

RECIPES

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Chapter 1

SNACKS

Churros Granadinos

Also known as *Porrás*.

INGREDIENTS

- 250 grams flour
- 1 tbsp yeast
- 1/2 tbsp or 1 tsp salt
- 2 tbsp oil
- 1/2 tbsp sugar
- 270 mL water

INSTRUCTIONS

1. Boil water in a pot with oil, salt, and sugar
2. Mix the flour and yeast in a separate bowl
3. When the water cools down (but is still warm), mix in the yeast and stir until there's no large lumps and the batter doesn't stick to the pot. A bit of force isn't bad if it feels tougher than expected
4. When the batter is cooled, pour it into a pastry bag or churrera
5. Heat oil in a pan, fry the churros straight from the churrera
6. Fry until golden brown

You can serve these as is, or with sugar. But the best is with coffee or *chocolate*

NOTES

Source: Elvira Porcel, *Así Se Come En Granada*
asisecomeengranada.com/2013/07/churros-caseros.html

Chapter 2

SAUCES, DRESSINGS, AND MARINADES

Chili Oil

INGREDIENTS

- 1 cup oil (canola/peanut for a clean flavour)
- 3 tbsp chili flakes

Add extra flavours/seasonings to taste. RJ prefers:

- 1/2 tsp fried garlic (minced)
- 1/2 tbsp soy sauce (dark)

INSTRUCTIONS

1. turn burner to medium-low heat
2. mix all ingredients in saucepan
3. cook for 5-10 minutes. If it smokes, turn down the heat

Salsa Yucateca

Makes 3 cups

INGREDIENTS

- 2 Habanero chiles or scotch bonnet peppers, stemmed and seeded (or not if you want it to be extra spicy)
- 1 large red onion, thinly sliced
- 1 tsp dried oregano
- 2 tsp kosher or sea salt
- 1/4 cup/60 ml of white vinegar.
- The juice of 1 lime
- 1 tbsp white vinegar
- 1/4 cup/60 ml extra virgin olive oil

INSTRUCTIONS

1. Combine all ingredients in a bowl with enough surface to hold them comfortably.
2. Mix thoroughly and transfer to a jar that fits in the fridge, make sure everything is submerged in the liquid.
3. Let it sit for at least an hour.
4. Salsa can be stored for 2 weeks but it's at it's best after 3 days.

Salsa de Aguacate

Makes 4 cups

INGREDIENTS

- 8 tomatillos, husked and clean(optional)
- 2 serrano peppers, stemmed and chopped
- 1 garlic clove
- 1/4 White onion
- 15 cilantro sprigs
- 2 tsp kosher salt
- 1/2 avocado
- 1 cup water

INSTRUCTIONS

1. Blend all the ingredients until smooth, except for avocados and cilantro.
2. Emulsify salsa with avocados in blender.
3. Add cilantro and pulse to incorporate.

Chapter 3

DESSERTS

Leche Flan

Makes 4-6 small flans or ~3 larger ones

INGREDIENTS

- 3 tbsp sugar per small container (4 tbsp if using large ones)
- 2 tbsp water per container
- 6 eggs
- 1 can evaporated milk
- 2 cans condensed milk
- 1 tsp caramel extract (vanilla or lemon extract works too)
- (optional) pinch of cinnamon

INSTRUCTIONS

Caramel

1. Get containers ready for pouring
2. Mix sugar and water in a small saucepan. Over medium heat, boil the mix until the syrup takes an amber colour.
3. Pour the syrup into the containers, and set aside until cool

Custard

1. Get steamer ready. Fill a pot with water and set over medium heat.
2. Mix all ingredients in a large mixing bowl.
3. When the water for the steamer is nearly boiling, fill the containers with custard. Don't fill all the way to the top! Leave at least 1/4" or 5mm of space below the brim.
4. Add the containers to the steamer, and cover with foil.
5. Steam for 20 to 30 minutes

Ginataan

INGREDIENTS

- 3 cans coconut milk
- 2 to 3 sweet potatoes
- 1 bottle/can langka
- 6 bananas
- 1 pkg glutinous rice flour
- 1 pkg sago/tapioca pearls
- 3/4 cup of brown sugar

INSTRUCTIONS

1. Make rice balls (bilo-bilo). Mix enough water with the rice to make a paste that isn't too runny.
2. Let tapioca pearls soak in water.
3. Boil coconut milk and sugar. Once boiling, add the rice balls, pearls, and sweet potatoes.
4. Keep simmering until all of that is done (??? minutes), then add langka and bananas.

NOTES

- You may have to add water to the coconut milk for proper consistency.

Cassava Cake

INGREDIENTS

- 2 pkgs grated cassava
- 1 can coconut milk
- 1 can condensed milk
- 1 can evaporated milk
- 1 bottle macapuno
- 1 tsp vanilla extract
- 3 eggs

INSTRUCTIONS

1. Preheat oven to 350°F
2. Mix all ingredients
3. Pour in a pan, bake for 45 minutes to 1 hour

NOTES

- Try to spread it evenly in the pan. Too thick, and it won't cook right
- Feel free to substitute the macapuno with other things. Cream corn and langka are common replacements.

Egg Pie Filling

INGREDIENTS

- 1 3/4 cups evaporated milk
- 3 eggs
- 1 egg, separated
- 1 tsp vanilla extract
- 1 cup sugar

INSTRUCTIONS

1. Glaze and bake a pie crust. Glaze it using egg white.
2. Preheat the oven to 350°F.
3. Mix all ingredients (use only the yolk from the separated egg), and pour into the pie crust.
4. Bake for 15 minutes. Reduce oven temperature to 325°F and bake for 30-40 minutes

Basic Brownies

source: cafedelites.com/best-fudgy-cocoa-brownies/

INGREDIENTS

- 1/2 cup (114 g) unsalted butter, melted and HOT
- 1 tablespoon cooking oil
- 1 cup (210 g) sugar
- 2 large eggs
- 1 teaspoon pure vanilla extract
- 1/2 cup (63 g) all purpose flour
- 1/2 cup unsweetened cocoa powder
- 1/4 teaspoon salt

INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. Lightly grease an 8-inch square baking pan with cooking oil spray. Line with parchment paper (or baking paper); set aside.
3. Combine hot melted butter, oil and sugar together in a medium-sized bowl. Whisk well for about a minute. Add the eggs and vanilla; beat until lighter in colour (another minute).
4. Sift in flour, cocoa powder and salt. Gently fold the dry ingredients into the wet ingredients until JUST combined (do NOT over beat as doing so well affect the texture of your brownies).
5. Pour batter into prepared pan, smoothing the top out evenly. (OPTIONAL: Top with chocolate chunks or chocolate chips.)
6. Bake for 20-25 minutes, or until the centre of the brownies in the pan no longer jiggles and is just set to the touch (the brownies will keep baking in the hot pan out of the oven). If testing with a toothpick, the toothpick should come out dirty for fudge-textured brownies.
7. Remove and allow to cool to room temperature before slicing into 16 brownies.

Muffins

Makes for 12 muffins

INGREDIENTS

- 2 cups all-purpose flour (250 g)
- 1 tbsp baking powder
- 1/2 tsp salt
- 2 eggs
- 1 cup milk or cream
- 2/3 cup sugar
- 1/4 to 1/2 cup butter or oil
- 1 tsp vanilla

INSTRUCTIONS

1. In a large bowl, mix the flour, baking powder, and salt.
2. In a small bowl, melt butter and sugar together. Then add the eggs, milk, and vanilla.
3. Mix all ingredients together
4. Preheat oven to 400F
5. Spoon batter into muffin pan
6. Bake for about 17 minutes

Pancakes

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INGREDIENTS

- 1 1/2 cups all-purpose flour
- 3 tbsp sugar
- 1 3/4 tsp baking powder
- 1 tsp salt
- 1 1/2 cups milk
- 3 tbsp butter, melted
- 2 eggs
- 1/2 tsp vanilla extract

INSTRUCTIONS

1. Mix the butter, sugar, eggs, milk, and vanilla extract in a small bowl
2. Mix the flour and baking powder together in a large bowl, then mix the liquids in
3. Make pancakes

French Toast

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INGREDIENTS

- 2/3 cup milk or half-and-half
- 4 eggs
- 2 tbsp sugar or maple syrup
- 1 tsp vanilla or 1 tbsp rum
- 1/4 tsp salt
- 8 slices of sandwich bread
- butter as needed

INSTRUCTIONS

1. Mix all ingredients in a large bowl
2. For each slice, soak it into the egg mixture and fry until golden brown on both sides

Pie/Pastry Dough

One 9-10 inch double crust

INGREDIENTS

- 2 1/2 cups all-purpose flour
- 1 1/4 tsp salt
- 3/4 cup chilled lard or veg. shortening
- 3 tbsp cold unsalted butter

INSTRUCTIONS

1. Sift together flour and salt
2. Cut half of the shortening into the flour mixture with a pastry blender or fork until it has the consistency of cornmeal
3. Cut the rest into the dough until it's pea-sized.
4. Sprinkle the dough with 6 tbsp ice water, and blend until it just holds together. Add up to 1 tbsp more water if needed.
5. Divide and shape the dough into two disks. Wrap in plastic wrap and chill.

NOTES

For a richer version, replace the lard/shortening with 1 cup of butter and replace the butter with 1/4 cup chilled veg. shortening.

Suman

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INGREDIENTS

- 2 cups glutinous rice
- 1 can coconut milk
- 1 tsp vanilla
- enough brown sugar for brownness

INSTRUCTIONS

1. set pan on medium heat
2. boil coco milk and water in pan w pinch of salt
3. add washed rice
4. if needed, add more liquid (1:1 water/coco)
5. add sugar and vanilla extract
6. transfer to small baking pan, let cool

bonus: top with toasted coconut gratings

Chapter 4

DRINKS

Ginger Tea

INGREDIENTS

- 6 cups water
- 1 tbsp brown sugar
- 2 tbsp lemon juice
- 3 tbsp ginger, julienned

INSTRUCTIONS

1. mix all ingredients in a saucepan
2. set on medium heat for 30 mins

Horchata de Melon

Makes 1 1/2 litres

INGREDIENTS

- 2 cups ice
- 6 cups water
- The seed of 1 cantaloupe or honeydew melon
- Flesh of 1/2 cantaloupe or honeydew melon
- 1/2 cup agave syrup or 1/2 cup white sugar

INSTRUCTIONS

1. Place the ice and 2 cups of water in the serving vessel you will use for the agua fresca.
2. Place seeds and flesh of the melon, 4 cups of water and sugar in a blender and blend on high until completely smooth.
3. Strain the water and blend again 2 or 3 times until you achieve a creamy watery drink.
4. Add more sugar if needed and serve over ice.

NOTES

If you feel like making it into a cocktail, José recommends Gin!

Grass is Greener

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INGREDIENTS

- 60ml/2oz Spirit of York aquavit
- 30ml/1oz Lime juice
- 30ml/1oz Green tea syrup
- 1ml/1 dash Cucumber bitters
- 1 slice Cucumber slice (garnish)

INSTRUCTIONS

Green Tea Syrup

- Take 500g of boiling water steeped with 4 green tea bags for 20 minutes
- Mix the hot tea with 500g sugar for a 1:1 green tea syrup

Cocktail

- Take all ingredients minus garnish and add it to the tin.
- Add ice and then add the top tin.
- Seal both tins and shake.
- Open the tins and place Hawthorne strainer on the tin with ingredients
- Pour into glass

NOTES

Equipment required:

- Shaker tins (could be worked around with a fancy mason jar)
- Hawthorne strainer
- Jigger with pony
- Glassware: rocks glass or coupe

Winter Nights

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INGREDIENTS

- 150ml/5oz Proseco
- 30ml/1oz Grenadine
- 2ml/2 dashes Cinnamon bitters
- 1 peel Orange peel (garnish)

INSTRUCTIONS

1. Pour sparkling wine into glass
2. Pour grenadine into glass
3. Add cinnamon bitters
4. Add ice
5. Gentle stir to integrate
6. Peel a thin peel from an orange to express
7. Express and drop orange peel

NOTES

Equipment needed

- Cocktail or slender spoon
- Glassware: Wine Glass

Chapter 5

SOUPS

Pork Sinigang

the remaining heat in the pot.
10. Serve hot. Share and enjoy!

Based on a recipe by Vanjo Merano (pan-lasangpinoy.com)

INGREDIENTS

- 2 lbs pork belly (or buto-buto)
- 1 bunch spinach (or kang-kong)
- 3 tbsp fish sauce
- 1 bunch string beans (sitaw), cut in 2 inch length
- 2 pieces medium sized tomato, quartered
- 3 pieces chili (or banana pepper)
- 1 tbsp cooking oil
- 2 liters water
- 1 large onion, sliced
- 2 pieces taro (gabi), quartered
- 1 pack sinigang mix (good for 2 liters water)

INSTRUCTIONS

1. Heat the pot and put-in the cooking oil
2. Sauté the onion until layers separate
3. Add the pork belly and cook until outer part turns light brown
4. Put-in the fish sauce and mix with the ingredients
5. Pour the water and bring to a boil
6. Add the taro and tomatoes then simmer for 40 minutes or until pork is tender
7. Put-in the sinigang mix and chili
8. Add the string beans (and other vegetables if there are any) and simmer for 5 to 8 minutes
9. Put-in the spinach, turn off the heat, and cover the pot. Let the spinach cook using

Chapter 6

RICE, GRAINS, AND LEGUMES

Rice and Peas

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INGREDIENTS

- 2 cups rice
- 2 cups water
- 1/2 cup coconut milk
- 2 green onion (minced)
- 3 stalks of fresh thyme
- 1 cup of red kidney beans (canned or cooked)

INSTRUCTIONS

1. clean rice, then mix in the minced green onion, thyme, water, and coconut milk
2. If using a rice cooker, just cook the rice with a typical setting. If using a pot, start cooking on high and set on low as soon as it boils.
3. When the rice is finished cooking, put the cooked beans on top. Leave to steam gently for 20 minutes

Arroz Caldo

Based on a recipe by Vanjo Merano (pan-lasangpinoy.com)

INGREDIENTS

- 1 1/2 cups uncooked rice
- 1 1/2 lbs chicken, cut into serving pieces
- 4 pieces hard boiled eggs (optional)
- 34 ounces water (about 1 liter)
- 2 Tbsp fish sauce
- 1 tsp garlic
- 1 cup onion, minced
- 1/2 tsp ground black pepper
- 1 cup scallions (green onions), minced
- 2 knobs ginger, julienned
- 3 Tbsp safflower (kasubha)
- 1 piece chicken cube
- 1 piece lemon or 4 pieces calamansi
- 2 Tbsp cooking oil

INSTRUCTIONS

1. In a pot, heat the cooking oil then saute the garlic, onion, and ginger
2. Dash-in some ground black pepper
3. Add the chicken cube and cook until the cube melts
4. Put-in the chicken and cook until outer layer color turns golden brown
5. Add the fish sauce and uncooked rice then mix and cook for a few minutes
6. Pour-in the water and bring to a boil
7. Stir occasionally and simmer until the rice is fully cooked (about 30 to 40 minutes)
8. Put-in the hard boiled eggs

9. Add the safflower for additional color and aroma
10. Serve hot with garlic, minced scallions, and lemon. Enjoy!

Chapter 7

BREAD AND PASTRIES

Hearth Bread

King Arthur's finest

INGREDIENTS

- 5 1/2 cups (688 g) flour
- 2 cups water
- 2 1/4 tsp yeast
- 1 tbsp sugar
- 1 tbsp salt

INSTRUCTIONS

1. Mix all ingredients
2. Set in a greased bowl and let rise for an hour (or until dough volume doubles)
3. Form into two loaves, set on baking sheet or loaf pans. let rise for another hour (or until dough volume doubles)

Tortillas

Makes 20 tortillas

INGREDIENTS

- 1 1/2 cups maseca (masa harina), kneaded with 1 cup of warm water
- 1/2 cup oil
- Tortilla press or something heavy and flat to press the tortillas on the table
- 1 plastic bag

INSTRUCTIONS

1. Line the tortilla press with a plastic bag and oil it lightly.
2. Roll the masa into a ball the size of a lime, flatten it carefully into a little disk and place it in the center of the press, apply pressure evenly and form a 6 inch tortilla.
3. Cook the tortillas on a non stick pan at medium-high heat.
4. Transfer tortillas to a clean kitchen towel and wrap to ensure they do not dry out.

Pan de Sal

Makes 18 rolls

INGREDIENTS

- 6 cups flour
- 2 cups milk
- 2 eggs
- 3/4 cup sugar
- 1/2 cup butter
- 1 pkg active dry yeast
- 1 1/2 tsp salt

INSTRUCTIONS

1. Scald 1 1/2 cup of milk, then mix in butter and sugar.
2. Proof yeast with the remaining milk (1/2 cup), and add eggs to the milk/sugar mix when cool.
3. Mix liquids, yeast, and flour in a large mixing bowl.
4. Knead the flour, let rise for about 1 hour until doubled in volume.
5. Divide into 18 rolls on a lightly greased baking sheet, and let rise again for 45 minutes to 1 hour.
6. Preheat oven to 375°F, and bake for 15 to 20 minutes, until slightly browned.

Chapter 8

STEWES

Munggo

Based on a recipe by Vanjo Merano (panlasangpinoy.com)

You'll need a large pot and large pan (or two pots) to cook this dish.

INGREDIENTS

- 2 cups Mung beans
- 1.75 L water (7 cups)
- 3 cloves garlic
- 2 lb pork, thinly sliced
- 1 bunch spinach (or other greens)
- 2 medium sized tomato, chopped
- 1 medium sized onion, chopped
- 4 tbsp fish sauce
- 2 beef bouillon cubes
- 1/2 tsp ground black pepper
- 1 package chicharron (fried pork skins), optional

INSTRUCTIONS

1. In the large pot, put in the water and bring to a boil
2. Put in the Mung beans and simmer until becomes soft (about 35 to 50 minutes)
3. In the large pan, sauté the garlic, onion, and tomato
4. Add the pork. Cook for 10 mins
5. Put-in the beef stock, fish sauce, and pepper . Simmer for 15 mins or until the meat is tender. Note: If necessary, you may add water to help make the meat tender but make sure to add more time to simmer
6. Once the mung beans are finished cooking, put the cooked pork into the pot. Stir

the beans and meat together and then simmer for 10 minutes

7. Add the spinach, and let sit for a few minutes.
8. Serve with crushed chicharron as garnish.

Pork Menudo

Based on a recipe by Vanjo Merano (panlasangpinoy.com)

INGREDIENTS

- 2 lbs. pork
- 1/2 cup soy sauce
- lemon juice (1/2 lemon or 1 1/2 tbsp)
- 2 Tbsp cooking oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1 can tomato sauce (400 mL)
- 2 cups water
- 2 to 3 pieces dried bay leaves
- 1 tsp chili flakes (optional)
- 1/4 lb. pork or beef liver
- 4 pieces hotdogs, sliced diagonally (or 3 sausages)
- 1 cup potatoes (med. dice)
- 1 medium carrot (med. dice)
- 2 bell peppers (sm. dice)
- black pepper, to taste

INSTRUCTIONS

1. Combine pork, soy sauce, and lemon juice in a bowl. Marinate for at least 1 hr.
2. Heat oil in a pot. Saute garlic and onion.

3. Add the marinated pork. Cook for 5 to 7 minutes. Add chili flakes if you want it spicy.
 4. Pour in tomato sauce, water and bay leaves. Let boil and simmer for 30 to 40 minutes, depending on the toughness of the pork. Note: Add water as necessary.
 5. Add-in the liver and hot dogs. Cook for 10 minutes.
 6. Add potatoes, carrots, bell pepper and black pepper. Stir and cook for 15 minutes, and it's ready to serve.
2. Heat the cooking oil in a large skillet over medium-high heat. Once hot, add the seasoned chicken and cook for about 3 minutes on each side, or until well browned (the chicken does not need to be cooked through). Transfer the seared chicken to the slow cooker.
 3. Add the diced onion to the skillet and continue to cook until the onions are soft and slightly browned on the edges. Remove the skillet from the heat. Add the onions to the slow cooker, then add 1/4 cup of water to the skillet and stir to dissolve the browned bits from the bottom of the skillet. Pour the water into the slow cooker.
 4. Add the minced garlic, grated ginger, and tomato sauce to the slow cooker with the chicken and onion. Briefly stir, then place the lid on top, and turn the slow cooker on. Cook on high for 3 hours or low for 6 hours.
 5. After 3 hours on high or 6 hours on low, the chicken should be fall-apart tender. Mix the yogurt and cream together. Turn the slow cooker off, then add the cream/yogurt mix. Stir gently to combine the cream with the tomato sauce. Taste the sauce and add salt if needed.
 6. To serve, spoon the chicken and tomato sauce over cooked rice and top with fresh cilantro.

Slow Cooker Chicken Tikka Masala

Original recipe: budgetbytes.com/slow-cooker-chicken-tikka-masala/

INGREDIENTS

- 1.5 Tbsp garam masala
- 1/2 tsp cumin
- 1/2 tsp turmeric
- 1/2 tsp smoked paprika
- 1/2 tsp salt
- 2 tsp cayenne
- Freshly cracked pepper
- 2 lbs. boneless skinless chicken thighs (6-8)
- 1 Tbsp cooking oil
- 1 yellow onion (diced)
- 3 cloves garlic (minced)
- 1 Tbsp grated fresh ginger
- 450 mL tomato sauce
- 1/3 cup heavy cream
- 100 g yogurt

INSTRUCTIONS

1. In a small bowl, combine the garam masala, cumin, turmeric, smoked paprika, salt, cayenne, and some freshly cracked pepper (about 10 cranks of a pepper mill). Sprinkle the spice mix over both sides of the chicken thighs, coating them liberally.

Beef Mechado

Adapted from a recipe by Cynthia Salvador

You'll need a large pot and large pan (or two pots) to cook this dish.

INGREDIENTS

- 1 1/2 lb. beef, (3/4" cube)
- 2 carrots, (3/4" cube)
- 3 potatoes, (3/4" cube)
- 1 large bell pepper, (3/4" squares)
- 680 mL tomato sauce (or tomato paste)
- 1 onion (chopped)
- 3 cloves garlic (minced)
- 1 beef bouillon cube
- 1 tsp soy sauce
- 1 tsp black pepper

INSTRUCTIONS

1. Pour ??? of water in a pot. Add beef and boil for 1 hour, discard water.
2. Pour ??? of water in the pot, and boil beef again. Add the bouillon cube.
3. Pour 1 tbsp oil on a frying pan. Sear beef in the frying pan with garlic and onion. Discard half of the water in the pot.
4. When the meat has browned a bit, add it back to the pot, along with the garlic and onion. Add tomato sauce, soy sauce, and black pepper. Cook for 20 minutes.
5. Pour 1/2 tbsp oil on frying pan. Pan-fry potatoes and carrots for about 10 minutes, then add it all to the pot. Boil for 10 more minutes
6. Add bell peppers. Turn off the heat, leave aside for 5 minutes, and it's ready to enjoy.

Chicken Kare-Kare

Adapted from a recipe by Cynthia Salvador

INGREDIENTS

- 1 small chicken (chopped)
- 1 bag bok-choy or pechay
- 2 large eggplants
- Small bunch of string beans (or a large handful of green beans)
- 1 tsp black pepper
- 2 cups water
- 1 chicken bouillon cube
- 2 packages Kare-kare spice mix (57g ea.)
- Optional: 1 tbsp peanut butter

INSTRUCTIONS

1. Pour 1 tbsp oil in a pan, and sauté onion and garlic.
2. Add chicken. Keep frying in pot for about 10 minutes.
3. Add pepper. Add 1 cup of water (rice water if available) and bouillon cube, and keep boiling for about 10 minutes.
4. Add 1 cup of water (or enough to submerge meat). Add spice mix and black pepper. Mix gently and thoroughly, and boil for 15 more minutes
5. Add vegetables on top, and put a lid on the pot. Steam vegetables for 15 minutes, then mix into the sauce.
6. Let sit for 10 minutes, and it's ready to serve.

Pork Adobo

Based on a recipe by Vanjo Merano (pan-lasangpinoy.com)

INGREDIENTS

- 2 lbs pork
- 2 tbsp garlic, minced or crushed
- 3 pieces dried bay leaves
- 1/4 cup (or 4 tbsp) vinegar
- 1/2 cup soy sauce
- 1 tbsp whole pepper corn (or 1 tsp ground pepper)
- 1 cup water

INSTRUCTIONS

1. Combine the pork belly, soy sauce, and garlic then marinade for at least 1 hour
2. Heat the pot and put-in the marinated pork belly then cook for a few minutes
3. Add water, whole pepper corn, and dried bay leaves then bring to a boil. Simmer for 40 minutes to 1 hour
4. Put-in the vinegar and simmer for 12 to 15 minutes
5. Add salt to taste
6. Serve hot. Share and enjoy!

NOTES

- soy sauce : vinegar : water ratio = 2 : 1 : 4
- Adobo Bolognese (variation): add 1/2 red wine

Dinuguan

Based on a recipe by Vanjo Merano (pan-lasangpinoy.com)

INGREDIENTS

- 1 lb pork loin, cut into cubes
- 1 cup vinegar
- 2 pcs long green pepper
- 1 1/2 tbsp brown sugar
- 1 medium sized onion, chopped finely
- 1 tbsp garlic, minced
- 1 tbsp cooking oil
- 1 cup water
- 10 oz pork blood

INSTRUCTIONS

1. Sauté the garlic and onion in a pan
2. Add the pork and sauté for about 5 mins
3. If you like it to be more tasty, you may add 1 pork or beef cube followed by a cup or two of water.
4. Simmer until the water is almost gone to tenderize the meat
5. Add the pork blood and mix well. Let this simmer for 10 minutes
6. Add the vinegar. Simmer for 15 minutes.
7. Put the brown sugar in followed by the long green pepper and simmer for 2 minutes

Chapter 9

MEAT ENTREES

Slow Cooker Carnitas

Original recipe: budgetbytes.com/slow-cooker-carnitas/

INGREDIENTS

- 1 yellow onion
- 4 cloves garlic
- 2 small cinnamon sticks
- 1/2 Tbsp oregano
- 1/2 Tbsp cumin
- 1 tsp salt
- Freshly cracked pepper
- 1/2 tsp chipotle pepper powder
- 1 tsp chili flakes (optional)
- 3 lb (1.36 kg) pork butt roast
- 2 small (or one large) orange

INSTRUCTIONS

1. In a large bowl, combine the oregano, cumin, salt, pepper, chipotle powder, and chili flakes. Put aside for later.
2. Dice the onion and peel the garlic cloves. Place the onion, garlic, and cinnamon sticks in the bottom of the slow cooker.
3. Cut the pork roast into 2-inch cubes. Place the cubed meat in the bowl with seasoning. Toss the meat in the spices until evenly coated. Place the meat in the slow cooker on top of the onion, garlic, and cinnamon.
4. Use a vegetable peeler to remove the thin layer of orange zest from one of the oranges. Squeeze about 1/2 cup juice from the oranges. Pour the orange juice over the meat in the slow cooker, then sprinkle

the pieces of orange zest over top.

5. Place the lid on the slow cooker, turn it on to high, and cook for 5 hours, or until the meat is tender and falls apart.
6. Use tongs to stir and shred the meat, and remove the cinnamon sticks. You can serve as-is, or transfer the meat and some of the liquid to a skillet (preferably non-stick or cast iron). You can also divide the meat and liquid into containers to refrigerate for later.
7. Cook the meat over medium flame until browned and crispy on the edges. Avoid stirring the meat too much as it will break down into tiny pieces. Use the crispy meat as a filling for tacos, burritos, nachos, or burrito bowls.

Carne Asada

Makes 12 tacos

INGREDIENTS

- 1.25 lb flank steak cut in 5 oz steaks (4 pcs) or vegetarian option: 2 cauliflowers cut in 4 2inches thick “steaks”
- 2 1/2 tbsp soy sauce
- 1 tbsp chipotle adobo (canned chipotle peppers)
- 1 tbsp lime juice
- 1/2 cup vegetable oil.

INSTRUCTIONS

1. Place steak or cauliflower in a medium size bowl, mix all ingredients and gently massage steak for at least 30 seconds.
2. Store for at least 15 minutes at room temperature.
3. Set up a cast iron pan on high heat. Remove steak from the marinade and remove excess liquid. Add oil to the pan, when it starts smoking carefully place the beef on the pan and sear for 3 minutes on each side, take the meat out of the pan and let it rest for at least 5 minutes.
4. Slice thinly against the grain and place meat on serving plate.

Chapter 10

VEGETABLE ENTREES

Tortang Talong

Based on a recipe by Vanjo Merano (pan-lasangpinoy.com)

INGREDIENTS

- 4 pieces Chinese eggplant
- 2 pieces raw eggs
- 1 tsp salt
- 4 tbsp cooking oil

INSTRUCTIONS

1. Grill the eggplant until the color of skin turns almost black
2. Let the eggplant cool for a while then peel off the skin. Set aside.
3. Crack the eggs and place in a bowl
4. Add salt and beat
5. Place the eggplant on a flat surface and flatten using a fork.
6. Dip the flattened eggplant in the beaten egg mixture
7. Heat the pan and pour the cooking oil
8. Fry the eggplant (that was dipped in the beaten mixture). Make sure that both sides are cooked. Frying time will take you about 3 to 4 minutes per side on medium heat.

Ginisang Sitaw

Based on a recipe by Vanjo Merano (pan-lasangpinoy.com)

INGREDIENTS

- 2 lb. long green beans (or string beans), sliced diagonally
- 1 lb. ground pork
- 2 medium onion, sliced
- 2 tsp minced garlic
- 3 medium plum tomato, diced
- 3 Tbsp fish sauce
- 3/4 tsp ground black pepper
- 4 Tbsp cooking oil
- 1 tsp chili flakes

INSTRUCTIONS

1. Heat the oil in a pan.
2. Saute the onion, garlic, chili, and tomato.
3. Add the ground pork when the tomato becomes soft. Continue to saute until the pork turns light to medium brown. Make sure that the pork is fully cooked.
4. Add the fish sauce and ground black pepper. Stir.
5. Put-in the sliced beans. Toss and continue to saute for 5 minutes, and it's ready to serve.

Chapter 11

DUMPLINGS, ROLLS, AND PATTIES

Chebureki

Original source: Cheeki Breeki Chebureki - Cooking with Boris

INGREDIENTS

Dough

- 1 egg
- 3 cups flour
- 1 shot of vodka
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 cup water
- 1 tsp sunflower seed oil

Filling

- 1lb ground beef or pork
- 2+ small onions (minced)
- 1+ clove garlic (minced)
- 3 green onion (minced)
- 1 tsp dill leaves
- 1 tsp parsley flakes
- Some ground black pepper
- 2 teaspoons salt

INSTRUCTIONS

1. Mix dough ingredients together in a bowl. Knead well.
2. In another bowl, mix the filling ingredients together
3. Roll out dough into 10 small portions
4. For each portion, roll the dough into a circle. Add a large spoonful of filling in the middle, then seal the dumpling with a fork. Flatten it some more once sealed. Repeat until finished.

5. In a deep pan, pour enough oil for deep-frying and turn burner to medium-high heat
6. Fry several chebureki for a few minutes
7. When the bottom is golden-brown, flip them over and cook the other sides. Repeat until finished
8. Serve with parsley and dill. For true Boris style, eat with side of mayonez. Good luck and enjoy!