 pc. carrot
3 tbsp sauce



WEIGHT PER SERVING

100-110 grams



ESTIMATED COST PER SERVING

Php 19.32



ESTIMATED ENERGY AND PROTEIN CONTENT PER SERVING (WITH 1 CUP RICE)

367 kcal, 18 grams



Chicken Balls in Sotanghon Soup

Developed by Prof. Gemaima C. Evangelista, Prof. Zarah G. Sales, and Mr. Paul Bagabaldo from IHNF, CHE, UPLB for Jollibee Group Foundation, Inc.



Ingredients	Initial Weight (Raw/Unpeeled) (grams/ml)	Usable Weight (Peeled and Cut/Minced) (grams/ml)
Chicken ball		
Ground chicken breast*	5,350	
Malunggay leaves	1,915	5,350
Chicken egg	7 pcs	670
All purpose flour	670	7 pcs
Iodized salt, fine	85	670
Powdered black pepper	3.5	85
Vegetable cooking oil	4,500	3.5
Sotanghon soup		
Garlic bulb	235	
Red bombay onion	335	187
Celery	267	308
Carrot	670	267
Cabbage	670	541
Sotanghon	870	520
Purified water (divided)	25,680	870
Vegetable cooking oil	100	25,680
Iodized salt, fine	180	100
Powdered black pepper	6	180

*Require supplier to deliver ground chicken from breast part but include the bones upon delivery



Procedure

For the fried chicken balls:

1. Wash ground chicken then drain.
+ Ground chicken must be completely drained.
2. Prepare the ingredients.
 - Remove the malunggay leaves from the stems.
 - Beat eggs.*+ Hands should be clean and sanitized.*
3. Boil water, add malunggay leaves and let simmer for 2 minutes. Drain and finely chop the malunggay leaves then mix with the ground chicken.
4. Add beaten eggs, flour, 85 grams of salt, and 3.5 grams of pepper to mixture. Mix well.
+ Mix in 2-3 batches for even mixing of malunggay and ground chicken.
5. Mold into balls (22 grams each).
+ Ensure correctness of portion of the mix.
+ Balls must be uniform in size.
6. In hot oil (4,500 ml), fry the balls for about 8 minutes per batch or until golden brown. Set aside.
+ Ensure that oil is completely hot before frying.

For the sotanghon soup:

1. Wash all needed ingredients. Set aside.
+ Ingredients should be clean and free from dirt and contaminants.
2. Prepare the ingredients.
 - Peel and mince garlic and onion.
 - Finely chop celery.
 - Shred the cabbage and cut the carrots into julienne strips (approximately 1 inch each).*+ Hands should be clean and sanitized.*
+ Cuts must be uniform in size.
3. Weigh all needed ingredients and set aside.
+ Ensure that the weighing scale is calibrated and in good condition.
4. Submerge the sotanghon in water for 15 minutes, then drain. Cut into smaller segments (approximately 4 inches each).

+ Safety Guidelines + Quality Control Points

5. Boil chicken bones using 1/3 of the purified water (8,560 ml) for 30 minutes. This will extract most of the flavor from the chicken, making the broth tastier. Set the broth aside.
+ Remove dark bubbles that rise to the top.
6. In hot oil (100 ml), sauté the onions and garlic for 2 minutes or until onions are translucent and garlic is slightly brown. Add celery and sauté for another 1 minute.
7. Add the broth prepared earlier together with remaining water (17,120 ml). Season with remaining salt and pepper.
8. Add sotanghon then cook for 10 minutes.
9. Add carrots and cook for 2 minutes. Then add cabbage, and cook for another minute.
+ Ensure that vegetables are cooked to just the right tenderness and are not too soft.
10. Turn off heat. Mix chicken ball and the sotanghon soup; serve hot.

YIELD: 100 SERVINGS



SERVING SIZE

3 pcs. chicken balls
1 bowl soup (155 - 165 grams)



WEIGHT PER SERVING

220 - 230 grams



ESTIMATED COST PER SERVING

Php 21.64



ESTIMATED ENERGY AND PROTEIN CONTENT PER SERVING (WITH 1 CUP RICE)

340 kcal, 21.7 grams



Chicken, Corn, and Malunggay Soup

Adapted from the *Malu Supreme* recipe in Department of Education – Health and Nutrition Center (2010). *Standardized Recipes Using Malunggay for School Feeding Program*. Pasig City, PH: Author.



Ingredients	Initial Weight (Raw/Unpeeled) (grams/ml)	Usable Weight (Peeled and Cut/Minced) (grams/ml)
Garlic bulb	200	185
Red bombay onion	180	170
Ripe tomato	350	330
Chicken breast fillet*	9,000	6,700
Sweet corn on cob	6,750	3,850 (kernel)
Carrot	700	510
Malunggay leaves	2,000	700
Vegetable cooking oil	200	200
Iodized salt, fine (divided)	270	270
Powdered black pepper (divided)	20	20
Purified water (divided)	28,800	28,800

*Require supplier to deliver breast chicken fillet but include the bones upon delivery.



Procedure

1. Wash ingredients as needed.
+ Ingredients should be clean and free from dirt and contaminants.
2. Prepare the ingredients.
 - Peel and mince garlic and onions.
 - Slice tomatoes into cubes (approximately 0.5 cm x 0.5 cm x 0.5 cm).
 - Slice the chicken fillet into approximately 2.5 inches x 1.5 inches, 1 inch thick (30 to 35 grams each).
 - Shred the corn from the cobs.
 - Peel and cut the carrots in julienne strips (approximately 2 inches in length).
 - Remove the malunggay leaves from the stems.*+ Hands should be clean and sanitized.*
+ Cuts must be uniform in size.
3. Weigh all ingredients and set aside.
+ Ensure that the weighing scale is calibrated and in good condition.
4. While slicing the chicken, boil the chicken bones in 11,500 ml of water for 20 minutes. Remove the chicken bones, then boil the corn cobs in the same water for 10 minutes. This is the chicken and corn broth. This procedure will extract the flavor of the chicken and corn to make the soup tastier.
+ Remove dark bubbles that rise to the top.
+ Ensure that prescribed boiling time is followed.
5. Shred the chicken meat from the chicken bones. This will be used in step 11.
+ Use protective hand gloves or make sure your hands are clean.
6. Heat oil in a wok. Sauté onions for 1 minute, and garlic and tomatoes for 2 minutes or until onions are translucent and garlic is golden brown.

- + Safety Guidelines*
- + Quality Control Points*

7. Add chicken and season with 40 grams salt and 5 grams pepper. Cook for 10 minutes over low heat.
8. Add shredded corn and cook for another 5 minutes.
9. Add chicken and corn broth from step 4 and remaining water (17,300 ml), salt and pepper. Mix well.
10. Bring to a boil (boiling point is reached in approximately 25 minutes).
+ Ensure chicken is cooked well.
11. Add carrots and shredded chicken (from step 5). Simmer for 4 minutes.
+ Ensure vegetables are cooked with just the right tenderness and are not too soft.
12. Add malunggay leaves. Simmer for 1 minute.
13. Turn off heat.

YIELD: 100 SERVINGS



SERVING SIZE

2 pcs. chicken
1/2 cup soup



WEIGHT PER SERVING

200 – 210 grams



ESTIMATED COST PER SERVING

Php 23.98



ESTIMATED ENERGY AND PROTEIN CONTENT PER SERVING^G (WITH 1 CUP RICE)

303 kcal, 11.1 grams



Chicken Pimiento Malunggay

Adapted from the *Fish Pimiento Malunggay* recipe in Department of Education – Health and Nutrition Center (2010). *Standardized Recipes Using Malunggay for School Feeding Program*. Pasig City, PH: Author.



Ingredients	Initial Weight (Raw/Unpeeled) (grams/ml)	Usable Weight (Peeled and Cut/Minced) (grams/ml)
Red bell pepper	450	371
Malunggay leaves	1,143	400
Squash fruit (<i>kalabasa</i>)	2,250	1,750
Garlic bulb	75	66
Chicken egg	30 pcs	30 pcs
Ground chicken breast	4,000	4,000
All purpose flour	700	700
Bread crumbs	800	800
Margarine, softened*	250	250
Iodized salt, fine	100	100
Powdered black pepper	15	15
Vegetable cooking oil (for frying the bell pepper and the patty)	6,000	6,000
Catsup	1,000	1,000

*Soften margarine by heating for 2-3 minutes



Procedure

1. Wash ingredients as needed
 - + *Ingredients should be clean and free from dirt and contaminants.*
2. Prepare the ingredients.
 - Scrape out the seeds and trim the stems of the bell peppers, then slice each into 4 pieces.
 - Remove malunggay leaves from the stems.
 - Peel and grate the squash and garlic.
 - Beat eggs.
 - + *Hands should be clean and sanitized.*
 - + *Cuts must be uniform in size.*
3. Weigh all ingredients and set aside.
 - + *Ensure that the weighing scale is calibrated and in good condition.*
4. Fry the bell peppers until light brown using 1,000 ml of oil from the 6,000 ml allowance. Submerge in cold water afterwards.
5. Remove the skin of the bell peppers, then chop finely. Set aside.
 - + *Use protective hand gloves or make sure your hands are clean.*
6. In boiling water, add malunggay leaves and let it simmer for 2 minutes. Strain and chop finely. Set aside.
7. In a mixing bowl, mix finely chopped bell pepper, chopped malunggay leaves, grated squash and garlic, beaten eggs, ground chicken, flour, bread crumbs, softened margarine, salt, and pepper.
 - + *Use protective hand gloves or make sure your hands are clean.*
8. Mold the mixture into balls (50 grams each) and then flatten to make a patty. Arrange in a clean tray for freezing. Arrangement: Tray > cling wrap > patties > cling wrap > patties > cling wrap... pile up to 4 layers.
 - + *Use protective hand gloves or make sure your hands are clean.*
9. Freeze patties overnight for easier frying and better shape.
 - + *Ensure patties are covered by cling*

+ *Safety Guidelines* + *Quality Control Points*

- wrap prior to freezing.*
10. When ready to fry frozen patties, take enough quantity of patties from the chiller.
 - + *Do not keep patties at room temperature.*
 11. Heat all the remaining oil in a wok (including the one used in frying the bell peppers). Deep fry patties for 13 to 15 minutes or until golden brown to ensure doneness of chicken.
 - + *Ensure cooking oil is hot before frying.*
 - + *Ensure patty is cooked well.*
 12. Drain excess oil on paper towel. Serve with catsup.

YIELD: 100 SERVINGS



SERVING SIZE

2 pcs. patties
2 tsp. catsup



WEIGHT PER SERVING

100 – 110 grams



ESTIMATED COST PER SERVING

Php 22.25



ESTIMATED ENERGY AND PROTEIN CONTENT PER SERVING (WITH 1 CUP RICE)

461 kcal, 16.9 grams

Chicken Pochero Ala Moringa

Adapted from the *Pork Pochero ala Moringa* recipe in Department of Education – Health and Nutrition Center (2010). *Standardized Recipes Using Malunggay for School Feeding Program*. Pasig City, PH: Author.



Ingredients	Initial Weight (Raw/Unpeeled) (grams/ml)	Usable Weight (Peeled and Cut/Minced) (grams/ml)
Red bombay onion	270	252
Banana (<i>saba</i>)	50 pcs	50 pcs
Yellow sweet potato (<i>kamote</i>)	2,000	1,720
String bean pods (<i>sitaw, bunga</i>)	1,100	1,000
Chicken breast fillet*	6,000	6,000
Spring onion	200	170
Malunggay leaves	1,000	350
Vegetable cooking oil (for frying <i>kamote</i> and sautéing)	2,000	2,000
Iodized salt, fine (divided)	90	90
Tomato paste	1,000	1,000
White sugar	90	90
Purified water	2,760	2,760

*Require supplier to deliver chicken breast fillet.



Procedure

+ Safety Guidelines + Quality Control Points

1. Wash ingredients as needed.
+ *Ingredients should be clean and free from dirt and contaminants.*
2. Prepare the ingredients.
 - Peel and mince the onion bulbs.
 - Peel and slice each piece of *saba* into 4 equal diagonal slices.
 - Peel and cut sweet potato into cubes (approximately 1 inch x 1 inch x 1 inch each).
 - Cut string beans diagonally (approximately 1 inch in length).
 - Slice chicken breast fillet (approximately 2.5 inches x 2 inches, 1 inch thick; 30 grams each).
 - Finely chop spring onions.
 - Remove the malunggay leaves from the stems.
+ *Hands should be clean and sanitized.*
+ *Cuts must be uniform in size.*
3. Weigh all ingredients and set aside.
+ *Ensure that the weighing scale is calibrated and in good condition.*
4. Fry the sweet potatoes in 2,000 ml of oil for 7 minutes or until slightly brown.
+ *Ensure that the sweet potatoes are cooked to just the right tenderness and are not too soft.*
5. Sauté onions until slightly brown, using 300 ml of the oil used in frying the sweet potatoes.
6. Add the chicken fillet and season with 45 grams of salt. Let it simmer over medium heat for 5 minutes.
7. Add tomato paste. Mix well. Simmer for 5 minutes, mixing occasionally.
8. Add water and bring to a boil for 10 minutes. Mix occasionally.
9. Add sugar and remaining salt. Mix well.
10. Add *saba*. Cook for 15 minutes or until *saba* are almost tender. Mix occasionally.
+ *Ensure that saba are cooked to just the right tenderness and are not too soft.*
11. Add string bean pods. Simmer for

- another 8 minutes. Mix occasionally.
+ *Ensure that vegetables are cooked to just the right tenderness and are not too soft.*
12. Add fried sweet potato. Mix well. Simmer for 3 minutes and mix occasionally.
 13. Add malunggay. Simmer for another 3 minutes and mix occasionally.
 14. Remove from heat. Add spring onions as garnish.

YIELD: 100 SERVINGS



SERVING SIZE

- 2 pcs. chicken
- 2 pcs. *saba*
- 1 pc. kamote
- 2 pcs. *sitaw*
- 3 tbsp. sauce



WEIGHT PER SERVING

120 – 130 grams



ESTIMATED COST PER SERVING

Php 20.12



ESTIMATED ENERGY AND PROTEIN CONTENT PER SERVING (WITH 1 CUP RICE)

360 kcal, 17.4 grams



Chicken Tinola

Adapted from the recipe of Ms. Fely Velandria, Vice President, Nutritionist-Dietitian’s Association of the Philippines as published in Jollibee Group Foundation, Inc. (2007).
BLT In-School Feeding Program: Compilation of Recommended Recipes (p. 7). Pasig City, PH: Author.



Ingredients	Initial Weight (Raw/Unpeeled) (grams/ml)	Usable Weight (Peeled and Cut/Minced) (grams/ml)
Garlic bulb	389	338
White onion	121	113
Ginger	371	338
Chayote fruit (<i>sayote</i>)	4,890	3,490
Malunggay leaves	254	169
Whole chicken	11,616	11,616
Vegetable cooking oil	225	225
Purified water	7,000	7,000
Fish sauce (<i>patis</i>)	338	338
Iodized salt, fine	91	91



Procedure

1. Wash ingredients as needed.
+ Ingredients should be clean and free from dirt and contaminants.
2. Prepare the ingredients.
 - Peel and mince the garlic, onion, and ginger.
 - Peel and slice the *chayote* (approximately 3/4 inch thick, 2 1/2 inches long).
 - Remove the malunggay leaves from the stems.
 - If frozen, thaw chicken in a chiller. Cut into serving pieces.*+ Hands should be clean and sanitized.*
+ Keep chicken chilled.
+ Cuts must be uniform in size.
3. Weigh each ingredient and set aside.
+ Ensure that the weighing scale is calibrated and in good condition.
4. Heat oil in a wok. Sauté ginger and garlic for 2 minutes.
5. Add onions and continue sautéing for 2 minutes or until translucent.
6. Add chicken pieces. Lower heat and cook for about 15 minutes.
+ Ensure that chicken is cooked well.
7. Add water and bring to a boil (boiling point is reached in approximately 25 minutes).
8. Add chayote. Cook for 5 minutes or until tender.
+ Ensure that vegetables are cooked to just the right tenderness and are not too soft.
9. Season with *patis* and iodized salt.
10. Add malunggay leaves and cook for another minute.
11. Remove from heat.

+ Safety Guidelines
+ Quality Control Points

YIELD: 100 SERVINGS

SERVING SIZE
1 pc. meat,
2 pcs. sayote,
1/3 cup soup

WEIGHT PER SERVING
170 grams

ESTIMATED COST PER SERVING
Php 24.32

ESTIMATED ENERGY AND PROTEIN CONTENT PER SERVING (WITH 1 CUP RICE)
396 kcal, 18.4 grams



Fried Fish Escabeche

Adapted from the *Fish Fillet Escabeche* recipe of Ms. Fely Velandria, Vice President, Nutritionist-Dietitian's Association of the Philippines in Jollibee Group Foundation, Inc. (2013). *BLT Recipe Book: Easy and Affordable Meals for Daily Feeding* (p. 9). Pasig City, PH: Author



Ingredients	Initial Weight (Raw/Unpeeled) (grams/ml)	Usable Weight (Peeled and Cut/Minced) (grams/ml)
Fried Fish		
Tilapia fillet*	10,000	4,120
Chicken egg	6 pcs	6 pcs
Iodized salt, fine	35	35
All purpose flour	600	600
Cornstarch	100	100
Vegetable cooking oil	6,000	6,000
Escabeche Sauce		
Red bell pepper	414	302
Garlic bulb	180	158
Ginger	235	180
Red bombay onion	200	175
Chayote fruit (sayote)	2,000	1,280
Carrot	670	480
Vegetable cooking oil	67	67
Tomato paste	280	280
Purified water	7,680	7,680
Iodized salt, fine	125	125
White sugar	1,750	1,750
Vinegar	800	800
Corn starch	302	302
Malunggay leaves	1,143	400

* Cream dory can be used as a substitute



Procedure

+ Safety Guidelines + Quality Control Points

For frying fish

1. Clean tilapia fillet.
+ *Ingredients should be clean and free from dirt and contaminants.*
2. Prepare the ingredients.
 - Slice tilapia fillet into approximately 1 inch x 2 inches strips (13 grams each).
 - Beat eggs.+ *Make sure there are no bones present.*
3. Marinate the sliced fish fillets with 35 grams of salt for 5 minutes.
4. Add beaten eggs then mix well.
5. Coat each slice with a mixture of flour and corn starch.
6. In hot oil (6,000 ml), fry the fish fillet for 9 to 10 minutes or until golden brown
+ *Ensure cooking oil is hot before frying.*
+ *Ensure fish is cooked well.*

For the escabeche sauce

1. Wash ingredients as needed.
+ *Ingredients should be clean and free from dirt and contaminants.*
2. Prepare the ingredients.
 - Finely chop bell peppers.
 - Peel and mince garlic, ginger, and onion.
 - Peel and cut chayote and carrots into julienne strips (approximately 1 inch in length).
 - Remove the malunggay leaves from the stems.+ *Hands should be clean and sanitized.*
+ *Cuts must be uniform in size.*
3. Weigh all ingredients and set aside.
+ *Ensure that the weighing scale is calibrated and in good condition.*
4. Heat 67 ml oil in a wok. Sauté the ginger for 1 minute, then the onions for 1 minute, then garlic for 1 minute over low heat or until onions are translucent and garlic is golden brown.
5. Add tomato paste and simmer for another 2 minutes.
6. Add water (set aside 1 cup for slurry),

- salt, sugar, and vinegar. Do not stir. Bring to a boil over low heat (boiling point is reached in approximately 20 minutes).
7. Add carrots and cook for 1 minute.
 8. Make a slurry by mixing the corn starch with the remaining water. Gradually add the slurry while stirring.
 9. Add chayote and cook for another 5 minutes.
 10. Add malunggay and bell pepper. Mix well and cook for 2 minutes.
+ *Ensure that vegetables are cooked to just the right tenderness and are not too soft.*
 11. Turn off heat.

YIELD: 100 SERVINGS



SERVING SIZE

3 pcs. fish fillet
3 tbsp. sauce



WEIGHT PER SERVING

90 - 100 grams



ESTIMATED COST PER SERVING

Php 36.67



ESTIMATED ENERGY AND PROTEIN CONTENT PER SERVING (WITH 1 CUP RICE)

349 kcal, 12.2 grams

Ginataang Gulay

Adapted from *Ginataang Mixed Vegetables* recipe of DepEd-HNC in Jollibee Group Foundation, Inc. (2013). *BLT Recipe Book: Easy and Affordable Meals for Daily Feeding* (p. 13). Pasig City, PH: Author



Ingredients	Initial Weight (Raw/Unpeeled) (grams/ml)	Usable Weight (Peeled and Cut/Minced) (grams/ml)
Garlic bulb	75	65
White onion	206	192
Squash fruit (<i>kalabasa</i>)	3,494	2,913
Malunggay leaves	283	188
String bean pods (<i>sitaw, bunga</i>)	873	751
Coconut milk (<i>gata</i>) mixture*	919	919
<i>Gata powder mix</i>	288	288
<i>Water</i>	631	631
Vegetable cooking oil	212	212
Lean ground pork or beef	3,144	3,144
Purified water	5,500	5,500
Iodized salt, fine	85	85
Ground black pepper	10	10



Procedure

- + Safety Guidelines
- + Quality Control Points

1. Wash ingredients as needed.
 - + *Ingredients should be clean and free from dirt and contaminants.*
2. Prepare the ingredients.
 - Peel and mince garlic and onions.
 - Peel and scrape out the core of the squash fruit. Slice into 1/4 inch thick pieces.
 - Remove malunggay leaves from the stems.
 - Trim ends of *sitaw* then cut into 4-5 parts.
 - + *Hands should be clean and sanitized.*
3. Weigh each ingredient and set aside.
 - + *Ensure that the weighing scale is calibrated and in good condition.*
 - + *Keep ground pork or beef in chilled condition.*
4. Dissolve *gata* mix powder in water, following package instructions. Set aside.
5. Heat oil in a wok. Sauté onions for 1 minute. Add garlic and sauté until golden brown.
6. Add ground pork or beef. Cook for approximately 7 minutes or until brown.
7. Add the squash fruit and mix thoroughly. Cover and cook for about 1 minute.
8. Add prepared *gata* mixture and water. Cover and simmer for about 10 minutes.
9. Add *sitaw*. Cook for another 10 minutes or until squash fruit and sitaw are tender.
 - + *Ensure that vegetables are not under or overcooked.*
10. Season with salt and pepper. Add malunggay leaves. Mix and cook for another minute.
11. Turn off heat.

YIELD: 100 SERVINGS



SERVING SIZE
1/2 cup



WEIGHT PER SERVING
130 grams



ESTIMATED COST PER SERVING
Php 12.16 (pork)
Php 13.69 (beef)



ESTIMATED ENERGY AND
PROTEIN CONTENT PER SERVING
323 kcal, 7.1 grams



Ginataang Monggo-Malunggay

Adapted from the *Guinataan Munggo con Moringa* recipe in Department of Education – Health and Nutrition Center (2010). Standardized Recipes Using Malunggay for School Feeding Program. Pasig City, PH: Author.



Ingredients	Initial Weight (Raw/Unpeeled) (grams/ml)	Usable Weight (Peeled and Cut/Minced) (grams/ml)
Mung bean (<i>monggo</i>)	2,050	2,050
Purified water	10,800	10,800
Ginger	110	90
Garlic bulb	325	267
Red bombay onion	115	109
Ripe tomato	110	108
Squash fruit (<i>kalabasa</i>)	3,300	2,234
Chicken breast fillet*	3,350	3,350
Malunggay leaves	2,143	750
Vegetable cooking oil	250	250
Coconut milk (<i>gata</i>)	2,850	2,850
Iodized salt, fine	149	149

*Require supplier to deliver chicken breast fillet.





Procedure


1. Wash ingredients as needed.
+ Ingredients should be clean and free from dirt and contaminants.
2. Soak monggo in 10,800 ml of water for 1 hour.
3. Boil monggo using the water it was soaked in until soft or about 45 minutes over medium heat. Stir frequently while boiling. Set aside.
+ Stir constantly to avoid scorching.
4. Prepare the ingredients.
 - Peel and cut ginger into strips.
 - Peel and mince garlic and onions.
 - Cut the tomatoes into cubes (approximately 0.5 cm x 0.5 cm x 0.5 cm).
 - Peel and slice the squash into cubes (approximately 1 cm x 1 cm x 1 cm)
 - Slice chicken into strips (approximately 7 cm x 1 cm, 1 cm thick at 12-15 grams each).
 - Remove malunggay leaves from the stems.*+ Hands should be clean and sanitized.*
+ Cuts must be uniform in size.
5. Weigh all ingredients and set aside.
+ Ensure that the weighing scale is calibrated and in good condition.
6. Heat oil in a wok. Sauté chicken strips for about 5 minutes, then add ginger, garlic, onion, tomatoes, and squash. Sauté for another 5 minutes.
7. Add boiled monggo and simmer for 10 minutes.
8. In low fire, pour coconut milk while stirring. Season with salt and continue stirring for 3 minutes.
9. Add malunggay leaves, then mix well. Simmer for 2 minutes.
10. Turn off heat.


+ Safety Guidelines
+ Quality Control Points

YIELD: 100 SERVINGS

 **SERVING SIZE**
2 pcs. chicken strips
1 bowl monggo (135-145 grams)

 **WEIGHT PER SERVING**
160 – 170 grams

 **ESTIMATED COST PER SERVING**
Php 26.04

 **ESTIMATED ENERGY AND PROTEIN CONTENT PER SERVING (WITH 1 CUP RICE)**
410 kcal, 14.2 grams



Ginisang Gulay

Adapted from *Ginisang Dilis with Kalabasa* recipe of Ms. Beth Padlan from MLQES, Tondo, Manila in Jollibee Group Foundation, Inc. (2013). *BLT Recipe Book: Easy and Affordable Meals for Daily Feeding* (p. 15). Pasig City, PH: Author



Ingredients	Initial Weight (Raw/Unpeeled) (grams/ml)	Usable Weight (Peeled and Cut/Minced) (grams/ml)
Garlic bulb	122	106
White onion	343	320
Ripe tomato	1,099	1,067
Squash fruit (<i>kalabasa</i>)	3,516	2,932
String bean pods (<i>sitaw</i>)	1,367	1,176
Vegetable cooking oil	426	426
Ground pork or beef	426	426
Fish sauce (<i>patis</i>)	182	182
Brown sugar	48	48
Purified water	3,500	3,500



Procedure

1. Wash ingredients as needed.
+ Ingredients should be fresh, clean, and free from dirt and contaminants.
2. Prepare the ingredients.
 - Peel and mince garlic and onions.
 - Chop tomatoes into small cubes.
 - Peel and scrape out the core of the squash fruit. Slice into approximately 1/4 inch thick pieces.
 - Trim ends of the *sitaw* then cut into 4-5 parts.*+ Hands should be clean and sanitized.*
+ Cuts must be uniform in size.
3. Weigh each ingredient and set aside.
+ Ensure that the weighing scale is calibrated and in good condition.
4. Heat oil in a wok. Sauté onions for 1 minute.
5. Add garlic and sauté for 1 minute or until golden brown.
6. Add cubed tomatoes. Continue to sauté for about 3 minutes or until softened.
7. Add ground pork or beef, and season with *patis* and sugar. Mix and cook for 2 minutes.
8. Add water and let it simmer for about 7 minutes or until the squash fruit and *sitaw* are soft.
+ Ensure vegetables are not overcooked.
9. Turn off heat.

+ Safety Guidelines
+ Quality Control Points

YIELD: 100 SERVINGS

 **SERVING SIZE**
1/3 cup

 **WEIGHT PER SERVING**
85 grams

 **ESTIMATED COST PER SERVING**
Php 5.61 (pork)
Php 5.82 (beef)

 **ESTIMATED ENERGY AND PROTEIN CONTENT PER SERVING (WITH 1 CUP RICE)**
287 kcal, 4.8 grams



Malunggabi Balls

Adapted from the *Malunggabi Balls* recipe in Department of Education – Health and Nutrition Center (2010). *Standardized Recipes Using Malunggay for School Feeding Program*. Pasig City, PH: Author.



Ingredients	Initial Weight (Raw/Unpeeled) (grams/ml)	Usable Weight (Peeled and Cut/Minced) (grams/ml)
Carrot	665	554
Ripe tomato	450	450
Malunggay leaves	745	517
Cream Dory fillet	5,000	3,393
Taro (<i>gabi</i>)	1,150	930
Iodized salt, fine	69	69
Brown sugar	21	21
Chicken egg	18 pcs.	18 pcs.
Bread crumbs (760g for fish & vegetable mixture; 240g for breading the formed balls)	1,000	1,000
Vegetable cooking oil	2,250	2,250
Catsup	1,500	1,500



Procedure

1. Wash ingredients as needed.
+ Ingredients should be fresh, clean, and free from dirt and contaminants.
2. Prepare the ingredients.
 - Peel and grate carrots.
 - Cut and chop tomatoes into small pieces.
 - Remove malunggay leaves from the stems.*+ Hands should be clean and sanitized.*
+ Cuts must be uniform in size.
3. Boil fish until tender (1 kg of fish to 1 liter of water). Drain and allow to cool. Flake into small pieces.
+ Keep fish chilled.
+ Hands should be clean and sanitized.
4. Boil taro for 15 minutes or until tender. Set aside and wait until cool. Peel and grate.
+ Hands should be clean and sanitized.
5. Boil water, add malunggay leaves, and simmer for 1 minute. Drain and cool.
6. Weigh each ingredient and set aside.
+ Ensure that the weighing scale is calibrated and in good condition.
+ Keep flaked fish in chilled condition.
7. Combine salt and sugar with eggs. Blend well.
+ Eggs should be washed and free from dirt and contaminants prior to use.
8. In a separate mixing bowl, combine carrots, chopped tomatoes, flaked fish, grated taro, malunggay, and 760 g of bread crumbs.
9. Add seasoned egg mixture to the fish mixture. Mix well.
10. Using an ice cream scooper or spoon, scoop mixture and form into balls (20 grams each). Place in clean tray.
+ Ensure correctness of portion of the mix.
11. Place remaining 240 g of bread crumbs in a clean, wide, and shallow container.
12. Dredge each ball in the bread crumbs.
+ Cook as soon as malunggabi balls

- + Safety Guidelines*
- + Quality Control Points*

- are formed. Do not hold at room temperature.*
13. If not to be cooked yet, place malunggabi balls in a clean covered container. Store in cold storage.
+ Ensure required chiller temperature is maintained at all times.
 14. When ready to cook, heat enough cooking oil in a wok.
+ Ensure cooking oil is hot before frying.
 15. Take enough quantity of malunggabi balls from chiller.
+ Do not hold malunggabi balls at room temperature.
 16. Deep fry for 2 1/2 to 3 minutes or until golden brown.
+ Ensure doneness of malunggabi balls. Do not undercook.
 17. Drain excess oil on paper towel. Serve with catsup.

YIELD: 100 SERVINGS



SERVING SIZE

3 pcs. malunggabi balls
1 tbsp. catsup



WEIGHT PER SERVING

75 grams



ESTIMATED COST PER SERVING

Php 20.53



ESTIMATED ENERGY AND PROTEIN CONTENT PER SERVING (WITH 1 CUP RICE)

389 kcal, 9.8 grams



Malunggay Fish Balls with Sweet and Sour Sauce

Adapted from the *Malunggay Fish Balls w/ Sweet and Sour Sauce* recipe in Department of Education – Health and Nutrition Center (2010). *Standardized Recipes Using Malunggay for School Feeding Program*. Pasig City, PH: Author.



Ingredients	Initial Weight (Raw/Unpeeled) (grams/ml)	Usable Weight (Peeled and Cut/Minced) (grams/ml)
Fish balls		
Salmon mackerel, fillet	6,000	6,000 (fillet); 3,290 (flaked)
Ginger	62	50
Red bombay onion	640	600
Garlic bulb	100	97
Carrot	800	620
Malunggay leaves	2,000	700
Chicken egg	20 pcs	20 pcs
All purpose flour	1,200	1,200
Iodized salt, fine	100	100
Vegetable cooking oil (for deep frying)	5,500	5,500
Sweet and sour sauce		
White sugar	1,300	1,300
Catsup	400	400
Iodized salt, fine	70	70
Vinegar	700	700
Pineapple juice, canned	1,000	1,000
Pineapple tidbits, canned	1,400	1,400
Purified water	2,000	2,000
Corn starch	200	200



Procedure

For fish ball

1. Clean salmon mackerel fillet. Set aside.
+ Ingredients should be clean and free from dirt and contaminants.
2. Preheat steamer. Place some oil on the steamer platform to avoid the fish sticking to the surface.
3. Assemble the fish on the steamer together with some slices of ginger to reduce “fishy flavor and aroma.”
4. Steam the fish for 10 minutes. Flake the fish fillet while removing remaining fish bones and dark flesh portion of the fish.
+ Ensure that there are no more fish bones and dark flesh portions.
5. Prepare the ingredients.
 - Peel and grate onion, garlic, and carrots.
 - Remove malunggay leaves from the stems, then chop the malunggay leaves.
 - Beat eggs.
6. In a mixing bowl, mix grated onion, garlic, and carrots.
7. Add chopped malunggay, flour, salmon flakes, beaten eggs, and season with salt. Mix well.
8. Weigh combined mixture. Mold the mixture into balls (25 grams each).
+ Ensure correctness of portion of the mix.
9. Deep fry for 15 minutes or until golden brown.
+ Ensure cooking oil is hot before frying.
10. Mix with sweet and sour sauce.

For sweet and sour sauce:

1. Prepare and weigh the ingredients. Drain the pineapple tidbits before using.
+ Ensure that the weighing scale is calibrated and in good condition.
2. In a bowl, combine all ingredients except corn starch and 500 ml water, then mix thoroughly.
3. Pour mixture in a wok and bring the sauce to a boil over medium

- + Safety Guidelines*
- + Quality Control Points*

- heat (boiling point is reached in approximately 20 minutes).
4. Make a slurry by mixing the cornstarch and 500 ml (2 cups) of water.
 5. Carefully add the slurry to the sauce while stirring. Boil for another 15 minutes. Mix occasionally.

YIELD: 100 SERVINGS



SERVING SIZE

3 pcs. fishballs
2 tbsp. sauce



WEIGHT PER SERVING

120 – 130 grams



ESTIMATED COST PER SERVING

Php 26.87



ESTIMATED ENERGY AND PROTEIN CONTENT PER SERVING (WITH 1 CUP RICE)

440 kcal, 12.7 grams

Meatballs

Adapted from the *Moringga Balls* recipe in Jollibee Group Foundation, Inc. (2013). *BLT Recipe Book: Easy and Affordable Meals for Daily Feeding* (p. 33). Pasig City, PH: Author.



Ingredients	Initial Weight (Raw/Unpeeled) (grams/ml)	Usable Weight (Peeled and Cut/Minced) (grams/ml)
White onion	380	354
Carrots	594	473
Lean ground pork or beef	3,531	3,531
All purpose flour	847	847
Chicken egg	20 pcs	20 pcs.
Iodized salt, fine	92	92
Brown sugar	46	46
Ground black pepper	7	7
Vegetable cooking oil	2,250	2,250
Catsup	1,500	1,500



Procedure

1. Wash ingredients as needed.
+ Ingredients should be fresh, clean, and free from dirt and contaminants.
2. Prepare the ingredients.
 - Peel and mince onions.
 - Peel carrots and cut into very small cubes.*+ Hands should be clean and sanitized.*
+ Cuts must be uniform in size.
3. Weigh each ingredient and set aside.
+ Ensure that the weighing scale is calibrated and in good condition.
+ Keep ground pork or beef in chilled condition
4. In a mixing bowl, combine the ground pork or beef, onion, carrots, and flour. Blend well.
5. Beat eggs, then add salt, sugar, and black pepper. Mix well.
+ Eggs should be washed and free from dirt and contaminants prior to use.
6. Add seasoned egg to pork or beef mixture. Mix well.
7. Allow the mixture to chill for at least 1 hour.
8. Using an ice cream scooper, scoop up the mix and form into balls (25-30 grams each). Place on aluminum tray.
+ Ensure correctness of portion of the mix.
9. Boil water. Drop meatballs and cook. Remove from pot once they float. Drain.
+ Keep meatballs in chilled condition.
10. Heat enough oil in a wok. Deep fry meatballs until light and golden brown.
+ Ensure cooking oil is hot before frying.
11. Drain excess oil on paper towel. Serve with catsup.

+ Safety Guidelines
+ Quality Control Points

YIELD: 100 SERVINGS



SERVING SIZE
2 pcs. meatballs
1 tsp. catsup



WEIGHT PER SERVING
65 – 75 grams



ESTIMATED COST PER SERVING
Php 15.77 (pork)
Php 17.49 (beef)



ESTIMATED ENERGY AND PROTEIN CONTENT PER SERVING (WITH 1 CUP RICE)
436 kcal, 9.4 grams



Menudo

Adapted from the *Ground Pork Menudo* recipe of Ms. Fely Velandria, Vice President, Nutritionist-Dietitian's Association of the Philippines in Jollibee Group Foundation, Inc. (2007). *BLT In-School Feeding Program: Compilation of Recommended Recipes* (p. 17). Pasig City, PH: Author.



Ingredients	Initial Weight (Raw/Unpeeled) (grams/ml)	Usable Weight (Peeled and Cut/Minced) (grams/ml)
Garlic bulb	69	60
White onion	577	538
Carrot	826	658
Potato	1,799	1,482
Red bell pepper	360	252
Calamansi	74	34
Lean ground pork or beef	5,980	5,980
Soy sauce	179	179
Tomato sauce	1,203	1,203
Catsup	1,203	1,203
Purified water	1,443	1,443
Iodized salt, fine	29	29
Fish sauce (<i>patis</i>)	139	139
Ground black pepper	5	5



Procedure


1. Wash ingredients as needed.
 - + *Ingredients should be clean and free from dirt and contaminants.*
2. Prepare the ingredients.
 - Peel and mince garlic and onions.
 - Peel carrots and potatoes. Cut into small cubes.
 - Scrape out the seeds and trim the stems of the bell peppers. Slice and mince.
 - Squeeze the calamansi to extract the juice.
 - + *Hands should be clean and sanitized.*
 - + *Cuts must be uniform in size.*
3. Weigh each ingredient and set aside.
 - + *Ensure that the weighing scale is calibrated and in good condition.*
 - + *Keep ground pork or beef chilled.*
4. Place weighed ground pork or beef in a container. Add soy sauce, calamansi juice, garlic, and onion. Mix well.
5. Marinate for 30 minutes to 1 hour inside chiller.
 - + *Keep marinated pork or beef in a covered container and chilled.*
6. Transfer marinated ground pork or beef in a wok and place over medium fire for about 15 minutes.
 - + *Ensure standard cooking procedures are followed.*
7. Add tomato sauce, catsup, and water. Cover and allow to simmer for about 15 minutes.
8. Add carrots, potatoes, and bell peppers. Simmer for about 10 minutes or until just right tenderness.
 - + *Ensure that vegetables are cooked to just the right tenderness and are not too soft.*
9. Season with salt, *patis*, and black pepper. Simmer for another 2 minutes.
10. Turn off heat.

- + *Safety Guidelines*
- + *Quality Control Points*

YIELD: 100 SERVINGS

 **SERVING SIZE**
1/3 cup

 **WEIGHT PER SERVING**
80 – 90 grams

 **ESTIMATED COST PER SERVING**
Php 21.30 (pork)
Php 24.21 (beef)

 **ESTIMATED ENERGY AND PROTEIN CONTENT PER SERVING (WITH 1 CUP RICE)**
354 kcal, 11 grams



Monggo Guisado with Malunggay

Adapted from the recipe of Ms. Fely Velandria, Vice President, Nutritionist-Dietitian's Association of the Philippines in Jollibee Group Foundation, Inc. (2007). *BLT In-School Feeding Program: Compilation of Recommended Recipes* (p. 32). Pasig City, PH: Author.



Ingredients	Initial Weight (Raw/Unpeeled) (grams/ml)	Usable Weight (Peeled and Cut/Minced) (grams/ml)
Garlic bulb	193	165
White onion	255	231
Ripe tomato	828	792
Malunggay leaves	201	132
Chicken breast	3,000	1,599
Chicken broth (liquid from boiled chicken breast)	6,266	6,266
Mung bean (<i>monggo</i>)	2,500	6,108*
Vegetable cooking oil	185	185
Fish sauce (<i>patis</i>)	262	262
Iodized salt, fine	35	35
Brown sugar	36	36
Ground black pepper	1.3	1.3

*Weight of mung beans after boiling.



Procedure

+ Safety Guidelines
+ Quality Control Points

1. Wash ingredients as needed.
 - + *Ingredients should be fresh, clean, and free from dirt and contaminants.*
2. Prepare the ingredients.
 - Peel and chop garlic and onions.
 - Cut tomatoes into small cubes.
 - Remove malunggay leaves from the stems.
 - + *Hands should be clean and sanitized.*
 - + *Keep chicken chilled.*
 - + *Cuts must be uniform in size.*
3. Boil monggo until soft (skin will open). Drain and cool down.
4. Boil chicken until tender (1 kg of chicken is to 2 liters of water). Drain chicken and allow to cool. Set the broth aside. Debone chicken and slice meat into cubes.
 - + *Hands should be clean and sanitized.*
 - + *Keep chicken chilled before boiling.*
5. Weigh each ingredient and set aside.

For the broth, weigh the chicken broth used in boiling the chicken. If short of prescribed weight, add water.

 - + *Ensure that the weighing scale is calibrated and in good condition.*
6. Heat cooking oil. Sauté onions, garlic, and tomatoes for 3 minutes.
7. Add cooked monggo beans, cubed chicken, and chicken broth. Add water if needed and allow to boil for 10 minutes.
8. Season with patis, salt, sugar, and pepper. Allow to simmer for 5 minutes.
9. Add malunggay leaves and simmer for 1 minute.
10. Turn off heat.

YIELD: 100 SERVINGS

 **SERVING SIZE**
1/2 cup

 **WEIGHT PER SERVING**
135 grams

 **ESTIMATED COST PER SERVING**
Php 9.31

 **ESTIMATED ENERGY AND PROTEIN CONTENT PER SERVING (WITH 1 CUP RICE)**
342 kcal, 13.1 grams



Nilagang Manok

Developed by Prof. Gemaima C. Evangelista, Prof. Zarah G. Sales and Mr. Paul Bagabaldo from IHNF, CHE, UPLB for Jollibee Group Foundation Inc.



Ingredients	Initial Weight (Raw/Unpeeled)	Usable Weight (Peeled and Cut/Minced)
Yellow sweet potato (<i>kamote</i>)	2,750	2,400
Lemongrass (<i>tanglad</i>)	150	143
Chicken breast	6,670	6,670
Pechay	2,100	1,700
Baguio beans	500	430
Red bombay onion	250	227
Spring onion	200	180
Iodized salt, fine (divided)	100	100
Powdered black pepper	6	6
Purified water	9,600	9,600



Procedure

1. Wash ingredients as needed.
 - + *Ingredients should be clean and free from dirt and contaminants.*
2. Prepare the ingredients.
 - Peel and slice sweet potatoes into cubes/wedges (approximately 1 inch x 1 inch).
 - Chop the roots and tie the *tanglad* into a knot.
 - Slice the chicken breast (approximately 2.5 inches x 2 inches, 1.5 inch thick; 30 grams each).
 - Separate each stalk of pechay, then remove the lower portion of each stalk.
 - Slice baguio beans diagonally (approximately 1.5 inches in length).
 - Peel and chop onion.
 - Finely chop spring onions.
 - + *Hands should be clean and sanitized.*
 - + *Cuts must be uniform in size.*
3. Weigh all ingredients and set aside.
 - + *Ensure weighing scale is calibrated and in good condition.*
4. Place chicken in water together with *tanglad*. Bring to a boil.
 - + *Remove dark bubbles that rise to the top.*
5. After 10 minutes of boiling, remove *tanglad*. Add onions and 20 grams of salt and cook for 5 minutes.
 - + *Ensure vegetables are cooked to just the right tenderness and are not too soft.*
6. Add sweet potatoes and baguio beans. Add remaining salt and pepper. Mix well, then cook for 5 minutes.
 - + *Ensure vegetables are cooked to just the right tenderness and are not too soft.*
7. Add pechay and spring onions. Mix lightly and simmer for 2 minutes.
 - + *Ensure vegetables are cooked to just the right tenderness and are not too soft.*
8. Turn off heat.

- + *Safety Guidelines*
- + *Quality Control Points*

YIELD: 100 SERVINGS



SERVING SIZE

- 2 pcs. chicken
- 3 pcs. kamote
- 3 pcs. beans
- 2 pechay leaves
- 1/2 cup soup



WEIGHT PER SERVING

180 - 190 grams



ESTIMATED COST PER SERVING

Php 16.50



ESTIMATED ENERGY AND PROTEIN CONTENT PER SERVIN (WITH 1 CUP RICE)

342 kcal, 20.9 grams



Picadillo

Adapted from the *Picadillo con Moringa* recipe in Department of Education – Health and Nutrition Center (2010). *Standardized Recipes Using Malunggay for School Feeding Program*. Pasig City, PH: Author.



Ingredients	Initial Weight (Raw/Unpeeled) (grams/ml)	Usable Weight (Peeled and Cut/Minced) (grams/ml)
Garlic bulb	182	158
White onion	508	473
Potato	1,913	1,800
Ripe tomato	3,275	3,112
Malunggay leaves	226	171
Vegetable cooking oil	257	257
Lean ground pork or beef	3,941	3,941
Purified water	3,000	3,000
Iodized salt, fine	92	92
Ground black pepper	3	3
Brown sugar	83	83
Soy sauce	238	238



Procedure

1. Wash ingredients as needed.
 - + *Ingredients should be clean and free from dirt and contaminants.*
2. Prepare the ingredients.
 - Peel and mince garlic and onion.
 - Peel potatoes and cut into very small cubes.
 - Chop tomatoes until close to puree form.
 - Remove malunggay leaves from the stem.
 - + *Hands should be clean and sanitized.*
 - + *Cuts must be uniform in size.*
3. Weigh each ingredient and set aside.
 - + *Ensure that the weighing scale is calibrated and in good condition.*
 - + *Keep ground pork or beef chilled.*
4. Heat oil in a wok for 1 minute. Sauté the ground pork or beef for 10-15 minutes. Remove from wok and leave excess oil. Set the pork or beef aside.
 - + *Ensure standard cooking procedures are followed.*
5. In the same wok, sauté garlic and onion for 1 minute or until garlic is golden brown and onions are translucent.
6. Add chopped tomatoes and sauté for about 5 minutes or until wilted.
7. Return the cooked pork or beef to the wok, add water, and bring to a boil for 5 minutes.
8. Add potato cubes. Season with salt, pepper, brown sugar, and soy sauce. Let it simmer for 5 minutes or until potato cubes are tender, and liquid has evaporated, leaving just enough sauce.
 - + *Ensure potato cubes are cooked just right, not mushy.*
9. Add the malunggay leaves and cook for 1 minute.
10. Turn off heat.

- + *Safety Guidelines*
- + *Quality Control Points*

YIELD: 100 SERVINGS



SERVING SIZE
1/3 cup



WEIGHT PER SERVING
80 – 90 grams



ESTIMATED COST PER SERVING
Php 15.61 (pork)
Php 17.53 (beef)



ESTIMATED ENERGY AND PROTEIN CONTENT PER SERVING (WITH 1 CUP RICE)
323 kcal, 8.7 grams



Shanghai Rolls

Adapted from the *Moringa Shanghai Rolls* recipe in Department of Education – Health and Nutrition Center (2010). *Standardized Recipes Using Malunggay for School Feeding Program*. Pasig City, PH: Author.



Ingredients	Initial Weight (Raw/Unpeeled) (grams/ml)	Usable Weight (Peeled and Cut/Minced) (grams/ml)
Garlic bulb	290	252
White onion	263	245
Carrot	1,196	953
Kinchay	47	35
Malunggay leaves	211	140
Vegetable cooking oil	2,250	2,250
Lean ground pork or beef	3,503	3,503
All purpose flour	315	315
Tomato sauce	252	252
Chicken egg	15 pcs.	15 pcs.
Iodized salt, fine	105	105
Brown sugar	70	70
Lumpia wrapper, large	150 pcs.	150 pcs.
Catsup	1,500	1,500



Procedure

1. Wash ingredients as needed.
 - + *Ingredients should be fresh, clean, and free from dirt and contaminants.*
2. Prepare the ingredients.
 - Peel and mince garlic and onions.
 - Peel and slice carrots into very small cubes.
 - Take out the roots from the stems of *kinchay*. Chop into small pieces.
 - Remove malunggay leaves from the stems.
 - + *Hands should be clean and sanitized.*
 - + *Cuts must be uniform in size.*
3. Weigh each ingredient and set aside.
 - + *Ensure that the weighing scale is calibrated and in good condition.*
 - + *Keep ground pork or beef in chilled condition.*
4. In a mixing bowl, combine ground pork or beef, onion, garlic, carrots, flour, tomato sauce, *kinchay*, and malunggay leaves. Blend well.
5. Beat eggs, then add salt and sugar. Mix well.
 - + *Eggs should be washed and free from dirt and contaminants prior to use.*
6. Add seasoned egg to pork or beef mixture. Mix well.
7. Cut lumpia wrapper in half.
8. Put 40 grams of mixture on the wider end of the wrapper. Roll mixture into a stick. Fold the left and right side of the wrapper then roll to seal. Seal edges with water. Place on tray and set aside.
 - + *Ensure correctness of portions of the mix.*
9. Put shanghai rolls in chiller if not to be fried yet.
 - + *Keep shanghai mix chilled.*
10. When ready to cook, heat enough oil in a wok.
 - + *Ensure cooking oil is hot before frying.*
11. Take enough quantity of shanghai rolls from the chiller.
 - + *Do not keep shanghai rolls at room*

- + *Safety Guidelines*
- + *Quality Control Points*

12. Deep fry for 2 1/2 to 3 minutes or until golden brown.
 - + *Ensure doneness of shanghai rolls. Do not undercook.*
13. Using clean knife or scissors, cut each shanghai roll into 2 pieces. Serve with catsup.

YIELD: 100 SERVINGS



SERVING SIZE

3 pcs. shanghai rolls
1 tbsp. catsup



WEIGHT PER SERVING

75 grams



ESTIMATED COST PER SERVING

Php 21.79 (pork)
Php 23.49 (beef)



ESTIMATED ENERGY AND PROTEIN CONTENT PER SERVING (WITH 1 CUP RICE)

420 kcal, 8.9 grams



Sinigang na Manok

Developed by Prof. Gemaima C. Evangelista, Prof. Zarah G. Sales and Mr. Paul Bagabaldo from IHNF, CHE, UPLB for Jollibee Group Foundation Inc.



Ingredients	Initial Weight (Raw/Unpeeled) (grams/ml)	Usable Weight (Peeled and Cut/Mincd) (grams/ml)
Chicken breast	6,670	6,670
String bean pods (<i>sitaw</i>)	660	645
Radish	1,350	1,100
Ripe tomato	1,000	940
<i>Kangkong</i>	2,400	1,356
Ginger	120	90
<i>Sinigang</i> mix powder	160	160
Red bombay onion	445	427
Garlic bulb	150	140
Iodized salt, fine (Divided)	90	90
Green <i>siling haba</i>	130	130
Vegetable cooking oil	200	200
Purified water	8,640	8,640



Procedure

+ Safety Guidelines + Quality Control Points

1. Wash ingredients as needed.
+ *Ingredients should be clean and free from dirt and contaminants.*
2. Prepare the ingredients.
 - Cut the tomatoes into cubes (0.5cm x 0.5cm x 0.5cm).
 - Peel and mince the ginger, garlic, and onion.
 - Get *kangkong* leaves attached to a few inches of their upper stalks (approximately 1 inch each).
 - Slice string bean pods (approximately 1.5 inches in length).
 - Slice the radish diagonally (approximately 1 inch x 2 inches).
 - Slice the chicken breast (approximately 2.5 inches x 2 inches, 1.5 inches thick, 30 grams each).
+ *Hands should be clean and sanitized.*
+ *Cuts must be uniform in size.*
3. Weigh all ingredients and set aside.
+ *Ensure that the weighing scale is calibrated and in good condition.*
4. Heat oil in a pot. Sauté ginger, onion, garlic, *siling haba*, and tomato for 5 minutes over low heat.
5. Add chicken breast and season with 20 grams of salt. Cover and let it simmer over low heat for 15 minutes. Mix occasionally.
+ *Remove dark bubbles that rise to the top.*
6. Add water and sinigang mix. Bring to a boil (boiling point is reached in approximately 15-20 minutes).
7. Add radish and cook for 15 minutes. Add remaining salt.
8. While cooking chicken and radish, boil water in a separate pot.
 - Drop and simmer *sitaw* for 4 minutes. Scoop out, then immediately soak in cold water for 3 minutes. Remove from cold water and set aside.
 - In the same pot of hot water, simmer *kangkong* for 2 minutes. Drain, then

- immediately soak in cold water for 3 minutes. Remove from cold water and set aside.
- + *Ensure vegetables are cooked to just the right tenderness and are not too soft.*
- 9. Turn off heat.

YIELD: 100 SERVINGS

 **SERVING SIZE**

2 pcs. chicken
3 pcs. radish
2 leaves *kangkong*
2 pcs. *sitaw*
1/2 cup soup

 **WEIGHT PER SERVING**

180 – 190 grams

 **ESTIMATED COST PER SERVING**

Php 17.10

 **ESTIMATED ENERGY AND PROTEIN CONTENT PER SERVING (WITH 1 CUP RICE)**

349 kcal, 21.8 grams



Veggie Garden Mix

Adapted from the *Veggie Mix* recipe in Department of Education – Health and Nutrition Center (2010). *Standardized Recipes Using Malunggay for School Feeding Program*. Pasig City, PH: Author.



Ingredients	Initial Weight (Raw/Unpeeled) (grams/ml)	Usable Weight (Peeled and Cut/Minced) (grams/ml)
Garlic bulb	230	200
Red bombay onion	480	423
Baguio bean	1,250	1,120
Carrot	1,600	1,280
Soybean cheese, soft (<i>tokwa</i>)	1,660	1,660
White sugar	130	130
Soy sauce	410	410
Ground chicken breast	2,500	2,500
Vegetable cooking oil (for sautéing)	170	170
Vegetable cooking oil (for frying)	400	400
Mungbean sprout (<i>toge</i>)	1,600	1,600
Powdered black pepper	6	6
Iodized salt, fine	40	40





Procedure


1. Wash ingredients as needed.
 - + *Ingredients should be clean and free from dirt and contaminants.*
2. Prepare the ingredients.
 - Peel and mince garlic and onions.
 - Slice baguio beans diagonally (approximately 1 inch in length).
 - Slice carrots in julienne strips (approximately 2 inches in length).
 - Slice *tokwa* into thin blocks (approximately 0.5 cm thick)
 - + *Hands should be clean and sanitized.*
 - ▮ *Cuts must be uniform in size.*
3. Weigh all ingredients and set aside.
 - + *Ensure weighing scale is calibrated and in good condition.*
4. Fry sliced *tokwa* in 400 ml oil for about 5 minutes or until golden brown. Afterwards, cut the fried *tokwa* further into small cubes (0.5 cm x 0.5 cm x 0.5 cm). Set aside.
 - ▮ *Ensure cooking oil is hot before frying.*
5. In a bowl, mix sugar and soy sauce. Use half of this solution to marinate the ground chicken. Set aside the marinated ground chicken and the remaining solution.
6. Heat 170 ml oil in a wok. Sauté onion and garlic for about 2 minutes.
7. Add the remaining sugar-soy sauce solution and marinated ground chicken then cover. Cook for 10 minutes. Mix every 2 minutes.
 - + *Ensure chicken is cooked well.*
8. Add *toge*, then cover. Cook for 5 minutes. Mix occasionally.
9. Add carrots and baguio beans then cover. Cook for 10 minutes. Mix occasionally.
 - ▮ *Ensure vegetables are cooked to just the right tenderness and are not too soft.*
10. Add *tokwa* and season with salt and pepper. Mix well.
11. Turn off heat.


- + *Safety Guidelines*
- ▮ *Quality Control Points*

YIELD: 100 SERVINGS

 **SERVING SIZE**
1 small bowl

 **WEIGHT PER SERVING**
80 – 90 grams

 **ESTIMATED COST PER SERVING**
Php 12.97

 **ESTIMATED ENERGY AND PROTEIN CONTENT PER SERVING (WITH 1 CUP RICE)**
307 kcal, 13.5 grams



Jollibee Foods
CORPORATION



Jollibee Group Foundation (JGF) is the social development arm of Jollibee Foods Corporation (JFC), one of the largest and fastest growing Asian restaurant companies in the world. JGF implements programs on agriculture, education, and disaster response with partner communities nationwide.

JFC has nine wholly-owned brands (Jollibee, Greenwich, Chowking, Red Ribbon, Mang Inasal, Yonghe King, Hong Zhuang Yuan, Smashburger, and Coffee Bean and Tea Leaf), three franchised brands (Burger King & Panda Express in the Philippines, and Dunkin' Donuts in certain territories in China), and a 60% ownership in the SuperFoods Group that owns Highlands Coffee and PHO24 brands.

It also has investments in Titan Dining LP, the ultimate holding entity of Tim Ho Wan Pte. Ltd. (the Master Franchisee of Tim Ho Wan in the Asia Pacific region excluding Hong Kong); and a business venture with award-winning Chef Rick Bayless to build a Mexican fast-casual restaurant business in the United States.

Jollibee Group Foundation, Inc.,2019
6/F Jollibee Plaza
10 F. Ortigas Jr. Avenue
Ortigas Center, Pasig City
Philippines

Phone: (02) 8688-7133
E-mail: foundation@jollibee.com.ph



Jollibee Group Foundation, Inc.
6/F Jollibee Plaza
10 F. Ortigas Jr. Avenue
Ortigas Center, Pasig City
Philippines

Phone: (02) 8688-7133
E-mail: foundation@jollibee.com.ph

