

PRODUCTIVITY, INCOME GENERATION & SUSTAINABILITY

GREEN PIGS COMMUNITY COOKBOOK



Because pigs make us happy!

GREEN PIGS

COMMUNITY COOKBOOK

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Message from Dr. Ruth S. Miclat

The Agricultural Training Institute-International Training Center on Pig Husbandry (ATI-ITCPH) is pleased to present the “Green PIGS Community Cookbook”. This cookbook shows how to prepare and enjoy simple and yet appetizing pork recipes that are reasonably quick and easy to prepare.

We take pride in this project made possible and even more special because it is a collaboration project initiated by “Juanas” in partnership with MoCA Family Farm RLearning Center through Ms. Gigi Morris, a “Woman of the Future” awardee and an advocate of “Women-led Smallscale Family Farming”. For this year, ITCPH’s launching of the “Green PIGS Community Cookbook” come to fruition! This amazing “Green PIGS Community Cookbook” is about preserving & celebrating recipes of family farms in the Philippines. It is a testament of how our livestock farmers, food growers and family farmers prepare their traditional meals, from the produce they have grown & meat that they have raised.

My congratulations and heartfelt thanks to all who have been part of this cookbook - MoCA Family Farm RLearning Center team, the ITCPH GAD Focal persons, the Center’s Information Services staff and all our Recipe Contributors! Having worked and partnered with Ms. Gigi on empowering women-led small scale livestock farmers made us always believe in the capacity of our women to nurture and work at the same time. In this time of uncertainties, once again, I see women in the rural communities rising up to the challenge.

We are delighted to share all these pork recipes especially to all meat lovers out there! Together, let’s celebrate pork recipes and cookbook with the women in family farming and livestock raising!

Basta Juana, Kaya!



ATI-ITCPH
Center Director



GREEN PIGS Community Cookbook



Message from Ka Gigi Morris

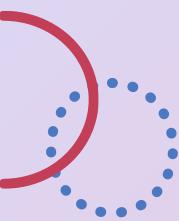
When Ms. Noemi and I started to put together the idea of this cookbook, I have no idea that this challenging time brought about by pandemic to many of us will last this long! When we started this idea, little did we know that we will be launching it as an e-copy. Surely, this project has evolved in a different way than what I originally thought it would be. I would like to say though that it turned out for the better!

Our recipes featured in this cookbook are inspired by local food available to many of us; using pork as one of the primary ingredients. Many family farmers have easy access to pork as meat. Most family farms I have met keep at least a few pigs integrated into their farming. This pandemic, while many in our urban communities have less access to the food source, in rural communities, many family farmers' response is to process the pigs that were raising. In times of calamity, animal feeds are scarce, and processing their livestock is a natural strategy adopted by many farmers. While many have to contend with canned goods, family farmers in the rural community are enjoying meat from their livestock. Pork has proven to be very versatile meat for many Filipinos, as it can be preserved in many ways. As we always say on the farm, pork makes us happy!

These homemade and creative recipes are ready to please Filipino taste buds. Now that we have growing urban gardeners, they can use fresh ingredients directly sourced from their garden and combine it with our favorite meat. Yes, pig makes us happy because pork is yummy!



Family Farm/School Director
MOCA FAMILY FARM RELEARNING CENTER INC.



Farm to Table: What's the Buzz?



Ever wanted to experience freshly-made food products directly from your local farms right to your table? The farm-to-table movement is the right way to go! The movement is defined as locally sourced food being brought to a kitchen directly from the farm without the fuss of a distributor. The movement establishes a connection between farmers and chefs. Which in turn helps create clean and nutritious meals

for the consumers! Restaurants that want to promote delicious dishes need quality products and they rely on farms with produce that have been harvested within a moment's notice.

Why should one help promote the farm-to-table movement as an alternative to other food sources? Because it supports our farmers and livestock growers! Pork is a great example of sustainable food. Not only are they a cheaper source of meat, but pigs is easy livestock to grow for small scale and family farmers.

The primary principles of the farm-to-table movement upholds the standard for good quality food to one's platter. More than food security, we should be able to eat healthy and eat happily. The proximity between the consumer and the growers is fundamental to one's appreciation for food. The closer the farm is to the table, the easier it is to develop a relationship with the farmers in your community. As a community, the promotion of a safe, habitable, and better food system secure the sustainability of our future generations. This is the kind of ecosystem that will allow us to enjoy the food, from farm to table.

So, how can you resist the temptation of letting your tastebuds savor freshly-made food from your gardens and farms?



Herb Sausage

by Irene Triffitt

Combine pork belly and lean pork parts, ground them.

Combine with the following herbs and spices:

1 onion, peeled & grated

1 teaspoon fresh ground black peppercorn

1 teaspoon chopped parsley

1 teaspoon dried herbs

salt, to taste presentation.



Use the bounty of your garden in serving your
Herb Pork Sausage

Use herbs and spice to
enhance the flavor profile.



Project: GREEN PIGS Community Cookbook

PROCEDURES:

Using sausage stuffer of any kind, fill with sausage mixture the natural casing. Stop and twist, depending on the length/size of sausage you desire. You can also tie in between.

When you are ready to cook the sausages, heat the oil in a large frying pan and cook the sausages for about 10-15 minutes over medium heat. Turn them regularly to ensure they brown evenly. Or you can also roast them if you desire.

Drain them on a paper towel & serve hot with pickled papaya or mashed potato or yes, rice!



Fried or Steam Ground Pork Wrap in Cardamom Leaves

by Team MOCA

Ingredients:

- 500 grams Ground Pork
- 1 pc Large Egg
- 1 pc Medium Onion
- 5 cloves Garlic
- Salt and Pepper to Taste
- Cardamom Leave for wrapping
- Oil for frying



PROCEDURES

In a bowl, Mix the Ground Pork, Egg, Onion, Garlic, Salt, and Pepper. Mix well.

Scoop Tbsp of pork mixture and wrapped with cardamon leaves using a triangle fold.

Fried or steam the wrapped pork with cardamom.

Serve with your favorite dips.

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Pork Florentine with Hollandaise Sauce served with Succotash

by Chef Jayson Dimaculangan

Ingredients

For the Pork Roll:

1 pc pork tenderloin, approximately 500-600 grams (roll cut)
500 grams spinach leaves
3 cloves garlic, minced
1 pc medium onion, minced
1/4 cup cheese, diced or grated
8 pcs bacon strips
3 – 4 sprigs thyme leaves
Salt, pepper, Spanish paprika, to taste
1 tbsp olive oil.

For the Hollandaise Sauce:

3 pcs egg yolks
1/2 cup clarified butter
1 tbsp vinegar
2 pcs calamansi juice or 1 tbsp lemon juice
Salt and white pepper, to taste

For the Succotash:

1 cup red beans, cooked
1 cup corn kernels
1/8 tsp basil leaves, chopped
1/8 tsp rosemary leaves, chopped
2 cloves garlic, minced
1 pc medium onion, minced
1 pc calamansi juice
2 tbsp butter or olive oil



Procedures

For the Pork Roll:

1. In a saute pan over medium heat, saute the onion and garlic until translucent.
2. Add the spinach and continue sauteeing until dry (Spinach tend to release significant amount of water as it cooks.)
3. Season with salt and pepper. Set aside.
4. Season the tenderloin fillet with salt, pepper and paprika. Sprinkle the thyme leaves.
5. Spread the spinach mixture on top of the seasoned fillet. Top with the cheese.
6. Gently roll the filled tenderloin to form a log. Wrap the log with bacon strips.
7. Bake into a 375F preheated oven for 20-30 minutes.

For the Hollandaise Sauce:

1. In a bowl over simmering water, put the yolks and vinegar. Whisk vigorously.
2. In a thin, continuous stream, add the clarified butter.
3. Remove from the heat and add the calamansi juice.
4. Season with salt and pepper.

For the Succotash:

1. In a saute pan, saute the onion and garlic.
 2. Add the beans and corn kernels.
 3. Season with salt, pepper, herbs and calamansi juice (You may also add a tablespoon of cream to make your succotash creamy)
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Sweet Potato Salad with Lechon Toppings

by Team MOCA

Ingredients

- 500 grams fresh young sweet potato leaves
- 1/4 kilo chopped lechon trimmings
- 5 pieces, medium size tomato
- 1 medium size onion, sliced
- 3 cloves garlic, minced
- Salt, pepper, Spanish paprika, to taste
- 1 tbsp olive oil.



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PROCEDURES

Mix the fresh young sweet potato leaves, tomatoes, onion, garlic, olive oil.

Seasoned with salt, pepper, and Spanish paprika.

Toss the salad until all the ingredients are mixed.

Top with Lechon trimmings.

Serve!

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Sweet & Spicy Binagoongan Pork Ribs

by Neneth Tiongkiao Madrona

INGREDIENTS :

- 1 kg Pork Ribs
- 1/3 Cup Minced Garlic
- 1 Tbsp KusiNANAY's Basic Mix with Stevia
- 1 Tbsp Mama Sita Annatto Powder
- 2-3 Tbsp Mass Masarap Ginisang Bagoong (Extra Hot)
- 3-5 Sachets Sweet & Fit Stevia
- 7 pcs Siling Berde
- Coconut Oil for Frying
- Eggplants (fried or grilled)
- Okra (Steam)



PROCEDURES

Wash the Pork Ribs in running water. Use a clean towel or paper towel to dry the pork ribs.

Put KusiNanay's Basic Mix in the pork ribs. Boil the 2-3 cups water and Mass Masarap Ginisang Bagoong (Extra Hot) and 3-5 Sachets Stevia, Add the Pork Ribs, and Green Chili. Cooked until tender.

Drain to remove the excess water of the boiled pork

Heat the oil in a pan. Fry or Grilled the Eggplant and Steam the Okra then served with bagoong

Serve while it is hot!

Note:

Any leftover of Binagoongan Pork ribs can be turned into Kare Kare.

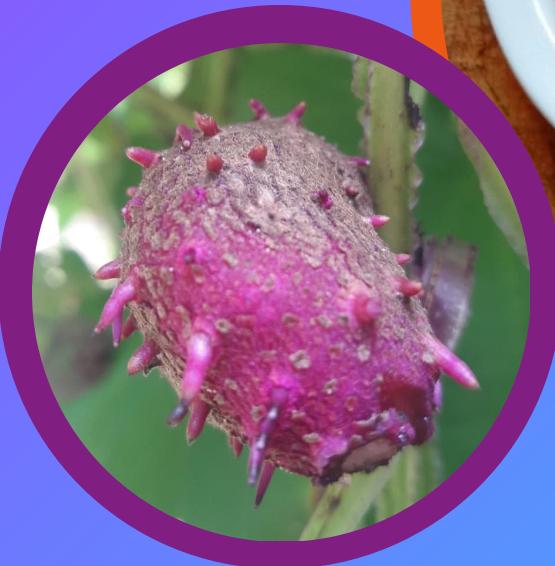


Pork Sinigang sa Ube

by Neneth Tiongkiao Madrona

INGREDIENTS :

1kg pork knuckles
1/3 kg meaty part ng ribs
Kangkong
1/4 kg Kamatis
2 Sibuyas
200gms UBE
7pcs Sililg Berde from the Garden
1(150gms) Sachet Mama Sita
Sinigang Paste
25 gms Mama Sita Sinigang
sa Sampalok
1 Tbsp KusiNANAYs Basic Mix



PROCEDURES

For the Pork:

Wash pork. Dry and season with KusiNanay's Basic Mix.

Boil 5 cups of water. Put in the pork then add the onion and laurel leaves.

Slow cook for 1 hour and 30 mins or until the pork is super tender. Air dry.

For the Sinigang Broth:

Boil the pork stock then add the Ube. When the Ube is tender. Add the Tomato, Onion, Green Chili then add the other Vegetables.

Serve while it is hot!



Green Mango Salad with Crispy Shredded Pork

by Team MOCA

Ingredients

For the Green Mango Salad:

Indian Mango, julienne cut

Onion, minced

Tomato, minced

Coriander Leaves, cut in small pieces

Dayap

Salt and pepper to taste

Olive oil



Ingredients

For the Shredded Pork:

Water

Pork Kasim

Salt and Pepper to taste



Project: GREEN PIGS Community Cookbook

PROCEDURES

For the Salad:

In a bowl, toss the indian mango, onion, tomato, coriander leaves, and squeeze dayap juice. Season with salt and pepper.

For the Shredded Pork:

Boil the Water, Pork Kasim. Seasoned with Salt and Pepper to taste. Cook until the pork is tender.

Drain the water and Shredded the pork.

Fry the shredded pork in the oil until it becomes crispy.

In the serving plate, layer the Salad then top with shredded pork.

Serve!

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Shrimp & Pork Combo Royale

by Team MOCA

INGREDIENTS

- 500 grams Ground Pork
- 1 Tbsp Turmeric
- 5 cloves garlic, minced
- 1 Onion
- Dayap
- Butter
- Parsley



PROCEDURES

For the Pork

Saute the Garlic, Ginger, Onion and Ground Pork. Season with Salt and Pepper. Simmer for 10 minutes or until the ground pork is fully cooked.

For the Shrimp

Saute the Garlic and Onion. Add the shrimp for few minutes or until the shrimp becomes orange in color.

In a plate, place the ground pork in the middle, place the shrimp in the outer side. Sprinkle with fresh parsley on top.

Serve!

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Spicy Laing with Crispy Pork Belly

by Team MOCA

Ingredients

For the Laing

Taro Leaves

onion, minced

ginger, minced

garlic, minced

Bagoong Alamang

1st Coconut Milk

2nd Coconut Milk

Green Chili

For the Pork Belly:

Pork Belly

Bay Leaves

Onion

Salt

Pepper Corn



Project: GREEN PIGS Community Cookbook

PROCEDURES

For the Crispy Pork Belly:

- Boil water in a cooking pot. Add pork belly, onion, dried bay leaves, whole peppercorn, Salt. Cover and cook in medium heat for 30 minutes or until tender.
- Remove the pork belly from the cooking pot. Place it in a clean plate. Let it cool down.
- Rub salt all over the pork. Let it stay for 15 minutes.
- Heat oil in a deep cooking pot. Put the boiled pork belly in skin side facing down. Deep fry until the skin turns brown. Turn the pork belly over and deep fry the opposite side for 5 minutes.

For the Laing:

- Combine the coconut milk, shrimp paste, ginger, onion, and garlic in a cooking pot. Heat the pot and let boil.
- Once the mixture starts to boil, gently stir to mix the ingredients. Simmer for 15 to 20 minutes. Make sure to stir once in a while to prevent the ingredients from sticking on the bottom of the cooking pot.
- Add the dried taro leaves. Do not stir. Let it stay until the leaves absorb the coconut milk. This takes about 20 to 30 minutes. You can gently push the leaves down so that it can absorb more coconut milk.
- Once the leaves absorb the coconut milk, stir the leaves and then continue to cook for to 10 minutes.
- Pour the coconut cream into the cooking pot. Add the green chilies. Stir. Cook for 10 to 12 minutes.





Pork & Veggie Lovers in Blue Pizza Dough

by Team MOCA

INGREDIENTS :

For the Dough:

Blue Ternatea Flower
2 1/2 cups warm water
1/4 cup sugar
3 teaspoons instant yeast
1/4 cup vegetable oil
6 cups all-purpose flour
2 teaspoons salt

For the topping:

Pork Tapa, Shredded
Onion, Sliced into Rings
Bell Pepper, Sliced into rings
Kang Kong leaves
Tomato, Minced
Mozzarella Cheese



PROCEDURES

For the Dough:

- In the bowl, combine the Blue water (Water with Blue Ternatea), Sugar and Yeast. Allow the mixture to sit for a few minutes until frothy. Add in the vegetable oil.
- In a separate bowl, combine the flour and the salt. Add to the yeast mixture, 1/2 cup at a time. Continue adding the flour until the dough can be pulled away towards the sides of the bowl with a spatula. Knead the dough well. Add in flour if needed.
- Grease a large bowl. Place the dough and cover the bowl with plastic wrap or a towel and let the dough rise at room temperature until doubled. Approximately for at least an hour or a little longer.
- Place the dough onto a well-floured work surface. Cut dough in four equal portions. Roll the dough and flatten by hand or you can use a rolling pin. Stretch to create a smooth pizza dough.

To bake:

- Preheat the oven. Bake for at least 30 minutes.
 - Bake the dough for 3-5 minutes
 - Prepare your pizza with your desired toppings. For this recipe we use Shredded Pork Tapa, Ring Onion, Bell Pepper, Kang Kong leaves, Tomato and Mozzarella Cheese.
 - Bake until the crust is golden, normally 8-10 minutes.
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PORK ROLL W/ KAPENG BARAKO RUB

by Team MOCA

INGREDIENTS :

For the Pork Belly:

- 1 kl. Pork Belly
- 3 Tbsp salt
- 2 tsp Whole Peppercorn
- 5 bay leaves
- 1 Tbsp soy sauce
- 5 cloves garlic, crushed
- 4 cups water
- Lemon Grass
- Coriander Leaves

For the Coffee Rub:

- 1 Tbsp Dried Oregano Leaves
- 1 Tbsp Dried Thyme
- 1 Tbsp Dried Rosemary
- 1 Tbsp Five Spices
- 2 Tbsp Kapeng Barako
- 1 Tbsp Pepper
- 1 Tbsp Salt



PROCEDURES

In a pot, combine pork belly, salt, peppercorn, bay leaves, soy sauce, garlic, and water. Bring to boil. Let it cook until meat is fork-tender.

Remove the pork belly from water and let the excess water completely drain. Transfer to a plate. Put in the fridge overnight to dry out.

In another bowl mix Dried Oregano, Dried Rosemary, Dried Thyme, Five Spice, Salt, Pepper and Kapeng Barako then rub into the pork belly.

Place coriander leaves and pounded lemongrass in the middle of the slab. Roll. Use kitchen twine to secure the rolled pork belly. Set aside. Put in the fridge overnight.

To fry, heat cooking oil in a deep frying pan. When cooking oil is hot, fry each side for 5 minutes while sprinkling the skin with ice-cold water and letting it crackle from time to time.

Remove from the hot oil and transfer into a plate lined with kitchen paper towel to remove excess oil.

Serve while still hot with your fave dipping sauce!



Barbeque-Sofrito Pork Empanada with Pickled Finger Pepper and Raddish

by Madelene D. Dupale

INGREDIENTS :

For Pickled Finger Chili Pepper and Raddish

1 /2 cup raddish, grated and squeezed

2 pc finger chilli

1/4 cup cane vinegar

1/8 cup warm water

2 tbsp sugar

1/8 tsp salt

1 tbsp raisins (optional)

For Sofrito

Sofrito:

2 Tbsp. annato seeds

2 Tbsp. vegetable oil

2 cups tomatoes, sliced peeled
and seeded. Reserve tomato juices.

1 birds eye chili

1 laurel leaves

1/2 cup diced onions

1/4 cup minced garlic

2 tbsp tomato paste

4 tbsp fish sauce / patis

1/2 cup of vegetable oil

1 tsp brown sugar



Barbeque-Sofrito Pork Empanada with Pickled Finger Pepper and Raddish

by Madelene D. Dupale

For Pork Barbeque

400g Pork shoulder or any parts from nose to tail, roughly chopped

1 tsp salt

1 tsp pepper

1/4 cup garlic

1/2 cup onion

1/8 cup calamansi juice

1/8 cup soy sauce

2 tbsp ripe tamarind paste

1/4 cup banana ketchup

1/4 cup brown sugar

1 cup water

For Dough Empanada

4 cups flour

1/3 cup milk, lukewarm

1/3 cup water, lukewarm

3/4 cup olive oil or vegetable oil

1 tsp salt

1 tsp paprika

2 tsp yeast

1 egg with 1 tbsp of water mixed.



PROCEDURES

For Pickled Finger Chili Pepper and Raddish:

In a bowl combine the sugar, warm water and vinegar mix until the sugar dissolve. Put some raddish and chili into a clean jars and pour the vinegar mixture over the radish and chili until covered with pickling liquid.

Seal and refrigerate.

For Sofrito:

Heat the oil into the pan and lower the heat, add the annatto seeds and simmer until the oil is infused.

Toast the spices pepper, chili and laurel leaves for 30 seconds and add the garlic and onions. Drain and using the same oil simmer and cook the tomatoes, its juice with tomato paste for about 30-40 minutes, add the vegetable oil, brown sugar, and fish sauce and cook until the oil separates from the sofrito mixture. Place it into a bottle cool and set aside.



For Pork Barbeque:

Mix all the ingredients except water and marinate the meat for 2-4 hours.

Overnight is preferred.

Place the pork and marinade into the pressure cooker add the water and cook for 15-20 minutes. Open the pot and simmer until the sauce is reduced into $\frac{1}{4}$. Drain and set aside the barbecue sauce.

Chop the pork into $\frac{1}{4}$ to $\frac{1}{2}$ inch bits and pan fry until crispy toss in 2-3 tbsp sofrito mixture. (optional)



PROCEDURES

For Dough :

In a mixing bowl combine the flour, salt and paprika. In a separate bowl place the yeast in lukewarm water to dissolve. Make a hole in the center and pour the oil, yeast mixture and milk in the center of the flour. Mix with wooden spoon and knead the dough with your hands until elastic. Form the dough into a ball and cover with towel place it into a warm area and allow it to raise for 45 minutes to 1 hour.



For the empanada:

When the dough rises, punch the dough and divide into 4 inches squares.

Scoop a tablespoon of pork filling, then 1 tsp of barbecue sauce brush with egg wash on the edges, fold over and press with finger to seal. You can also use fork to seal the dough, brush the egg wash over each empanada to have a nice golden finish.

Preheat oven to 350F

Bake for 15 minutes at 350F.

Serve and enjoy with pickled finger chili pepper and raddish.



Green Pork Nuggets

by Gretchen Pontejos Dalita,
Team MOCA

INGREDIENTS :

250 grams Ground Pork
1 cup Kangkong Leaves, Chopped
1/4 cup All Purpose Flour
1/4 cup Corn Starch
1 pc Egg
1 medium Onion, Minced
Salt and Pepper to taste

For the Nuggets coating:

Egg
Bread Crumbs
Herbs and Spices



PROCEDURES

Cut the kangkong leaves into small pieces

Using the bowl of your food processor, combine ground pork, all-purpose flour, cornstarch, onion, egg, salt, and pepper . Pulse until pork is finely chopped. Add the chopped kangkong. Mix again until all the ingredients are combined.

Lightly oil your hand. Start forming and shape your nuggets. Put in the freezer for a few hours to harden the nugget mix.

Dip in egg and coat with bread crumbs mixture.

Preheat the pan and add oil. When the oil is hot, deep fry the nuggets. Flipped to make sure both sides are crisp, golden brown. Remove from the frying pan. Drain excess oil using paper towels.

Served with your favorite dip!



LOLA CIELO's Bicol Express

by Chef Roy Resurreccion
Maogmang Uma Natures Farm
San Isidro Ilaya, General Luna Quezon

INGREDIENTS :

- 500 grams pork kasim, thinly sliced
- 50 grams bagoong alamang (shrimp paste)
- 1 medium red onion, minced
- 5 cloves of garlic, minced
- 1 cup coconut cream
- 1 cup coconut milk
- 2 tablespoons of cooking oil
- Salt to taste
- ½ cup chili finger or jalapeno peppers



PROCEDURES

In a bowl of water with salt, soak chili peppers for 30 minutes then rinse and strain.

In a cooking pan, heat cooking oil and brown sliced pork for a few minutes.

In another pan, sauté minced garlic and onion.

Add to the sauté pork and alamang.

Then add the coconut milk, bring to a boil and simmer for 10 minutes. Continuous stirring to avoid curdling of coconut milk.

Add the chili peppers and cook until dish gets a little dry.

Add the coconut cream and simmer until the sauce thickens.

Salt to taste.

Garnish with sliced chili.



SESAME PORK SPARE RIBS

by Eileen Carmela Toreja
CVTOREJA AGRI ENTERPRISES
Brgy. Dayapan, Ibaan Batangas



INGREDIENTS :

- 1½ kilo Pork Spare Ribs
(creamed and sliced individually along the rib bone)
- Enough water to cover pork
- 2 Tablespoon Sesame oil
- 2 Tablespoon Minced Garlic
- A pinch of salt and pepper
- ½ cup Honey
- 2 Tablespoon Toasted Sesame
- 2 Tablespoon Calamansi Juice Seeds
- 1 cup Soy sauce



PROCEDURES

Place pork ribs, honey, calamansi juice, soy sauce, garlic and sesame oil together in a pot and add enough water to cover the ribs.

Boil gently over medium flame until ribs are tender.

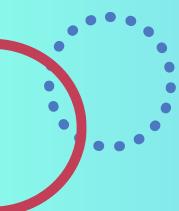
Remove the ribs from mixture and set aside.

Continue to simmer remaining liquid until reduced by half to basting sauce. Then season with salt , pepper.

Top and garnish with sesame seeds.

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PORK SINIGANG W/ BATAUAN MIX

by Team MOCA

INGREDIENTS :

- 1 liter water
- 500 gm pork spare ribs, cut into chunks
- 1 pc red onion, quartered
- 2 pcs medium sized tomato, quartered
- Radish, sliced
- Okra, sliced
- Sitaw, sliced
- Kangkong stalks and leaves
- Talong, sliced
- Siling pangsigang
- 1 cup Ka Gigi's Batuan Sinigang Mix
- Salt and pepper to taste



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PROCEDURES

Wash the pork spareribs in cold running water. Then, submerge in a medium pot with a liter of water. Bring to a boil without covering the pot to allow the scum to float. Scums are impurities found in meat, so you have to be meticulous in removing it with slotted spoon or spatula.

After the broth clears up, add the onions, tomatoes. Cover the pot until the meat is tender.

Add the radish, okra, sitaw, and talong into the pot and let it simmer for about 5 minutes.

Add in your siling sigang, kangkong leaves and the batuan sinigang mix. Stir and simmer. Add salt and pepper to taste. Remove from the pot and serve hot!



PORK n' HERBS

by Team MOCA



INGREDIENTS :

- 1 kl. Pork Kasim
- 3 pcs Dried Bay Leaves
- 1 Tbsp Salt
- 1 Tbsp Whole Pepper Corn
- 1 Tbsp Dried Thyme
- 1 Tbsp Dried Rosemary
- 5 cloves Garlic
- 1 liter Sprite
- 1/2 cup Soy Sauce
- 1/2 cup Oyster Sauce
- Dayap



Project: GREEN PIGS Community Cookbook

PROCEDURES

Wash the pork in water. Drain.

In a medium pot put Pork, Sprite, Dried Bay Leaves, Salt, Whole Pepper Corn, Dried Thyme, Dried Rosemary, Garlic, and Soy Sauce. Cook in low fire for 1 hour or until the pork is tender.

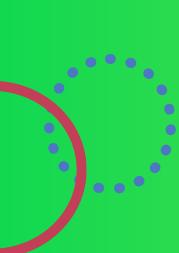
Add Oyster Sauce and Dayap juice.

Simmer for 10 minutes

Serve hot and enjoy!

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CHEESY EGGPLANT LASAGNA W/ CRISPY PORK SPREAD

by Neneth Madrona

INGREDIENTS :

For the Eggplant Lasagna:

100 grams Kusinanay's garlic butter
750 grams potatoes
2 kg eggplant
700 grams Real California Cheese Cheddar (Colby Cheddar)
250 grams Kusinanay's fresh tomato sauce
350 grams crispy bacon strips
600 grams Kusinanay's white cheese sauce

For the Pork Spread:

1/2 kilo pork chicharon,
salt and pepper to taste
(add herbs if you)



Project: GREEN PIGS Community Cookbook

PROCEDURES

For the Lasagna:

- Boil the potatoes for about 15-20 mins until tender, mashed and seasoned with Kusinanay's garlic butter and 100 grams of Real California Cheese Cheddar (Colby Cheddar), set aside.
- Grilled eggplant for about 6- 10 mins or until cooked, peeled and mashed: set aside.
- Preheat oven at 350 F
- Brush the springform Pans with Kusinanay's garlic butter: generously
- First Layer: Flattened the mashed potatoes.
- Second Layer: 300 grams of shredded Real California Cheese Cheddar (Colby Cheddar).
- Third Layer: Flattened the grilled mashed eggplants
- Fourth Layer: Spread the Kusinanay's fresh tomato sauce.
- Fifth Layer: 300 grams of shredded Real California Cheese Cheddar (Colby Cheddar).
- Sixth Layer: Spread the Kusinanay's white cheese sauce, generously
- Cover with aluminium foil and baked in preheated oven for 30- 40 mins. Remove the foil and bake for another 5-10mins: let it stand for 10-15 minutes
- Topped it with crispy bacon strips, decorate with Herbs and Flower.

For the Pork Spread

- 1/2 kilo pork chicharon, salt and pepper to taste (add herbs if you). Grind until it softens. Use as spread.



TALINUM SALAD W/ BACON & SALTED EGG

by Team MoCA

INGREDIENTS

- Talinum Leaves, Chopped finely
- 6 oz Kesong Puti, cut in cube
- 1 lb Bacon, Chopped
- 3 pcs Salted Eggs, slice in half
- 3 Tomatoes, sliced
- 1/2 cup Balsamic Vinegar
- 1/2 cup Honey
- 1/2 cup Dijon Mustard



PROCEDURES

Cut the bacon in small pieces and fry until crispy. Set aside bacon fat for the dressing.

Mix Talinum, Kesong Puti, Bacon, Tomatoes and Salted Eggs together. Put in the refrigerator for few minutes while you prepare the dressing.

For the dressing: Heat the bacon fat over medium-low heat. Whisk in the honey and Dijon mustard. Remove from heat and slowly whisk in the balsamic vinegar.

Serve the dressing warm.

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CRISPY PORK SISIG

by Chef Roy Resurreccion

Ingredients:

for the Pork

3 Kgs Pork Mascara
2 Kgs Pork Ears
50 grams Onion
30 grams ginger
Salt and pepper to taste

For the Sisig:

150 grams Pork sisig mix
1 tbsp Liver Spread
1 tbsp Chopped Onion
1 pc Chili finger
1 pc Egg
1 pc Calamansi
2 tbsp Mayo
1 tbsp Butter
1 tsp Calamansi juice
2 tbsp Chicharon
1 tbsp Fried garlic



PROCEDURES:

Boil Pork Mascara, Pork Ears, Onion, and Ginger then seasoned with Salt and Pepper to taste. Boil until pork is tender. Cool down before frying. Chopped to sisig sizes. Portion 150 grams per order.

In a pan, put the butter then sauté sisig mix, liver spread and onion. Add mayo and calamansi juice. Season with salt and pepper. Add egg, chicharon, fried garlic, calamansi, and labuyo



PANSIT CON LECHON

(BIHON, CANTON OR PANSIT BATÓ)

by Chef Roy Resurreccion

INGREDIENTS:

- 2 tbsp Oil
- 2 tbsp Minced Garlic
- 3 tbsp Onion
- 1 tbsp Fish Sauce (patis)
- 100grams Lechon Kawali
- 3 pcs Kikiam
- 100 grams Cabbage, Strips
- 20 grams Carrots, Julliene
- 20 grams Baguio beans
- 4 tbsp Soy Sauce
- 2 cups Chicken broth
- 2 tbsp Kinchay
- Salt and pepper to taste
- 250 grams Bihon or canton



PROCEDURES

- In a large pot, sauté the garlic and onion
- Add the kikiam then let cook for 2 minutes
- Add the chicken broth then simmer for 15 minutes
- Put in the carrots, bean, cabbage, and simmer for a few minutes
- Remove all the ingredients in the pot except for the liquid and set them aside
- In the pot with the liquid in, add the soy sauce and mix well
- Add the pancit bihon (makes sure to first soak it in water for about 10 minutes) and mix well. Cook until liquid evaporates completely
- Put-in the vegetables and meat that were previously cooked and simmer for a minute or two
- Serve with lechon kawali

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ADOBO SA DILAW

by Maila Vilela-Toreja
Vilela's Farm



Ingredients

- 1 kilo Pork Kasim
- 1/2 cup Vinegar
- 1 head Garlic, minced
- 2 medium size Onion, chopped
- 2 tsp Salt
- 1/2 ground Black Pepper
- 2 tsp Turmeric Powder or 1 medium sz Fresh Turmeric, cut into small strips
- Vegetable oil, as needed



Project: GREEN PIGS Community Cookbook

Procedures

Rub the pork with salt and pepper. Fry half amount of garlic until golden brown and set aside. sauté onion, the other half of garlic and turmeric in cooking oil. Add your choice of meat. Stir. Add vinegar. Simmer until the meat is cooked. put in a platter and sprinkle toasted garlic bits on top.

Serve with hot rice.

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Garlic Basil Pork

by Team MOCA

Ingredients

- 1 kilo Pork Liempo
- 1/2 cup White Wine Vinegar
- 1/4 cup Fresh Lemon Juice
- 1/4 cup Water
- 8-10 pcs Basil Leaves
- 5 cloves of garlic, minced
- Salt and pepper to taste
- 1/2 cup cooking oil



Project: GREEN PIGS Community Cookbook

PROCEDURES

In food processor or blender, combine white wine vinegar, lemon juice, water, basil, garlic, salt and pepper. Blend and slowly adding oil in a steady stream.

Marinate pork with the mixture for at least an hour.

Grill pork until cook.

Serve!

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STIR FRY GINGER PORK

by TEAM MOCA

INGREDIENTS :

For the Marinate Pork:

- 1 kilo Pork Steak; slice thinly
- 2 cloves of garlic; minced
- 3 tbsp Vinegar
- 3 tbsp Soy Sauce
- 1 tbsp Honey
- 2 tbsp ginger; sliced and crushed
- 1/2 tbsp cumin



For the Stir Fry

- 1 thumb size Ginger, sliced thinly in strips
- 3 tbsp Sesame oil
- 1/2 tbsp Sesame Seeds
- 1/2 tbsp Chili Flakes
- Green Onion, cut diagonally
- 1/2 cup Cilantro, chopped coarsely
- 2 cloves of Garlic, minced
- 8 strings of Sitaw or String Beans, cut into 2 inches length
- Salt and Pepper to taste
- 1 1/2 tbsp Cornstarch or Flour



PROCEDURES

Slice the pork thinly. In a medium bowl, mix together the marinade ingredients. Mix the pork in with the marinade mixture and let it sit for a couple of hours in the refrigerator.

In a small bowl, mix the cornstarch with 2-3 tablespoons of cold water. Over a high Heat, place the wok and add the sesame oil. Add the ginger until golden brown; then add the garlic. Add the string beans, stir well. Add the beef. Stir stir constantly until almost done. add the remaining ingredients and the cornstarch mixture. Stir well until done.

Transfer to bowl. Serve!

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Ginataang Santol with Pork

by TEAM MOCA

INGREDIENTS :

- 1 kilo Santol
- 1/2 kilo Pork, cut in small cubes
- 2 cups Coconut milk
- 1 cup Coconut Cream
- 1 medium sz Onion, sliced
- 1 cup Green Chili, sliced diagonally
- Salt and Pepper to taste
- 1 tbsp Bagoong Alamang
- 3 cloves of Garlic; minced



PROCEDURES

Wash santol, peel and cut into halves and remove seeds. Blanch santol in hot boiling water for 1-2 minutes and plunged into iced water. Drain. Grate santol using cheese grater or mandoline. Squeeze the juice out. Set aside.

In a deep pan, pour the coconut milk (second gata), add pork, onion, bagoong and garlic, Bring to boil. Stir and cook for few minutes. Add the santol and green chili. Cook until the pork is tender and the liquid has almost evaporated. Add the coconut cream (first gata), simmer for few minutes.

Serve hot with steam rice!



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