

COOK

CONNECTING FOODIES



A shot of
Summer!

PLUS

**cleansing
Day Juices**

**Dive and Dine
in Palawan**

**Belgium
on the Fly**

**Make at home
comfort sweets**

**Summer
Sea-viche**
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A Pop-up

Fine

Dinner

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FRESH HARVEST FROM THE SEA



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2016

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COOK



ON THE COVER

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COOK

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Are you ready for summer? We sure are, and we've got recipes and destinations for you to try in the coming months! What does summer mean to you? For me, summer means road trips, swimming, trips abroad (when the budget permits), seafood, fruits, ihaw-ihaw in the early evening, etc. Summer should be fun for all ages, not just the kids.

This March, we've got a few things in store for you. On the recipe front, Chef Edith beats the heat with healthy shakes and squeezes. Chef Day Salonga and I each create our own versions of ceviche and kilawin, fresh, spicy and can be served chilled. And since the kids have lots of time, Chef Jojo teaches us how to make Nutella cookies and silvanas, something parents and kids can make and enjoy together. We take you swimming too, diving to be exact. Our contributor, travel writer and diving enthusiast Bernard Supetran takes us to Palawan to see all that is yummy and beautiful under and above the waves. Foodie couple and Cook friends Raffy and Dolly Dy-Zulueta visit Carmen's Best to see how their delectable ice cream is made. A continent away, we are fortunate to have UK-based couple John and Lisa Asuncion Feliciano back writing.

This time, they take us along on their unplanned trip to Belgium.

We've got loads more for you this month. Summer's just get started and so are we!



Dino



Good Health Tastes Great

RECOMMENDED BY BOTH HEALTH AND TASTE EXPERTS.

Cornmeal Chicken Nuggets with Sweet and Sour Dipping Sauce

For the Dipping Sauce:

- 1/2 cup crushed pineapple (do not drain)
- 3 tbsp Sorel 100% Organic Coconut Sugar
- 3 tbsp apple cider vinegar
- 1 tsp lite soy sauce
- 1 tbsp cornstarch
- 1 tbsp water

3 tbsp sugar-free orange marmalade.

For the Cornmeal Chicken Nuggets:

- 450 grams chicken tenders (cut in half, crosswise)
- 3 tbsp Marca Leon Polenta Cornmeal (#30)
- 1 tbsp Marca Leon Corn Oil
- 1/2 tsp salt
- 1/4 tsp ground black pepper

"In a saucepan, boil and simmer pineapple, sugar, vinegar, and soy sauce on medium heat. Stir in a mix of cornstarch and water and boil for a minute. Add the orange marmalade then remove from heat. Bring to room temperature, cover, then refrigerate. Now, season your chicken with salt and pepper then dredge in cornmeal. In a large non-stick pan, heat oil over medium-high heat then reduce it to medium. Cook and turn the nuggets until browned for about 6-8 minutes. Marca Leon Corn Oil is perfect for frying as it won't easily produce cancer-causing free radicals. Marca Leon Corn Oil is also guaranteed fresh! Serve with your sweet and sour sauce. Yum! I'm sure kids are going to love this healthy dish."



Peanut Malunggay Basil Pesto Topped with Garlic Prawns

For the pesto:

- 4 cups fresh sweet basil
- 2 cups malunggay leaves
- 6 pieces garlic cloves (minced)
- 1/2 cup peanuts
- 2 cups Marca Leon Corn Oil
- 2 tsp (or to taste) sea salt
- 1/2 tsp or to taste freshly ground peppercorns
- 1 1/2 cups parmesan cheese (grated)

For the garlic shrimps:

- 500 grams prawns (head and skin peeled)
- 4 tbsp garlic cloves (minced)
- 4 tbsp Marca Leon Corn Oil
- 1 tsp (or to taste) sea salt
- 1 tsp (or to taste) freshly-ground pepper

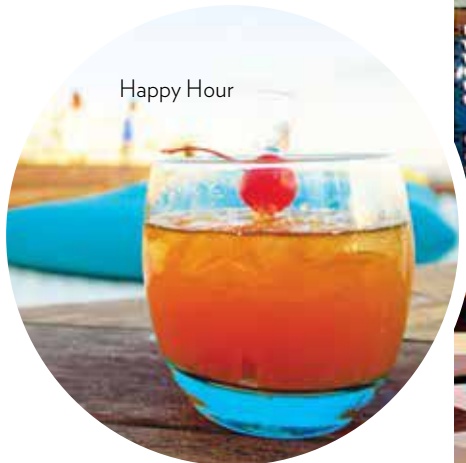
"Boil water and add salt. Cook the pasta in it until al dente. In a blender, throw in basil, malunggay, garlic, peanuts, salt, and peppercorns. Slowly drizzle the oil 1/2 cup at a time while pulsing. Adjust the seasoning with salt and pepper. Mix in 1 cup of cheese and reserve the rest for garnish. Toss the pasta with 1 cup of pesto. Set aside. Season prawns with salt and pepper. Add them in the very hot oil. You don't have to worry because Marca Leon Corn Oil's high smoke point will quickly sear the prawns to crispiness without burning. Cook for only 30 seconds and make sure not to overcook them. Top it on the pesto pasta while still hot. Finish up with 1/2 cup of cheese on top. Bon appetit!"

Nadine Tengco
U.S.-Certified
Fitness Nutritionist

Chef Lau
Executive
Master Chef

LIFESTYLE DINING AND UNRIVALLED ENTERTAINMENT

IBIZA BEACH CLUB



Should you find yourself in Cebu, make sure to swing by Ibiza Beach Club at Mövenpick Hotel Mactan Island Cebu.

Dubbed as the most hip and happening destination in the area, Ibiza Beach Club is the go-to party and entertainment venue that's frequented by visiting tourists, celebrities and socialites. Combining the elements of ambience, music, entertainment and dining, this beachside social establishment is set to impress and delight, with an unforgettable experience that's uniquely its own, nowhere else seen nor found.

"It's the kind of energy and vibe you experience in Ibiza, Spain," beams Paco Beltran, the director for entertainment and events. "This club we have here in Cebu is a place where you can wine, dine and dance under the stars. We welcome a stellar roster of clientele every week, aside from local residents and hotel guests. There's a good mix of models, showbiz royalties and socialites who frequent the club. Our guests



enjoy a sense of belonging and prestige whenever they're here, not only because of the glitz and glamour that go with celebrity sightings, but also the quality of music and

entertainment we offer."

The fun starts with sunset sessions from 4.00 pm to 6.00 pm, the golden hours when you can still get a good tan as you sip some



Balearic-inspired, signature 15-course grill



cocktails, relax to cool beats and chill out along the net pods.

Come dinner time, everyone is welcome to dine in their resort chic outfit or swimsuit, socialise between sips and nibbles, and take a cool dip in the outdoor pool. The indoor space, called the Conservatory, offers a more exclusive feel to your dinner rendezvous, complemented with spectacular ocean views. Sit and “meat” through dinner, and try the Balearic-inspired, signature 15-course grill or the selections from the tapas menu, which includes house-prepared charcuterie, bruschettas, jamon serrano, gambas, imported cheeses and more – best paired with award-winning Manny O. Wines.

The Balearic-inspired, signature 15-course grill is an indulgence with grilled meats and seafood, all barbecued and

basted with Balearic marinades and spices. Amongst the delectable favorites are filet mignon, juicy rib-eye steak, baby back ribs and buttery rock lobsters. Served tableside with salad, cured meats and Pao de Quejo, guests are sure to enjoy these filling treats to their heart's content.

“Everyone is sure to enjoy this deliciously filling treat,” says the hotel's executive chef, Christian Bouby. “You can have as much serving of any meat or seafood you want. The servings are quite overwhelming for a first timer, so the trick there, to fully enjoy the experience, is to maintain proper pacing between courses.”

The highlight of the evening is the nightly performances by the Ibiza show team, featuring an hour of visual treat with live singing and dancing to retro pop, disco and Latin music, as well as movie musical

sequences alongside daring fire exhibitions. The segment is sure to get everyone grooving and belting to every beat.

“This is the part when guests loosen up and get themselves into the mood for more fun,” explains Paco. “It doesn't end there. Our DJ pumps up the music after the show and everyone just dances the night away until closing time. For all those who are planning to party with us, we might be able to throw in a little surprise for you to make your holiday with friends a more memorable one.”

Ibiza Beach Club is open daily from 4:00 pm to 12:00 am on weekdays and 3:00 pm to 2:00 am on Fridays, Saturdays and Sundays.

For more information, please call +63 32 492 7777 or log on to <http://ibizabeachclub.global>. Follow #ibizabeachclubcebu on Instagram, Twitter and Facebook for more updates on special events and offers. Watch out for Ibiza Beach Club BGC, opening late 2016. ■



IBIZA BEACH CLUB IS LOCATED AT PUNTA
ENGAÑO | MACTAN ISLAND, CEBU | PHILIPPINES



ADVENTURES IN RELAXATION AT THE TERRA WELLNESS SPA

Give yourself the gift of pampering
at Terra Wellness Spa, Discovery Shores Boracay.

BY DRAPHNY OLASIMAN
PHOTOGRAPHY BY PAUL CAGAYAN

The word “Terra” is the latin word for earth, and Terra Wellness Spa is grounded on the belief that wholeness is accomplished by accorded tranquility of both mind and body.

The spa exudes peace and calm. The interiors, which evoke its name with natural accents and

neutral earth tones, offer a quiet and understated luxury that immediately relaxes you as you enter.

The treatments in the form of massages, wraps, facials, foot therapies, scrubs or a combination thereof are top notch. The Terra’s Touch Signature Massage is 90-minutes of expert Swedish bodywork that relieve tension and aid





Terra Wellness Spa is haven for the mind, body and soul.



in blood circulation. They also use special blended therapeutic oils. You can also choose from traditional Hilot Haplos or Healing Stone therapy where heated basalt stones and cold stones are alternately applied for deep penetrating heat to melt all your stress away.

They only use high quality products like Dead Sea Salt for the salt scrubs and phyto-pumpkin for the Silky Body Scrub. Dead Sea salt which is extracted from the Dead Sea is known for its therapeutic effects. Phyto-pumpkin is a gentle acid-free exfoliant to scrub away all your dead skin cells that dull the skin. The Healing Body Wrap combines fresh ginger root and kaolin clay. Kaolin clay is known to absorb the impurities of the skin and is known as a detoxifier.

The professional therapists at the Terra Wellness Spa mollify your worries away with a full body massage, knowing how to apply the exact amount of pressure to

relieve you off the anxiety of long hours at work. It is a gratifying moment to feel the comforting and revitalizing effect of their signature massage combined with your choice of organic massage oils.

The place is quiet and serene and you will never feel them rushing with their tasks. They encourage you to take all the time you need to relax and enjoy.

The treatment is something that you dream of after a hectic frenzy day. There is an assurance that once you lay in bed after the session, you'll be in deep slumber. Once you wake up, all the energy that you lost will be re-charged. Visit Terra Wellness Spa at Discovery Shores Boracay, Station 1 Balabag, Boracay Island. For more information, call (632) 720.8888. ■



WE HAVE A Kila-winner!

Freshness is this month's theme, and you really can't get any fresher than raw.

TEXT AND PHOTOS BY CHEF DINO DATU

Taking advantage of the abundance of seafood available to us, natives have long enjoyed the freshest of fish and seafood by preparing them as simply as possible, using the most basic of ingredients. Short of having fish plain like the Japanese do with sushi and sashimi, curing seafood in a bit of acid and spice takes advantage of its sweetness and plump texture. While South America's ceviche is widely known, our own version, using mostly vinegar as the "cooking" acid results in a unique flavor all our own.



Shrimp Kilawin

Fish Kilawin

The basic formula of salt and vinegar or citrus or a mix of both, together with other basic ingredients like ginger, chilies and onions still make up our kilawin today.

It seems that *kilawin* has been with us even before the Spanish came. It is said that *kilaw* comes from the word *hilaw* or raw, showing our ancestors' love for fresh fish and meats. This may also be their way of "washing" fish and meats in order to sanitize them. I imagine native fishermen and hunters would skin their catch at once, bone and slice the flesh into bite-sized pieces and then "wash" them in salt and vinegar in order to sanitize and preserve their food. This basic formula of salt and vinegar or citrus or a mix of both, together with other basic ingredients like ginger, chilies and onions still make up our *kilawin* today.

Kilawin has been getting a lot of attention lately. So much so that in a trip to Spain for Madrid Fusion in 2015, the Philippine delegation served *kilawin* to an astonished crowd of the best chefs in the world. Legendary food writer Doreen Fernandez also sings high praises for *kilawin*, considering it the most Filipino dish and even writes a book on it (*Kinilaw: A Philippine Cuisine of Freshness*, 1991). Sadly, although we are familiar with *kilawin* in its many forms, I wouldn't say I've had any that was great. Most versions I've tried fully cook the fish in acid, departing from its primary intention of enjoying fresh fish, barely cooked, soft and sweet. You often see fish *kilawin* as white slices of fish in white liquid with a few slices of onion and *sili*. This "whiteness" means that the fish has been fully cooked, so much so that all its juices has mixed with the acid turning the flesh and the liquid white. It could be because it is difficult to keep fish fresh so it is washed and soaked in an acidic solution to prolong its life. But maybe it has more to do with people not wanting to eat things raw. This could be an American influence, not wanting to eat raw fish or meat. So it's quite ironic that they seem to have "discovered" the benefits of raw food in recent years.

For my version of *kilawin*, I decided to mix acids, citrus and vinegar. I like the sharpness of a good coconut or cane vinegar with the freshness, the smell and slight "sweetness" that citrus fruits can bring. I am giving a basic recipe for *kilawin*. You may of course add, subtract and replace as you please. The curing times depend on the doneness you prefer, but whatever you do, please do not overcook the fish and seafood! Leave a bit of room for texture and sweetness. If you want it fully cooked, then don't *kilaw*, just *paksiw*!



Oyster Kilawin

The Hilaws

- Fresh fish, skinned, boned and sliced (tuna, dilis, tamigue, salmon)
- Fresh oysters
- Fresh shrimps, peeled and deveined

FOR THE "COOKING" SOLUTION

- 1 cup coconut or cane vinegar
- 1/2 cup dayap juice
- 1 tsp dayap rind
- 1 tbsp chopped ginger
- 1 red onion, sliced thinly
- salt and *siling labuyo* to taste

Mix "cooking" solution ingredients in a bowl and use to soak fresh seafood for a few minutes.

Summer

SEA-VICHE

You will probably find an avocado a curious ingredient in this ceviche, but this is something quite common in Latin countries like Mexico and Ecuador. The addition of Sriracha will also give it a savory kick.

It also makes us think this is something worth trying in our own local *kinilaw* recipes, where you balance heat with a touch of creaminess. This classic combination of shrimp and avocado really evokes the summer sea. In the other recipe we combined the octopus or pulpo on Spanish with olive oil and sili, although you could really mix and match these recipes to see what works for you. One thing's for sure, a whiff of this and you're definitely sea bound.



DON'T LET OCTOPUS INTIMIDATE YOU, MAKING THIS CEVICHE IS SIMPLE AND DELICIOUS!

BY CHEF DAY SALONGA
PHOTOGRAPHY BY PAUL CAGAYAN

Pulpo Ceviche

- 1/2 kg octopus, cooked
- 1 pc red onion (small), thinly sliced
- 3/4 cup lime juice plus 1/8 cup to pickle onions
- 3 tbsp cilantro, chopped
- 2 tbsp olive oil
- Salt and pepper to taste
- Sili labuyo, thinly sliced (optional)

- 1 Cut octopus into small pieces.
- 2 In a bowl, place onions and add salt and cover with warm water. Let stand for 10 minutes. Drain and rinse well.
- 3 Place the octopus in stainless or wooden bowl, add lime juice, 1/2 of the onion, sili labuyo (optional), season with salt and marinate for not less 2 hours.
- 4 In a separate non-reactive bowl, place the remaining onions, add 1/8 cup lime juice and a pinch of salt. Marinate for not less than 2 hours.
- 5 To assemble, Combine the marinated octopus and pickled onions, olive oil, cilantro and mix well.
- 6 Transfer into serving plates.



ABOUT THE COLUMNIST

Chef Day, who hails from Laguna, co-founded MonDay Chefs, a restaurant consultancy firm providing creative solutions to both new and seasoned restaurant operators. Fuelled by his roots, his philosophy for cooking is 40% Inspiration, 30% Ingredients and 30% Technique; he aims to be creative while preserving cultural values. He shares his passion through his restaurants, Aurora's Heritage Cuisine & Ted's in Santa Cruz Laguna and Tapeo in Fort Bonifacio. Chef Day co-authored two bestseller books and World Gourmand Book Awards country winners – The Malunggay Book: easy to do recipes and Make Good Money with Malunggay.

Ask the Chef: info@
mondychefs.com

Shrimp and Avocado Ceviche

- 1 kg shrimp (large), peeled deveined and chopped
- 3/4 cup lime juice, fresh (or 1/2 cup calamansi)
- 5 pcs tomatoes, diced
- 1 pc onion (white), chopped
- 1/2 cup cilantro, chopped
- 1 tbspc worcestershire sauce
- 1 tbspc sriracha
- 1 tsp pepper sauce or hot sauce
- 1 pc avocado, peeled, pitted and diced
- Salt and pepper to taste

- 1 Place the shrimp into a large bowl.
- 2 Add lime juice and stir. Let stand for about 5 minutes or until shrimp are opaque.
- 3 Mix in the tomatoes, onion and cilantro until coated with lime juice.
- 4 Cover and refrigerate for 1 hour. Just before serving, mix in the avocado, Worcestershire, ketchup, sriracha, hot sauce, salt and pepper.
- 5 Serve with crackers.

THE CITRIC ACID CAUSES THE PROTEINS IN THE SEAFOOD TO BECOME DENATURED, APPEARING TO BE COOKED.



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Cleansing Day Juices

ARE YOU IN NEED OF DETOX?

BY CHEF EDITHA SINGIAN
PHOTOGRAPHY BY PAUL CAGAYAN

A few researchers have claimed toxins interfere with metabolism and appetite-control mechanisms in the brain! “Eat foods that are detoxifying and anti-inflammatory.” “Eat alkaline-rich food to prevent cancer.” “Go organic!” WHEW!! Is it that easy? I think the most practical way is to eat in moderation without the feeling of deprivation and to detoxify once in a while to rid the body of toxins.

The cleansing day (juice fast) is a rejuvenating treatment to help rid the body of toxins. Meals consist of four glasses of fresh fruit juices, one soup preferably vegetables, a special evening drink and two small servings of seeds and nuts. The juices act as body cleansers, flushing out toxins and giving the digestive system a rest. Another benefit comes from the high alkaline content of the juices which counteracts any buildup of acid, creating a healing environment in which the body’s balance can be renewed. Nuts and seeds supply protein, oils and minerals you need when fasting and, of course you have something to chew on.



- Do you have dark circles under your eyes?
- Do you suffer from headaches or migraines?
- Do you suffer from skin rashes or eczema?
- Is your skin spotty or dull?
- Is your hair dull?
- Do you suffer from joint or muscle aches and pains?
- Do you suffer from sinus problems or a stuffy nose?
- Do you often have a bitter taste in your mouth?
- Do you sweat a lot?
- Do you suffer from stress?
- Do you suffer from irritable bowel movement?
- Do you suffer from flatulence?
- Do you suffer from bloating?
- Are you constantly tired?
- Do you have difficulty maintaining concentration?
- Do you have problem sleeping?
- Do you suffer from mood swings, anxiety or depression?
- Do you have cellulite?
- Do you sometimes suffer from ear infections, earache or ringing in the ears?

Grapefruit-Mandarin Orange Juice

- 1 grapefruit
- 2 pieces mandarin oranges
- 4 ice cubes, crushed

Juice the fruits by hand and serve with ice.

Cucumber Mint Nightcap

Cucumber and mint are a classic combination in Middle Eastern cooking. Cucumber is a natural diuretic.

- 1 medium cucumber, peeled, seeded and chunked
- 1 tsp honey
- 5 large fresh mint leaves
- 4 ice cubes, crushed

Puree all the ingredients in a blender or food processor until smooth. Serve in a glass and garnish with mint leaves.

Sesame Sweet Dreams

Served as a nightcap, the rich sesame butter (tahini) and fruit blend topped with a dash of nutmeg—will lull you happily to sleep. The sesame butter is full of protein, niacin, calcium, iron, phosphorous, and potassium. The dates add potassium, calcium and iron. This drink replaces the potassium lost during the day.

- 2 tbsp sesame butter (tahini)
- 1/2 cup apple juice
- 1 small banana, peeled and chunked (preferably frozen)
- 2 pieces pitted dates
- 4 ice cubes, crushed
- Dash of nutmeg

Whiz all the ingredients in a blender except nutmeg. Pour into chilled glass then sprinkle nutmeg.



MENU

BREAKFAST	7 am	Orange-Strawberry Frappe
JUICE BREAK	10 am	Carrot-Apple Concoction
LUNCH	12 nn	Vegetable Broth or Gazpacho
		Mixed Nuts and Seeds
JUICE BREAK	3 pm	Grapefruit-Mandarin Orange Juice
DINNER	6 pm	Papaya-Pineapple Smoothie
		Mixed Nuts and Seeds
NIGHTCAP	8 pm	Cucumber-Mint Nightcap or Sesame Sweet Dreams

Apaya-Pineapple Smoothie

A delicious tropical blend, full of digestive enzyme papain.

- 1 piece solo papaya, pared and seeded
- 1/2 cup fresh pineapple chunks
- 4 ice cubes, crushed

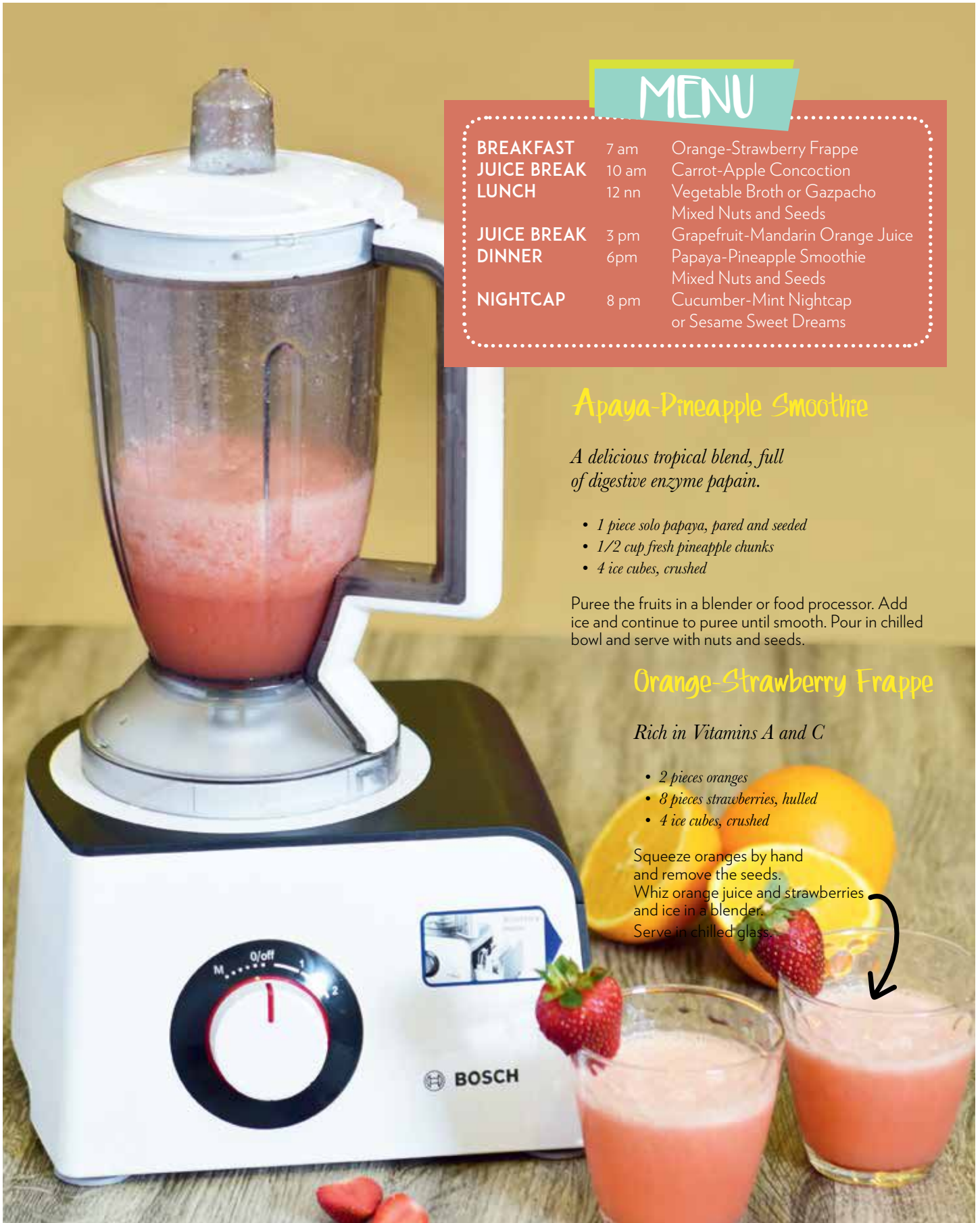
Puree the fruits in a blender or food processor. Add ice and continue to puree until smooth. Pour in chilled bowl and serve with nuts and seeds.

Orange-Strawberry Frappe

Rich in Vitamins A and C

- 2 pieces oranges
- 8 pieces strawberries, hulled
- 4 ice cubes, crushed

Squeeze oranges by hand and remove the seeds. Whiz orange juice and strawberries and ice in a blender. Serve in chilled glass.



Why should we rid our bodies of toxins? If you answer “yes” to less than four questions, then probably you don’t need to detox. Between five and ten, your body would benefit greatly from a detox. Should you say “yes” to more than ten, then you could be putting your body under enormous stress and detoxifying your body is strongly recommended. The cleansing diet is not recommended for anyone with diabetes or hypoglycemia, or anyone who is under a doctor’s care. Always consult your physician before starting any diet.

Papaya-Pineapple Smoothie

A delicious tropical blend, full of digestive enzyme papain.

- 1 piece solo papaya, pared and seeded
- 1/2 cup fresh pineapple chunks
- 4 ice cubes, crushed

Puree the fruits in a blender or food processor. Add ice and continue to puree until smooth. Pour in chilled bowl and serve with nuts and seeds.

Carrot and Apple Concoction

The fresh taste of apples in this delicious drink mellows the intense flavor of the carrots.

- 2 medium apples, unpeeled
- 4 medium carrots, pared
- 4 ice cubes

Put the apples and carrots through an electric juicer. Serve in chilled glass with ice.



ABOUT THE COLUMNIST

Edith Singian, a book author and journalist, is known for her foolproof recipes. Seldom will you find a collection of culinary delights that have been precisely tested and retested, all written on a kitchen counter down to the last measurement. No secrets! Her procedures and techniques are easy to follow even by those with minimal culinary background. Her work speaks for itself as her name often appears on the menus of popular restaurants, top resorts as well as in local and international food fests. Her test kitchen expertise and more than 40 years of cooking and baking experience have made her one of the most sought-after recipe and menu development consultants in the country today.



MAKE AT HOME

Comfort Sweets

THE SILVANA IS THE COOKIE VERSION OF THE SANS RIVAL, A FILIPINO CAKE MADE UP OF SIMILAR INGREDIENTS.

Silvanas sound like they are difficult to make but you can make a version of it at home if you have hankering for something creamy buttery.



BY CHEF JOJO CUESTA-JAVIER
PHOTOGRAPHY BY PAUL CAGAYAN

Mouthfeel. You will have to substitute the traditional baked wafers via a combination of good ole reliable graham crackers, but the combination comes quite close, and it's certainly a lot easier. Sometimes when you have a hankering for dessert but just don't have the inclination to slave away hours with the mixing and the baking, these will do in a delectable pinch.

No Bake Silvanas

- 1 pack of cookies (Marie, Graham's or any cookies)
- 1 cup of crushed cookies
- 1 cup cashew nuts finely chopped (mix with crushed cookies)

ICING/FILLING (MIX ALL TOGETHER)

- 1/2 cup butter
- 1 tsp vanilla
- 1 cup powdered sugar

1 MAKE THE FILLING. Whip butter and margarine until smooth. Add powdered sugar and vanilla extract. Beat until creamy and well-blended. Set aside about 1/4 cup for decorating. Mix in chopped cashew nuts.

2 ASSEMBLE. Spread about 1 teaspoon butter cream on your cookie. Top with another piece of cookie to make it look like a sandwich. Repeat this procedure.

3 SPREAD a thin layer of butter cream all over each the cookie-butter cream sandwich. Roll and cover sandwiches in crushed cookies. Chill and serve.



ABOUT THE COLUMNIST

Chef Jojo Cuesta started baking by chance in 2005 but soon discovered that baking is what she really wanted to do. She studied the fundamentals in Baking and Pastry Arts at the Center for Culinary Arts in Katipunan and then took further courses in Cake Decorating under Heny Sison.

She runs her own bakeshop called Sweetielicious Homemade Goodies. Aside from being featured in various TV Shows, she also counts several celebrities as among her avid customers.

FACT: ONE JAR OF NUTELLA IS SOLD EVERY 2.5 SECONDS AROUND THE WORLD.



Nutella Bomb

Is there anyone who doesn't love Nutella? This classic hazelnut chocolate combination cannot be beat. A creamy choco-hazelnut center when you bite into a chocolate chip cookie dough is definitely an I-died- and-when- to- chocolate- heaven moment. There are infinite number of fillings you can do, of course, but Nutella is perfect as it is, and you don't need to do a lot of prep to incorporate it into your baking.

- 200g butter, softened
- 1/2 cup sugar
- 1 cup chocolate chips
- 2 cups all purpose flour
- 1 tsp baking powder
- 1 tsp vanilla
- 1/4 tsp salt

1 Preheat the oven to 350F

2 Cream butter and sugar in a bowl for 3 minutes, or until the mixture is light and fluffy. Sift flour and baking powder. Pour into the batter mixture and add the chocolate chips.

3 Put the dough into the plastic wrap and chill dough for 1 hour.

4 Scoop 1 Tbsp cookie dough into your hand and flatten it into a pancake about 1 inch wide. Repeat this step with another piece of dough. Add Nutella on the top of the first cookie dough, then place the second cookie dough on top of the Nutella. Gently pinch the two dough pieces around the sides so that the cookie is sealed. Loosely roll the cookie between the palm your hands, forming a ball, then roll cookie in sugar.

5 Place finished cookie on the prepared baking sheet.

6 Bake for 15 to 20minutes

7 Cool completely. And ready to serve.





ISLAND COVE HOTEL AND LEISURE PARK

Island Cove Hotel and Leisure Park is the perfect destination for an easy escape, whether for a quick day tour or an overnight stay. Conveniently located 15 minutes from the Mall of Asia, Island Cove allows you to get away from the madness of the metro without having to go too far.



Island Cove has four food and beverage outlets, helmed by Executive Chef Vill Purificaon. The Fishing Village is a Filipino-themed restaurant that offers a unique experience that is much appreciated by balikbayans and tourists. Facing Manila Bay, the Fishing Village has 21 bamboo huts atop the water and has spectacular views of the Manila and Makati skylines. Guests can go fishing and may have their catch cooked or can order Filipino favorites from the menu including dishes that are unique to Cavite. Top recommendations are the Pinoy Boodle Feast and their new Lechon sa Pugon which their chefs prepare with much passion. Slow-cooked in their brick oven for 2.5 to 3 hours, it comes out less sinful because a lot of the oil and fat drip out.

The skin is very crunchy while the meat is moist and tender. With all the secret ingredients, their Lechon sa Pugon is noticeably more flavorful than those cooked the traditional way. Sangley Point features western-style cuisine and must-try items are the baked baby back ribs, Wagyu burgers, and their home made bacon barbecue. iCafe offers coffee, shakes, quick meals and sweet treats. Recently added to its menu are sisig buns and adobo buns. Bayside KTV serves pica-pica such as baked oysters and mussels.

There is something for every member of the family at the Island. You can even bring the family dog, because yes, Island Cove is pet-friendly, allowing guests with dogs to enjoy the facilities.



They have just added a new playground for the kids. It is called the King Crawler. It was designed by the Dutch company, Carve. The original King Crawler was developed when the city council of Purmerend, in the Netherlands, invited Carve to design a new schoolyard area. This vertical urban play structure combines several functions including different types of play and climbing opportunities. The brightly colored ribbon-like platforms stand out as if they are floating between the muted posts and wire mesh walls. The whimsical design of the King Crawler lends itself to enhancing any architectural landscape. The King Crawler complies with the American and Canadian playground safety standards.



Aside from dining at the restaurants, you can spend hours at the Oceania Swim and Splash Park. They have a 350-square meter kid-friendly splash park to Oceania. The splashers and sprayers were imported from Australia. Safety is of paramount importance so they installed colorful, water safe rubber flooring (EPDM) to minimize the possibility of accidents. The main pools of the Oceania Swim and Splash Park retain the 4 giant slides and giant inflatables. The whole water complex spans over 3,000 square meters and their splash park is the biggest in Mega Manila. It is also notable that all their lifeguards are certified in standard first aid and basic life support by the Philippine National Red Cross.

You can also visit the Island Cove Wildlife Sanctuary which is home to different species of reptiles, mammals and birds. Aside from feeding crocodiles and monkeys, you can take photos of ostriches, Bengal tigers, Philippine deer, and a 15-foot python. If you want more thrill, their Adventure Zone has one of the largest paintball arenas in the country and an

airsoft game site. You can try their Island Cove Maze Challenge too. Their other outdoor facilities include a basketball court, a tennis court, a 1.4-kilometer jogging path, several playgrounds for children and a giant chess set. Bikes are available for rent.

If you prefer to stay indoors, they have billiard and table tennis tables and a game room with Wii, Playstation 3 and Xbox consoles. If you like to work out, you can visit their full service gym. For those who like to sing, the Bayside KTV would be perfect. It has nine private rooms that can seat groups of 2 to 30. Each of its unique rooms has up-to-date equipment that plays more than 3,000 songs in Chinese, English, Korean, Japanese and Filipino.

For those seeking relaxation and stress relief, the Island Spa is for you. It offers various western and oriental massage treatments.

Island Cove has accommodations that serve guests and clients of every need and budget. They have recently finished major renovation of their accommodation facilities. According to Managing Director Gilbert Remulla, the rooms are now more in tune

The whole water complex spans over 3,000 square meters and their splash park is the biggest in Mega Manila.

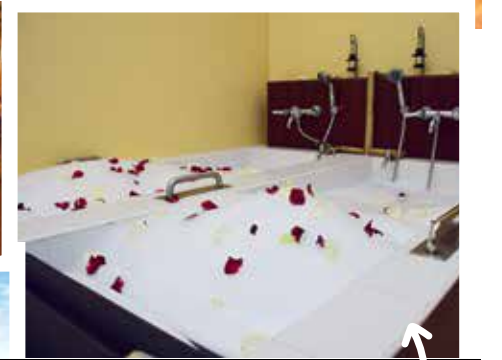


with the times with USB charging ports, wi-fi internet connectivity, flat screen TVs, and modern bathrooms, while still maintaining a Mediterranean feel.

They are particularly proud of their premier de luxe and family de luxe rooms, as well as the junior suites and villas. Family de luxe room occupants get 30% off on kiddie meals. If you book the premier de luxe room, you will receive complimentary assorted pastries and you won't be charged separately for the contents of the minibar, you can consume everything that's there! The junior suites and villas are very spacious and will be much appreciated by groups. Aside from a jacuzzi and pool in the hotel complex exclusive to checked in guests, some sports and recreation facilities are also available to them for free.

Island Cove Hotel and Leisure Park is a great place for events, socials and conferences. They have 2 main ballrooms that can fit between 300 to 500 people, 10 air-conditioned function and meeting rooms (including an air-conditioned tent), various non-airconditioned pavilions and function areas. Island Cove is capable of catering and organizing events for as many as 14,000 persons. They have a concert park where they hold concerts from time to time. They've had David Pomeranz, Sharon Cuneta, Side A Band, Sarah Geronimo, Vice Ganda, Daniel Padilla, Rico J. Puno, Marco Sison, Randy Santiago, Louie Heredia, Chad Borja, Nonoy Zuniga, Sitti Navarro, Jed Madela, The Company, Bamboo, Ely Buendia, Aiza Seguerra, Martin Nievera, Gary Valenciano, Regine Velasquez, Spongecola, and Cueshe. They have also hosted wellness events, food festivals, dog shows and sporting activities. And have served as venue to TV shows such as ASAP, Umagang Kay Ganda and Unang Hirit. Movies and soap operas have frequently used Island Cove for their out-of-studio location shoots as well.

Island Cove Hotel and Leisure Park is located in Binakayan, Kawit, Cavite, only 15 minutes away from Mall of Asia. For more information, log on to www.islandcovephil.com, call (046) 434 0210 or email inquiry@islandcovephil.com. ■



Island Spa offers various western and oriental massage treatments.

A Pop-Up Fine Dine Dinner

(AND GUESS WHO WAS THE "CHEF"?)

While here in Houston, Texas (for a short visit to my husband Bob), there are so many restaurants to try, but one day I decided to try my hand at some fine dine cooking and created a Pop-Up menu based on what I saw in the ref plus things I bought from Walmart. Nothing gourmet on the list – all items that made it to the menu were easy to obtain. I played “chef” and my husband was the Maitre D’.

TEXT AND PHOTOS BY NANCY REYES -LUMEN | OTHER PHOTOS BY EMMANUEL CONSTANTINO



Did we survive the menu? Yes indeed! We did the mise-en-place a day ahead, and then spent the next day executing the menu. I asked the guests to come in red, and I was quite pleased that they obliged. It was a small party of six composed of close family friend Emmanuel Constantino, our Bible study group couple friends-Wennie and Jane Tejada, Tia Iday and Tio Demet, and my sister-in-law Lydia Lumen. Dinner was served by 8 p.m. and concluded with dessert and chocolates by 10 p.m. It was a fulfilling experience since I was able to test the cooking techniques I had long read about and dreamt of doing. The learning curve was worth it. The guests enjoyed the whole dinner, which I know as I anxiously checked if there were a lot of leftovers on the returned plates – nope, all clean—which made us feel really good!

Our guest Lydia made the soup based on my recipe: immerse the dried Shiitake Mushrooms in cold water and keep in ref overnight. Chop fresh mushrooms and hydrated shiitake mushrooms. Keep the mushroom liqueur! In a hot pan, melt butter and some olive oil (to keep the butter from burning). Saute onions, then the

mushrooms. Add buttermilk or milk with some sour cream and bring to a boil. When mushrooms are tender and fully cooked, transfer to blender and blend till smooth. Be sure to season with rock salt and pepper. Thanks to Julia Child for this! I also cut points of whole wheat bread, toasted them and used to top the soup. Keep soup warm till ready to serve, since this will be the first course.

Salad consisted of LO (LeftOver Roast Duck from Mih Hoa Supermarket)+ chopped rare ripe mango, orange segments on greens. The dressing: Kalamunding Juice (orange Kalamansi now in abundance from friends’ backyards!) with Agave Honey, Olive Oil, Rice Vinegar, some red wine and, to create an emulsion so that the acid will not separate from the olive oil. I swished in an egg yolk. (I learned this trick from Cook’s Illustrated). I topped the salad with diced duck meat and some chia grains. In a word, it was NICE!

For the Fish Course: Costco-bought Salmon. I made a crust: finely

The menu was based on techniques I learned from Christopher Kimball’s Cook Illustrated Magazine (my favorite) and Julia Child’s cookbook...

- Fresh Cream of Mushroom Soup
- LO Duck-Mango Salad with Vinaigrette
- Broiled Crusted Salmon on Quinoa
- Batangas Platter: Tap-Spi-Log (Citrus-Shoyu Marinated Beef with Milky Potatoes, Spinach, Soft-boiled Egg and Coffee Sauce)
- Pork Roll ala Smoked Paprika Adobo with Jewel Rice
- Dessert-Tabtimbrob –Ruby Red and Topaz Yellow “Gemstones” in mildly sweetened Coconut Milk

minced parsley + toasted cilantro seeds + milled peppercorn + rock salt. To make sure it would stick to the salmon, I mixed in an egg white and a dash of baking soda which was suggested by Cook’s Illustrated.



And it worked! Lydia cooked the quinoa, which is her favorite starch.

Beef was just a simple Bistek style with onions but I dressed it up with milky crushed potatoes (first boil till tender, then dice, then boil again in milk + butter + garlic + rock salt and pepper), plain boiled spinach. I added soft-boiled egg but it wasn't as soft as I wanted. I was trying the trick of using just 1/2 inch water, which is another trick from, you know the drill... COOK's Illustrated. Yes you can achieve the almost-sous vide like soft boiled egg doneness by running boil 1/2 inch water. Place the eggs and cook for only three minutes, covered. Then shock right away and let cool thoroughly before peeling. I made a reduced Coffee Sauce with the marinade and espresso coffee.

My last course would have to be an Adobo, so I got pork shoulder slices and smothered them with Smoked Paprika then rolled and tied each with fresh bayleaf. In an ovenproof bowl, I placed the rolls and poured EVOO (Extra Virgin Olive Oil) and rice vinegar + some slices of garlic, peppercorn and rock salt. It's simple but really tasty-umami. Into the oven it went till just cooked and the vinegar taste was caramelly (Nope, I didn't use sugar). I served this on Jewel Rice (Basmati sautéed in butter with dried cherries, cranberries, dill, minced ginger candies). Ooh-la-la! *Grabe...ang sarap!*

Dessert was labor intensive, and I knew this beforehand so I really prepped it early. Water chestnuts were cut into 4.

I kept these in the liquid they came in till ready to cook. First was to drain them a bit, then dredge in corn starch (but better use potato starch because it gels clearer than cornstarch). Make sure all sides are coated well, then shake off the excess starch THOROUGHLY. I mean it! If you let excess starch stick to the chestnuts, you will end up with a starchy thick boil. Trick: press each piece to make sure the starch sticks, then shake off excess again. Meanwhile, in separate pans, boil colored water. Drop the starched chestnuts gently. About 8 at a time...these will float up when done. Remove with a spider strainer and store in a flat plate, make sure to separate the pieces or else they'll stick together. Keep in ref till ready to serve. To serve: place in small bowls and serve with chilled sweetened coconut milk from the can. You can make this dessert a day ahead so you don't get too stressed.

And that my dear fellow foodies was how I played "Chef" for our Valentine's Day Pop-Up Dinner with my husband Bob hamming it up as the Maitre D. Try doing a pop up dinner for friends at least once in your cooking life, it's intensely fulfilling!

Sunday Brunch, Southern Style

A FESTIVE FAMILY AFFAIR AT CRIMSON HOTEL'S CAFÉ EIGHT

Sunday is a fun family day at Crimson Hotel Alabang, with its lineup gustatory delights for all ages. The brunch buffet spread at Café 8 offers fine dining finds such as the freshest seafood and finest meats fit for discriminating tastes.

Sunday is a fun family day at Crimson Hotel Alabang, with its lineup gustatory delights for all ages. The brunch buffet spread at Café 8 offers fine dining finds such as the freshest seafood and finest meats fit for discriminating tastes. The latest additions to the brunch set include imported cold cuts of salami from Italy, Serrano ham from Spain, and Saucisson sausages from France from suppliers that are handpicked by Executive Chef Martin Bower. The cheese station is an appetizing array of dairy delights featuring 12 kinds of imported soft and hard cheeses like Reblochon Lait Cru, Brillat Savarin Mons, Pont L'Evêque, Valencay, Brie Boîte Blue and more.





EXECUTIVE CHEF MARTIN BOWER

The British chef has trained in classical French cuisine at the Stratford College and under the tutelage of renowned chefs such as Chef Michael Quinn at the Randolph Hotel in Oxford. He has been influenced by the fusion food culture of Melbourne in Australia and Phuket in Asia, where he has worked with chefs from all over the world. Now in charge of the bustling kitchens of Crimson Hotel Alabang, the chef aims to make it the premiere fine dining destination in the South.

NEW BUFFET SECTIONS

Other brunch buffet items introduced by Chef Bower are a dimsum station, a Wagyu Beef Rump carving station, choices of cured fish and terrines. Those looking for healthier options can delight in the selection of fresh greens and light appetizers at the salad bar. Healthy juices at the beverage bar feature refreshing drinks that are nutrient-packed from a juicer machine with select fresh vegetables and fruits. In addition, upgraded sections include Japanese—featuring premium selection of fresh Tuna and Salmon sashimi, expertly prepared real time, improved seafood section, plus eggs benedict section freshly made as per diner's request.

Children are given special treatment at the Sunday buffet with a cool selection of kiddie treats that are designed to tickle their palates. Familiar food items such as chicken nuggets are given a healthier twist, as the chefs prepare these from scratch using only natural and preservative-free ingredients. The dessert station is fun for both the young and young-at-heart, as it is loaded with sweet treats such as the traditional leche flan and an assortment of petits fours and other delicious pastries. There is a kiddie candy bar, along with an ice cream and crepe station, and ingredients for a personalized halo-halo concoction.

Weekends at café 8 are definitely made for family bonding over fun and good food. To make the Sunday get-togethers more memorable for the little ones, there are kid-friendly film showings and a fun mini-playground for the children to enjoy their carefree weekend escapades. The brunch buffet is an affordable way to enjoy leisurely bonding sessions at Php1,600 per head including bottomless juices plus Php500 for bottomless local beers, house wine and mimosas.



For more information and reservations at the café 8, visit crimsonhotel.com/manila or contact Crimson Hotel Filinvest City, Manila at 863 2222.

UNLOCKING THE SECRETS of Carmen's Best

Despite being relatively new in the local ice cream industry, having been introduced to the public only in 2011, Carmen's Best has fast eclipsed the popularity of commercial ice cream brands and gained a following for itself. Even its founder and owner, Francisco 'Paco' Magsaysay, was amazed by the resounding success of Carmen's Best.

BY DOLLY DY-ZULUETA
PHOTOGRAPHY BY RAPHAEL R. ZULUETA

After all, ice cream making was initially just a hobby for him, and he never expected demand for it to grow at such an incredible speed. He just wanted to make the best gourmet, artisanal ice cream and sell it to a small community in Alabang. Instead, his ice cream is now in some of the biggest supermarkets, several restaurants both in and out of Metro Manila are carrying it, Business Class passengers on board Philippine Airlines are enjoying it in long-haul flights, and people are raving about it especially on social media.

That people would like it did not come as a surprise to Paco, though, since he put only the best ingredients into his ice cream from the very start and never compromised its quality even when he started producing bigger batches of it due to popular demand.

One of the first things that he did was conform to the international standard of using dairy fat in Carmen's Best ice cream although dairy fat is more expensive than the vegetable fat that commercial brands use in their own



concoctions as a substitute.

Paco also proudly declares that he does not put air into his ice cream, so that even when the ice cream melts, it does not shrink in volume. Put a commercial ice cream brand side by side with Carmen's Best, and allow them to melt, and the difference is glaring.

The ice cream also uses the best ingredients available, sourcing them



from different countries, such as vanilla beans from Madagascar for its Madagascar Vanilla, Horlicks malted milk powder from England and Maltesers for its Malted Milk flavor, premium freeze-dried Brazilian coffee for its Brazilian Coffee flavor, and pure Swiss cocoa powder for its Dark Chocolate flavor.

On top of these, Carmen's Best is made the old-fashioned way—pure ingredients, no water or additives added. Paco even took up Penn State's Ice Cream Short Course and took home the Keeney Award, the top prize, when he finished the course.

Best of all, Carmen's Best uses fresh milk sourced from the Magsaysays' own farm, Real Fresh Dairy Farm in Bay, Laguna, so it's as fresh as it can be. Other ice cream brands, particularly commercial brands, use powdered or UHT milk.

"Filipinos are accustomed to drinking powdered or UHT milk. Even the milk in cartons labeled as Fresh Milk and sold in supermarkets is now fresh milk but UHT milk. The disadvantages of drinking UHT milk is that you lose out on the benefits of good microorganisms, and the minerals, vitamins and amino acids present in fresh milk are degraded," explains Paco.



Carmen is the name of Paco's youngest daughter.

To unlock the secrets of Carmen's Best, media entities such as COOK Magazine recently went on a tour of Real Fresh Dairy Farm in Bay, Laguna, where Carmen's Best sources its fresh milk. It's the dairy farm put up by Paco father, former Senator Ramon 'Jun' Magsaysay Jr., when he finished his two terms at the Senate in 2007. It's the same dairy farm which he, in 2008, asked Paco to visit and help him sell the fresh milk that the farm was producing.

The first account Paco got to close when he took on the task was with Amanpulo, an ultra high-end resort in Palawan. For their farm's fresh milk to have passed the very high standards of Amanpulo speaks volumes about its quality and, realizing this, Paco thought of incorporating a company called Carmen's Best (*Carmen is the name of his youngest daughter) and then started "playing around" with ice cream using fresh milk from the farm. Instead of the usual flavors of Strawberry, Chocolate and Vanilla, he decided to work on more unique Western influenced flavors such as Salted Caramel, Butter Pecan, Malted Milk and Brazilian Coffee, which he perfected in due time and became the core of his ice cream business.

"I wasn't really thinking of growing

the brand. I just wanted to put up a small store in Ayala Alabang and sell the homemade artisanal ice cream to the community there," says Paco.

But eventually, stores like Echo Store and Betty's Kitchen carried the brand, and Carmen's Best went beyond Alabang. PureGold made regular orders, and Carmen's Best sold well in all of its stores. Changes in the corporate world took place, and Paco was asked by Philippine Airlines to supply Carmen's Best ice cream for its Business Class passengers. A popular foreign ice cream brand closed shop. Everything fell into place for Carmen's Best.



Carmen's Best's version of Humphry Slocombe's best-selling ice cream spiked with whiskey is one of their best sellers.

With the business growing almost by itself, Paco felt it necessary to buckle down to business and take it seriously. He developed new flavors, bought a new walk-in freezer to store the ice cream in, and is now working on a Halal-certified production plant and targeting Southeast Asia and the Middle East as export markets for the brand. There are now some 38 flavors, with Salted Caramel as the No. 1 flavor, and Butter Pecan, Brazilian Coffee, Malted Milk, Rocky Road and Pistachio among the best-sellers. Unique flavors not usually offered by other ice cream brands also command a strong following, including He's Not Worth It (rich, dark chocolate ice cream infused with Oreo cookies, pecan, walnuts and swirls of thick caramel fudge), Secret Breakfast with Alcohol (Carmen's Best's version of Humphry Slocombe's best-selling ice cream spiked with whiskey), Brown Butter Almond Brittle (inspired by the Krokan, a Scandinavian dessert caramelized sugar mixed with butter and almonds), Stroopwafel (taking

inspiration from the Dutch classic vanilla ice cream spiced with cinnamon and laced with crisp waffle bits), Twix Swirl (Carmen's personal favorite, it's a rich and creamy ice cream with real Twix chocolate cookie bars), and Hokey Pokey (a popular New Zealand flavor with chunks of honeycomb toffee).

To make sure that he is able to maintain the quality of Carmen's Best ice cream, Paco also looks after the dairy farm in Bay, Laguna, where the fresh milk he uses is produced. Initially, in 2007, his father brought in 100 cows from New Zealand for the farm. Now, the farm has 260 cows although, as in other herds of cows in dairy farms, not all of them are milking cows. Only 30 to 40 percent are milking cows; the rest are dry.

At the farm, cows are milked twice a day, once at 4:00 a.m. and another at 4:00 p.m. The cows are milked nine at a time in a certain part of the farm. The cows stand in front of a metal "fence" and feed on grass (also grown in the farm) as farm hands milk them from a

lowered area behind them. While they are being milked, classical music is played to mask external noise and keep the cows happy and comfortable.

One cow averages 10 to 14 liters of milk a day.

Once extracted, the raw milk is collected in stainless milk cans, and this is transferred to the Laguna Creamery Processing Plant within the farm, where it is homogenized and pasteurized to kill pathogenic bacteria and then maintained in a chiller at a temperature of 0 to 4°. Produced are whole milk, low fat milk, low fat chocolate milk, nonfat yogurt and low fat yogurt.

The processing plant has an anteroom, which serves as the receiving area where Real Fresh Dairy Farm's three partner farms send their pickup trucks to deliver fresh raw milk in stainless milk cans for processing. The milk is checked for adulterants using the milk analyzer, just to make sure no water or other contaminants are in the can with the milk. Then the raw milk goes through the same process to produce fresh milk.



The processing plant also determines the acidity of raw milk because this dictates the shelf life of the milk, which is usually a standard 10 days. Acidic milk is used to make cheese. The farm produces two basic kinds of cheese: kesong puti and Gouda cheese.

The fresh milk that's sourced straight from the farm, the other top quality ingredients that go into the ice cream, the traditional way of making ice cream, the investments on equipment, and the passion with which Paco produces his ice cream... These ensure that Carmen's Best will continue to command a strong following and redefine how premium homemade, artisanal, gourmet ice cream should taste. ■



ABOUT THE COLUMNIST

Dolly Dy-Zulueta runs a food, travel and lifestyle weblog called www.flavorsoflife.com.ph. She is Weekend Chef columnist of TV5's www.interaksyon.com and Fresh from the Oven columnist of Hospitality News Philippines. She regularly writes for Asian Dragon Magazine, Business Mirror's Wine & Dine section, and a few other publications and online portals. An AB double major in Communication Arts and Literature graduate from De La Salle University, she finished a Certificate Program in Culinary and Baking Skills at the Center for Asian Culinary Studies. She authored the Pinoy Vegetarian Cookbook, which was the National Winner for the Philippines of Gourmand Magazine's Cookbook Awards in 2012, and, just recently edited Judy Ann's Kitchen, Judy Ann Santos' first cookbook.



For more information, visit www.CarmensBest.com, or call/text at these numbers: (+632) 8092042 or +63 917 567 BEST (2378)

DIVE AND DINE

in Palawan

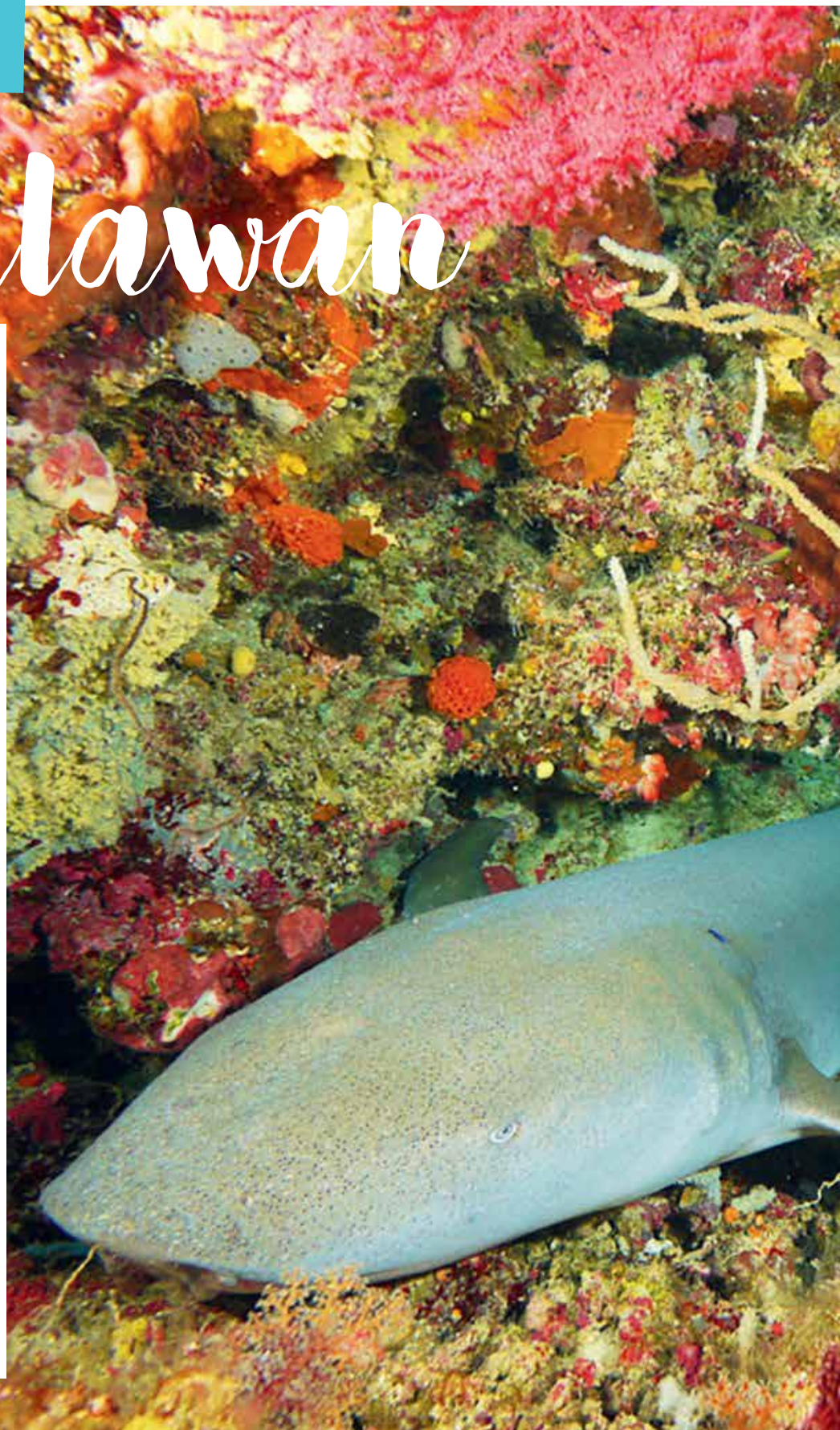
An archipelagic province of some 1,700 islands, Palawan is a natural playground which goes by a host of monikers, most prominently “The Philippines’ Last Frontier” and most recently, “The World’s Best Island” by the prestigious Conde Naste Magazine.

BY BERNARD SUPETLAN

And having almost one-fourth of the country’s total 7,500 islands, the province has an infinite coastline dotted with idyllic islands with powdery sand beaches, and a lush underwater world.

The northern town of El Nido, a Unesco Man and Nature Biosphere, is host to some 19 exciting dive spots, among them Twin Rocks, Polpokan underwater forest, and North Dilumacad, a 40-foot tunnel which is home to various fish species.

A favorite spot is South Miniloc, located at the southern end of Miniloc Island Resort, is a site for watching the mesmerizing underwater spectacle of schools of yellow snappers running playfully in circles. Meanwhile, the house reef of Lagen Island Resort is sanctuary to diverse corals, barracudas, angelfishes, lobsters, and clownfish, some of which you can encounter snorkelling in shallow water.





Diver with Sleeping Nurse Shark

The Green Fins-awarded dive centers of Lagen, Miniloc and Pangulasian, run by El Nido Resorts group can help you explore Poseidon's playground.

Moreover, Lagen has the densest forest over limestone among the El Nido island chain, which makes it home to very rich terrestrial biodiversity, thus being named as the eco-sanctuary resort. It is habitate to over 100 species of birds, with frequent sightings of the endemic Palawan Hornbill and white-vented Shama which make the island a natural aviary.

And after an exhilarating dive comes the hearty lunch which divers look forward to after emerging from the seabed. The El Nido Resorts properties can pamper a hungry diver and his family with a gastronomic feast of healthy dishes from organically-grown livestock and vegetables at its farm. All meals are served in buffets of all-time Filipino, Western and Oriental favorites.

Worthy of note is Lagen Island's bakeshop which whips up special empanada, pastries, cakes and the finger-licking ensaymada which you should never go home without.

A promising dive haven in northern Palawan is Taytay Bay, which has some 10 sites with remarkable rock formations, drop-offs and overhangs with clinging hard corals and sea fans. It is also the sanctuary to interesting creatures such as seahorse, pipefish, baby black tip shark, sea slug, among others.

Apulit Island Resort is the exponent of scuba diving and aquasports in Taytay town, the Spanish-era capital of the province. Formerly known as Club Noah Isabelle, it is also owned by El Nido Resorts, and has been reviving tourism in the Palawan's northeastern corridor.



Apulit Island Resort, formerly known as Club Noah Isabelle, it is also owned by El Nido Resorts, and has been reviving tourism in the Palawan's northeastern corridor.

Off the mainland is the Coron-Busuanga archipelago famed for limestone cliffs, freshwater lagoons, and hidden coves and lagoons. To its western part is Club Paradise Resort, a 19-hectare island which traces its genesis to being a dive resort for the Western market. And while it is rebranding since being acquired by the Discovery World Resort group, its first love doesn't die easily.

And how can it, when it is are listed as among the world's top best scuba diving sites by Forbes Traveler Magazine no less. Its House Reef, touted for an abundant marine life has been nurtured for the last

15 years, and boasts a healthy profusion of marine life as well as "critters" dear to macro photographers. It has various reef systems filled with soft and hard corals where cephalopods come to mate and lay eggs during the cool months.

The reef also teems with varieties of damsel, parrot, flying gurnards, frogfishes and nudibranchs. The sighting of its school of jacks is a certainty, and the probability of interacting with a seaturtle or dugong (seacow) is high. If you do not dive, you can snorkel and view the thousands of jacks circling around.

Half an hour away is the Kyokuzan Maru, one of 12 dive-able Japanese

Apo Reef Natural Park, the world's second biggest contiguous coral reef and regarded as a diving mecca. →

World War II wrecks around Busuanga. You can also do a day trip to Apo Reef Natural Park, the world's second biggest contiguous coral reef and regarded as a diving mecca.

The dive center is operated by its sister firm Discovery Fleet Corp., which also runs a sought-after live-aboard tour to the Tubattaha Marine National Park, a Unesco World Heritage Site and arguably among the world's must-see dive sites.

Despite the logistical challenges in the transport of food supply and ingredients, the resort's Ocean Restaurant can remarkably whip up delectable dishes which are at par with its metropolitan counterparts.

A typical day begins with a hearty breakfast spread of international and local delights to start on a bright note. At lunch, you can pore at the wide selection of a la carte tropical gourmet delights. Chefs have built dinner buffets around a theme cuisine for the day, such as Korean, Chinese, Filipino, Italian, Mediterranean, and so forth, to make it more varied and exciting.

And if you want an out-of-the-box chowtime in a tropical setting, Club Paradise can go the extra mile to make lunch or dinner more creative by setting up a picnic by the

beach, al fresco casual dinner or boodle fight at a nearby island. There is also the sunset cruise with cocktails as the resort's resident string cumbancheros serenade you.

For in between meals, there is a wide array of pastas, sandwiches and pizzas cooked in the traditional brick oven. For a nightcap, the Club has a bar where you can sip your favorite spirit and concoction by the beach and be caressed by the crisp seawind.

The capital city of Puerto Princesa is known for the St. Paul Subterranean Underground River, another Unesco World Heritage Site and among the newly-proclaimed New 7 Wonders of Nature. While its dive spots at Honda Bay are often overshadowed by this natural wonder, the City is putting back the spotlight to the charm of its underwater world.

Dos Palmas Island Resort & Spa, an upscale resort located at the 20-hectare Arrecefi Island, is the exponent of watersports in Honda Bay. The vicinity takes



Apo Reef Wreck leather corals web



Helen's Garden



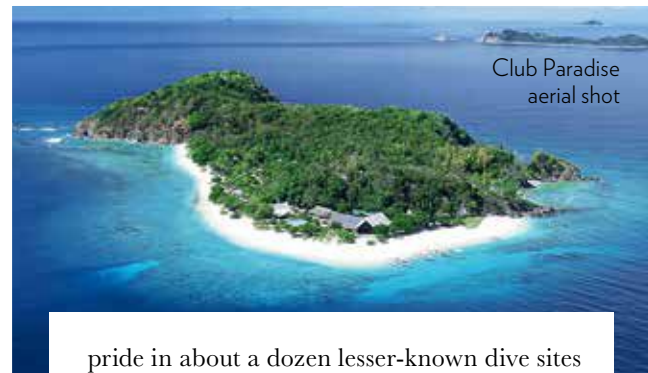
Romantic Sunset Dinner by the beach at Lagen Island Resort



3 Cheese Pizza of Club Paradise



Dos Palmas Island Resort and Spa



Club Paradise aerial shot

pride in about a dozen lesser-known dive sites composed of sea grass beds, coral gardens, and a variety of marine and terrestrial fauna providing for a rich biodiversity. Featured in the Lonely Planet Book as among the top diving and snorkeling sites in Puerto Princesa, the resort boasts of our Helen's Garden, Henry's Garden and Airport which is a small plane wreck.

Helen's Garden is a sunken reef with a shape of a cake approximately 50 meters, teeming with marine life. Soft and hard corals like Table and Stag Horn profusely cover the whole site, while one-meter giant clams punctuate the area. Just off the reef lies a Taiwanese fishing boat wreck, home to lionfish, snappers and stingrays. If you're lucky enough, you may encounter its resident hawksbill turtles.

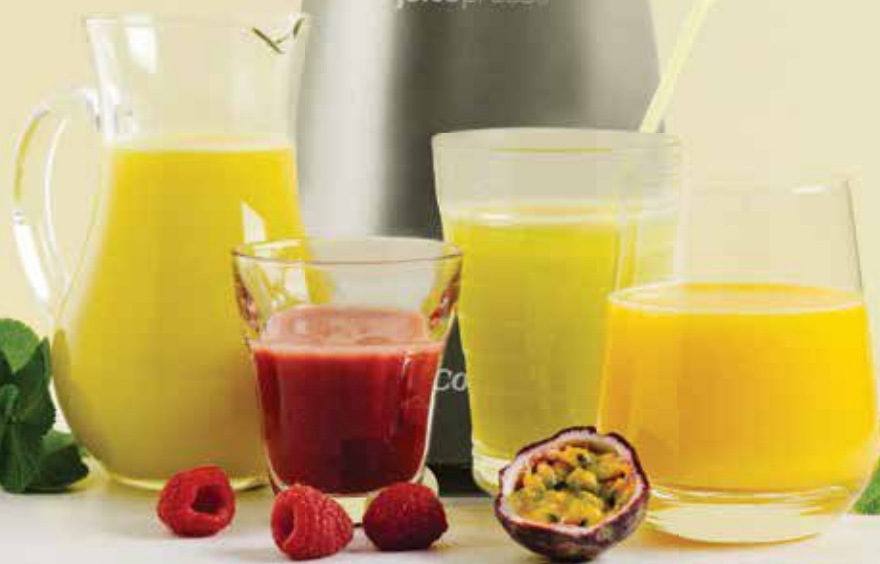
Henry's Reef, located on the eastern side of the island is a fringing reef characterized by a small wall that drops off from 5 to 10 meters. It has diverse coral shapes and varieties of layered table corals a home to many colorful fishes like yellow stripe snappers, fusiliers, puffer and lionfishes.

The resort also offers island-hopping day tours to the Honda Bay chain which includes the use of kayaks and a sumptuous native buffet lunch at the Kara-e-nan Restaurant. The adjacent Ereneman Bar offers a wide variety of wines, cocktails, alcoholic and other beverages.

This is Palawan, a haven for diving and dining. ■

*Photo Courtesy of Harvey Tapan,
El Nido Resorts, Club Paradise,
Dos Palmas Island Resort*

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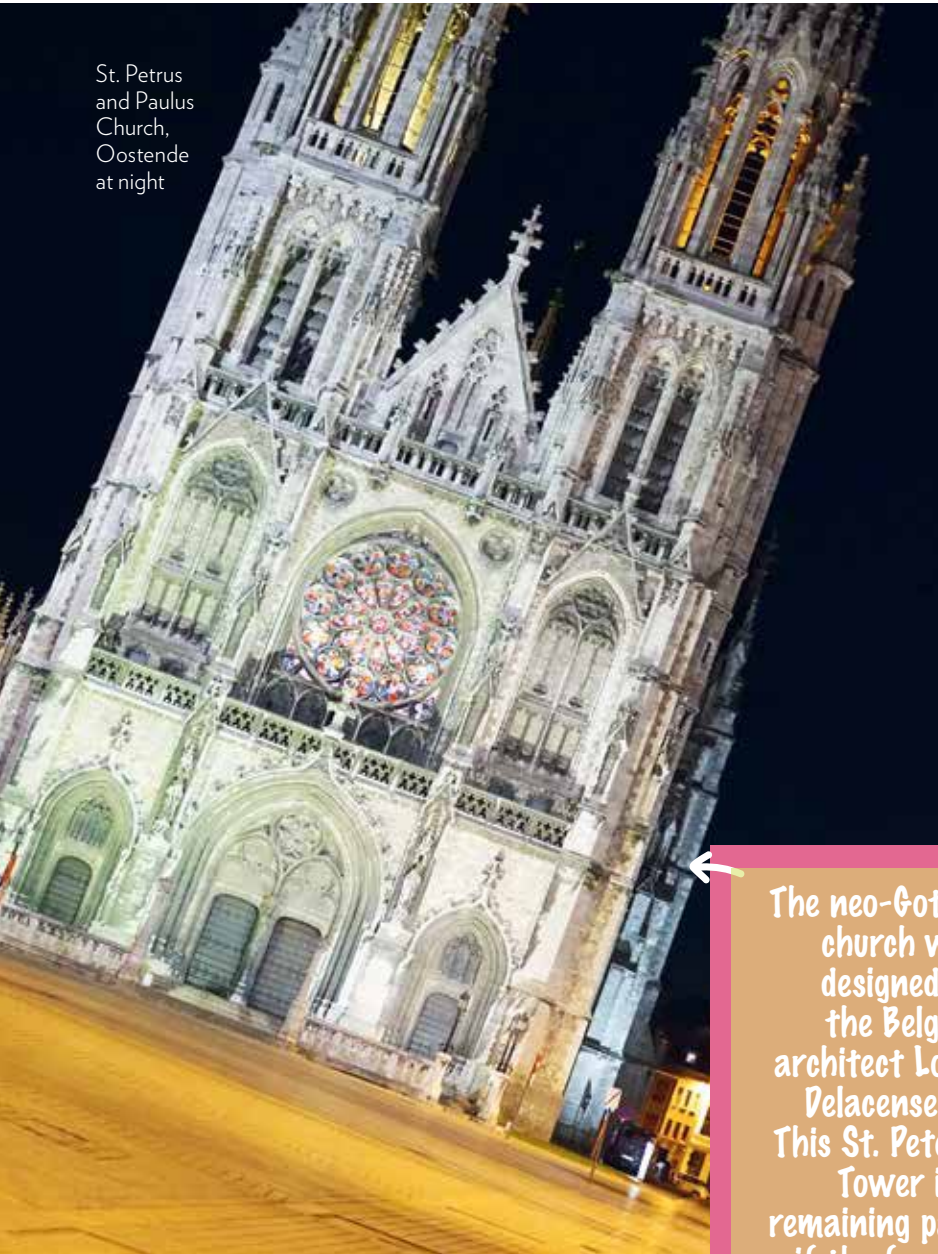


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St. Petrus and Paulus Church, Oostende at night



kip aan 't spit
chicken on te spit



Whelks, Oostende
Seafood Market

The neo-Gothic church was designed by the Belgian architect Louis Delacenserie. This St. Peter's Tower is a remaining part if the former St. Peter's Church, which was destroyed by a fire in 1896.

Belgium on the Fly

This is a story of how dirty laundry led to fresh seafood.

BY LISA ASUNCION

My husband John and I were up in the early hours one Saturday morning, doing a week's worth of laundry and thought that it would be nice to have fresh seafood for lunch or dinner later that day. We would nip to the nearby

fishmonger first thing but somehow, for reasons unbeknownst to us at that time, that plan was scrapped in favour of a drive to the south coast. This too was abandoned because the idea of taking the ferry across the English Channel proved too tempting. In what seemed

like minutes soon after the idea was put forward, ferry tickets were bought, bed and breakfast was booked, clothes were packed at a frenetic pace, and at 3 am, John and I set off for Dover port!

Just ninety minutes on the ferry and a couple of hours on the road and we were in Brugge, at Friterie 1900 at Market Square. John and I have been to Brugge before, almost ten years ago, and it was at Friterie 1900 that we had our first taste of Belgian fries. Unlike American-style French fries, Belgian fries are thicker and twice-cooked so it's crispy on the outside but with a soft centre. Friterie 1900 offers, other than the traditional mayonnaise, several accompaniments to their pommes frites but we still ended up choosing the samurai (spicy) and Andalouse (similar to Thousand Island dressing), just as we did years ago.

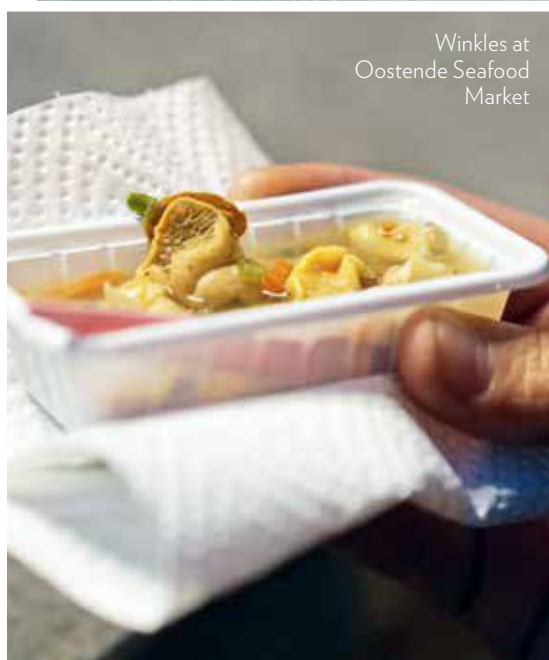
After our salt fix, it was time to succumb to our sweet cravings.



White Cliffs of Dover



Friterie 1900



Winkles at Oostende Seafood Market

Friterie is the name for traditional restaurants, kiosks or vans serving quick-service fast food, particularly fries. They are often found on main highways and town squares.

First on the list was chocolate, which Belgium is famous for. Brugge is choc-a-block (pun intended!) with chocolate shops and the number of choices can be vertigo-inducing. At La Belgique Gourmande, we decided to stop and hopefully, be satisfied because the unconventional-shaped chocolates (paintbrushes, spanners, nuts and bolts)

caught our attention. We were so glad that we did because their dark chocolate was divine! Being with John meant that chocolates were simply not enough so we headed for the waffle stand. Large with pockets deep enough to hold the whipped cream and dark chocolate sauce, the waffles with fresh strawberries made us both grin and ready for our next meal.

With sweet and salty done, savoury, naturally, was next. The decision as to where we would have our main meal was actually made hours ago, the moment we passed the outdoor food market on our way to Market Square. We were mesmerised and our stomachs undoubtedly besotted by the dozens of whole chickens and racks of pork ribs roasting to luscious perfection in food vans as large as lorries. The imminent reunion made our stomachs grumble with anticipation and spurred us to walk a bit faster. We were therefore so horrified to see the food trucks driving away, one by one, just as we got there. Heart-broken and forlorn, pining for what could have been an unforgettable meal, we left Brugge for the afternoon.

We sought refuge for our sorrows at Oostende, the last destination of our food journey across the continent. Here at Oostende, we finally had the fresh seafood that we travelled miles and crossed country borders for. At any of the restaurants that lined the promenade of this coastal city, we could have had Belgium's national dish, moules frites or mussels and fries, but John's digestive system doesn't agree with European mussels for some reason so we couldn't have any. We settled for fresh oysters, winkles (or kreukel in Belgian, small, black snail-like shellfish), and whelks (large marine snails) sold at stalls along the beach. The seafood on offer was everything that we had hoped for—the oysters were unusually large, succulent and unbelievably fresh, with only a very slight metallic taste; the winkles in spicy broth and the boiled whelks were flavoursome with a texture similar to escargots. Mission accomplished!

This is the end of the story of how dirty laundry led to fresh seafood. I wonder what dirty laundry would lead to the next time I do a load. ■

Host Janelle Tee, Appetite Magazine Editor-in-Chief Nina Daza-Puyat, Center for Culinary Arts Manila School Director Liza Morales, King Chef Seafood Restaurant President Marites Ang, Center for Culinary Arts Manila Competition Head Chef Trisha Ocampo, Fly Ace Corporation Executives and Cook Magazine Editor-in-Chief Dino Datu with Cook Off Grand Prize Winner Culinary Champions



Good Life serves feast of tidings with Flavors of Fortune:

A Celebration of Good Life

In celebration of more than 16 years of bringing authentic Asian flavors closer to Filipino palates, leading food brand Good Life recently hosted a grand Chinese New Year festival entitled “Good Life Flavors of Fortune: A Celebration of Good Life,” at the TriNoma Activity Center. The successful four-day affair, which attracted a huge crowd of visitors, marked the brand re-launch of Good Life products in the Philippines this Year of the Fire Monkey.

Good Life is very honored to become instrumental in keeping Chinese culture and celebrations alive and now, part of the lives of many Filipinos. No matter what the occasion, from a regular weekday meal with the family, a grand celebration, to catering large crowds via one’s food business, customers can rest assure that Good Life will deliver on its promise to make every meal authentic, best-tasting and wonderfully special, all

the time,” said Karen Saguiped, Product Manager of Fly Ace Corporation.

As expected of a significant event, spectators were dazzled by an array of entertainment and traditional Chinese performances. One of which is the spectacular dragon and lion dance exhibition by Philippine Sen Hua which signaled the opening of the Flavors of Fortune exhibit. Present at the ribbon-cutting ceremony were Fly Ace Corporation executives and Good Life



Chinese cultural performance by Philippine Institute of Quezon City

brand team led by Ellen Cochanco (Fly Ace Corp. Executive Vice President for Support Services), Larry Cochanco (Fly Ace Corp. Executive Vice President for Sales and Marketing, Ramon P. Daez (Fly Ace Corp. General Manager), Abraham Cipriano, Jr. (Fly Ace Corp. Vice President for Marketing), Karen

Good Life delivers on its promise to make every meal authentic, best-tasting and wonderfully special, all the time.

Anne Saguiped (Fly Ace Corp. Product Manager) and Rachele Chang (Fly Ace Corp. Product Associate). With them are Federation of Filipino-Chinese Chambers of Commerce and Industry, Inc. (FFCCCII) Executive Vice President Henry Lim Bon Liong and Vice President George Chiu, Confucius Institute at the Ateneo de Manila University Director, Dr. Ellen Palanca; ChinoyTV representatives led by Chief Operating Officer Loraine Tan, and Chief Executive Officer Alvin Tan.

For a taste of great things to come, Mr. Abraham Cipriano, Jr. revealed that Good Life loyalists can look forward to more marketing activities and exciting new products. "Good Life is all about food and Asian celebrations, and it believes in celebrating everyday occasions with family. Just like the Chinese, Filipinos are very family-centered. Simple things in our home like sotanghon, pancit canton, bihon, siomai, all of these come from the Chinese history and these have influenced and become ingrained in the Filipino culture," he said.

The event was made enjoyably delicious by the Good Life Chinese Food Fair which had food sampling featuring the different Good Life products, in partnership with Center for Culinary Arts, Manila (CCA Manila). The food strip also featured Ho-Land Hopia and Bakery, Masflex Cookware & Kitchenware, Tai Chi Guyasteen, and Waters Philippines. Live Chinese cooking demos by CCA chefs Michael Cheng and Lionel O'Hari Go, and known food stylist chef Sharlene Tan were conducted to the delight of the audience.



Good Life Chinese Food Fair in partnership with Center for Culinary Arts Manila (CCA Manila)

"We are very happy to lead this kind of celebration. This milestone event bridged better understanding and appreciation of Chinese cuisine among locals, and Good Life is very excited to continue this rich culinary heritage through food products that make special celebrations and everyday dishes more enjoyable and authentic-tasting for all Filipino consumers," said Fly Ace General Manager, Mr. Ramon P. Daez.

Offering a complete selection of Asian food products that bring out the genuine taste and flavor of favorite Asian dishes since year 2000, Good Life – which name is inspired by the Chinese's common association of longevity with noodles -- carries products like Vermicelli, Egg Noodles, Bihon, Sesame Oil, Oyster Sauce and Japanese-Style Bread Crumbs.

Epic culinary showdown

The "Good Life Flavors of Fortune" highlight event is the first ever Good Life Chinese Culinary Cook Off in partnership with the Center for Culinary Arts Manila. Divided into four teams or "houses", the students battled it out to test their culinary skills, taste and creativity in coming up with their own modernized interpretation of a traditional Chinese Lauriat. Using Good Life as the main ingredients, the CCA



Festive Chinese lanterns made by students from St. Stephen's High School, Chiang Kai Shek College and Philippine Academy of Sakya

squads exhibited fearlessly their cooking abilities, executing their dish renditions in front of a distinguished panel judges: COOK Magazine Editor-in-Chief Dino Datu, Appetite Magazine Editor-in-Chief Nina Daza-Puyat, CCA Manila Competition Head Chef Trisha Ocampo, King Chef Seafood Restaurant Owner Marites Ang and Executive Chef Joel Aroy, and Jolly Food Line Senior Product Manager Marilou Acuña.

After nearly five hours of heated combat, hailed Good Life Chinese Culinary Cook Off grand winners are the Culinary Champions, followed by Meal Masters, Gastronomic Gurus and the Kitchen Kings. Garnering the special award for Best Overall Dish is the Vermicelli Taro Snapper by Michelle Lim of Culinary Champions. ■

SILVESTER DAN SIBAL SAMONTE OF EL UNION COFFEE

bagged

3rd Philippine National Barista Champion Title

Samonte bested five of the country's top caliber baristas at the final round of the 2016 Philippine National Barista Championship—the country's most prestigious barista and coffee competition.

Silvester Dan Sibal Samonte of El Union Coffee bagged the nation's most prestigious barista title and beat five of the country's most highly skilled baristas during an intense final round of the 2016 Philippine National Barista Championship, held last January 23 at the Newport Mall Atrium of Resorts World Manila.

All six contenders at the final round of Philippine National Barista Championship prepared and served twelve coffee drinks—four espresso, four milk beverages and four original espresso-based signature drinks of their own creation—to an exacting 15-minute time frame to a panel of judges composed of four sensory judges, two technical judges, and one head judge.

Samonte impressed the panel of Philippine National Barista Championship judges with his washed process Fat Geisha coffee throughout his barista routine. For his espresso beverage, Samonte instructed the panel of sensory judges to look for notes of passion fruit, grape apple and mango; and notes of banana caramel coupled with nut chocolate finish for his milk beverage. For his signature drink, Samonte added his espresso beverage to a natural concoction of honey tea, jasmine and orange cascara to produce a coffee drink that tasted like pink grape fruit juice. Samonte's beverages demonstrated the versatility of his chosen single origin specialty coffee from Finca Nuguo, Colubre, Panama.

"To be a champion, a barista must demonstrate strong technical skills, craftsmanship, excellent communication as well as great customer service skills, and devotion for coffee," said Lauro Fioretti, Head Judge to the 2016 Philippine National Barista Championship and



Silvester Dan Sibal Samonte (center) is declared as the grand winner of 2016 Philippine National Barista Championship. Samonte will represent the Philippines at the 2016 World Barista Championship, the preeminent international coffee competition.

International Representative from World Coffee Events, official organizers of the World Barista Championship.

"Silvester Dan Sibal Samonte prepared and served high quality coffee beverages during the course of his performance and has exhibited professionalism, creativity, and passion," noted Leo de Leon, President and General Manager of Allegro Beverage Corporation, official organizers of the 2016 Philippine National Barista Championship. "Silvester is a world-class talent and is a worthy representative of the country. Rest assured that Allegro Beverage Corporation and the local barista industry will support him fully as he journeys the road to the World Barista Championship," Mr. de Leon added.

Resorts World Manila is the Exclusive Diamond Sponsor



(Top to bottom) Mr. Leo de Leon (center) and Mr. Lauro Fioretti (second to the farthest right) are being interviewed by the media before the start of the 2016 Philippine National Barista Championship.

The powerhouse of 2016 Philippine National Barista Championship finalists in the order of their official rankings are:

1. Silvester Dan Sibal Samonte (El Union Coffee, La Union)
2. Aldrin Lumaban (Yardstick, Makati City)
3. Adler Miko Simangan (EDSA Beverage Design Studio, Mandaluyong City)
4. Angelo Benedict Abordo (Jack Meets Kaldi Specialty Coffee, Tarlac)
5. Ernest Martin (Coffee Empire, Quezon City)
6. Sir Roland Rubin (Yardstick, Makati City)



The team of judges composed of four sensory judges, two technical judges and one head judge at the final round of the 2016 Philippine National Barista Championship (L to R): Leo de Leon (Sensory), Jay Caragay (Sensory), May Juan (Sensory), Lauro Fioretti (Head Judge), Emmanuel Torrejon (Sensory), Ernie Mesina, Jr. (Technical), Romeo Guevarra, Jr. (Technical), and Henry Magalona (Shadow Judge).

of the 2016 Philippine National Barista Championship. Other event partners include Fly Ace Corporation, Origin Coffee Network and DaVinci Gourmet Syrups & Sauces (Industry Mover and Shaker Partners); UCC Ueshima Philippines Corp. and CWS Philippines, Inc. (Industry Connector Partners). Official equipment and product sponsors include Victoria Arduino, Nuova Simonelli, Mahlkoenig, Jolly Cow, Urnex, Everpure, and Lotus Biscoff.

Silvester Samonte will officially represent the Philippines at the 2016 World Barista Championship —the preeminent international coffee competition, June 22 to 25 in Dublin, Ireland. ■



TV personality, movie actress, Chef and now a Barista --- Donita Rose, together with Jekoi Valle, emceed the finals of the 2016 Philippine National Barista Championship.

Cloverleaf Balintawak



CHANGING THE SKYLINE AND LIFESTYLE OF NORTHERN MANILA

Balintawak is a land teeming with history, heritage, and promise. It was the site where the Philippine revolution against Spain sparked; it was a manufacturing and economic hub in the 1990's; and now serves as the main gateway linking Metro Manila with the provinces in the north.



The auspicious aura of Balintawak is what has drawn most Filipino-Chinese to live and do business in the area—gated communities dot A. Bonifacio Avenue while rows of restaurants and retail shops are found along Banawe St.

The face of Balintawak is set to change as the country's leading real estate developer, Ayala Land, Inc., is developing an 11-hectare master planned mixed-use development right at the juncture of North Luzon Expressway, EDSA, and A. Bonifacio Avenue. A welcome respite from the urban jungle that this Quezon City district is known for, Cloverleaf Balintawak will be the site of landscaped pedestrian promenade, wide road networks, lush greeneries, and exquisite architecture.

Aside from retail strips, a shopping mall, office buildings, and residential towers, Cloverleaf Balintawak will also be home to QualiMed Hospital. An Ayala mall, along the side of A. Bonifacio Avenue, will be the first phase of development, while the Avida Towers Cloverleaf will be the first residential property to be constructed.

The proximity of Cloverleaf Balintawak to EDSA, North Luzon Expressway, the Skyway Extension, Light Rail Transit line 1, and bus terminals make it accessible from any point in Metro Manila and the rest of Luzon. The completion of the Skyway Extension will cut travel time from Balintawak to Makati and Bonifacio Global City to 20 minutes.

→ A BIG LIFESTYLE

Cloverleaf Balintawak, Ayala Land's first venture in Balintawak, will also be home to Avida Towers Cloverleaf.

The new Avida Towers Cloverleaf will be a three-tower development offering right-sized units. It will have a good mix of studio, 2-BR and 3-BR units, which come at 22 sqm, 52 sqm and 61 sqm respectively. Another big thing in the Balintawak area is the thriving food hubs along Banawe Street which is just a stone's throw away from Cloverleaf Balintawak. With its large spectrum of casual dining, hole-in-the-wall restaurants, and cafés, Banawe is one of the places in Metro Manila that you and your family can go to for a northern bite experience.





PORO POINT Santorini of the North

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PIONEER THEN, PARAGON NOW



Founded on 1924, under the name Osaka Kinzoku Kogyosho Limited Partnership by Akira Yamada, Daikin First Manufactured Radiator tubes for aircraft applications. Today, with 80 worldwide production bases and sold in over 140 countries, Daikin made its mark here in the Philippines in 2009 as DPH.

With the increasing consumer demand in air conditioning, Daikin developed the VRV technology to improve air conditioning performance and efficiency – pioneering innovation since. Prioritizing consumer comfort, multiple features were introduced to the residential lineup; one key feature is the intelligent eye which automatically controls air conditioning operation based on human movement.

At the height of air conditioning innovation, the Urusara 7 was launched which received a reddot product design award In 2013 proving not only its superb performance but also its aesthetic appeal. The broad range of products Daikin offers from residential, commercial and recently industrial solutions caters for every air conditioning need.

The Future holds great potential for air conditioning products; that is why Daikin upholds the importance of energy efficiency and minimizing global warming potential. Since last year, the window to split campaign is structured on the 12 good reasons for using split

type air conditioner notably: The energy savings, the sound level and the air flow distribution among other things.

The entire residential inverter product lineup is now using the eco-friendly refrigerant R-32, which has no ozone depletion potential and 60% less global warming potential compared to the outdated R-22 – establishing Daikin as paragons or air conditioning innovation today.

→ CHANGING THE WORLD ONE WINDOW AT A TIME

It is quite common nowadays to have one or more air conditioning units in a single household. With features similar to that of a regular split type inverter, the D-Compact’s primary attribute is its smaller outdoor unit – requiring less space. It comes with a U-shaped base, ergonomic handler position, and piping valves located at the back of the unit for easier installation.

The compact outdoor unit design of the D-Compact suits the designs of condominiums here in the Philippines where space is limited. This will be

perfect for maintaining comfortable temperatures with its DC inverter, while also increasing electricity savings – making it an ideal investment. Staying true to the W2s campaign, The D-Compact contributes to the already diverse air conditioning solutions offered by Daikin.

→ SAVE SPACE, SAVE THE WORLD

The Multi-split is primarily known for having multiple (up to 5) indoor units all connected to a single outdoor unit. It also allows the user to set a priority room which receives the change inverter capabilities to change the room temperature quickly. As with the rest of the residential products, the switch to he R-32 refrigerant was the ultimate goal – upgrading it to the new R-32 Multi-split.

The new R-32 Multi-split also has the comfort airflow mode which prevents directly blowing cold air to the person’s body; combining this with the 3D air flow and intelligent eye, comfortable air temperatures are easily attainable.■



The corn is beautiful, golden, with good corn flavor. It's not super-sweet, but tastes corny without being chewy."

SEEDS

LIVING LARGE IN THE VEGETABLE GARDEN

George Ball knows what gets gardeners' pulses racing.

BY DEBBIE ARRINGTON THE SACRAMENTO BEE (TNS)

When it comes to envisioning summer's garden, bigger sells better, said Ball, president of Pennsylvania-based seed catalog giant W. Atlee Burpee & Co. Want a tomato larger than a softball? An eggplant that can feed a family of four? An ear of corn that's hard to wrap your teeth around? That's what Ball is talking about.

"People love big," he said. "But they also want the real thing. They want real taste. We breed all our vegetables the old-fashioned way because that's what people want."

"Gardening is an active hobby," Ball added. "People don't want anemic heirlooms without yield that are susceptible to disease. We've seen a return to an old-fashioned approach to gardening. No. 1, people want results from all their work."

In its 2016 catalog, Burpee aims to please with more than 100 introductions, aimed at the backyard farmer.

Burpee's overall best-seller lives up to its big billing: SteakHouse tomato. This recent hybrid yields tomatoes that average 2 to 3 pounds each.

"It's not only impressive looking, it's incredibly delicious," Ball said. "When you slice into it, it's like carving prime rib—all pure flesh."

Ball is particularly excited over two

introductions: Meatball eggplant and Jaws yellow corn.

"Meatball eggplant has a truly revolutionary quality," Ball said. I know it sounds like a bit of a joke, but this eggplant is a real game changer. It's the whole concept of meat substitutes. No other eggplant can do what Meatball can do. It has the versatility, the density and tremendous flavor to be turned into cutlets, meatloaf and of course meatballs. It's a meal maker.

"We saw this thing coming along about 10 years ago, emerging in our test fields, but the timing wasn't quite right (for introduction)," he added. "Now with more interest in meat substitutes, this eggplant is amazing."

More stunning is Jaws, Burpee's first 12-inch sweet corn. Supply of this seed is limited, so it's available only at www.burpee.com.

"It's unbelievable," Ball said. "It's the most exciting introduction I've ever done in 25 years."

A naturally occurring variation, Jaws is gigantic. It's as big around—more than 7 inches—than most ears are long.

"When you bite into it," Ball said, "you've got to double clutch your teeth, take a double bite to get through it."

"When I first saw it, it was freaky, really unbelievable looking," he added. "We

scraped fresh picked ears and found it yielded about three times as many kernels as a normal ear."

Typically, corn yields a half cup of kernels per ear; Jaws yields 1 1/2 cups.

"People want more yield, and varieties like Jaws will be at the forefront of that," Ball said. "You get more corn in the same space."

The plants grow "extraordinarily tall—6 or 7 feet," he noted. "The corn is beautiful, golden, with good corn flavor. It's not super-sweet, but tastes corny without being chewy."

Another bestselling corn variety was recently introduced: On Deck, the first full-size corn meant to grow in containers. That reflects another trend; gardeners want big veggies in less space.

"They want more value," he said. "They want things that are beautiful with vivid color and a lot of yield. They want a lot."

Despite all the experimentation, Ball said he keeps in mind that gardeners tend to stick to the basics.

They grow what they like to eat, in particular, peas, carrots, onions and lots of parsley.

"Behind SteakHouse, our No. 2 seller is Italian parsley," he said. "Everybody seems to add it to their order. Once you grow fresh parsley, you'll never buy it at the supermarket again."

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Style at Home:

SIDEBOARDS ARE STUNNING IN EVERY ROOM; TRY THESE 6 SPOTS

Google “sideboards” and you’ll discover that these lovely old beauties have traditionally been kept in formal dining rooms, used for displaying and storing serving pieces. We set them free years ago, using these stunning storage pieces to add style and structure to almost every room in the house. Here are six spots you can add a sideboard to give your home extra elegance.

BY MARY CAROL GARRITY
TRIBUNE NEWS SERVICE



My friend turned her little-used sunporch into a drinks station, with the help of an antique sideboard.

→ FOYER

In my Atchison, Kan., home, the foyer was large and empty, and it needed some warming up. So I filled the space with furnishings to make it feel a bit more welcoming and cozy. The first thing guests saw as they walked in was a sideboard on the opposite wall, snuggled up under the stairway. I topped it with a beautiful mirror and slid some large decorative baskets underneath to give it some heft, and add extra storage.

→ HALLWAY

Similarly, you can slide a sideboard in a long, open hallway to give it more charm, changing it from a utilitarian walkway to another pleasant space in your home.

Place some lamps on top of the sideboard to give the hallway warm light and make it that much more welcoming.

→ BAR AREA

Want to set up a fetching bar area in your home? Use a sideboard! My friend turned her little-used sunporch into a drinks station, with the help of an antique sideboard. The wide open top gives you ample room to display pretty glasses, bottles and appetizers when you entertain.

Having a serving area in a little-used room will encourage your guests to move about your home instead of staying clumped up in a tight little bunch in your kitchen. I have found that people follow the food and drinks.

→ FAMILY ROOM

Remember when we used to store our TVs in huge chunky chests? With the slim flat screens, now you can fit your TV on top of beautiful pieces of furniture, like a sideboard. Whether the

TV rests on the chest or is mounted on the wall above it, hang a montage of artwork around the screen so the TV blends into your decor when it's not on.

→ BATHROOM

If you caught my blog a few weeks ago, you might recall my sideboard-turned-vanity in my bathroom. I picked out one of my favorite sideboards and had a carpenter transform it into a bathroom vanity. I love, love, love the look!

→ DINING ROOM

Last but not least, sideboards really are an essential for a well-dressed dining room. Our grandmothers had it right – they finish off the room.

Whether your dining area is in a separate, formal room, or a casual spot off your kitchen, you'll find a sideboard to fit your look and your budget. ■

This column was adapted from Mary Carol Garrity's blog at www.nellhills.com. She can be reached at marycarol@nellhills.com. (c)2016

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Moms Out, Dads In

Catch AFC's first Japanese original series, which pits 10 celebrity fathers against each other in a never-before-seen family cooking game show!

Premieres

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AFC is available on: Skycable - Metro Manila (Ch. 22) and HD (Ch. 248), Outside Metro Manila (Ch. 602) |
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A FINE TASTE OF EUROPE: *Zucchini's*



Among the many gastronomic secrets of Scout Tuason in Quezon City is a delightful modern European fine dining restaurant Zucchini's, a product of a passionate restaurateur and Le Roches International alumna Didi Sarmiento.

PHOTOGRAPHY BY ELEANOR LEYCO

Zucchini's is known for its finest steak. They are one of very few restaurants in the metro that carry the Certified Angus Beef brand such as the Chateaubriand, tenderloin, T-bone steak, rib eye, porter house and cowboy steak. But if you will peruse their intricately made menu, you will discover a lot of endearing flavors more than their hands-down juicy, tender and perfectly grilled steaks.

When you enter the restaurant, the first thing you have to do is to find your perfect spot. Every restaurant has its own charm, for Zucchini's, it must be the confluence of the prominent warm wood interior; a series of paintings featuring a fat chef that adorned its walls; and the surprisingly, unintimidating display of old and new world wines. The restaurant definitely exudes the modesty and craftsmanship of its owner.

So allow their well-trained staff to guide you to experience their tagline "the fine art of dining." Although for some recommended entree that graced my palate, here's a short list: apple pumpkin soup, Sabrina salad, organic





greens with fresh mozzarella prosciutto and figs, slow-baked bone marrow with sea salt and arugula, seafood platter, spicy linguine beef salpicao, tagliatelle with Portobello white wine cream sauce and truffle oil, and Australian lamb chops with garlic risotto and minted red wine sauce.

Try any of their succulent steak, you will never go wrong with a Certified Angus Beef and a seasoned gourmand like Didi, who pours her expertise to maintain one excellent restaurant for the love of European food. A personal favorite though would be the tenderloin. Don't forget to wash off your taste buds with a serving of homemade sherbet before indulging in the steak and ask the waiters to recommend a wine to go with it. Cap your dining experience with a dessert of chocolate Bailey's cake, white chocolate cheesecake, a soufflé or better yet a dessert sampler. ■



Zucchini's is Located At
20 Scout Trason Corner Scout
Castor Streets in Quezon City.
For Reservations,
Contact +63(2) 415.55.33
or +63(2) 376.58.96.



BOOK and BORDERS

READ. SIP. DINE.

In a city packed with bars and clubs, Book & Borders offers bookworms and individuals with quieter passions their own relaxing respite.

The latest themed café to open in Tomas, Morato, Quezon City and McKinley Hill, Bonifacio Global City, Book & Borders has become one of the metro's more popular hangouts, and not for the reasons that you'd typically expect.

While coffee shops and cafes are now a dime a dozen, Book & Borders puts itself in a class of its own, distinguishing itself as a haven for people who want to enjoy a more relaxed afternoon, sipping their favorite brew and immersed in their favorite books.

"Here, you can relish the quiet, tucked in your little corner where you can enjoy your coffee or tea, and indulge in your favorite pastime—reading," shares

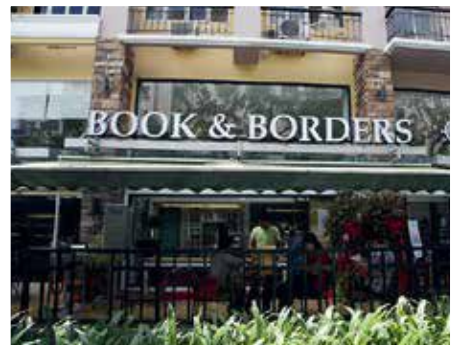




(Right photo) At the grand opening of Book & Borders Tuscany, from left to right; Benjamin Alves, Michael Lao, Karylle Tatlonghari-Yuzon, Kristine Joyce Simisim and Chef Dennis Apostol (Bottom) Host Julz Savard



From left to right, Michael Harris Conlin of Henry & Sons, Eric Lim of Conlins Coffee World, Mary Simisim, Kristine Simisim and Nancy Go of Book & Borders.



Kristine Simisim, café owner. “Bring a friend or your new book and discover how time flies.”


But even if you come empty handed, don't fret. Book & Borders offers an extensive selection of books, from the classics to contemporary bestsellers. And you are free to enjoy them at your leisure. The library is free and open for all, and for a better reading experience, customers are invited to use the book stands available at the café.

“I'm so ecstatic that there's finally a place for people like us. It's cozy and inviting, and you won't get too distracted like in crowded cafes. 'Books + coffee' spells the perfect afternoon,” shares Kapuso artist and budding poet Benjamin Alves.

“What I love about Book & Borders is that there's always something new

to discover because they constantly update their library. So even if you just want to browse, all the recent best sellers are on the shelves,” shares Karylle, a self-proclaimed bookworm and travel books collector. But the bestsellers are not only limited to the books on the shelves, you can find them on the menu as well. Do indulge your sweet tooth with scrumptious varieties of cakes and squares. (Do try the Book & Borders bestseller: the Queso de Bola Cake!) For something more filling, the menu also offers delicious pastas (Truffle Mushroom Pasta and Tuyo Pasta) and sandwiches like the Beef Pastrami

Panini as well as hearty rice dishes. Of course, aside from their famous brewed coffee and cold coffee-concoctions, you must not forget to sample their array of refreshing smoothies, calming teas and juices.



Book & Borders is located at 281 Tomas Morato, Quezon City and RCM and RP-RPM Building 5, Tuscany Estates, McKinley Hill, Bonifacio Global City For more news and updates, follow Book & Borders on Instagram (@BookandBordersCafe) and Twitter (@BookandBorders). You may also call them on (0932) 871 7856.



BURGERS & More

BY A BACHELOR





A soon to open two in one concept restaurant is in the offing. Located in Madison Galleries in Alabang Hills, Muntinlupa City, the people from the south will get to experience the first venture of ACR8 Restaurants. "A" Burger Place and Shrimp Haven is the latest business venture of Arnold Del Rosario. Arnie, as he is fondly called by friends, finished BSHRA in UP Diliman in 1992 and became a management trainee for a bakery chain for a short period of time. By 2004, he established Klean-Up-Pool, a construction and maintenance firm specializing in swimming pools. Since he is already in the pool business, his fondness of water led him to establish Arowana Haven Manila. Arnie, still a bachelor, collects and unloads these lucky and costly water creatures. He also co-owns The Boiling Seafood in Alabang Town Center which specializes in shrimps and other seafood in a bag.

Arnie confesses that his latest food business venture was just a dream that turned into reality. It so happened that his swimming pool client was building an edifice and offered him a space.

Truly, a gift from God, he says. Aside from that, he really wanted to put to good use the lessons he has learned in school. Arnie thought immediately of burgers. He said that burgers are comfort food and is patronized by young and old alike. He tapped the services of Melody SD Berris, a R & D Chef, Culinary Arts Professor and food consultant. Together, they thought of creating gourmet burgers including beef, shrimp, fish, chicken and mushroom burgers for the health buffs. Arnie wanted to incorporate shrimps in the menu thus creating another set of menu for the other concept, Shrimp Haven, which specialize shrimps in a bag with flavors such as Ala King, Garlic Chorizo and the like. It is accompanied by boiled corn, hard boiled eggs and sausages not to forget their specialty rice which is also good to be paired with chicken wings. Wings are a craze nowadays and both Arnold and Melody wanted to create assorted flavorful sauces to toss into. Very soon, some steak items will also be in their menu as ACR8 Restaurants aim is to continue their passion for food by putting up more stores in the future and creating more jobs for its employees. ■

THE FEED

Anything you need to know in March

Enjoy an exciting treat with Fun-O Cococreame



Aquabest Opens Soup Kitchen

Aquabest the country's premier water station franchise is reaching out to its local community by opening a soup kitchen for indigent people.

Every Friday afternoon the company operates a soup kitchen dispensing hot meals to the poor at its head office along Quezon Avenue. Since it started operating this February, the soup kitchen regularly serves dozens of underprivileged people.

The soup kitchen is part of the company's efforts to give back to society and is a reflection of the Christian values that underpin the company's operations. "As a company we have to strive to make a positive influence in our community. And our efforts here however small can help our underprivileged brethren that other people still care about them" says Carson Tan the company's President and CEO.

Enjoy the delicious combination of sweet coconut and crunchy biscuit with Jack 'n Jill's newest product, Fun-O Cococreame.

The Fun-O Cococreame sandwich cookie oozes with rich coconut filling, topped with coconut shavings, to give biscuit lovers more reasons to crave for this crunchy treat.

Perfect as baon of the kids, meryenda with friends or midnight snack with the family, Fun-O Cococreame, along with Fun-O Chunks Chocolate and Fun-O Chunks Coconut, are delightful treats



that can get one thrilled and hooked.

Fun-O Cococreame is available in packs of four, for only P5.40 (SRP). Grab this new biscuit from Jack 'n Jill at leading supermarkets, groceries and convenience stores nationwide.

Allan K and Chicken Deli's New Chicken BBQ

During the launch of Allan K as the new product endorser of Chicken Deli, the newest addition to the line of your favorite inasal items was also launched. Chicken Deli Chicken BBQ now comes in a sweet variant that is juicy and manamis-namis, every bite will surely make you want more! For only P119 for Pecho BBQ and P109 for Paa BBQ, with kanin all you can and free soup, you will get your money's worth with every serving. You will even enjoy it more when paired with Java Rice- only P25 for one serving. Now, you can choose from three flavors when ordering your Chicken Inasal at Chicken Deli- the all-time favorite Original Bacolod inasal flavor, Spicy flavor, and the new Sweet flavor. Dito na tayo sa deli-cious, Tara na sa Chicken Deli! For franchising inquiries, please call +639328489957 or call (02) 9030108 email: franchisingchickendeli@gmail.com.



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To see more of our amazing products, visit www.bosch.com.ph.

Holy Week Staycation at Holiday Inn Manila Galleria



This coming Holy Week, let you and your family recharge with Holiday Inn Manila Galleria's Stay Enlightened promo.

For Php3,000++ , spend a night at Holiday Inn's spacious and relaxing Deluxe Room, inclusive of a buffet breakfast for two and complimentary internet. Or you may choose our Php4,300 nett package inclusive of 1 ticket (admits 1 adult and 1 child) to our Mad Hatter's Easter Party on March 27! This package is available for booking until March 27 for stay dates on March 19 to March 27, 2016.

Join this colorful Easter party set in Wonderland filled with fun and games, activities, and a magical show! Wear your best Mad Hatter's costume and get the chance to win an overnight stay for two at sister hotel, Crowne Plaza. Tickets are available for Php1,050nett. Members of Kids Club may avail of tickets for Php800 nett.

For more information and reservations, call 633-7111.

Thailand's No. 1 Golden Cup Balm & Golden Cup Oil - Now in the Philippines

World famous topical pain relieving ointment and liniment brand, Golden Cup, has finally arrived in the Philippines and has ushered in a wiser choice for optimum health and healing.

Imported from Thailand, Golden Cup has been proven effective for more than 60 years and is Thailand's No. 1 brand. Approved by the FDA (Food and Drugs Administration) and Halal Certified by The Central Islamic Committee of Thailand, these products are safe for everyone to use.

Golden Cup Balm is made with herbal ingredients. It contains a blend of Menthol, Camphor, Methyl Salicylate, Eucalyptus Oil, Cajuput Oil, Clove Oil, Peppermint Oil, and Cinnamon Oil. With a unique scent



that's not harsh or chemical smelling, it soothes the senses while alleviating the pain or itch. All of these offer gentle and effective relief from various aches and pains to consumers worldwide.

For more information about Golden Cup Balm and Golden Cup Oil, visit www.goldencup.com.ph, like our Facebook page: www.facebook.com/goldencupbalm, or follow us on IG: @goldencup_ph. You can also call (632) 410-0340 and email at goldencupbalm.ph@gmail.com for more information.

Gin Nation Caravan

The "Ganado" spirit, which the brand espouses will be pushed to a more elevated experience, breathing new life to the brand. The Gin Nation Roving Caravan was created to guide and inspire people about the various ways that Ginebra San Miguel can be consumed. Participating in various university events and food festivals, the Gin Nation Roving Caravan is changing the way people drink Ginebra San Miguel from the ground up, one location at a time. We want to introduce Ginebra San Miguel to more and more Filipinos of all sectors, age and demographic.

Get ready to take the party on the road with our Gin Nation Roving Caravan. Our Gin Nation truck will be partnering with the metro's hottest events and destinations like Mercato Centrale, Maginhawa Food

Street, school events and concerts. Together with the truck, Ginebra San Miguel also formulated five mixes that everyone can enjoy: Manila Sunrise, Blue Fizz, Mojito Slush, Sweet Lemony Martini and All Nighter. Each mix is tailor-fit for everyone's taste. Apart from these unique mixes, we want to complete the drinking experience by adding acoustic performers that will give entertainment to our "Ganado" market. As we move on to the summer of 2016, we invite everyone to watch out for our Gin Nation Roving Caravan and join us in building a bigger and better Ginebra San Miguel. Like the "Ginebra San Miguel" Facebook page (www.facebook.com/barangayginebra) for details and schedules.

Elevate your taste

The Gin Cart is Ginebra San Miguel Premium Gin's take on Ginebra San Miguel's Gin Nation Roving Caravan. We believe that the premium drinks vehicle showcases our brand's elevated design aesthetic and readiness for a new, upscale market.

Much thought and consideration were put into designing the Premium Gin cart. For materials, we chose wood and black metal in order to give the cart a rustic, local feel. In terms of the actual wood design, it was crucial for us to showcase the iconic Ginebra San Miguel logo, which is actually one of Fernando Amorsolo's earliest recognized works.

The Premium Gin Cart will make its public debut in the 2016 edition of Art Fair Philippines on February 19 and 20 at The Link, Makati City.

Ginebra San Miguel 3 On 3 Tournament

Our Barangay Ginebra team plays a big role in the success of our brand, which is why we always have something in store for our fans. This summer, we will be going around different barangays to host a three-on-three competition where anyone above the age of 18 can participate. All they need to do is collect GSM Blue caps or Ginebra San Miguel seals to join with three of their friends.

These Barangay teams will battle it off to be their area's representative for the national championships. The top 16 teams from the identified areas will face-off against one another in a championship tournament that will determine this year's three-on-three national champion.

The inaugural qualifier will happen on March 12 at Santolan,



Pasig City. Teams from Pampanga, Tarlac, Pangasinan Laguna, Quezon Province, Cavite, Bulacan, Quezon City, Mandaluyong, Paranaque, Rizal, Pasay City, Cebu, Davao and Bacolod will have their respective qualifiers until May 7. The winning team from each area will get P3,000 plus GSMI products and a once in a lifetime chance to play for the national championships. Like the "Ginebra San Miguel" Facebook page, for more exciting news on this event.

Budding Business and Learning Opportunities for Philippine Food & Hospitality sectors at Food&HotelAsia 2016

FHA2016, Asia's comprehensive food and hospitality industry event will bring together more than 3,000 exhibitors from around the world to showcase a range of the latest products and ingredients, equipment and supplies, and best-of-breed services. The four-day exhibition from 12 to 15 April 2016 at the Singapore Expo, organised by Singapore Exhibition Services, provides a strong platform and opportunities for Philippine food and hospitality business owners to meet, network and exchange best practices and perspectives with regional and international industry players.

Filipino organisations and companies such as DLA Naturals Inc, Miesto International Foods Corporation, Shanghai Global Corp., and Sweet Serenity Flavoring

Syrup will be showcasing their products and services at FHA2016. The Philippine Department of Agriculture will also be leading a group of exhibitors to the event. Filipino companies that have pre-registered to attend FHA2016 include the Bistro Group, D Creative Food Group, the Hotel and Restaurant Association of the Philippines, MacroAsia Catering Services, Solaire Casino and Resort and Vanguard Hotels, among others. The Association of Purchasing Manager of Hotels & Restaurants of the Philippines and the Food Caterers Association of the Philippines will also be organising group delegations to the event.

FHA2016 will feature six specialised exhibitions, namely FoodAsia, HotelAsia, SpecialityCoffee&Tea, Bakery&Pastry, HospitalityStyleAsia and HospitalityTechnology, each with their own unique themes and areas of focus.



In addition to the competitions, self-guided trails and a Halal supermarket will be launched at FHA2016 for the first time as well, offering an encompassing holistic experience.

Thiocell: The Science Of Premium Whitening

It's time to wake up to whiter, brighter and more radiant skin with Thiocell, the first and only glutathione supplement in lozenge form.

In our pursuit for a fairer and brighter complexion, Filipinas are often led to try glutathione products that simply don't deliver as dramatically as they promise. But there's a more effective and safer product that helps you achieve that radiant glow you've always wanted - Thiocell, the premium glutathione that truly delivers.

Proven to be the more superior product in the market, Thiocell is the first and only oral glutathione in lozenge form. It is clinically proven to reduce pigmentation and achieve healthier, brighter and more beautiful skin in as early as 2 weeks.

The history of innovation

Thiocell is the medical breakthrough patented by Dr. Theodore Hersh, a renowned professor of the Emory University

School of Medicine, who has over 20 patents under his name in the development of glutathione and selenium products.

After years of research and clinical study, he discovered a newer, safer, and more effective way for the body to absorb and use glutathione.

It is well known that glutathione offers countless benefits. Not only does it help in skin whitening, it also boosts your immune system, enabling the body to fight off free radicals and prevents further damage at the cellular level, which causes skin aging.

"There may be hundreds of products available in the market, but women should be wary because there is a far more superior and successful method to achieving whiter skin," explains Director and COO of Brady Pharma, Rameash Tenambhat Krishnamurthy.

Thiocell was first introduced in the Philippines in 2013, and has since become the favoured and most trusted partner of dermatologists, not only in the country but around the world. Brady Pharma, in association with Dr. Hersh, had



commercialized this unique product, and has the rights to market and distribute Thiocell globally.

The secret to Thiocell's outstanding performance lies in three key fundamentals: the GCS synergy, Lozenge delivery, and the science of premium whitening.

Thiocell is the product of Brady Pharma, and is available in all WATSONS outlets nationwide and available for order through www.lazada.com

For more information, visit their official Facebook page: ThiocellUSA.

It's a Mad, Mad, Madhatter's Easter Tea Party at Crowne Plaza Manila Galleria!

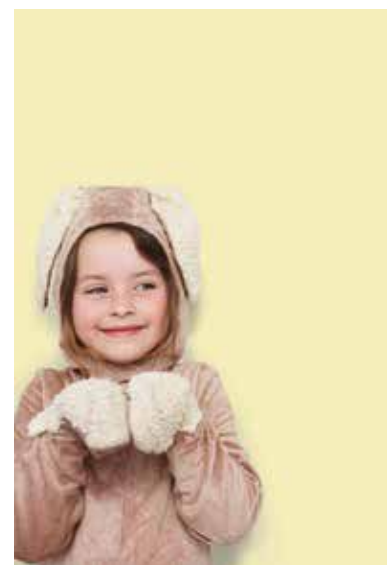
Hop on over to Crowne Plaza Manila Galleria on Easter Sunday (March 27), for a mad, mad, Mad Hatter's Easter Tea Party! Join us for a colorful day full of fun and games in Wonderland with your favorite characters!

Attendees get to enjoy an Easter egg hunt, bunny day care, and games such as Tweedle Dee and Tweedle Dum Leg Race, and Egg Croquets with great prizes at stake. Marvel at our visiting Mad Hatter's Musical Show with a meet and greet with the characters after the show. Wear your best Mad Hatter's outfit and get a chance to win an overnight stay in a Deluxe Room at Crowne Plaza!

Enjoy arts & crafts, learn how to do balloon twists, face painting and glitter tattoos and more! Parents may also relax at the Mad Hatter's Café with its selection of colorful sponge cakes, donuts, and Easter pastries. Visit Wonderland this Easter at Crowne Plaza for only Php1,050 nett (good for 1 adult and 1 child), inclusive of a packed snack and loot bag for the child.

Those seeking a staycation this upcoming Holy Week may also avail of our Lenten Recharge promo for Php5,700 nett for a luxurious stay in a Deluxe Room and a breakfast buffet for two (2), and one (1) ticket good for one adult and one child to our Mad Hatter's Easter Party.

For more information and reservations, call 633.7222.



Food, Family and Prosperity: Celebrate the Good Life

This year, Good Life marks the start of the Chinese New Year in an event entitled Good Life Flavors of Fortune: A Celebration of Good Life, last February 5 to 8, 2016 at the TriNoma Activity Center. Taste the culinary feast from the Good Life Chinese Food Fair, witness the 1st ever Good Life Chinese Culinary Cook Off in partnership with the Center for Culinary Arts Manila, and learn from the Chinese Cuisine Cooking Demos! Together with event partners ChinoyTV, Confucius Institute and Bahay Tsinoy, there

will be Chinese exhibits such as Lingnan Style Paintings, You Speak Hokkien, booth activities featuring Calligraphy, Chinese Paper Cutting and Lantern Making and various cultural performances on stage. Watch live demonstrations of Chinese Lantern Making, Collaborative Chinese Painting and the traditional Dragon and Lion Dance exhibition. And, get to know your 2016 fortune straight from Feng Shui masters Hanz Cua and Naneth Yu Guinto. It will definitely be a fun day of eating, cooking and celebrating traditions and culture, so



mark the date on your calendars!

Learn more at www.flyacecorp.com, one of the country's leading food and beverage companies. Good Life food products are available in all major supermarkets and grocery stores nationwide. Learn more at <http://www.flyacecorp.com> or like Good Life in FB ([goodtastegoodlife](https://www.facebook.com/goodtastegoodlife)).

Satisfy cheesy cravings with the new Jack 'n Jill Chiz Mix

Your cheese cravings are bound to be satisfied as Jack 'n Jill launches the dream cheese trio – Chiz Mix.

Jack 'n Jill Chiz Mix combines three kinds of chips - Mr. Chips, Chiz Crispers and cheese hoops, and three of your favorite cheese flavors in one bag. You'll definitely satisfy your cheesy craving.

Available in 60g packs for only P15.50 SRP, Chiz Mix is the perfect go-to snack of cheese fanatics. Try Chiz Mix today and go crazy over this new CHIZ-y snack from Jack 'n Jill.

Jack 'n Jill Chiz Mix is available in leading groceries, supermarkets and convenience stores nationwide.

Enjoy the goodness of Mr. Chips, Chiz Crispers and cheese hoops in one bag with the new Jack 'n Jill Chiz Mix.



Clean Fuel opens Villasis, Pangasinan branch



Clean Fuel, the country's leading supplier of environment-friendly fuels, recently opened its 30th branch in Villasis, Pangasinan. Now, motorists traveling up and down the northern road can load up with confidence knowing that Clean Fuel offers products that are not just the current standard, but also protect the environment.

As one of the earliest proponents of Auto-LPG in the country, Clean Fuel recognizes the need to utilize alternative fuels that create minimum carbon emissions, thus helping to preserve the air we breathe.

Stop over at Clean Fuel's Villasis branch and fill up on gas, check the oil, water, and tires, or just have a quick breather before getting back on the road.

Since Clean Fuel's first station opened in 2007, the gas company has reached out to a broader market through its 35 locations, which now provide top quality Euro 4 gasoline, diesel, and autogas LPG. Quality Fuel for Less!!! Tel: 02-655-6407 ; 02-655-9219 or visit www.cleanfuel.ph.

Sbarro: 60 years of serving the world the freshest handmade pizzas and pastas



Since its establishment in 1956, Sbarro has continuously upheld its vision of serving its pizzas and pastas with the same love and passion as Carmela Sbarro, the original Mama Sbarro. Whether serving its famous Chicago Deep Dish or customer favorites such as the New York style White Pizza and Baked Ziti, Sbarro makes each dish with the same care and quality as though they were made by Mama Sbarro herself. In fact, Sbarro used to advertise itself as the place "where mama still runs the kitchen." This tradition of quality stretches back 60 years to the very first Sbarro in America, a tradition upheld across its more than 800 eateries across 33 countries.

2016 is a promising year for Sbarro as the latest trends and programs

are being brought to the shores of the Philippines. As the master franchisee of the Philippines, Mr. Fred Salvador plans to expand his efforts in bringing in the best products, promos, and practices from the U.S. here. Loyal customers can look forward to brand new products and promotions that are attuned to the lifestyles of modern Filipinos; as well as world class store designs and practices implemented in Sbarro stores across the globe.

As we toast to the 60th year, we also welcome with great cheer a new partnership between Sbarro and Pepsi Philippines. With the aim of giving more value for money, Sbarro and Pepsi will be celebrating their new partnership by relaunching a classic customer favorite: The Festa Italiana. This latest version will surely delight: one (1) WHOLE

17inch NY Topped Pizza, 3 WHOLE spaghetti servings, 1 chicken macaroni, 1 garden salad, and a 1.5L Pepsi for only P999, giving consumers a P398 worth of savings! This package will be available in all Sbarro outlets nationwide this month.

As Sbarro enters into this partnership, they are also strengthening their expansion/franchising programs through an extensive business development program. This is a prime year to join the team as the brand is seeking passionate franchisees with a deep love of pizza and pasta served in the highest quality and standards. For more inquiries please send an email to: franchising@sbarro.ph or supersalute@yahoo.com; or call (632) 813-0298.

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Santino's Supreme Slice: Going Supreme At Sm Center Angono, Rizal

Phenomenal Pizza brand **SANTINO'S SUPREME SLICE**, famous for its ALL-SUPREME Italian Pizza slice offerings had another remarkable opening event to cap the year last December 2015 for opening another spectacular outlet. Located at the ground floor near SM Supermarket of SM Center Angono Rizal, mall patrons can easily grab a **SANTINO'S SUPREME SLICE** at only P28. Present in the launching were Mr. Wilfredo Mira representing Ms. Maria Leonora Dumlaog Mira and representatives from Pizza Pedricos Food Corporation (PPFC) Mr. Edo Cunanan, Dealership Development Manager; Ms. Tin De Quiros, Business Support Manager; and Ms. Manilyn Acebo, Dealership Development Senior Officer.

For more details on how you can open your own **SANTINO'S SUPREME SLICE** outlet, please call (02) 411-9444 or 0925-511-9444.

Don Papa Rum Art Competition

Bleeding Heart Rum Company is the trading arm of Chat Noir Co. Inc. based in Manila, Philippines with a satellite office in London, United Kingdom founded by Stephen Carroll in 2012. The company is responsible for the production and marketing of Don Papa Rum, a small batch single island premium rum from Negros Occidental, Philippines. We are available for interviews and questions. Below are our contact details: cristhel@bleedingheartrum.com, phone: +639178879274.



World Class 2016 Ushers in Manila's Golden Age of Cocktails

Sago pearls, soy milk, hazelnut liqueur, and a shot of one of the world's finest vodkas—these are the elements that compose a new take on a local street favorite, taho.

The taho cocktail, along with new interpretations of Filipino staples such as samalamig, is a new creation designed by Filipino bartenders trained under the banner of Diageo Reserve World Class, the cocktail industry's most renowned and respected mixology competition worldwide. The creation of these new craft cocktails stands as testament to the skill, craftsmanship, and creativity of the Philippines' new bartending industry. With such talent, the country is on the brink of making a dent in the world stage.

At the event, top personalities from Manila's culinary, art, fashion, business, and entertainment scenes all gathered to welcome this new era for Philippine bartending, spearheaded by Diageo Reserve World Class.

A space that was transformed into a living time capsule that housed the sights, sounds, and flavors of Manila's

past and present aptly welcomed the emergence of Manila's Golden Age of Cocktails—against the backdrop of the beloved city's most iconic bits and pieces of history in art, film, music, architecture, and fashion.

Diageo Reserve also flew in Bulleit Global Ambassador Tim Etherington-Judge, who conducted special mentoring sessions during the launch event. In his welcome remarks, Judge shared that certain Filipino sensibilities have indeed primed this year's roster of contenders for the upcoming competition. The upcoming competition will put all that to the test, and it's entirely up to these 23 representatives how they're going to show the rest of the world what the Philippines has showed.

Now on its 8th year globally, World Class continues to elevate the craft, innovation, and creativity within the cocktail industry. "World Class helps build careers in the industry and has been instrumental in changing the lives of the next generation of bartending talent."

The healthy goodness of chicken is now in a can



Purefoods Sexy Chix Chicken Chunks has no preservatives and has lower sodium content compared to other canned products in the market, making it the perfect healthy food for those looking after their nutritional intakes.

Purefoods Sexy Chix Chicken Chunks only goes to show that canned chicken can be just as good for you as the fresh one. It offers the same health benefits and same delight with the convenience of being in a can. Chicken is the choice meat for all living the healthy lifestyle, with its seemingly endless health benefits— from being a good source of protein to being the ideal meat for heart health. And getting it instantly in a can makes everything easier. Not discounting the fact that it's available all-year round, easy on the pocket, convenient and delicious. It sounds too good to be true, but it is.

Purefoods Sexy Chix Chicken Chunks may just be the dream of chicken lovers, as they can always get their hands on this delicious treat whenever they want, and ensure that they are getting all its health benefits. Enjoy Purefoods Sexy Chix Chicken Chunks in Guiltless Broth, Adobo and Hainanese variants.

Also available Purefoods Sexy Chix Shredded Chicken Arrabiata.

The Bellevue Resort Bohol, Awarded as Asean Green Hotel for 2016-2018

The Bellevue Resort Bohol Resort Manager Mr. Rommel Gonzales receiving the ASEAN Green Hotel Award for 2016-2018.

The Bellevue Resort Bohol Resort Manager Mr. Rommel Gonzales receiving the ASEAN Green Hotel Award for 2016-2018.

Bohol takes pride and honor to be one of Southeast Asia's greenest provinces after having The Bellevue Resort Bohol received the ASEAN Green Hotel Award for 2016 to 2018. With its adaptation of environment-friendly principles, commitment to resource conservation and sustainability the province of Bohol established an identity in the global market. They have proven that with the support of the private establishments combined with the cooperation of locals and residents, and with proper governance, anything can come to a reality.

Held last January 22, 2016 at Pasay City, Philippines as the host and now on it's 5th Awarding



Year, Southeast Asia's hotels and homestay establishments gathered to be recognized due to their efforts and initiatives that make them a true Green Hotel.

ASEAN Green Hotel Award winners were determined based on compliance of the hotel industry players who meet the major requirements and criteria of the ASEAN Green Hotel Standard.

The Bellevue Resort Bohol is located at Barangay Doljo, Panglao Island, Bohol, Philippines. For more information contact (+632) 7718181, or visit www.thebellevue.com/bohol. Check out facebook.com/TheBellevueResortBohol or follow @BellevueResort for updates.

GlutaMAX - PBA's New Marketing Partner

GlutaMAX recently had their contract signing with PBA as their new Marketing Partner. In photo are PBA officials with GlutaMAX management (from left to right) : Mr. Em Lingao - Brand and Mktg Manager of GlutaMAX, Ms. Cresel Love Narvaiza - Trade Marketing Manager of GlutaMAX, Mr. Jose Paulo Legaspi - President of Healthwell Nutraceuticals, Inc., with Commissioner Chito Narvasa of PBA, Ms. Dita Doble - Assistant



to the Commissioner and Ms. Rhose Montreal - Director for Buss. Development and Marketing.

Supreme Court's Second Division Dismisses Complaint Against Philhealth Chief

The Second Division of the Supreme Court recently dismissed outright the complaint for disbarment (docketed as A.C. No. 10846) filed by the Eye Center Conglomerate, Inc., represented by Dr. Raymond Evangelista, against Alexander A. Padilla, President and Chief Executive Officer of the Philippine Health Insurance Corporation (PhilHealth).

In a Resolution dated October 5, 2015, the SC Second Division resolved to dismiss the complaint for “violation of the Lawyer’s Oath and Canons of the Code of Professional Responsibility” against Padilla “there being no prima facie case against respondent.” The dismissal of the case by the Second Division was immediate and without the need

of the respondent’s comment.

The case stemmed from a press conference conducted in May 2015 where PhilHealth announced to the media the issuance of the STOP-Claims (Suspension of Transaction of Payments of Claims) Order on claims filed by two (2) eye centers due to an “abnormal jump” in their reimbursements in benefit payments on cataract operations spanning several years.

Meanwhile, PhilHealth Medical Specialist III Dr. Kim P. Gariando filed a perjury complaint against Dr. Raymond Evangelista, corporate director of the Eye Center Conglomerate, Inc., in connection with the latter’s filing of a verified libel complaint against the former before the Office of the City Prosecutor of Quezon City and docketed as I.S. No.

XV-03-INV-15G08773, as a result of Dr. Gariando’s statements aired in GMA 7’s news program “Saksi” on the audit findings report on eye centers that his team submitted. In his Complaint-Affidavit for Perjury, Dr. Gariando alleges that “[i]n the case of respondent Evangelista’s Complaint-Affidavit for Libel filed against me, paragraph 10 thereof which accuses me of categorically stating QCEC as one of the two eye centers performing ‘hakot’ system, is a willful and deliberate assertion of falsehood as I did not mention respondent, QCEC or any eye center in the Lei Alvarez interview shown in “Saksi.”

Perjury is committed either by “falsely testifying under oath or by making false affidavit.”

Tamarind Chicken by Chef Jhic Dimagiba

- 1 whole chicken
- 150g fish sauce (*patis*)
- 15g calamansi
- 1tbsp thyme
- 80g sampalok leaves
- 25g olive oil
- 35g butter
- 6 pcs garlic
- 15g flour
- 3 cups chicken stock
- 1 tbsp Knorr Seasoning
- 1 tsp sinigang mix
- 1/2 cube chicken cubes
- salt to taste
- pepper to taste

1. Stuff the chicken with the sampalok leaves.
2. Mix fish sauce, calamansi and thyme and marinate the chicken for 10 minutes.
3. Put the garlic cloves and olive oil

in foil and roast for 15 minutes or until brown.

4. Rub the chicken with salt, pepper and sampalok leaves.

5. Roast the chicken at 350° for around 1 hour to 1 hour 30 minutes (depending on the size of chicken). Combine marinade with half the oil from the roasted garlic. Baste the chicken occasionally using the olive oil – marinade mix.

6. Make the gravy in a pan. Put the remaining olive oil (from the roasted garlic) and butter. Crush the roasted garlic and saute in pan. Whisk in flour, chicken stock, knorr seasoning, sinigang mix and chicken cubes. Season with salt and pepper to taste. Add sampalok leaves to taste.



New bakery-café Bakers Maison will let you taste the world

A new specialty bakeshop has recently opened in the country to give us breads and pastries inspired by a fusion of flavors from around the globe. Danish pastries, Austrian croissant, French baguette, and Italian focaccia are only few of the dozens of bread choices you'll find in Bakers Maison, which recently opened in SM North EDSA.

With Bakers Maison, you can certainly have more choices of premium products that are satisfying and great tasting. Every bite of its delectable signature products, from the likes of artisan breads, viennoiserie, snack breads, loaf breads, cookies and muffins, and sandwiches is an encounter of the authentic taste and flavors; thus, takes you on a journey to the breads' origin and history. You can have them for take home or you can dine in with a cup of Bakers Maison's signature coffee blends, all the while getting a whiff of mouth-watering bread fresh off the oven. Not only

that, Filipinos anywhere in the country will be able to taste the world as well, as Bakers Maison plans to open 100 more stores in the next few years.

Aside from world-class confections, Bakers Maison also brings something really innovative experience to the Philippine retail bread industry with its interactive mobile application. This features a complete list of Bakers Maison's product offerings, a section dedicated to sharing latest promos and rewards, a feedback section where consumers can freely rate and review products, a video story depicting the featured bread's legend and history and last but definitely not the least, an Augmented Reality feature that makes use of trackers to create a digital overlay on top of the real world. All of which will surely give consumers a richer product and store experience.

Bakers Maison is entering the local market with the technology and bread making expertise of Gardenia Bakeries Philippines and its collaboration with various industry experts.



You can rest easy as every bread is skillfully crafted and baked fresh daily by Gardenia, whose trademark is equated to quality and value. Freshly-baked anytime, it is committed to excellence and consistency, using only the finest ingredients and original recipes to create that authentic taste.

First established in New South Wales, Bakers Maison has been serving Australia's foodservice sector with authentic French-style breads and pastries since 1998. Now, on its latest expansion, Bakers Maison captures the Philippine market and with Bakers Maison Philippines as your one stop bread shop, you can "taste the world" at your convenience.

Crowne Plaza Manila Galleria welcomes new Executive Chinese Chef



Crowne Plaza Manila Galleria welcomes Chef Peter Yeung, a modern Cantonese expert to lead the kitchen of one of the metro's

renowned Chinese restaurant, Xin Tian Di.

Chef Peter Yeung, a Hong Kong Chinese national has been perfecting his craft in the Philippines for the past 20 years. From his noble beginnings as Cook and Assistant Chef in various restaurants in Hong Kong, he moved to the country in 1995 and joined Subic Legend Resorts and Casinos as Chinese Chef. He had also been with Jade Palace Restaurant prior to embarking in hotel restaurants including Manila Pavilion Hotel, Sofitel Philippine Plaza, and Radisson Blu as Chinese Chef. His fondness of working with Filipinos convinced him to stay and continue to work in the country. "I enjoy working

with Filipinos... they are happy people", he shares.

The enthusiastic Chef from Hong Kong is also a health buff and a fan of fusion cuisines. He says preparing healthy cuisines is a personal advocacy as he cares for the people who eat his food. This year, Chef Peter introduces a whole new selection of healthy Chinese dishes which all made of freshest ingredients and prepared with less salt, sugar, and fat. Sample Chef Peter's modern Cantonese dishes and healthy options at Xin Tian Di. For inquiries and reservations, please call 633-7222 or email reservations@ihg.com

COOK CLUB

CONNECTING FOODIES



Hello Cook Clubbers!

Keep on cooking and sharing your recipes with us.

Each month, we will be featuring 4 of our favorite posts in Cook Magazine. Invite friends and watch out for upcoming activities lined-up for our members.

Log-on, like, share and post on Cook Club's Facebook page. Happy Cooking!

Z Leila Kusinera
January 26

Let's Eat!
All time Favorite!
Laging present sa Handaan...
KARE - KARE
With Chili Garlic Sauce & Bagoong Alamang... See More



Salvador Jr Divina 🥰 feeling positive at Riyadh, K.S.A.
January 19 · Riyadh, Saudi Arabia

Ptp. bicol express 🥰👍👍👍



Aileen Asilom
February 5 at 4:00pm

Bagnet sa Pinakbet
See Translation



Hyo Seok Siham
Yesterday at 10:04pm

😊😊😊😊 :) :) :) :) :) :) 😊 :) :)
yummy , my mother make this tasty Mix fruit cream dessert
get the recipe here : <http://goo.gl/2fVrxN>
or here : <http://goo.gl/gQxzv0>
😊😊😊😊 :) :) :) :) :) :) 😊 :) :)





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