

Cooking green and eating clean at Madrid Fusión Manila

FOOD

ISSUE 2, 2017

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FREE
4 WEEK
*menu
guide*

**LUTONG
PROBINSYA
AND OTHER
FAVORITE
DISHES
FROM OUR
HOMETOWNS**

*Chicken inasal
by Chef Jessie
Sincioco*

52
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recipes

**INHAW
NOW!**



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By THE FOOD TEAM



**MASARAP
MAGING MIGHTY!**

Swift

**MIGHTY
MEATY
HOTDOG**



Mighty Meaty CORN DOGS



Ingredients

1-500 grams Swift Mighty Meaty Hotdog Regular
1-250 grams hotcake mix
1 cup cornstarch
1/2 cup water
1 egg
2 tablespoons cooking oil
Cooking oil for deep-frying
Ketchup and mustard on the side

Procedure

Pat dry *Swift Mighty Meaty Hotdogs* with paper towel. Set aside.

In a bowl, combine hotcake mix, cornstarch, water, egg and 2 tablespoons cooking oil.

Mix well until smooth.

With bamboo skewers or wooden popsicle sticks, dip hotdogs into batter coating it well

Immediately fry in hot oil until golden in color. Remove from oil and serve with ketchup and mustard on the side

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FOOD

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ABS-CBN Publishing, Inc. is a member of ABS-CBN Cable Channels
and Print Media Group.

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For orders and subscription inquiries, please call
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Chicken Inasal
Recipe by Jessie Sincioco
Photography by Paul del Rosario
Styling by Tina Concepcion Diaz

A Probinsyana Mindset

I'm no *probinsyana*. I've lived in the city my entire life and would only get glimpses of the country life when visiting relatives in Batangas and Negros Occidental or going on food tours for FOOD Magazine. But these short trips are always memorable—the eating is good, the prices cheaper, and the locals get a kick out of plying you with too much food! I've always believed that the best Filipino food is to be had outside Manila, whether it's the freshest tuna *kinilaw* in Davao or the juiciest chicken *inasal* in Bacolod. With these memories so vivid in my mind, we've compiled many of FOOD's most special food experiences in this issue. Our list is too short, I admit, but it does give a sense of how rich and varied our food is, and even with multiple visits to a province or town, there's still so much more to discover. One such place featured in this issue is faraway Ozamiz where we sampled new flavors and visited its still unspoiled attractions.

The *probinsya* life is about keeping things simple, taking things nice and slow, and we've got delicious homegrown recipes to prove it. Chef Jessie Sincioco reminisces about grilling with her family in Bulacan. Chef Chris de Jesus shares hearty soups from his childhood in Ilocos Sur. Chef Gene Gonzalez cooks pork adobo the way it's done in his hometown of Sulipan, Pampanga.

There's much to learn about living in the countryside: a sensitivity to nature and its seasons, a predilection for fresh and local ingredients, a certain frugality where nothing goes to waste, and a heightened sense of community. Funnily enough, some of the world's most acclaimed chefs espoused these very same values at this year's Madrid Fusión Manila which delved into the theme of "sustainable gastronomy"—an avant-garde term for an old-fashioned way of living. Imagine that, *probinsyanos* have been cooking green and eating clean all their lives!

While I can never claim to be a *probinsyana*, I hope to adopt a bit of that mindset amidst the frenzy of modern city life. The rules are simple: slow down and take it easy, eat local as much as you can, and don't waste food. And when things get really stressful, take your car and drive a few hours outside of the city to relish a simple meal, breathe the fresh air and see the stars.



Photography by PAUL DEL ROSARIO | Shot on location at THE GROVE BY ROCKWELL

Nana Ozrete
Editor-In-Chief

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 Follow us on Instagram: @FOODMagazine

contributors

Michelle Adrillana is one busy chef. She runs her catering company, Flavors on Fire; works as a restaurant consultant; and just recently, she opened Stew, her quaint hole-in-the-wall restaurant in San Juan. Being a wife and mom with two active kids keeps her even busier, so she's used to preparing quick-cooking dishes packed with flavor, like her Asian rice bowls on page 101.



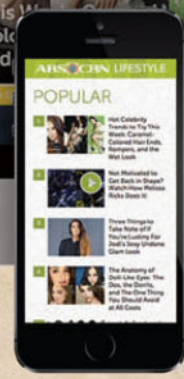
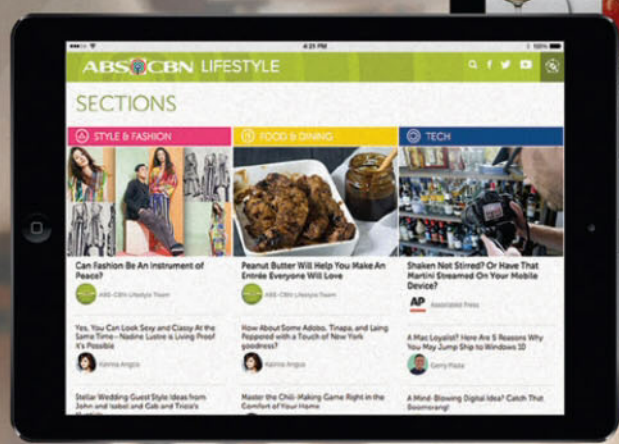
A food blogger turned photographer, **Eugene Constantino** regularly shoots food for various restaurants and establishments. His day job is digital analytics manager for a digital marketing firm. He braved the six-day trip to Mindanao to shoot for Food Tour Ozamiz on page 104.



Marilen Fontanilla first forayed into professional writing via an article in FOOD, back when it was just a few years old and was the only culinary magazine in the country. As a writer and editor, Marilen has used her voice to advocate issues that can transform, shift and uplift the food industry. Her most recent story on the young scholars of Youth With A Future is on page 66.

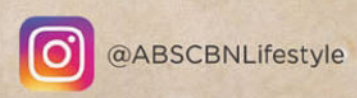
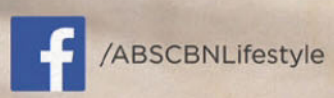


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GULAY TO GO

Organic, seasonal vegetables delivered straight to your doorstep

By GINNY MATA

Photography by PAULO VALENZUELA Styling by TINA CONCEPCION DIAZ

With the popularity of organic vegetable delivery services in the metro, it's clear that we're living in more enlightened times when it comes to the way we think about and work with food. We've come to recognize that it's important to know how and where our produce is grown, to pay proper tribute to the farmers who work hard to provide us with delicious, organically grown vegetables for our daily meals. As Good Food Community's slogan says, "let's save the world one *bayong* at a time!" **F**

About Good Food Community

These gorgeous *kamote* leaves (or tops) are part of Good Food Community's "Gulay Pambahay Package." This is a 3.5 kilo *tampipi* of hearty and leafy seasonal vegetables with a variety of 9 to 12 vegetables (*kamote*, *upo*, *kangkong*, eggplants, *saba* bananas, etc.) delivered every week to your doorstep. Think of it as a market challenge a la Top Chef! Good Food Community is about growing a sustainable society that nourishes everyone—you, the farmers and the land for generations to come through community shared agriculture (CSA). CSA is a sustainable alternative distribution system that supports smallholder organic farmers by subscribing to prepaid local and seasonal vegetables delivered weekly to your community. It provides farmers with stable demand and guarantees you a share of the harvest too. www.goodfoodcommunity.com

DOWN TO EARTH

Down To Earth produce is grown in the foothills of Mt. Kitanglad, Bukidnon, and theirs is one of the few truly sustainable biodynamic farms in the Philippines. They grow hard-to-find heirloom specialty vegetables like sweet baby carrots, baby French beans, baby mesclun, baby *tatsoi*, frisée lettuce and heirloom tomatoes. They also grow microgreens and edible flowers. www.downtoearth.ph

TERAOKA FAMILY FARM

In operation since 1992, this is a family-owned 200-hectare organic farm in Pangasinan. They grow specialty produce like striped eggplants, heirloom eggplants, heirloom tomatoes, cape gooseberries, purple and white corn, heirloom squash, Tuscan kale and rare fruits like *balimbing*, *anonas*, pomegranate and more. While they do deliveries in select areas in Metro Manila, you can also buy from their stall at UpMarket at Alhambra Makati. Facebook: [Teraoka Family Farm](#)

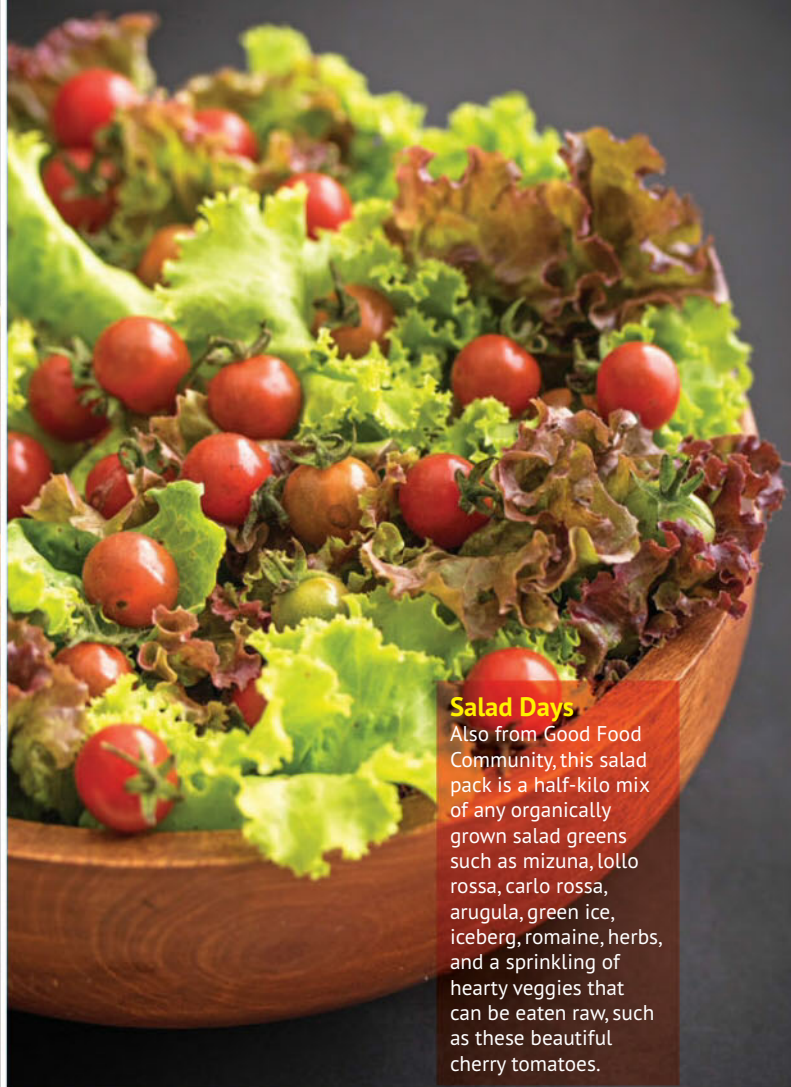
HOLY CARABAO FARMS

Founded by Hindy Weber-Tantoco and Melanie Teng-Go in 2007, this biodynamic farm was one of the first to offer organic vegetable deliveries in the metro. "We strive to improve the lives of everyone we work with from farmer to packer to driver to salesperson and ultimately to you," they declare. They have many products on offer, including an Asian Veggie Box, a Continental Veggie Box, and a subscription-based Healthy Habit Box (with each box containing Php 1,500 worth of fresh, organic produce for 4 consecutive weeks). www.holycarabao.com



No-Fuss Juicing

If you like juicing for health reasons, Good Food Community can make it easier for you with their juicing package. The juice pack from their partner farmers in upland communities contains 2 kilos of hearty veggies like carrots and beetroots, mixed with a bundle or two of leafy vegetables like kale or spinach.



Salad Days

Also from Good Food Community, this salad pack is a half-kilo mix of any organically grown salad greens such as mizuna, lollo rossa, carlo rossa, arugula, green ice, iceberg, romaine, herbs, and a sprinkling of hearty veggies that can be eaten raw, such as these beautiful cherry tomatoes.



Super Food, Super Corn

Homegrown Organics specializes in producing purple corn, a superfood that is rich in antioxidants, anthocyanins, B Vitamins and fiber. Organic, pesticide-free and non-GMO, it's great as a snack or when mixed in your dishes. Aside from purple corn, Homegrown Organics also sells other organic products like green peppercorns, salad greens, carrots, and the like. Facebook: [homegrownorganicsph](https://www.facebook.com/homegrownorganicsph)



Live Green PH

There is an official Organic Certification Center of the Philippines (OCCP) certified company engaged in the growing, production, processing and distribution of fresh organic vegetables from Benguet Province and Tanay, Rizal. www.livegreen.ph

books

WHAT GOOD COOKS KNOW: 20 YEARS OF TEST KITCHEN EXPERTISE IN ONE ESSENTIAL HANDBOOK

America's Test Kitchen, 2016

This book is a must-have for food geeks, food lovers, and all people who love to cook. It's a rich compendium of kitchen knowledge, exhaustively tested and collated by the editors of America's Test Kitchen over the last 20 years. Spanning the entire culinary spectrum, it features dozens of equipment recommendations, hundreds of ingredient entries, basic cooking skills lessons and lots of useful kitchen science, and illustrated step-by-step instructions for 50 of its most essential recipes such as classic barbecued chicken, Tuscan pork loin with garlic and rosemary, eggplant-parmesan, bakery-style muffins and deep-dish apple pie. **F**

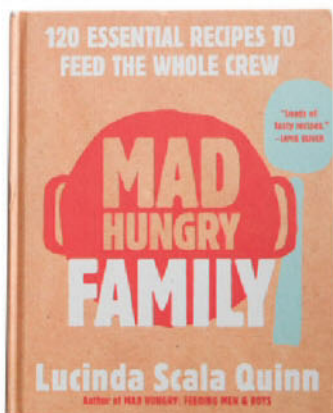


Text by GINNY MATA | Photography by PAULO VALENZUELA

MAD HUNGRY FAMILY: 120 ESSENTIAL RECIPES TO FEED THE WHOLE CREW

By Lucinda Scala Quinn
Artisan, 2016

James Beard Award-nominated cookbook author Lucinda Scala Quinn has always advocated that families should cook and eat dinner at home every day of the week. That's no mean feat for Quinn, who is herself a professional chef and a busy mother of four children. In the fifth book in her *Mad Hungry* series, she once again shares the no-fuss, big-flavor recipes that her family loves, which are interesting without being pretentious, yet simple enough to recreate at home. **F**

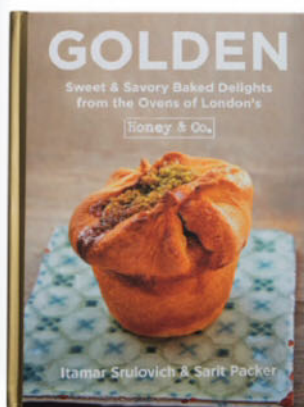


Available at POWERBOOKS

GOLDEN: SWEET & SAVORY BAKED DELIGHTS FROM THE OVENS OF LONDON'S HONEY & CO.

By Itamar Srulovich and Sarit Packer
Little Brown, 2016

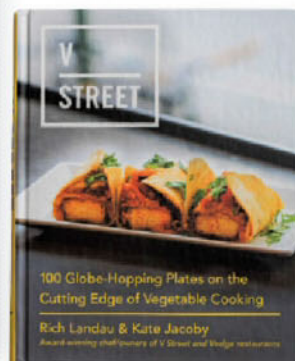
London's Honey & Co. is known for making delightful Middle Eastern pastries and savory baked goods. In this book, chefs Srulovich and Packer share their recipes in great detail. From many different kinds of jam to sweet and savory breakfasts to traditional Middle Eastern desserts, none other than legendary pastry chef David Lebovitz himself has said that "(he) would like to make every recipe in this book, and (we) should too!" **F**



V STREET: 100 GLOBE-HOPPING PLATES ON THE CUTTING EDGE OF VEGETABLE COOKING

By Rich Landau and Kate Jacoby
William Morrow, 2016

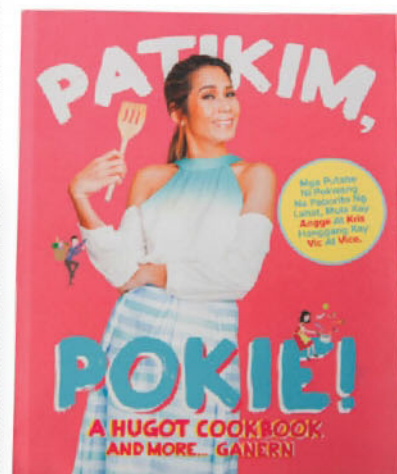
By seeking inspiration from different ethnic and street foods all over the world, Chefs Rich Landau and Kate Jacoby of Philadelphia's nationally acclaimed restaurants Vedge and V Street have made vegetables the star of the show. Exotic spices and bold flavors shine through in these recipes, with an emphasis on quick, casual meals that they serve in their restaurants, such as sticks (e.g. Israeli grilled eggplant and *char siu tempeh*), snacks (e.g. papadums with whipped dal and *salchipapas*), bowls (e.g. spicy *chana* stew, and V Street ramen). **F**



PATIKIM, POKIE! A HUGOT COOKBOOK AND MORE ... GANERN!

By Marietta "Pokwang" Subong
ABS-CBN Publishing, 2017

Popular comedian Pokwang takes a stab at cooking, the *hugot* way. The book's blurb reads: "*Nagmahal. Nasaktan. Nagluto! (Joke!*)" It's a laugh-out-loud kind of cookbook, with lots of funny anecdotes about Pokwang's life. These are her favorite recipes, and have been personally kitchen-tested by FOOD magazine's nutritionist and recipe tester, Cecilia Esperanza too! **F** Available at National Bookstore and Powerbooks



SMALL BUT POWERFUL: THE NEW KITCHENAID ARTISAN MINI

If you don't have enough kitchen space for the iconic KitchenAid Stand Mixer, then you'll love the new KitchenAid Artisan Mini. It's 20% smaller and 25% lighter, but yes, it's just as powerful, with the same patented planetary mixing action. Bakers will love the nifty new soft start feature (0.5 speed), perfect when adding dry ingredients while mixing but without the spillage. The Mini comes with a flat beater, wire whip, dough hook and a 3.5-quart bowl. It can also fit 14 of the KitchenAid attachments, like the Food Grinder or Pasta Sheet Roller Set. Match the Mini to your kitchen with any of its six attractive colors: Matte Black, Matte Grey, Twilight Blue, Hot Sauce, Guava Glaze and Honey Dew. **📍** Available in all KitchenAid Experience Centers, Coleman Service Centers, and online at www.lazada.com.ph/kitchenaidandtackthis.ph/shop/KitchenAid. Visit www.KitchenAid.com.ph or join Facebook.com/KitchenAidPHL



Vitamix: Ultimate Power in a Blender

The Vitamix is so much more than just a regular blender. More powerful, it pulverizes every ingredient, with no chunks in sight, perfect for nut butters and gluten-free flours. And it can heat up soups while blending—without a heating element! You can prepare smoothies, salad dressings, hummus, even make your own ice cream. Dependable and built to last, the Vitamix is easy to use, making food prepping easy and healthier. **📍** Available at *Rustan's, Gourdo's, Living Well, The Parenting Emporium, Earth Origins, Healthy Eats Makati, Chimes Store Davao, Automatic Center, Abenson, Landers Superstore* and online at www.thesuperfoodgrocer.com, www.holyucarabao.com and www.lazada.com.ph



GOURMET SHOPPING AT UPMARKET

Gourmands looking for organic and artisanal products can now go to UpMarket at Alphaland Makati Place, which offers hard-to-find, high-quality goods conveniently under one roof, seven days a week, from 11 AM to 8 PM. UpMarket's products include Spice & Cleaver sausages, Kitayama Wagyu beef, organic vegetables (Teraoka Farms, Balesin Bounty), artisan snacks by Chili Asylum, Gustare, The Cracking Monkey, Chelcie's Homemade Spreads, The Fruit Garden Jams, Take Fruit Junk-Free Snacks, Malagos Chocolate, Tita Rio's Garlic Sauce, Pinkie's Farm dairy, cakes, Carmen's Best Ice Cream, Joe's Brew and Pedro Brewcrafters craft beers, wines by the Philippine Wine Merchants, and much more. **📍** G/F The Shops at Alphaland Makati Place, Malugay Street corner Ayala Avenue Extension, Makati, (0917) 650-0865, info@upmarket.ph. Visit www.upmarket.ph



DRINK

A COGNAC FOR PLEASURE SEEKERS

Just read this sexy description of how Hedonist Cognac is made: take a premium Cognac blended from 35 eaux-de-vies from Grand Champagne, infuse it with natural ginger and Madagascar vanilla cooked in sugar grapes, age it for five months—and voila! Enjoy on the rocks or mix with sparkling wine or soda water, then garnish with fresh lime. **📍** AWC Philippines, 2/F Alegria Alta Building, Chino Roces Extension, Makati. Visit www.awc.com.ph



SUMMERY STRAWBERRY VODKA COCKTAILS

Fresh strawberries are gently pressed into pulp then mixed with crystal-clear vodka, with just a squeeze of lime. The result is this summer drink. Pour over crushed ice, mix with sparkling wine or use as dessert topping. Or try one of the six unique Xuxu-infused cocktails at The Lounge of Hyatt City of Dreams. **📍** Available until May 30 at Hyatt City of Dreams Manila, Belle Avenue, Pasay. Visit cityofdreamsmanila.hyatt.com



PROUDLY PINOY CRAFT BEER

Joe's Brew is a proud 100% Filipino craft beer, made from quality ingredients. It comes in three different variants, ranging from the mildest to the strongest. We like the slightly sweet Sierra Madre wheat ale, with 5% ABV, and the smooth, medium-bodied Soothsayer pale ale with 4% ABV respectively. **📍** Available at UpMarket at Alphaland Makati Place. Instagram: [joesbrew](https://www.instagram.com/joesbrew)



BEAT THE HEAT WITH NOVOTEL'S ICE N CREAM

The new ice cream line at Novotel offers 18 original flavors like Purple Dream (purple yam, jackfruit), alcohol-infused sorbets like Tijuana Surprise (cucumber, *dalandan*, tequila) or sugar-free options like Oh Honey Honey (honey, *calamansi*, yogurt). Executive chef Michael Schnauss created each flavor, all gluten-free, all-natural and homemade with no stabilizers or preservatives. **F** *Novotel Manila Araneta Center, Facebook: NovotelManilaAranetaCenter*



Magnum White Chocolate Indulgences

Magnum #NeverStopPlaying is a delicious invitation to take a break and enjoy life's little indulgences, especially Magnum's latest, most decadent white chocolate flavors. Inspired by one of the most globally-searched premium desserts, the brand new Magnum Red Velvet is crafted with decadent red velvet ice cream, a rich cream cheese flavored swirl, and wrapped in exclusive white Belgian chocolate with cream cheese flavor. Magnum White Almond is the same decadent white chocolate ice cream bar we all know and love, in a fresh new look to match Magnum's new #NeverStopPlaying attitude. **F** *Available in all leading supermarkets and convenience stores nationwide. Visit www.magnumicecream.com and follow Facebook: MagnumPH*



Richer, Creamier Frozen Custard by FIC

Fruits in Ice Cream (FIC) celebrates its 20th anniversary with its new line of premium Frozen Custard that harks back to old fashioned ice cream recipes that used eggs for extra creaminess. (Most modern ice creams don't contain eggs anymore.) FIC's Frozen Custard boasts a richer, more luxurious texture, with lower overrun than commercial ice creams. FIC debuted four basic "comfort" flavors with unique formulations—old-fashioned, buttery Mantecado Real; extra creamy Vanilla Bean made with real vanilla pods; intense Espresso with dark roasted Arabica beans; and decadent Dark Chocolate Truffle using premium Belgian chocolate. FIC products are made with 100% milk from New Zealand and Australia, without any vegetable fat and non-dairy substitutes like other commercial "ice cream" brands. In fact, there is a glass of milk in every scoop of FIC. **F** *FIC is exported to North America, Asia and the Middle East, and is available locally at select supermarkets and distributors. Visit fruitsinicecream.com*



Le Petit Soufflé High Tea: Choose French or Japanese

This charming French-Japanese fusion restaurant recently launched its wonderful multicultural adaptation of High Tea. For the French High Tea, you'll be served lavender lemon tea, orange and almond scones with homemade clotted cream, Camembert and apple tartine, cheese profiteroles, foie gras and raspberry L'Opera. The Japanese High Tea experience includes matcha genmaicha, a matcha scone served with adzuki red bean paste and homemade clotted cream, *furikake*, *chasyu* and mayo tartine, a matcha and black sesame cheese puff and other delights. Le Petit Soufflé's quaint twinkling lights and alfresco inspired interiors is the perfect setting for this relaxed afternoon delight. **F** *3/F Century City Mall, Kalayaan Avenue, Makati City; 2/F Mega Fashion Hall, SM Megamall, EDSA, Mandaluyong; UP Town Center, Katipunan Avenue, Quezon City; Facebook: Le Petit Soufflé*



Stunning SIEM REAP

Cambodia's ancient capital lures hordes of tourists who flock to its grandiose temples and shrines. But for adventurous food lovers, the country's rich, bold, aromatic cuisine is just as memorable

Text and photos by ANNE MARIE OZAETA

1 Superb Cambodian fare at Chanrey Tree

This stylish spot is one of Siem Reap's most popular restaurants—and with good reason. The traditional Khmer food here happens to be excellent. Try the signature Char Khroeung, a curry paste of lemongrass, turmeric, lime leaf and galangal, that is quickly stir-fried with a choice of river fish, beef or frog legs. Another best seller is Roasted Khmer Chicken (pictured) marinated with honey and rice brandy, served with young jackfruit and a sweet chili sauce. www.chanreytree.com



2 High tea at Raffles Grand Hotel d'Angkor

The grandest hotel in Siem Reap is the historic Raffles, first opened in 1932, since then refurbished and modernized, but still retaining much of its colonial architecture and tropical charm. If you're not a hotel guest, the best way to experience this landmark is to sit in The Conservatory, the cozy lobby area overlooking the pool and gardens, listen to the Filipino pianist playing your favorite nostalgic tunes, and indulge in the hotel's famous afternoon high tea. You can choose a Western tea composed of a three-tier tray of tea sandwiches, pastries, and scones with clotted

cream and jam. Or you can opt for the more popular Khmer tea involving fresh tropical fruit, savory snacks like fried wontons and *satay*, and delicate Khmer pastries, similar to our *kakanin*. Enjoy, of course, your choice of English tea, served impeccably by the waitstaff. www.affles.com/siem-reap

3 Fish amok near Angkor Wat

For a much-needed lunch break after your morning temple tour, there are a host of restaurants to choose from inside the vast Angkor



Archaeological Park. Eateries range from simple shacks to air-conditioned venues to escape the heat, dust and crowds during your temple visit. While the menus are geared towards tourists, they all offer Cambodia's national dish, fish *amok*. It's essentially a fish curry made with kaffir, coconut milk, *kroeung* paste and *nhor* leaves, that's steamed

like a custard, and usually served in a banana leaf cup. However, most restaurants, including the ones in the temple area, serve it as a simple curry stew or soup. No matter how it is served, fish *amok* is a delightful dish, reminiscent of Thai curry, just as aromatic but gentler in flavor, with more distinct coconut cream notes.

Photo courtesy of RAFFLES GRAND HOTEL D'ANGKOR



SHINTA MANI RESORT AND SHINTA MANI CLUB

Siem Reap offers all sorts of accommodations, from modest hostels to boutique inns and luxury hotels. For those looking for luxury at a reasonable price, Shinta Mani Resort fits the bill. It's centrally located, and boasts beautiful Khmer-inspired interiors, upscale rooms and modern amenities. Across the street is the more exclusive Shinta Mani Club which has luxuriously appointed rooms and the Shinta Mani Spa, the perfect respite after a long day of touring. Both hotel restaurants Kroya and Bai Tong serve excellent Khmer dishes, as well as international favorites. shintamani.com



5 Eat for a cause at Spoons

Siem Reap boasts several "NGO restaurants" like the well-known Haven and Marum. The newest one to try is Spoons, operated by EGBOK (Everything's Gonna Be OK) Mission, which provides hospitality training and employment to young adults. Constructed with sustainable bamboo, this relaxed café serves popular street food classics like Num Krok or spring onion and coconut cream dumplings, as well as homestyle Cambodian dishes like a delicious whole grilled mackerel served with coconut turmeric rice, tamarind relish and *probok* dipping sauce. Enjoy the simple, satisfying fare and gracious service, and know that you're helping provide for young Cambodians' future. www.egbokmission.org



4 A market visit to Psar Chas (Old Market)

A food tour of almost any Asian city isn't complete without a visit to the market. At Siem Reap, you can't go wrong with Psar Chas, adjacent to the touristy Pub Street. As the most tourist-friendly of the city's markets, Psar Chas offers the usual silk and T-shirt souvenirs, but it's

also a thriving wet market for locals who flock to it in the early morning hours to shop for fresh produce and have a typical Cambodian breakfast of *num banh chok* or Khmer noodle soup at any of the nearby food stalls. For *pasalubong*, you can take home inexpensive sachets of dried herbs and teas, or look for the elusive Kampot black peppercorns.

6 The buzz about Cuisine Wat Damnak

Considered Cambodia's finest restaurant, Cuisine Wat Damnak ranked No. 43 in the 2016 Asia's 50 Best Restaurants list. Run by French chef Joannès Rivière, the restaurant offers a refined, sophisticated take on traditional Khmer cuisine via a choice of two five-



or six-course tasting menus that change often based on the availability of ingredients. Make sure to reserve early as the restaurant gets fully booked quickly. www.cuisinewatdamnak.com



sweet stuff

By Joey E. Prats

PURPLE PERFECTION

Ube and macapuno come together in this classic Filipino cake, a gorgeous showcase for our beloved purple yam

Photography by
PAULO VALENZUELA
Styling by
TINA CONCEPCION DIAZ

Purple yam or *ube* is best showcased in Filipino desserts. From the classic *ube* jam (*halaya*) and *halo-halo*, to ice creams, cakes, confections and pastries, this popular ingredient is undoubtedly a crowd favorite.

I took on the challenge of creating what I believe is the ultimate Ube Macapuno Cake. Most bakeshops offer a version of this wonderful dessert, but I still haven't found one as exquisite as this recipe. *Ube* jam and *ube* buttercream are juxtaposed between tender layers of *ube* chiffon cake, and crowned with sweet *macapuno* strings.

Don't let the majestic look of this towering cake intimidate you. It's actually easier to make than you think. **F**

Best Ever Ube Macapuno Cake

Serves 12

- 2 1/4 cups cake flour
- 3/4 cup caster sugar (first quantity)
- 1 tablespoon baking powder
- 1 teaspoon fine sea salt
- 8 medium egg yolks
- 1/2 cup vegetable oil
- 1/2 cup still mineral water
- 2 tablespoons *ube* flavor and color, preferably Flavocol brand
- 2 teaspoons pure vanilla extract
- 8 medium egg whites

- 1 teaspoon cream of tartar
- 3/4 cup caster sugar (second quantity)
- 2 2/3 cups *ube* jam (*ube halaya*), homemade or store-bought
- 1 cup lightly toasted, finely chopped cashew nuts
- 1 1/3 cups *macapuno* (coconut sport), homemade or store-bought, drained of syrup

1. Preheat oven to 350°F. Set out three 9-inch round, 2-inch deep cake pans.
2. Combine cake flour, first quantity of caster sugar, baking powder and salt in a mixing bowl. Whisk until blended.
3. Add egg yolks, vegetable oil, still mineral water, *ube* flavor and color, and pure vanilla extract. Whisk until blended and smooth.
4. Combine egg whites and cream of tartar in a mixer bowl. Using a wire whip attachment, whip on high speed to soft peak stage. Gradually add second quantity of caster sugar. Continue whipping to stiff peak stage.
5. Gently fold egg white mixture into egg yolk mixture.
6. Divide batter evenly between the cake pans. Smooth the tops. Bake for 40 minutes or until cakes spring back when pressed lightly. Cool cakes completely in cake pans before unmolding.
7. To assemble, place the first cake layer on a 9-inch round cake board. Spread 1 1/3 cups *ube* jam over cake, followed by 1 cup



- buttercream. Top with second cake layer. Spread remaining 1 1/3 cups *ube* jam over cake, followed by 1 cup of buttercream. Top with third cake layer.
8. Frost top and side of cake with buttercream. Mask the side of the cake with finely chopped cashew nuts.
9. Place remaining buttercream in a pastry bag fitted with an #826 tip. Pipe a shell border around top edge of cake or simply add swirls to the frosting using an offset spatula. Top the center of cake with drained *macapuno*. Refrigerate cake until ready to serve.

UBE BUTTERCREAM:

- 2 cups caster sugar
- 1/2 cup still mineral water
- 2 tablespoons light corn syrup
- 12 medium egg yolks
- 2 2/3 cups unsalted butter, softened but still cool, cut into 1-inch cubes
- 2 tablespoons *ube* flavor and color, preferably Flavocol brand

1. Combine caster sugar, water and light corn syrup

- in a saucepan. Cook over medium heat without stirring, until temperature reaches 240°F.
2. Meanwhile, place egg yolks in a mixer bowl. Using the wire whip attachment, whip on high speed until light and fluffy.
3. Gradually add hot syrup. Continue whipping until mixture is cool. Gradually add unsalted butter. Continue whipping until buttercream is smooth and thick. Beat in *ube* flavor and color.

CHEF'S NOTE: If *ube* jam is very thick and unspreadable, place it in a mixer bowl and beat on medium speed for 2 minutes using the paddle attachment until it softens. Flavocol *ube* flavor and color is available in most baking supply stores and supermarkets.

To learn more of Chef Joey's pastry secrets, visit Joey Prats School of Baking and Pastry Arts on Facebook for his schedule of lifestyle cooking and baking classes and his three-month Fundamentals of Baking and Pastry Arts course.



homegrown

By Tatung Sarthou

MINDANAO'S MIGRANT COOKING

From South Cotabato comes this fish and coconut recipe with Ilonggo roots

Photography by PAUL DEL ROSARIO | Food styling by NANCY DIZON-EDRALIN

Though South Cotabato is in the heart of Mindanao, this southern province's indigenous culture does not seem to stand out in the mainstream culinary scene, and definitely not at Pantatan Restaurant. In the Municipality of Banga, this popular eatery is situated on an obscure stretch of highway that connects the capital of Koronadal City to Sultan Kudarat, Sarangani and Davao del Sur. What started as a shack is now an open-air restaurant that can seat over 100 guests at a time.

At Pantatan, I was in search of traditional South Cotabato fare to get a better understanding of the food culture there. The restaurant is popular for its *pantat* or *hito* (catfish) dishes cooked in a variety of ways: *sinugba* (grilled), crispy fried, adobo and *guinataan*. I was particularly interested in the *guinataang pantat* which uses a duo of annatto and turmeric to give it rich color, blended with the aroma of chilies, ginger and lemongrass. Imagine my surprise to learn that this dish is more of a local innovation, without any demonstrable indigenous roots!

Pantatan is actually owned by Ilonggos who migrated to the area after World War II. South Cotabato has a great number of migrants, mostly Hiligaynon-speaking peoples from Panay and Negros in the Visayas. They settled around the towns of Norala, Surallah, Sto. Niño, Koronadal and Banga, where Pantatan is located. Meanwhile, Ilocanos from Luzon settled in the towns of Tampakan, Tantangan and Tupi, which explains why Ilocano *pinakbet* is also very popular in the region.

Migration and intermarriage are important factors in the evolution of our cuisine over the decades, let alone centuries. And this peek into a simple Pantatan recipe gives much insight, not only into the region's flavors, but into its history as well. **F**



Guinataang Hito

Serves 4 to 6

- 1/2 kilo hito (catfish), cut into serving pieces**
- 1 tablespoon turmeric powder**
- 1/4 cup vinegar**
- 2 tablespoons annatto oil**
- salt and pepper, to taste**
- 2 medium onions, minced**
- 2 cloves garlic, minced**
- 1 thumb-sized knob ginger, sliced**
- 3 siling labuyo (bird's eye chili), chopped**
- 1 1/2 cups kakang gata (coconut milk)**

1. Marinate catfish in turmeric powder,

vinegar, annatto oil, salt and pepper. Set aside.

2. Pan-grill the marinated catfish.
3. In a separate pan, sauté onions, garlic, ginger and chopped *siling labuyo*.
4. Add the *kakang gata* and let it boil. Simmer for 5 minutes. Season with salt and pepper.
5. Add the pan-grilled catfish and simmer for another 5 minutes.

This recipe appeared in Chef Tatung's award-winning cookbook, Philippine Cookery: From Heart to Platter. His latest book is called Rice to the Occasion. You can catch him cooking every Monday on Umagang Kay Ganda on Channel 2, or at his restaurant Agos in SM Mall of Asia.



back to basics

By Jill F. Sandique

EASY AS PIE

Are you new at baking? This sweet banana crumble recipe is a good place to start

Photography by
PAULO VALENZUELA

Many people think that baking is intimidating because it seems difficult. But when you finally learn how to bake, you will discover the sheer joy in mixing together flour, butter and sugar to create a cake, pie or any sweet delicacy. In this recipe, I've used the lowly *saba* banana, which you can find anywhere, to create a simple fruit crumble that is easy to make and will always be a hit at home. Unlike a pie that has a crust, the crumble has a streusel topping, and the filling can either be sweet or savory. When a filling is topped with a biscuit or dumpling dough, or some kind of rich batter, the concoction is called a cobbler.

For a beginner in the art and science of baking, I encourage you to try making this recipe. Its ingredients are easy to find and the procedure simple to follow. Baking success is guaranteed! **F**

Banana Crumble

Serves 4

- 1 1/4 cups light brown sugar, lightly packed**
- 1 1/2 cups water**
- pinch of salt**
- 5 to 6 medium bananas, preferably *saba* cultivar**
- 2 to 3 tablespoons butter**

1. In a medium saucepan, put together light brown sugar, water and salt. Place pan over high heat and bring mixture to a boil.
2. Meanwhile, peel and slice bananas into 1/2-inch thick pieces. Set aside briefly.
3. When sugar is completely dissolved and syrup becomes slightly thick, lower heat to medium. Add

sliced bananas and cook for another 15 to 20 minutes or until bananas are done, and syrup turns into a golden amber color.

4. Remove pan from heat and add the butter. Stir to combine then cool completely.
5. Transfer cooled mixture into prepared ovenproof containers, preferably made of glass, porcelain or any ovenproof dish. Set aside until ready to serve.
6. When ready to serve, top bananas in syrup with streusel topping (recipe below). Bake in a preheated 375°F oven for 25 to 35 minutes until the streusel becomes golden brown.
7. Serve banana crumble

immediately with ice cream or whipped cream on top.

STREUSEL:

- 1 cup sifted all-purpose flour**
- 1/4 cup rolled or instant oats**
- 1/3 cup brown sugar**
- pinch of salt**
- 1/2 cup butter**

In a bowl, toss together flour and oats. Add brown sugar and salt. Cut in the butter until the mixture resembles coarse cornmeal. Chill slightly before using.

Chef Jill is a culinary consultant, and a lead trainer for the United States Department of Agriculture. She is also the owner of Delize Cakes and Pastries.



DINING OUT

THE BEST NEW EATS IN TOWN

MAN HO AT MARRIOTT HOTEL MANILA

In spite of the multitude of Chinese restaurants in the city, it's not always easy to find a place that offers something different. But the newest restaurant of Marriott Hotel Manila is surely worth a visit for the many surprises that Chef Law Wui Wing has in store. At Man Ho, Chef Law is able to offer many of the lavish dishes he would cook for banquets at the hotel. The menu is filled with Cantonese classics, including dim sum, as well as more creative dishes like Braised Seafood Soup featuring a tofu flan topped with caviar, or Chilled Mango Cream with Sago and Pomelo. But the standout dish may very well be the Hong Kong-style Roasted Goose, a rarity in Manila, which is fan-dried for up to ten hours before roasting to make the skin extra crispy. Also worth ordering is the Steamed Garoupa with Soy Sauce, topped with a profusion of cilantro for a refreshingly clean flavor, as well as the stir-fried Beef Tenderloin with Black Pepper Sauce. With its high ceilings and elegant wood décor, Man Ho fits right in as the landmark restaurant of the new Marriott West Wing, which boasts its own driveway, lobby and bar to service its premium rooms and suites. **■ — Anne Marie Ozaeta**

Marriott West Wing, Marriott Hotel Manila, 2 Resorts Drive, Newport City, Pasay City, (02) 988-9999 ext. 3318, www.manilamarriott.com

Man Ho's Steamed Garoupa with Soy Sauce

WARUNG KAPITOLYO **INDONESIAN CUISINE**

Sisters, best friends and business partners Louh Decena and Teresa Doctora developed a shared love of Indonesian food while they lived in Jakarta for several decades. Tess returned to the Philippines in 2004, they opened the popular Warung Warung food stall in the Legazpi Market in 2006, and the rest is history. For over ten years, they have been selling authentic Indonesian food to sell-out crowds every Sunday, with their fresh and frozen *tempe* running out well before noon. Due to insistent customer demand, they've recently put up a beautiful brick-and-mortar Indonesian restaurant in Kapitolyo. Make sure to reserve a table at least 24 hours ahead because this



83
EAST
CAPITOL
DRIVE,
KAPITOLYO,
PASIG CITY,
(0917) 800-9158,
(0917) 534-7089

FLAVORS AND SPICES Usually served during special occasions, Nasi Tumpeng is a cone-shaped rice dish with Indonesian meat and vegetable side dishes surrounding it

place can get really packed! Start with the crunchy shrimp or garlic *krupuk* (rice crackers) and delicious Gado-Gado (warm tofu, fresh vegetables, slathered in housemade spicy peanut dressing). Then you can't go wrong with iconic Indonesian dishes like Nasi Goreng (spiced fried rice,

heavy on the cardamom) paired with perfectly grilled Sate Ayam (chicken skewers marinated in the same housemade peanut sauce as the *gado-gado*), and the fork-tender and amazingly flavorful Beef Rendang (tender chunks of beef, slow-cooked for hours in a mixture of coconut, fresh

Indonesian chili peppers from their farm in Malvar, Batangas, and other ground spices). For the requisite sweet ending to this fabulous meal, their subtly sweet and creamy Tipis Manis (Indonesian-style thin griddle pancakes) hits the spot. **T** — *Ginny Mata*

RESTAURANTS REINVENTED

COWRIE COVE AT SHANGRI-LA'S MACTAN RESORT AND SPA

Shangri-La's Mactan is a deluxe resort that has everything—lush gardens, private beach, spa village, well-appointed guest rooms and a plethora of dining options. Prime among them is Cowrie Cove that offers all you expect (and more) in the best seafood restaurant—seaside views, alfresco balcony dining and the freshest seafood prepared with finesse by executive sous chef Daniel Quintero. Seafood lovers will love the Seafood Platters, whether chilled or grilled, overflowing with lobster, prawns, mussels, squid, and whatever is freshest for the day. Or select your favorite seafood and have it steamed, grilled, stir-fried

or roasted. With his Michelin-starred experience, Chef Daniel also applies modernist touches to his menu. Bohol Prawns are paired with pan-seared foie gras, mango and wasabi paste. *Calamansi*-scented Crab Broth comes with ricotta and turnip dumplings. Rock Lobster is flavored with curry and served with carrot purée. Much of the seafood on the menu is ethically-sourced, like the line-caught tuna, blue marlin and prawns, while the vegetables are locally grown. For those looking for non-seafood items, you can't go wrong with the Roasted US



SHANGRI-LA'S MACTAN RESORT AND SPA, PUNTA ENGANO ROAD, LAPU-LAPU, CEBU, (032) 231-0288, WWW.SHANGRI-LA.COM/CEBU/MACTAN RESORT/

LUXE SEASIDE DINING (From top): Cowrie's lovely alfresco setting; the Chilled Seafood Platter good for two

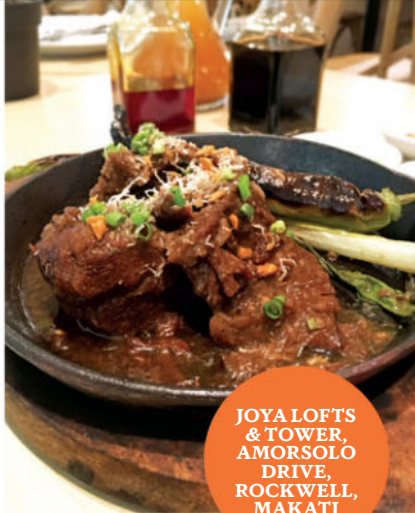


Choice Beef Fillet with poached onion and foie gras sauce. Open only for dinner, Cowrie Cove offers

a relaxed and yes, romantic respite to all the fun activities the resort has to offer. **T** — *A. M. O.*



FUN DINING Sinigang na Bangus Belly (top) and Negrense Sizzling Beef Rendang (bottom)



JOYA LOFTS & TOWER, AMORSOLO DRIVE, ROCKWELL, MAKATI

SARSÁ KITCHEN + BAR

Chef JP Anglo has been celebrating Negrense cuisine since he opened his first restaurant, Mu Shu, in Bacolod years ago. He remembers his *pancit molo* garnering praise from diners. His Manila-based restaurant, Sarsá, has been a hit since day one. But after a few years, he felt it was time for change. "I didn't want to reinvent the wheel," he says, "just jack up the tires."

As a result, Sarsá is offering nine exciting new dishes on the menu. While still strongly Negrense, the new dishes also reflect Chef JP's many experiences, including travel overseas and his surfing lifestyle. Sinigang na Bangus Belly is soured with *batwan*, the *bangus* pre-grilled for texture, and served with *guinamos*. Liempo Pork Adobo (an instant crowd favorite that he says was inspired by a staff meal at a resto he was working at in Australia) has flaked chicken adobo and eggs two-ways: wok-fried and soft-boiled. A trip to Bicol inspired the Squid Pinangat and Negrense Sizzling Beef Rendang. Not afraid to experiment, Chef JP comes up with fun surprises like Grilled Squid with Kangkong Pesto and, for dessert, Kalabasa Chocolate Balls with Pandan Cream Sauce. Our verdict: *namit guid!* **T** — **Troy Barrios**

FOOD PARK



THE FOOD HIVE

We love food parks. They're far from the malls, the food is unique and, best of all, everything's fun and casual. At The Food Hive, some of the most talented chefs in the city come together to offer some of the best eats in town. — **T. B.**

70 VISAYAS AVENUE, DILIMAN, QUEZON CITY
thefoodhive.ph



BLAZE FLAMING SIZZLERS Chef Ed Bugia, the mastermind behind Backyard Kitchen + Brew, Pi Breakfast and Pies, and The Burger Project (to name just a few), serves up flaming dishes like Sizzling Bulalo Sisig with homemade gravy poured over, then served in a cast-iron pan.



PAPPARE RISTORANTI Chef Jarina Gem Tee makes fresh, handmade noodles that she transforms into rustic Italian pasta infused with Asian flavors. Her Indonesian-inspired Mee Gamberi Goreng is one hot number of a dish.



YORDANOVI This is the only Bulgarian diner in the city. Try the Kebapche (a Bulgarian type of minced pork kebab served with a very spicy homemade potato salad) or the Bulgarian Meatballs with Eggplant, Zucchini and Okra. Chef Plamen Yordanov imports *Lactobacillus bulgaricus*, yogurt only made in Bulgaria, and the herb *chubritsa*.



GOATCHA It looks like goat meat will be the next trendy ingredient, and Goatcha serves it up in fun ways like *Kilawin*, Mutton Curry or Cabrito Caldereta. Goatcha only uses fresh, native goat meat and strongly promotes the farm-to-table approach.

PIXEL STOP Craft beers + craft cocktails + video games equals this winner of a bar where you can cash in your extra life with another round of cocktails. The mixologist is also behind some of the cocktails crafted at ABV, so he's the real deal. It's the perfect place to unwind before heading home.



COOL JUANS Chef Wado Siman serves up nitro sorbetes in cool flavors like Kwatro Kanto (gin pomelo) and On Mayon (Davao cacao and *sili*). Made by hand, each serving is velvety, creamy and fun!

CHEF'S PLAYGROUND

Photos courtesy of JAY IGNACIO

TOYO EATERY

It's all in the name. *Toyo*, or soy sauce, a deceptively simple everyday condiment made up of the most basic ingredients using a great deal of technique and knowledge. And *Eatery*, just a place to eat with no fuss or frills. This is Chef Jordy Navarra's new playground where he has created one of the most exciting progressive tasting menus in Manila. This is not home-style Pinoy cooking, but boasts amplified flavors, careful finishing touches and is, undeniably, a deliciously cerebral experience.

Go for either the tasting or set menu (you can always add a few dishes from the à la carte menu). Everything is



KARRIVIN PLAZA, 2316 CHINO ROCES EXTENSION, MAKATI, (0917) 720-8630

outstanding, but for brevity we will only wax lyrical over a few. Three-cut Pork Barbecue, with each cut taken from a different part of the pig, is skewered and brined, brushed with a pork broth glaze that takes ten hours to make and served with coco-cider vinegar. It comes with a side of Silog Rice: sticky rice infused with

soy, topped with dried tuna roe, *chicharon* and a free-range egg yolk. Chef Jordy even resurrects a cult favorite from his old restaurant, Black Sheep—Garden Vegetables is an iconic salad that uses all 18 veggies mentioned in the folk song *Bahay Kubo*.

We should mention that dessert is exceptional, too. Cassava cake is baked in a



EACH COURSE TELLS A STORY

(Clockwise from left): Soup and salad: Kalabasa Soup with Kamote and Uni, and Garden Vegetables; Grilled *bangus* on a bed of spinach; Cassava Cake

charcoal oven, torched to get a fine crust, and is pleasingly gooey within. The delightful Dulce de Leche Bonbons are filled with caramel and *patís*. Begin and end your meal with a cocktail, and everything is perfect. **T. B.**

210° KITCHEN + DRINKERY

French food aficionados may already be familiar with French chef William Mahi's cooking, from his previous stint at a hotel fine dining restaurant. Well, he recently set out on his own, together with his wife Heather, for an altogether more refreshing take on French food, without the fussiness of haute cuisine. The result is an engaging menu of classic French favorites done the right way—steak tartare, onion soup, quiche Lorraine, roast duck breast, warm tarte tatin, crème brûlée and more. But he also infuses his menu with more modern dishes like his signature The Egg, creamy

and unctuous, cooked at 48°C, and served in a glass with bacon and caramelized onions. The Octopus, a must-have, is marinated with homemade *ras-el-hanout* (a North African spice blend), grilled over charcoal and served with cumin sauce and *pimientos del piquillo* mayo.

If you're dining as a group, make sure to order the garlic-intensive whole roast chicken (also available in half and quarter sizes), served with aioli, baby potatoes and green salad. But perhaps the



G/F ICON PLAZA, 25TH STREET CORNER 6TH AVENUE, BONIFACIO GLOBAL CITY, (0995) 015-2192, WWW.210DEGREES.PH



best way to experience Chef William's range of flavors is to go for the five-course tasting menu, with two choices per course, offering the "greatest hits" from the menu. It's affordable, with generous



MODERN FRENCH (Clockwise from top): Chef William Mahi; North African-inspired grilled octopus; Salmon marinated for 36 hours

portions, and the flavors are always spot on—you won't get a better priced, more satisfying menu around. **T.** — **A. M. O.**

VIVA ESPAÑA



VIEW FROM THE STREET Tomatito Manila is the place to be

TOMATITO MANILA

The newest restaurant concept from the boys who have given us Rambla, Las Flores and La Lola Churreria, is Tomatito Manila. This time, it's a fun, modern, flamboyant take on Spanish cuisine. The

name, *tomatito*, means "little tomato" in Spanish, and is also a reference to colorful flamenco guitarist José Fernandez Torres (go figure).

The menu was created by Chef Willy Trullas Moreno who is famous for his restaurants El Willy, Elefante,

Fofo, La Paloma and El Ocho, which are all based in Shanghai and Hong Kong.

The Asian influence can occasionally be felt, and since the

G/F BGC CORPORATE CENTER, 11TH AVENUE CORNER 30TH STREET, BONIFACIO GLOBAL CITY



A FLAMENCO OF FLAVORS (From left): Salmon TNT; Atun con Gazpacho y Olivas; Tiraditos de Pescado Blanco; Marinated white boquerones

executive chef is Mexican, Latin American flavors make it to the menu too. "We don't take ourselves too seriously," says co-owner Sergi Rostoll. Dishes are served tapas style, each one bursting with surprising flavor. Like

the Salmon TNT, a signature standout dish from the El Willy menu in Shanghai, is *balik*-smoked salmon with honey and truffle, ending in an explosive dash of heat! Tiraditos de Pescado Blanco is *tanguigue* in a citrusy

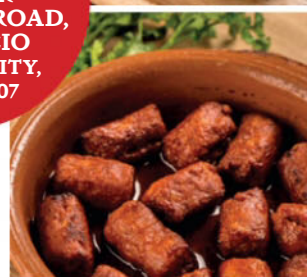
Peruvian marinade which you should spoon from the bottom up to get the full juicy flavors. There is, of course, Paella Valenciana, a more rustic, dry version with chicken, rosemary and snow beans. And the popular

gazpacho is modernized in Atún con Gazpacho y Olivas, topped with strips of semi-cooked tuna loin. It's so much fun dining and drinking at Tomatito Manila that one visit will turn you into a regular. **T. B.**

BAR PINTXOS

Spanish tapas aficionados have long been making the trek to this not-so-secret neighborhood joint in Alabang for out-of-this-world tapas and *pintxos* (Basque bar snacks) expertly prepared by Miguel Vecin. Thankfully, he and his partners recently opened a more accessible branch in BGC, with a small plates menu that's just as enticing. Start with nibbles of marinated olives, *pan con tomate*, *chistorra frito*, *jamon serrano* or *iberico*, *manchego*. Then proceed to the classics—crispy *chopito frito* or baby squid, *gambas al ajillo*, perhaps a *paella*, *croquetas*, and any number of traditional *pintxos* like *escalivada* or *gildas*. But make sure to leave room for a selection of Vecin's more elaborate *pintxos* creations where he experiments with all sorts of flavor combos on top of toast: Queso de Cabra with goat cheese, beans, chorizo, bacon; seared foie gras, apple compote, PX reduction; Mar Y Montanya with *uni*, *lardo*, *lomo iberico*; Salmon with goat cheese, truffle honey and a dollop of caviar; and the list goes on. Don't forget

G/F FAIRWAYS TOWER, 5TH AVENUE CORNER MCKINLEY ROAD, BONIFACIO GLOBAL CITY, (02) 810-1307



TERRIFIC TAPAS (From top): *Jamon serrano* platter; *Chistorra frito*; Salmon with truffle honey and caviar

to pair these small bites with a glass of Spanish wine, a bottle of craft beer, or a gin cocktail or two from the bar. One thing's for sure, there's nothing small about the small bites and beverages at Bar Pintxos. **A. M. O.**



A TOUR OF SPAIN (Clockwise from top): Old world interiors; Juan Carlos de Terry plating a dish; Suspiros de Atun

ESTANCIA AT CAPITOL COMMONS, MERALCO AVENUE CORNER SHAW BOULEVARD, PASIG CITY, (02) 470-1675

CAFÉ MADRID

This more modern version of Juan Carlos de Terry's flagship Terry's Bistro offers a more affordable taste of gastronomic specialties from all over the 17 regions of Spain, from Galicia to Madrid to Catalonia. The warm interiors of this restaurant beckon, featuring a selection of the finest Spanish wines and cheeses like *manchego*, *tetilla* and *cabrales*. With its cold appetizers, warm *tapas* and *pinchos*, the menu instantly reminds one of La Rambla in Barcelona and its salty sea breeze. Suspiros de Atún from Cantabria is

tuna belly *escabeche* on roasted *piquillo* peppers, topped with savory anchovy mayonnaise. Another unique dish is Colgados de Toledo or hanging tapas. A fun way to share, Spanish cheese, pork and beef tapas and other meats are threaded through a metal skewer, which is then hung from a metal rod, so that it swings from side to side like a pendulum. A trademark Terry's dish, Piggy High (housemade chorizo flambéed in sherry brandy in a cute pig-shaped vessel) is done Colgados de Toledo style, hanging over a shallow

DINING OUT

bowl of Rioja lentil stew. We also loved the Chistorritos de Pamplona from Navarra, grilled *chistorra* and cherry tomatoes served with Huevos Rotos, and thinly sliced potatoes soaked in the lovely fattiness of *jamon iberico*, inspired by Casa Lucio restaurant in Madrid. There's also the utterly decadent Cochi-Frito, small chunks of *cochinillo* confit marinated in garlic, sherry vinegar and fresh herbs. And whatever the Paella of the Week is, it's guaranteed to be delicious, with fluffy Valencian rice cooked in flavorful housemade stock, with mushrooms, shrimps, chicken and chorizo. Whenever we feel nostalgic about Spain, we'll come back to this clean, well-lighted place, and partake of tapas and wine with our friends. **E** — **G. M.**



Paella de Mariscos

AMERICAN COMFORT FOOD

THE SMOKING JOINT

In the cutthroat restaurant industry, a great first act can be really hard to follow. But when The Smoking Joint opened its second branch in Makati (the first is in Sucat), the general consensus was that it's even better than ever.

The secret to its success lies in their passion for treating meat right: taking the time, patience and technique to produce such showstoppers as beef brisket that's almost buttery in its softness, and packed with so much flavor that one scarcely notices the side dishes. The full rack of ribs is so deftly handled that it is tender without falling apart, and so satisfactory



to bite into. Roast chicken comes in wings, quarters and halves with sidings of corn, coleslaw and *chimichurri*.

New items added to the menu include Corned Beef Sisig, in which deep-fried pork face is combined with homemade smoked corned



JUST REALLY GOOD FOOD A sampling of side dishes (left) and the ribs fresh off the grill (top)

GREEN SUN, CHINOROCES EXTENSION, MAKATI, (02) 423-5514

beef to achieve a crunchy-tender

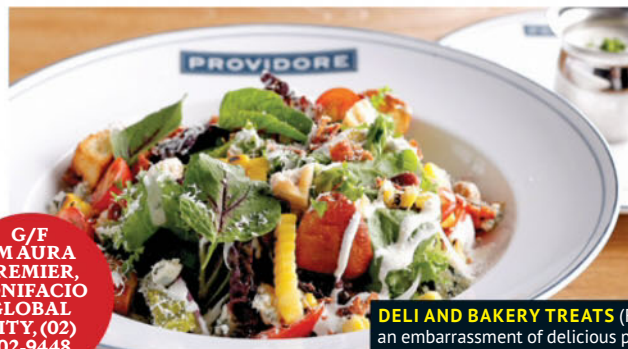
experience. This comes with flat *pandesal*. We love the carbs—Jalapeño Poppers filled with rice and coated with crisp crumbs, the glorious seasoned rice that's such a delightful oily combination of salty-sweet, and the corned bread that

looks like *bibingka* and is dotted with bits of jalapeño. For dessert is Calamansi Cream Pie with its blend of biting acid, sugar and cream on a graham cracker crust. And there are signature cocktails, too. Happy hour officially starts at 4 PM, but really, it's whatever time you arrive at The Smoking Joint.

E — **T.B.**

PROVIDORE

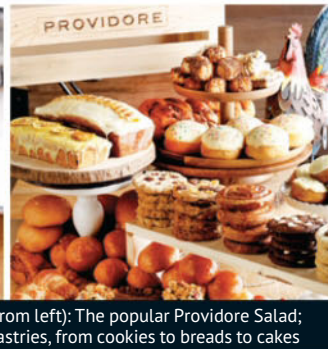
In the flurry to ride on and capitalize on food trends, or to try to be the Next Big Thing, some chefs can admittedly sometimes forget that at the end of the day, people just yearn to eat delicious food that makes them feel happy. One of the Raintree Group's most recent additions to its roster of restaurants is Providore in SM Aura, which does exactly that—it's a return to down home, feel good food. *Tita*-hits food, if you will. But these are for your cool *titas*, as it's not just a bistro, but also has a coffee bar, patisserie, and small 'grocery store'



G/F SMAURA PREMIER, BONIFACIO GLOBAL CITY, (02) 802-9448

of curated gourmet kitchen provisions too. Come for the Providore Salad, with its harmonious medley of avocado, crispy bacon, walnuts, cranberries, and blue cheese, served with buttermilk ranch dressing. And whatever you do, don't miss the famous Winner Winner Chicken

Dinner (deliciously crisp and moist fried chicken to be eaten with buttery corn, crunchy French beans, creamy mashed potatoes, smoked bacon and cheddar buttermilk biscuits). For dessert, there's a wide selection of cakes and pastries such as Raintree's iconic Impossible Bundt



DELI AND BAKERY TREATS (From left): The popular Providore Salad; an embarrassment of delicious pastries, from cookies to breads to cakes

Cake (so named because it has *leche flan* on top and chocolate cake on the bottom) and Ube Tres Leches Cake. If your soul needs comforting after a long, hard day at the office, or you simply want to eat good food without pretensions, Providore is the place for you. **E** — **G. M.**



Pinoy BBQ at its best

What could be more Pinoy than eating *inihaw* or grilled food in the summer? We'll gladly have grilled *liempo*, chicken *inasal* and grilled vegetables with lots and lots of rice. Don't forget to serve with *atchara*. For more pickled vegetable recipes, turn to page 98.



Simple Pleasures of the

Grill


Chef Jessie Sincioco reminisces about her childhood in Bulacan, the art of inihaw and how it brings out the best in many fresh ingredients

By YVETTE TAN

Recipes by JESSIE SINCIOCO of CHEF JESSIE GRILL

Photography by PAUL DEL ROSARIO

Styling by TINA CONCEPCION DIAZ



Nothing says ‘party’ more than food on the grill. The Filipino *ihaw*—a *lechon* roasting on the spit or some sort of chicken, vegetable or fatty meat cooking over smoldering coals—means something special is happening. It could be as simple as a trip to the beach in the summer, or as elaborate as a fiesta to honor a patron saint. It could also mean a weekend dinner at home where family and friends bond over a shared meal.

Chef Jessie Sincioco, who recently opened Chef Jessie Grill in The Grove by Rockwell, waxes poetic about one of her favorite methods of cooking. “I’ve always liked grilled food, because growing up in Bulacan, whenever we would go on picnics, my folks would set up charcoal or sometimes wood and just cook everything there,” she says. “Every Easter Sunday, my *lola* would gather all of us and we would go to the river and they’d grill there. And sometimes, our relatives would have corn growing so we’d just pluck the corn and roast them, too.” Most Pinoys share the fondness ingrained in these memories, if not the specifics of it.

According to Tatung Sarthou’s *Philippine Cookery: From Heart To Platter*, *inihaw* is a more expansive definition than the familiar pork barbecue on skewers. Chef Tatung explains that Filipino barbecue differs from its American counterpart because the latter involves huge cuts of meat “slow-roasted until tender.” Other names for Filipino-style barbecue include *sinugba*, *tinuhog* and *tindang*. But whatever name you call it by, you can be sure that it’s delicious. **F**



Grilled Seafood Medley

“Grilling seafood is so simple—just put salt and pepper. You don’t have to do much to it as long as the fish or shrimp is very clean and fresh (and preferably alive just before you cook it),” Chef Jessie shares. She also says that Filipinos love grilled seafood because we enjoy the real flavor of what we’re cooking; rather than seasoning with so many herbs and spices that can sometimes overpower the seafood, we really want to taste the innate sweetness of the fish, the *umami* of the shrimp, the very taste of the sea in the clams.



Chicken Inasal

Firmly entrenched in Negrense cuisine, every family in Bacolod seems to have their own secret chicken *inasal* marinade. Chef Jessie advises marinating the chicken for at least 12 hours or overnight. She pairs her grilled chicken with corn on the cob. Chef Jessie shares her secret to grilling corn: “What we do is we boil it first until it’s 90% cooked. We just want to get the char-grilled flavor, so we put it on the grill for the last 10% of cooking.” This ensures that the corn is fully cooked and has those beautiful grill marks, while still staying nice and moist.

Grilled Mediterranean Vegetable Salad

This dish uses Mediterranean vegetables like zucchini, bell peppers, broccoli, onions and asparagus, though local produce like eggplant, okra, squash, corn and sweet potato also do well on the grill. When the vegetables become soft and nicely charred, they're already fully cooked. To get those beautiful grill marks on the vegetables (or any kind of meat), make sure that the charcoal is burning at full blast and the grill is very hot, so as soon as you put down whatever you are cooking, you can get the grill marks right away.



Kesong Puti Tomato Salad

Chef Jessie uses thickly sliced *kesong puti* from Bulacan instead of the usual buffalo mozzarella for this refreshing salad. But it was Chef Jessie herself who formulated the recipe for the *kesong puti*, which is why it has just the right level of saltiness. She describes how simple it is to put together the salad: "We just put the slices of cheese on the sizzling plate. We grill it together with tomato slices and just sprinkle a little sea salt on the tomatoes, then put inside the charcoal oven, and that's it. When it comes out, and it's beautifully melted, we just drizzle it with a vinaigrette." Although served as an appetizer, Chef Jessie says that her customers sometimes like to eat this with garlic rice.



Grilling in the City

Chef Jessie Grill is Chef Jessie Sincioco's take on the modern *bahay kubo*, serving freshly grilled delights in the relaxing enclave that is The Grove by Rockwell in bustling Pasig City. Her brother, Chef Reo Sincioco, is her sous chef, and is in charge of day to day operations. They both draw from their childhood in Bulacan, where grilled food was prepared for special occasions.. "We wanted to make the restaurant look as comfortable and homey as possible, so that when people are eating, they (will think they) are at home," Chef Jessie says. Aside from serving Filipino grilled favorites, the menu also offers continental dishes like US black Angus steak, sea bass and charcoal-baked clams and mussels, their half shells filled with buttery, herby sauce. It's an answer to every Filipino's deep desire for inihaw, the simplest yet most festive form of cooking.

Grove Retail Row, The Grove by Rockwell, E. Rodriguez Jr. Avenue (C5), Pasig City, (02) 535-1061, 534-9073, (0917) 833-0797, www.chefjessie.com





Inihaw na Liempo

Chef Jessie serves *liempo* two ways: “I like *liempo* that is just marinated in garlic and salt and vinegar. The vinegar makes it more tender and the garlic gives it more flavor. And then in the usual Pinoy way, it’s eaten with a *sawsawan* of soy sauce, *calamansi* and sliced *siling labuyo*,” she says. One can also marinate it in soy sauce with a little sugar, garlic and *calamansi*. Upon grilling, the sugar will caramelize the pork, thus giving it that char-grilled look. Keep in mind that it’s important not to overcook pork, otherwise it will become tough and dry. Of course, the grilling time depends on the cut of meat: the thicker the cut of meat, the longer it will take to cook.

Grilled Seafood Medley

Serves 4

200 grams live Manila clams
450 grams live red snapper,
cleaned
1/2 kilos tiger prawns,
cleaned, antennae
and outer legs removed,
butterflied
salt and pepper, to taste
5 *calamansi*, cut in half

1. Boil Manila clams until they open. Remove half empty shell, and set aside the other half with the meat.
2. Clean red snapper by removing the scales, gills and innards. Rub inside and outside parts of the fish with rock salt. Rinse thoroughly.
3. Season the clams, fish and prawns with salt and pepper to taste.
4. Drizzle with *calamansi* juice right before grilling.
5. Grill prawns, clams and fish separately over hot charcoals or in a hot grill pan until cooked.
6. Serve with steamed rice and chili-vinegar dip (recipe below).

CHILI-VINEGAR DIP:

2 tablespoons coconut
vinegar
5 cloves garlic, minced
2 *siling labuyo* (bird's eye
chili)
patis (fish sauce), to taste
freshly crushed black
pepper, to taste

Combine all the ingredients.
Set aside.

Chicken Inasal

Serves 6

2 tablespoons garlic,
minced
1/4 cup chopped ginger
200 grams lemongrass,
white stalks only, sliced
1 1/2 tablespoon vinegar
2 tablespoons soy sauce
1/3 cup + 1 tablespoon
brown sugar
1 1/2 tablespoons *calamansi*
juice

1 tablespoon + 1 teaspoon
patis
2 teaspoons freshly crushed
black pepper
3 tablespoons + 1 teaspoon
annatto oil, divided
1.2 kilos whole chicken,
cleaned and cut into
quarters

1. In a ceramic or stainless container, combine garlic, ginger, lemongrass, vinegar, soy sauce, brown sugar, *calamansi* juice, *patis*, black pepper and 2 teaspoons of the annatto oil.
2. Add chicken pieces and marinate overnight in the refrigerator.
3. Remove chicken pieces from the marinade. Grill over hot charcoals or in a hot grill pan while basting with the remaining annatto oil until chicken is completely cooked.
4. Serve with garlic rice and chili-soy sauce dip (recipe below).

CHILI-SOY SAUCE DIP:

2 tablespoons soy sauce
3 *siling labuyo*
1 *calamansi*

Combine all the ingredients.
Set aside.

Grilled Mediterranean Vegetable Salad

Serves 4

1 small zucchini, cut into
bite-size pieces
1 Japanese eggplant, cut
into bite-size pieces
1 small red bell pepper,
cut into bite-size pieces
1 small green bell pepper,
cut into bite-size pieces
1 small broccoli, cut into
separate florets
1 white onion,
peeled and cut into
quarters
1 bunch asparagus,
trimmed and cut into
1-inch pieces
1/4 cup prepared pesto
salt and pepper, to taste
1 1/2 tablespoon olive oil
salad greens

1. Mix all the vegetables in a bowl. Season with pesto, salt and pepper. Drizzle with olive oil.
2. In a hot grill, grill sliced vegetables until they soften and become nicely charred.
3. Line a salad bowl with salad greens. Arrange grilled vegetables on top. Drizzle more olive oil right before serving.

Kesong Puti Tomato Salad

Serves 4

4 whole ripe salad tomatoes,
cut into quarters
lengthwise
1 pack *kesong puti*, sliced
2 tablespoons olive oil
2 cups assorted salad
greens like lolla rosa and
romaine lettuce
salt and pepper, to taste

1. On a hot plate, arrange sliced tomatoes and *kesong puti* slices alternately in a circle. Drizzle with olive oil.
2. Place hot plate on a hot grill, and grill until tomatoes are halfway cooked and cheese starts melting.
3. Place the hot plate in a 375°F oven for 10 to 15 minutes until the tomatoes soften and the *kesong puti* melts further.
4. Season with salt and pepper before serving.
5. Toss assorted salad greens with pesto vinaigrette dressing (recipe below). Place on top of tomatoes and cheese.

PESTO VINAIGRETTE

DRESSING:
5 tablespoons olive oil
1 1/2 tablespoons vinegar
1 1/2 tablespoons prepared
pesto
salt and pepper, to taste

Mix all the ingredients in a
bowl. Set aside.

Inihaw na Liempo

Serves 4

1 tablespoon + 2 teaspoons
soy sauce
2 garlic cloves, minced
1 tablespoon + 1 teaspoon
calamansi juice
2 teaspoons whole black
peppercorns
1 teaspoon brown sugar
1/2 kilo pork belly, sliced

1. Combine soy sauce, garlic, *calamansi* juice, peppercorns and brown sugar.
2. Add pork slices and marinate for at least 2 hours before grilling.
3. Grill marinated pork slices over hot charcoals or in a hot grill pan until completely cooked.
4. Cut grilled *liempo* into serving pieces. Serve with steamed rice and a chili-vinegar dip (recipe above).



Lomo Lomo

Lomo is the Spanish word for pork tenderloin. According to Chef Chris, the traditional *lomo lomo* is “a very Ilocano soup dish,” with rendered pork meat, fat and occasionally innards like liver. In Ilocos, it’s usually served for breakfast. Authentic *lomo lomo*, he says, is cooked with pig’s brains, to give it its distinctly exotic flavor. Not to worry—this Lomo Lomo is a modified recipe that simply uses pork fat, meat and stock with ginger, and is served with sunny side-up eggs, chopped chives and toasted bread.

Sabaw

SPECIALS

Heartwarming Pinoy soups straight from the probinsya

By GINNY MATA

Recipes by CHRIS DE JESUS

Styling by PIXIE RODRIGO SEVILLA

Photography by PAUL DEL ROSARIO

What could be more comforting than a bowl of hot soup? On rainy days, on sweltering afternoons, or anytime of the day, we Filipinos love our *sabaw*. Rich and redolent with fat, cartilage and bones from meat, then made hearty and nutritious with plenty of vegetables, *sabaw* is an essential part of our daily meals. Just ask Chef Chris de Jesus, who contributed these soup recipes from Ilocos, Isabela and Bicol that he also serves in his popular Filipino restaurant Provensiano: “*Sabaw* is not a first course for us—we consider them as main entrées,” he says, “because we always eat rice with our everyday meals, these *sabaw* dishes become all-in-one *ulam*.”

Born in Leyte, but having spent his early childhood years in his mother’s hometown of Vigan, Ilocos Sur, Chef Chris remembers how his grandmother would always feed him and his family *sabaw*. He explains, “For lunch or dinner, as kids, we would always have *batchochay* (soup with pork, *misua* and *petchay*), or chicken with *sotanghon* with thin slices of *ampalaya*, or *miki ng Vigan*. As teenagers, as our palates became more complex, we were introduced to more “adult” soups like *pinapaitan* (with goat innards and bile), *sinaglao* (like *pinapaitan*, but made with beef innards) and *lomo lomo* soup.”

In these pages, Chef Chris generously shares some of those regional soup recipes with us, as well as some key guiding principles when making *sabaw*: (1) the flavor of the soup comes from fat and protein, so be sure to choose meat with the bones and cartilage intact; (2) cook over low to medium heat slowly, never allowing it to come to a rolling boil, as this will make the soup cloudy and taste burnt; and (3) taste the soup throughout the cooking process, to be able to ascertain if it needs less or more seasoning. **F**



Sinampalukang Kambing

In the northern provinces, goat meat is usually eaten during cold weather, as it's known to be "*pampainit ng katawan*," or meat that literally warms the body, and is thus commonly considered to be an aphrodisiac. According to Chef Chris, the best source of goat meat in Metro Manila is at Farmer's Market in Cubao. When buying goat meat, make sure that the flesh looks fresh, and the smell shouldn't be overly gamey or smelling of urine. Goat meat requires long, slow cooking over low heat in order to soften its tough meat. You can also make this dish as sour and/or as spicy as you like by adding fresh *sampalok* or *siling mahaba*.



Guinataang Tinola

While the tinola we know usually has a clear broth, this Bicolano version contains coconut milk. This makes it a much creamier soup, which then balances out the spiciness of the *siling mahaba*. Once you've added the coconut milk, be sure to stir the soup constantly to keep the milk from burning and sticking to the bottom of the pot. It's best to use a native chicken, including its neck and back bones, for its inherently rich flavor and complexity. This is one of our own personal favorites at Provenciano too!



EVERYDAY DINNERS

Batchochay

An heirloom recipe that Chef Chris inherited from his grandmother, Batchochay is a Tagalog dish that usually consists of pork meat, liver and blood with *misua* and *pechay*. You can opt not to incorporate the blood chunks, but if you choose to do so, be sure to use clean and fresh pig's blood. For a heftier dish, go ahead and double the amount of *misua* stated in the recipe to make it a truly all-in-one *ulam*. "It's one of our best-selling dishes at Provenciano," he shares.



Sopas Mais ng Isabela

For this corn soup, Chef Chris says, “The combination of the yellow corn and white corn balances out the sweetness of the dish, with the thickness of the soup coming from the starchiness of the white corn.” The addition of *sili* leaves or *malunggay*, as well as squash blossoms, lends a nuanced delicacy to the soup as well. Consider adding fresh shrimp heads to amp up the flavor if you like. Always make sure the corn is fully cooked to keep the texture of the soup from turning grainy. Stir constantly over low heat as well, to keep the corn from sticking to the bottom of the pot.



EVERYDAY DINNERS

Lomo Lomo

Serves 4

- 100 grams pork *empelya* (fat), sliced
- 1/2 kilo pork *kasim* with fat and skin, thinly sliced
- 2 tablespoons oil from rendered pork
- 1/4 cup diced onions
- 1 tablespoon minced garlic
- 1 1/2 tablespoons sliced ginger
- 3 tablespoons *patis* (fish sauce)
- 4 cups pork stock
- 1/2 teaspoon ground black pepper
- 4 whole eggs
- 3 tablespoons chopped chives
- 8 *biscocho* bread or toasted sugar-glazed *pandesal*

1. In a pot, place *empelya* or pork fat with just enough water to partially cover the fat. Cover and cook over medium heat. Wait until pork fat has been completely rendered. Add pork *kasim* together with rendered pork fat and cook until *kasim* turns golden brown. Set aside the rendered pork fat or oil and meat.
2. In the same pot, sauté onion, garlic and ginger in the rendered pork fat or oil, and add *kasim*. Add *patis* and pork stock. Cook for 20 to 30 minutes until pork is very tender. Season with ground black pepper.
3. In a pan, cook eggs sunny side up. Set aside.
4. Serve soup in a bowl topped with fried egg, chopped chives and *biscocho* or toasted *pandesal* on the side.

Sinampalukang Kambing

Serves 4 to 6

- 300 grams fresh *sampalok* fruit (tamarind)
- 4 cups *hugas bigas* (water from rice washing)
- 1 1/2 tablespoons sliced ginger
- 1/4 cup diced onions

- 1/2 cup diced tomatoes
- 3/4 kilo goat meat, chopped
- 1 stalk lemongrass, crushed and sliced
- 3 tablespoons *patis*
- 1/2 teaspoon ground black pepper
- 1 cup sliced *labanos* (radish)
- 1 cup sliced *sitaw* (long beans)
- 2 *siling mahaba* (green finger chili)
- 1/4 cup *sampalok* blossoms
- 1 1/2 cups trimmed *kangkong*

1. In a pot, boil *sampalok* fruit with water until it softens. Drain and purée using a fine strainer. Set aside.
2. In another pot, bring *hugas bigas*, ginger, onion and tomatoes to a boil over high heat.
3. Add goat meat, and also bring to a boil. Turn heat down to a simmer. Remove scum and cook for 45 minutes to an hour over low to medium heat or until goat meat is tender.
4. Add *sampalok* purée and lemongrass and boil for another 15 minutes.
5. Add *patis*, ground black pepper, *labanos* and *sitaw* and cook for another 10 minutes.
6. Add green finger chili, *sampalok* blossoms and *kangkong* leaves. Cook for 5 minutes. Do not cover the pot while cooking the vegetables. Serve while still hot.

Guinataang Tinola

Serves 4 to 6

- 1 kilo whole native chicken, preferably *itlogan*
- 1 1/2 tablespoons oil
- 1/4 cup diced onions
- 2 tablespoons sliced ginger
- 1 tablespoon minced garlic
- 3 tablespoons *patis*
- 6 cups water
- 1 stalk lemongrass, crushed
- 1 1/4 cups *gata* (coconut milk)
- 1/4 kilo papaya *maniba*, semi ripe
- ground black pepper, to taste

- 1/2 cup *sili* leaves
- 2 *siling mahaba*

1. Clean and chop the native chicken. If using an *itlogan*, remove eggs from chicken.
2. In a casserole or pot, sauté onion, ginger, garlic and chopped chicken for about 15 minutes.
3. Add *patis* and water. Bring to boil for 1 hour 30 minutes over low to medium heat until the chicken is tender.
4. Add lemongrass and *itlogan* and boil for another 15 minutes.
5. Add coconut milk, papaya and ground black pepper. Simmer for another 15 minutes.
6. Add *sili* leaves and green chili just before serving.

CHEF'S NOTE: An "itlogan" chicken refers to a chicken that is pregnant, and heavy with fertilized eggs. If unavailable, simply substitute with native chicken.

Batchochay

Serves 4 to 6

- 1 tablespoon oil
- 2 tablespoons chopped onion
- 2 teaspoons chopped garlic
- 1 1/2 tablespoons chopped ginger
- 1/3 cup + 1 tablespoon diced tomatoes
- 1/2 kilo pork *liempo* (belly), sliced
- 3 tablespoons *patis*
- 4 cups pork stock
- 3/4 cup fresh pork blood
- 150 grams *misua* noodles
- 1/4 teaspoon ground black pepper
- 150 grams *pechay*, chopped

1. Heat oil and sauté onion, garlic, ginger and tomatoes about 10 minutes over medium heat. Add pork *liempo* and cook for about 15 minutes.
2. Add *patis* and pork stock. Cover the pot and boil for 30 minutes over low to medium heat.
3. Slowly stir in the pork

- blood to let it coagulate properly in the mixture. Cook for another 10 minutes.
4. Add *misua* and black pepper. Cook for 5 minutes.
5. Uncover the pot, then add *pechay* and cook for another 5 minutes. Serve.

Sopas Mais ng Isabela

Serves 4 to 6

- 2 yellow or sweet corn cobs
- 2 *lagkitan* cobs (white corn)
- 150 grams medium-sized shrimps
- 1 1/2 tablespoons oil
- 1/4 cup chopped onions
- 1 tablespoon minced garlic
- 200 grams pork *liempo*
- 2 tablespoons *patis*, or to taste
- 4 cups shrimp broth
- 1/4 teaspoon ground black pepper
- 8 squash blossoms
- 1/2 cup *sili* leaves

1. Prepare and clean yellow and white corn cobs. Shred both kinds of corn from the cob and set aside.
2. Prepare and clean shrimp. Separate the heads from the bodies of the shrimp. Combine shrimp heads and water, and bring to a boil.
3. In a pot, sauté onions and garlic. Add pork *liempo* and *patis* and cook until pork is slightly brown.
4. Add shredded yellow and white corn, then pour in shrimp broth. Boil over low to medium heat for 45 minutes to an hour. Double check if the corn is already cooked.
5. Add ground black pepper to taste and shrimps. Cook for another 10 to 15 minutes.
6. Add squash blossoms and *sili* leaves just before serving.

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Eat the heat

These fiery recipes will inspire you to explore the many ways to use chili in the kitchen

By SHARWIN L. TEE

Photography by PAULO VALENZUELA

Styling by TINA CONCEPCION DIAZ

Chilies do more than just give heat to your dishes. They bring in a whole new world of flavor that will wake up your cooking, giving wonderful new nuance to tired old recipes. To show you how easy it can be to incorporate chilies into your everyday cooking, I'm sharing five Tsinoi-inspired recipes that I tweaked using different types of chili. Why Tsinoi? Because I've really been into Tsinoi recipes this past year, and the deeper I dug into this part of Filipino culture, the more I realized how rich it is. In every culture where Chinese immigrants reside, there have always been ingenious adaptations of classic Chinese dishes, maybe borne out of creativity or even necessity. This is my homage to that. I drew from classic Chinese and Tsinoi favorites and added touches of Filipino culture and ingredients. **F**



COOK IT 5 WAYS

Lu Rou Fan

This Taiwanese classic has a Tsinoy version, which I like to call Chinese adobo. I'm adding spiciness because I think the dish could be more interesting with another flavor dimension. Use green finger chili or *siling mahaba*, which goes well with Filipino dishes like Bicol express or pork *sinigang*. If you can't find green finger chilies, use a smaller amount of *siling labuyo* or even jalapeños. Instead of pork, try this recipe with chicken, beef or even tofu!



“Liang Ban Style Chicken” Salad

When I think of spicy Chinese food, Szechuan cooking comes immediately to mind. Unfortunately, we don't have any Tsinoy Szechuan recipes because most of the Chinese immigrants to the Philippines came from the Fujian province. But because I love cold spicy chicken, I just had to make my own version. Instead of the usual chili oil, I'm using a chili vinegar like *pinakurat* or Pinoy spiced vinegar for the source of heat. You can also use a regular vinegar with Chinese chili garlic oil or sauce.



Efu Noodles with Chili Garlic Oil

I'm very familiar with efu noodles because my sister-in-law is allergic to seafood so these are the only noodles she can eat in Chinese restaurants. I love the simplicity of these noodles, made flavorful with mushrooms, but I also think adding a little heat gives it great balance. I used dried chili flakes, as they are the best when making chili oils. In a pinch, you can even use dried *labuyo* or even cayenne pepper to make the chili garlic oil. Experiment with a number of different vegetables like Napa cabbage, zucchini, squash or even green beans. The key is to give the dish some crunch and sweetness from the vegetables.



Honey XO Wings

I love chicken wings! Lately, Asian-style wings have become popular because of their balanced flavor. Instead of a simple soy honey glaze, I wanted wings that are spicier and loaded with umami, hence the XO sauce, which I use here with dried scallops and chili. The combination makes a great source of umami and spice. The ingredients are easily available in grocery stores, but if you can't find them, a simple mix of chopped chilies and dried scallops will mimic the flavor. You don't have to be limited to chicken wings either—feel free to cook this with fried fish or pork.



COOK IT 5 WAYS

Spicy Taro Sago

Warm taro *sago* is a traditional Tsinoy dessert that you can get during a Chinese banquet, and it gives a meal a great warm finish. I think adding a little heat can enhance the warming effect. I used *labuyo*, since it works really well with desserts, and especially with coconut milk. You can use other root crops like *ube* or sweet potatoes in this dish. For a different heat profile, try cayenne pepper instead of *labuyo*. And you can add *nata de coco* as well.



Lu Rou Fan (Braised Pork with Rice)

Serves 4

1 tablespoon cooking oil
1/2 kilo pork *liempo* (belly),
cut into small pieces
salt and pepper, to taste
1 small onion, minced
2 cloves garlic, minced
2 *siling mahaba* (green
finger chilies), sliced
thinly at a diagonal
1 tablespoon minced ginger
2 teaspoons five-spice
powder
1 star anise
1 tablespoon brown sugar
1/4 cup Shaoxing wine
2 cups water
3 tablespoons soy sauce
4 cups cooked rice
4 hard-boiled eggs, sliced,
for garnish
cilantro leaves, for garnish

1. In a pot with oil, brown the pork seasoned with salt and pepper.
2. Add onion, garlic, chilies and ginger. Sauté for 1 to 2 minutes.
3. Add five-spice powder, star anise and brown sugar and toast for 1 minute.
4. Pour in Shaoxing wine and reduce for 1 minute. Then pour in water and soy sauce.
5. Simmer for 1 hour or until pork is very tender.
6. Top braised pork on cooked rice. Garnish with hard-boiled egg slices and cilantro leaves, if desired.

“Liang Ban Style Chicken” Salad

Serves 4

1/4 cup spicy *pinakurat*
vinegar
1/4 cup sugar
1/4 cup soy sauce
2 tablespoons sesame seeds,
toasted
1/4 cup vegetable oil
2 teaspoons sesame oil
2 thumb-sized knobs ginger,
sliced thinly
1 large stalk leek, chopped
2 cups water
salt and pepper, to taste

1/4 kilo chicken breast or
thigh fillet
4 cups red and green leafy
lettuce, washed and torn
into serving pieces
1/2 cup cilantro leaves
1 carrot, cut into thin
ribbons with a peeler

1. To make the sauce, combine vinegar, sugar, soy sauce, sesame seeds, vegetable and sesame oil in a glass or plastic bowl. Set aside.
2. In a pot, combine ginger, leek and water. Season with salt and pepper. Bring to a boil.
3. Gently poach chicken in the water until fully cooked, about 10 minutes.
4. Slice chicken into 1/2-inch strips. Place the chicken strips in the sauce. Let marinate in the refrigerator for at least 1 hour or until chicken is cold.
5. In a serving bowl, arrange lettuce, cilantro, carrot and marinated chicken. Gently toss with the sauce before serving.

Efu Noodles with Chili Garlic Oil

Serves 4 to 6

1/4 cup chili garlic oil
(recipe below)
1 small carrot, sliced thinly
or julienned
8 large shiitake mushrooms,
stems removed, sliced
thinly
1/4 cup diced red bell
pepper
1 cup cabbage, sliced thinly
1/4 cup oyster sauce
1 cup water
4 cups cooked Chinese egg
noodles (*pancit canton*)
chili flakes, optional

1. In a wok or *kawali*, heat chili garlic oil and stir-fry the carrots, mushrooms, red bell pepper and cabbage for 1 minute.
2. Pour in the oyster sauce and the water. Simmer for 3 to 4 minutes or until half the liquid is reduced.

3. Add the noodles and stir.
4. Serve noodles with chili flakes sprinkled on top.

HOMEMADE CHILI GARLIC OIL

(Makes about 1 cup):

1 cup vegetable oil
1/4 cup minced garlic
1/4 cup chopped *siling
labuyo* or 1/2 cup chili
flakes

1. Cook oil, garlic and *siling labuyo* or chili flakes over low heat until garlic turns slightly brown.
2. Remove from heat, cool, then strain.
3. Keep the chili garlic oil in a bottle. Make sure to use within ten days.

Honey XO Wings

Serves 4

2 tablespoons XO Sauce
1/2 cup honey
1/4 cup water
salt and pepper, to taste
8 chicken wings, cut into 2
pieces each
1 cup all-purpose flour
2 tablespoons five-spice
powder
salt and pepper, to taste
oil, for frying
minced green onions, for
garnish

1. In a pot, combine XO sauce, honey and water. Bring to a boil and reduce until it becomes a glaze, about 8 minutes. Season with salt and pepper.
2. Toss the wings in flour, five-spice powder, salt and pepper.
3. Fry the wings in hot oil for 7 to 9 minutes or until fully cooked and crispy. Let rest for 30 seconds to 1 minute.
4. Toss the wings in the glaze. Sprinkle with green onions and serve immediately.

Spicy Taro Sago

Serves 4

3/4 cup sugar
1 *siling labuyo* (bird's eye
chili), chopped
2 cups water
400 grams taro, peeled and
cut into bite-sized pieces
2 cups coconut milk
2 cups *sago* pearls, cooked
1/2 cup sweetened jackfruit,
shredded
1/2 cup desiccated coconut
sea salt, to taste

1. In a pot, combine sugar, *labuyo* and water and bring to a boil.
2. Once boiling, add the taro and cook until tender, about 7 to 10 minutes.
3. Add coconut milk, *sago* and jackfruit. Mix well over low heat.
4. Transfer mixture to individual bowls. Top with desiccated coconut and a touch of sea salt. Serve warm or cold.



CHEF SHARWIN TEE
is best known for his show, *Curiosity Got the Chef*, which airs on Lifestyle TV, where he gives his own twist to Pinoy dishes. Chef Sharwin is proud to celebrate his Tsinoy (Chinese Filipino) heritage, as showcased in these recipes. He is also known for his personal advocacies—he recently held a one-night pop-up dinner to support local libraries.

Curiosity Got the Chef airs on Lifestyle TV every Sunday at 9 PM, with replays on Monday, 11 AM and 7 PM, and Saturday at 2 PM, visit lifestylenetwork.tv



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SUSTAINABLE SYNERGY

The biggest gastronomic event of the year, Madrid Fusión Manila 2017 was all about chefs, farmers and culinarians working together towards a greener future

By ANNE MARIE OZAETA,
TROY BARRIOS and GINNY MATA



LESSONS IN SUSTAINABLE GASTRONOMY

Inspired by this year's theme "Towards a Sustainable Gastronomic Planet," 24 of the most respected chefs in the world shared their most forward-thinking ideas about how to save our planet, one dish at a time.

NATURE IN A DISH (Previous page, clockwise from top):

1 **Chef Gert de Mangeleer** of three Michelin-starred Brasserie Hertog Jan in Belgium created his whimsically named A Walk in the Gardens of Manila using local papaya, sweet potato and edible flowers from a Manila market. This dish was the perfect showcase of his ethos of simplicity, seasonality and architecturally beautiful dishes.

2 As part of Filipino chef **Josh Boutwood** of The Test Kitchen's zero waste ethos, he likes to use "ugly" vegetables, pickling and dehydrating them, then grating them for texture (carrots) or plating them (pickled radishes) on top of dishes like this seared steak glazed with a complex, peppery sauce.

3 **Ray Adriansyah** and **Eelke Plasmeijer** of Locavore in Ubud, Indonesia (No. 22 on Asia's 50 Best Restaurants) cook with up to 90% local ingredients. Their trademark dish, Into The Sawah is "everything that lives and grows in the ricefield in a bowl," they explained. Made with indigenous *bakui* rice, harvested only once a year because it grows so slowly, this dish contains snails, duck's egg yolk, frog's legs floss, *pako* (fern tips) and *santan* flowers. (This page): 4 **Rodrigo de la Calle** of one Michelin-starred El Invernadero in Madrid created culinary masterpieces out of vegetables—like this artichoke "hamburger" or macaron. 5 "We need to make a conscious effort as chefs to feed people healthy, delicious food," says Filipino-American pastry chef **Sally Camacho** 6 Filipino chef **Robby Goco** of Cyma Greek Taverna and organic farm-to-table Green Pastures gave a fresh spin on healthy and sustainable goat meat, making goat *jamon* and head cheese—all for the goal of creating more demand and changing cultural perceptions about goat meat. 7 **Sally Camacho's** éclair-inspired dessert made with duck eggs and Philippine mango 8 The architecture of a dish is as important as the flavor, says **Gert de Mangeleer** of Hertog Jan 9 French chef **Julien Royer** of two Michelin-starred Odette in Singapore may have to import pigeon from France to create his signature dish, but he compensates by using every single part of the bird—breast, leg, heart, liver, bones, even the head and feet—to create a dish as





1 Simon Rogan of L'Enclume in Cumbria, England creates his culinary masterpieces with lowly vegetables. He presented a dish of hemp leaves, dried beetroot and ferns infused with blackcurrant wood. "Humans are designed to eat vegetables," said this multi-awarded chef. **2 Paco Pérez** of two Michelin-starred Miramar in Llança, Spain put sea urchins, kombu, algae (because sea urchins live in algae), and the water that was used to wash the sea urchins in a pressure cooker to create "the very essence of the sea urchin itself." **3 Magnus Ek** of two Michelin-starred Oaxen Krog and Oaxen Slip in Stockholm, Sweden used 60-year-old mahogany clams, chosen because at that age the clams no longer reproduce, and therefore harvesting them has minimal effect on the ecology. **4 Pastry chef Jordi Roca** of the famed El Celler de Can Roca in Girona, Spain and his wife, pastry chef **Alejandra Rivas**, presented his signature dessert—a caramel sphere filled with apple foam—that harkens back to his childhood days, while incorporating a technique used for glass blowing. Here, to localize the dessert, he used mango foam instead of apple.



SMART WAYS TO COOK SUSTAINABLY

Respect nature

- Cook with the seasons, using produce only when it is in season.
- Prioritize locally sourced and sustainably-grown ingredients.
- Make vegetables the main part of your dish, rather than meat.
- Grow your own fruits and vegetables.
- Use imported ingredients only if they're an important component of a dish.

Don't waste

- Create a menu that uses all parts of an ingredient—innards, bones, trimmings.
- Preserve discarded ingredients by pickling them or infusing them in vinegars.

Be community driven

- Learn to collaborate with your kitchen team—they're your partners, not your subordinates.
- Get to know the farmers and fisherfolk who grow or catch your food.
- Be involved with local community organizations.



1 Vicky Lau, Asia's Best Female Chef 2015 and owner of Tate Dining Room in Hong Kong, demonstrated two vastly different concepts that drew from her Asian roots and experiences, using grouper sourced from a sustainable fish farm in Hong Kong. **2** Chef Kamilla Seidler of Gustu in Bolivia (No. 14 Latin America's 50 Best) created a lovely crocodile meat salad using 100% Bolivian ingredients. Together with co-speaker Michelangelo Cestari, they work with local communities to drive social and economic development in Bolivia. **3** French-Filipina sisters Tatiana and Katia Levha of Le Servan in Paris made pork belly with an adobo-style sauce, followed by fried wonton ravioli which made use of all of the leftover vegetables from the pork belly—a smart way to maximize quality products while keeping prices down. **4** Filipino chef Jordy Navarra of Toyo Eatery brought Jhun Fabre, a master fisherman from Batanes who, with deftness and precision, broke down a dorado the Ivatan way in 20 minutes, for Chef Jordy's kinilaw dish.

A MARKETPLACE OF FLAVORS AND IDEAS

The International Gastronomy Expo brought together over 200 exhibitors who showcased their very best products, from ingredients, farm produce and wines, to cookware and books. A series of simultaneous presentations, seminars and food tastings made it even more exciting.



1 The array of farm-fresh produce at the **Department of Agriculture's** booth was happy evidence of a growing number of farmers who grow food using sustainable methods. Edible flowers, fruit, produce and herbs were on display from Down to Earth, Earthbeat Farms, Teraoka Family Farm, Malipayon Farms and others. **2** From the first urban distillery in Madrid, **Santamania Gin** is made from spirits distilled from Spanish grapes and juniper berries. **3** The Jamon Iberico at **Terry Selection** was a crowd drawer, expertly carved by Miguel Lopez Teves, the only Filipino licensed *maestro cortado* (master carver). **4** The *sili* ice cream at the Albay booth offered a pleasing combination of heat and cream. **5** Giving Italy's limoncello a run for its money, **Kalamancello** by the Philippine Calamansi Association is made with pure *calamansi* concentrate and coco nectar. **6** From La Mancha, the largest wine producing region in Spain, **Bodega Campos Reales** produces elegant tempranillos and other blends, including a biodynamic syrah tempranillo from their Canforrales line. **7** **Glenda Barretto** of Via Mare was honored with the Les Toques Blanches Philippines' Culinary Icon Award for her contributions to Philippine gastronomy, presented by LTB Philippines president Fernando Aracama and J Gamboa.



1 One Mindanao's booth was a treasure trove of artisanal products: high quality Malagos cacao, including calamansi-infused chocolate bars; specialty *suman* Ozamiz; *binaki* from Cagayan de Oro; wonderfully intense Alavar Sauce from Zamboanga; gourmet *pangus* from Lake Buluan in Maguindano.

2 Negros Occidental was represented by **Fresh Start Organics** which had a whole range of new products, including single origin coffee beans, wild honey (with tasting notes!), heirloom rice and vacuum-packed *piaya* in flavors like corn, *ube* and cacao.

3 The **Spanish Pavilion** showcased fine products from Spain including wines, *jamon* and charcuterie, cheese and bottled delicacies.

4 The Philippine provinces were strongly represented with interesting products like this Island Gems bottled *laing*. Other items we discovered included El Tigre and Garapal Hot Sauces, Destileria Limtuaco's Julius James Corn Whisky, Calaboo butter made from carabao milk, and Cavite craft beers in flavors like *halo-halo* and *puto bumbong*.



A SERIES OF EXCEPTIONAL EVENTS

A talk and tasting on Filipino food by the Philippine Culinary Heritage Movement

For those interested in helping protect, preserve and promote Philippine cuisine, the Philippine Culinary Heritage Movement (PCHM) held "The Philippines on a Plate: Think and Eat With Us" lecture and taste workshop during the first day of the Expo. Food writer and researcher Ige Ramos touched upon our culinary history as multicultural and multi-layered. He enjoined Filipinos to start at the grassroots or *barangay* level to continue to cook and serve our traditional dishes. For the taste workshop, PCHM President Chef Jam Melchor served his tasty chicken *morcon* using Pamora free-range chicken and Benguet vegetables supplied by the Seeds & Fruits Multipurpose Cooperative, followed by tastings by Hiraya Filipino Bean-to-Bar Chocolate from Davao and KKK Coffee. *To learn more, visit Philippine Culinary Heritage Movement on Facebook*

Chef Tatung Sarthou's exposé on the local salt-making industry

Chef Tatung debuted an excerpt of his thought-provoking new video documentary, *Seasons of Salt*, during the third day of the Expo. Eye-opening and informative, the documentary narrates how the Philippines has to import most of the salt—certainly ironic given that the country is surrounded by the sea. Through riveting interviews with salt producers, government officials, and even *bagoong* and *tinapa* makers, Chef Tatung questions why the Philippines can't produce more of its own salt, and challenges the public to support local salt producers who produce better quality, healthier salts than the imported ones. *Visit Myke Tatung Sarthou on Facebook for announcement of airing schedule*

Workshops on Philippine coffee, seed exchange and the Slow Food movement

As part of the advocacy for the Slow Food movement, Chit Juan of Philippine Coffee Origins gave a talk about Philippine coffees—from coffee appreciation to discerning the fine nuances in flavor of beans grown in different parts of the country. Slow Food Manila also arranged a seed exchange where farmers and hobbyists shared seeds and stories, a crucial step in building a community of food growers. Slow Food Manila gathers local farmers, restaurateurs and chefs to promote local cuisine and grow produce in natural ways. *Visit Slow Food Manila on Facebook*

THE BEST MEAL OF THE DAY

For MFM's highly anticipated Regional Lunches, the Department of Agriculture invited the country's most exciting chefs to create unique dishes using heirloom rice, corn and literally all the parts of the animal (also called nose-to-tail eating). The Department of Tourism showcased restaurants and food producers from Luzon, Visayas, and Mindanao too. Everyone's favorite caterer, Via Mare, was also present, not to mention sponsor booths scattered around the venue, offering beer, spirits, ice cream, chocolate and other local delights.



1 Happy Ongpauco-Tiu's Luz, Vi and Minda's heirloom tacos—Ifugao black rice tortillas with pickled vegetables, fruits in *gata*, and your choice of Batangas *bulalo carne asada*, Cebuano *lechon* or Gensan tuna *tataki* **2** From Eastern Visayas, *humba* or pork belly stewed with coconut vinegar, topped with crunchy *lechon* or roasted pork flakes on rice **3** Toasted brown rice and *munggo* carabao's milk ice cream by Peachy Juban, Miko Aspiras and Kristine Lotilla **4** A seasonal delicacy in Nueva Vizcaya, *lagdaw* are small fresh water shrimps, here served as *okoy* or fritters by Mrs. Bakers Cafe **5** Tina Legarda's *pili*-rubbed pork ribs on steamed corn and coconut rice, pomelo *sambal*, *wansoy* gremolata and fried coconut **6** JP Anglo of Sarsa Kitchen + Bar's very popular Next Generation Adobo, which uses all the parts of the chicken (including the heart, liver, *butcheron* or esophagus) **7** Café Via Mare's delicious *batchoy* made with pork, liver, tripe and crunchy *chicharon*



Mama Sita's Goto Arroz Caldo

By Teresita Reyes
Serves 4 to 6

- 200 grams *malagkit* rice (*haba*)
- 100 grams regular rice
- 3/4 cup *gisa* base (recipe below)
- 1/2 kilo *goto* (ox tripe), cooked and sliced
- 12 cups beef stock (recipe below)
- fish sauce, to taste
- 1/4 cup chopped spring onion, for garnish

1. Wash *malagkit* rice and regular rice together using a strainer. Drain and set aside.
2. In a pot, heat *gisa* base (recipe below) over low heat until melted.
3. Sauté cooked *goto* briefly.
4. Add washed rice, beef stock (recipe below) and fish sauce and let it boil. Reduce heat and simmer constantly stirring until mixture slightly thickens, about 45 to 60 minutes.
5. Top with spring onions before serving.

GISA BASE:

- 6 tablespoons + 2 teaspoons vegetable oil
- 4 heads garlic, minced
- 2 red onions, minced
- 1 thumb-sized knob ginger, minced
- 1 1/2 teaspoons salt
- 1/8 teaspoon ground black pepper

1. Heat pan and add vegetable oil. Sauté garlic

1 Mama Sita served *arroz caldo* nose-to-tail style, with *goto* (tripe) and housemade beef stock (see recipe) with all the trimmings and toppings like fried garlic, spring onions and *calamansi*. *Goto-arroz caldo* was a very important part of Teresita "Mama Sita" Reyes' life. This heirloom recipe from her mother was the very foundation upon which she built her culinary empire! On May 11 this year, Mama Sita will celebrate Teresita Reyes' birth centenary. 2 Claude Tayag and Mary Anne Quioc presented this Pampangueno corn porridge, pictured on the right (see recipe) as part of the third day of the Regional Lunches, which celebrated the versatility of corn.

- until light brown and fragrant.
2. Add onions and sauté until soft and translucent,
3. Add ginger and sauté until softened.
4. Add salt and black pepper. Simmer over low heat until oil boils and separates from the mixture.

BEEF STOCK

(Makes about 12 cups):

- 3 1/2 kilos beef bones (scraps from ribs, kneecaps, shank), preferably with some meat and cartilage
- 1 red onion, quartered
- 24 cups water
- 2 whole stalks leeks
- 1/4 teaspoon black peppercorns

1. Sear bones in a pre-heated 400°F oven until just brown all over. Turn bones every 30 minutes for 1 hour depending on the quantity and texture of beef bones. Remove bones from the oven.
2. Transfer bones to a stockpot and pour water. Cover and let it boil then reduce heat immediately.
3. Remove scum appearing on the surface then add

- remaining ingredients. Cover and simmer for 5 hours then strain stock.
4. Discard bones. Allow stock to cool then skim off fat.

COOK'S NOTE: Joyce Sandoval, granddaughter of Mama Sita, shares, "Mas maganda kung may kaunting laman yung beef bones para mas malasa."

Kapampangan Corn Porridge (*Lulut Mais*)

By Claude Tayag
Serves 8 to 10

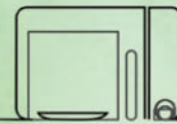
- 1 cup *malagkit* (glutinous) rice, presoaked in water for 30 minutes
- 1 cup *tinawon* rice
- 4 cobs sweet Japanese corn, kernels scraped with a knife (or 1 425-gram can whole kernel corn)
- 6 cups water
- 2 cups *gata* (second-press coconut milk)
- 4 *pandan* leaves
- 2 cups *kakang gata* (first-press coconut cream)
- 1/2 cup white sugar, or more according to taste
- pastillas de leche*, for topping

1. Place presoaked glutinous rice, *tinawon* rice and

- corn kernels in a pot. Add water and bring to a boil. Alternatively, you can cook rice using a rice cooker.
2. Lower the heat and simmer for approximately 30 minutes, scraping the bottom with a spatula every so often to avoid burning.
3. Add the second-press *gata* and *pandan* leaves. Add more water if porridge becomes too thick while rice is still not fully cooked.
4. Add *kakang gata* and sugar. Mix well and cook for another 5 to 10 minutes. Adjust consistency and sweetness by adding more water and sugar accordingly.
5. Top with *pastillas de leche*. Serve warm or chilled.

COOK'S NOTE: If heirloom Ifugao *tinawon* rice is unavailable, any round grain rice will do. The 1:1 ratio of *malagkit* and round grain rice will result in a well-balanced, starchy whole grain porridge.

PHOTO CREDITS: Gert de Mangeleer, Sally Camacho, JP Anglo, Humba and Lechon Flakes, International Gastronomy Expo, RICKY LADIA; Glenda Barretto's award, RUDY LIWANAG; International Gastronomy Congress, courtesy of Madrid Fusión Manila



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TRULY FARM TO TABLE

Mary Jane Bucio is one of the Tuloy Foundation scholars who learned the importance of using fresh, local produce as a chef. In Tuloy Foundation, they learn how to sustainably grow organic produce like lettuce and cherry tomatoes using terraponics and hydroponics techniques.



Ascending To Greatness

Thanks to Tuloy Foundation's partnership with Enderun Colleges and Ducasse Institute Philippines, talented youths can find a way out of poverty by learning how to cook professionally from world-class chefs

By **MARILEN FONTANILLA**

Photography by **RICKY LADIA**

"I do believe that learning cooking is a very effective way for less fortunate people to get a job and have access to a better life."

— **CHEF ALAIN DUCASSE**

It all started with one man's vision: to save children from wasting their lives on the streets. Father Rocky Evangelista started Tuloy Foundation in 1993 to nurture at-risk kids by sheltering them and educating them so they can be equipped with the proper foundation, to give them better opportunities in the future. "Our belief is that these children are not poor, but are simply poor (in terms of) opportunities. There is a culture in our country that if you are poor, then you are worthless. We wanted to reverse that. We believe that every human being should be treated equally with dignity," said Father Rocky.

My first encounter with Tuloy Foundation was at a charity dinner and auction in March 2014 when Enderun Colleges and Ducasse Institute Philippines hosted a fund-raising benefit for the ten scholars who would become the first batch of the Youth With A Future initiative. It was a huge gala event, as befitted guest of honor Chef Alain Ducasse, who is one of the world's most celebrated chefs. The dinner boasted of seasonal and quality ingredients, from a cep mushroom

velouté with crushed chestnuts and delicate *sauce royale*, duck foie gras confit with a spicy mango chutney over a Parisian brioche, poached spiny lobster from the Hundred Islands coated with a rich crustacean sauce, to prime Wagyu beef from Bukidnon, studded with Taggiasche olives and drizzled with truffled *jus*. But at the end, it was the simple herbal infusion from Tuloy's garden that helped to calmly close the event, in the same manner that Father Rocky quietly basked in the guests' warm support for his children.

Nurturing the dream

Three years later, I had the opportunity to catch up with Father Rocky and his scholars at Tuloy's hidden enclave in Alabang. It was a warm day but the laughter of students permeated the air as we meandered through the aqua terraponics that lined the central building. The foundation, which started with twelve students, is now home to about a thousand—200 residents and 800 from the nearby communities.

Father Rocky feels blessed to have found a kindred spirit in Enderun. "It's a partnership of two organizations which

share a lot of similar values, such as doing things as best you can, with an emphasis on people's welfare, a chance for excellence, the value of discipline and doing things well. These are values we try to teach here and Enderun's culture of education is a kind of soul mate."

Finding hope for the future

Tuloy's scholars agree with Father Rocky, as they recall how their outlook in life has changed through Youth With A Future. Nelyn Hatol, Jockey Rose Villahermosa, Mary Jane Bucio and Roselle Bayon-on shared similar views of originally seeking work to support their family. "*Ngayon*, motivated *ka* not just to work but to become a professional," Nelyn affirmed.

They learned the value of discipline, confidence and always doing your best. "*Sabi ni* Father, *kahit walang nakatingin* do your best," Mary Jane said. "Trust yourself," Roselle confided. "You can't do anything if *wala kang tiwala sa sarili mo*."

Father Rocky and Tuloy dared them to dream. "Be determined to achieve a future. Don't just be carried

SPECIAL FEATURE

WHAT'S NEXT FOR TULOY FOUNDATION

Father Rocky reveals how Tuloy has already expanded to Angeles City and will soon have centers in Biñan and eventually Nueva Ecija. "The partnership is not just about giving a better future for our children. Here is an example to the world and to the country. Working together and networking is the call of the times. We are focused on the children because every child we save from becoming a criminal is a contribution to the country. We want this to be our contribution to a better Philippines."



A SUSTAINABLE FOOD ECOSYSTEM, EXEMPLIFIED

(From top): The aqua terraponics farm in Tuloy Foundation includes (1) a rock hill garden that overlooks the football field in the back, and (2) several greenhouses. Here, many of Tuloy's produce are being grown, including assorted herbs, lettuce, pandan, tomatoes and *kangkong*. (3) They also breed tilapia as part of this ecosystem. Recycled water and organic soil ensure a self-sustaining habitat that the students take care of as part of their daily responsibilities



away by circumstances outside," Father Rocky shared. His students agree wholeheartedly as they eagerly disclosed what they hoped to achieve in the future. Nelyn is actually set to work in Alain Ducasse's Michelin-starred restaurant in Le Pont de L'Ouyse hotel in Lacave, France. Eventually though, she looks forward to going back to Tuloy as a teacher, like her mentor Chef See Cheong Yan, the Culinary Head of Enderun Colleges. "I want to be like them *kasi sila magaling sila* and at the same time, *tumutulong sila sa less fortunate na kabataan tulad namin*."

Jockey Rose hopes to have a restaurant someday that will also support Tuloy graduates like her. Mary Jane wants to work abroad and further hone her pastry skills for her future café. Roselle, who is with a shipping line,

aspires to have a cruise line that she can fill with Tuloy graduates someday, so she can show the world what they are capable of.

I was amazed as I listened to these young ladies, filled with such big dreams, yet never forgetting where they came from. "Our teachers made us feel that *kaya namin gawin ang ginagawa nila*," Jockey recalled. "*Dapat pag nandoon ka na rin sa status nila, ang tulong na binigay sa akin, ibalik ko din*," Mary Jane added. "They gave me the strength *para matupad ko ang pangarap ko. Sabi ni Chef JP (Jean-Pierre Migné, previous Culinary Head of Tuloy Foundation) do it with your heart, follow with your heart, give it with your heart*," Roselle ended.

A burning hunger

A lot of their gratitude extends to their mentors in Enderun like Chef See,



Tilapia at Buro

Nelyn, currently a demi chef at Gallery Vask, regularly cooks this Tilapia at Buro dish in Chef Chele Gonzalez' restaurant, listed no. 35 in this year's Asia's 50 Best Restaurants. Here, it features tilapia from the Tuloy pond, cheekily paired with *buro* rice—local *tinawon* rice fermented with salt and water for three days—in an imaginative rendition of sustainable and local.

SPECIAL FEATURE

HOW DOES THE YOUTH WITH A FUTURE SCHOLARSHIP PROGRAM WORK?

STEP 1 Possible applicants are made to undergo a rigorous screening process by the Tuloy management team and Alain Ducasse Institute Philippines. Fr. Rocky then does the final assessment, and chooses ten of the best students from every batch.

STEP 2 The ten selected scholars undergo an 8-month culinary and basic pastry program in the Tuloy Foundation campus. They are also responsible for the daily meals of the residents (which averages to about 300) as well as special functions and school events.

STEP 3 After they finish at Tuloy, they go on to study in Enderun under the tutelage of Chefs Marc Chalopin and See Cheong Yan for the next three months.

STEP 4 This is followed by a 3-month internship in local restaurants, after which the Enderun Career Service Office places them in permanent positions

after graduation with their 250 active industry partners.

To be able to sustain this program, it is necessary to generate enough funds to cover the financial needs of the ten selected scholars. Both individual and corporate donors are always welcome to give to support this noble initiative.

YOUTH WITH A FUTURE

www.youthwithafuture.ph

Donations can be coursed through Tuloy Foundation or Enderun Colleges.

TULOY FOUNDATION INC.

*Tuloy sa Don Bosco
Street Children Village
Alabang-Zapote Road cor.
San Jose Village
Alabang, Muntinlupa City
Tel. (02) 775-0484 to 85,
(02) 775-0683 local 402
Email: projdev2@tuloyfoundation.org
www.tuloyfoundation.org*

ENDERUN COLLEGES

*1100 Campus Avenue
McKinley Hill, Fort Bonifacio
Taguig City
Tel. (02) 856-5000
www.enderuncolleges.com*

Tuloy Foundation Tea

This homemade iced tea is a throwback to the tea infusion from the charity dinner in 2014, but also an homage to Tuloy's greens, freshly harvested from the garden. The cool flavors are infused from pandan leaves, lemongrass and mint—all picked from the aqua terraponics farm.



LIVING THE DREAM

(Clockwise from left): Roselle credits her culinary mentors in helping her learn how to use herbs in her cooking; Jockey Rose is now employed at Made Nice Supper Club. Here, she plates her signature Tuloy Salad; Nelyn is currently a demi-chef at Gallery Vask





Capunatina Salad

This refreshing salad by Chef See presents a respectful homage to the naturalness cuisine that Chef Alain Ducasse has embraced over 25 years ago. The recipe is a combination of ingredients that are flavorful powerhouses, from nutrient-dense vegetables of eggplants, zucchini and bell peppers to fresh *kesong puti*. A lovely interpretation of the capunatina recipe found in Ducasse's *Nature: Simple, Healthy and Good* cookbook, this dish was prepared for Chef Alain's private visit last year using fresh burrata cheese sourced from a French gentleman in Bulacan.

SPECIAL FEATURE

Jockey Rose's Tuloy Salad

"The carrots at the base represent Tuloy and the salad greens above it are the dreams of the kids. The edible flowers are the achievements while the seeds and croutons embody the problems and values that we learned. The students are the plate, because normal *lang kami* but Tuloy gave us the opportunities to become something more," shares Jockey Rose.



THE MENTOR AND HIS MENTEES

Chef See admits he is particularly hard on his scholars. "I always tell them there is no free lunch in the world. You have to jump higher, run faster, work harder than the rest. But if you are very genuine about it, honest about it and stay to the ground like this, you can make it. I don't want anyone to tell them they can't, because they can. And they should not allow anyone to tell them they can't."

who was instrumental in training them and getting them placed in prestigious establishments such as Four Seasons Dubai, Chateau 1771, Milky Way, Gallery Vask, Made Nice, Somerset Alabang, Restaurant 101 and OSM Shipping.

As an educator, Chef See explains the tough love he has for his scholars. "I want to teach them how to fish. I am hard on all my students but I must say, I am a little harder on them because I want them to realize that this opportunity is not easy to come by. As a teacher, you can modify behavior and soft skills but the hardest lesson to teach anyone is hunger. These kids have hunger—the very hunger that drives them



to succeed."

This year, as Tuloy's partnership with Enderun Colleges enters its fourth year, Chef See beams as he looks back on all of the scholars that have gone through the program. "I am quite certain that these people will

be determined to succeed because they know they have less choices than others from more privileged backgrounds. They know that they need to commit," he ends with a bit of fatherly pride as he watches his scholars prep in the Culinary Arts Center's

kitchen for our lunch.

The future certainly looks bright for these youths, whose lives have been forever changed by a dream that was nurtured by Tuloy Foundation, Enderun Colleges and Alain Ducasse Institute Philippines. **F**

Tuloy Salad

By Jockey Rose Villahermosa
Serves 1

1 orange, juiced
2 tablespoons olive oil
1 1/2 tablespoons sour cream
salt and pepper, to taste
3 cloves garlic
1 teaspoon cumin powder
1/4 teaspoon chili flakes
2 tablespoons olive oil
3/4 cup baby carrots
1 cup salad greens
2 teaspoons sunflower seeds
2 teaspoons quinoa
1 tablespoon croutons

1. To make the salad dressing, combine orange juice, olive oil and sour cream. Season with salt and pepper. Set aside.
2. Blend garlic, cumin, chili, olive oil, and turn into a paste. Set aside.
3. On a baking tray, toss the carrots with the garlic-cumin-chili paste. Roast in a 375°F oven for 25 minutes. Set aside.
4. Clean salad greens and cut into smaller pieces. Set aside.
5. In a pan, toast sunflower seeds for 3 minutes. Set aside.
6. In a separate pan, lightly toast the quinoa. Set aside.
7. On a plate, assemble the roasted carrots and salad greens, then sprinkle with sunflower seeds, quinoa and croutons. Toss with prepared salad dressing.

Capunatina

By See Cheong Yan
of Enderun Colleges
Serves 2

1/4 cup olive oil
1/3 cup minced red onion
2 cloves garlic, scored
1/2 teaspoon thyme
1 small yellow bell pepper, cut into 1-cm squares
1 large eggplant, diced
1 medium zucchini, diced
3/4 cup chicken stock
2 tablespoons sherry vinegar

1 tablespoon pine nuts
extra virgin olive oil
1 teaspoon lemon juice
12 sun-dried tomatoes, cut into *brunoise* or diced finely
5 sun-dried tomatoes, cut in half, for garnish
12 celery heart leaves
12 zucchini flowers
3 pieces *kesong puti* or local burrata if available
ground black pepper, to taste
fleur de sel, to taste
extra virgin olive oil, for drizzling

1. In a cocotte or skillet, sweat red onion, garlic cloves, thyme and bell pepper. Add eggplant and zucchini. Add chicken stock and cover the cocotte. Allow to simmer.
2. Add sherry vinegar and reduce. Toss vegetables in the reduced sherry vinegar mixture. Transfer the cooked vegetables to a tray and allow to cool.
3. In a separate pan, toast pine nuts with olive oil and salt. Once toasted, sprinkle some lemon juice and allow to cool on a tray.
4. Mix cooked vegetables with toasted pine nuts and sun-dried tomatoes. Season to taste.
5. To assemble, set cooked vegetables on a cold plate. Arrange sun-dried tomatoes, celery heart leaves and zucchini flower petals over the cooked vegetables.
6. Place zucchini, red bell pepper circles and small red onion halves (recipe below) around the cooked vegetables. Drizzle sauce (recipe below) over the vegetables.
7. Place drained *kesong puti* on top of vegetables. Sprinkle fleur de sel and pepper on top. Drizzle with olive oil right before serving.

ZUCCHINI AND BELL PEPPER GARNISH:
2 tablespoons salted butter

3 small red onions, cut in half
chicken stock
1 zucchini, cut into small circles
3 tablespoons sliced red bell pepper, cut into small circles

1. In a pan, melt butter and slightly cook red onions. Deglaze with chicken stock and cover. Remove slightly cooked red onions. Set aside.
2. In a separate pan, blanch the zucchini and red bell pepper in boiling water. After a few seconds, remove vegetables and shock in ice water to stop cooking. Set aside.

SAUCE:
1/4 cup balsamic vinegar
2 tablespoons sherry vinegar

Combine balsamic vinegar with sherry vinegar in a saucepan. Over low heat, allow to reduce into a syrup. Place in a squeeze bottle, and allow to cool.

Tilapia at Buro

By Chele Gonzalez
of Gallery Vask
Serves 2

180 grams tilapia fillet, remove skin and reserve
salt and pepper, to taste
handful of fresh Thai basil leaves, chiffonade
banana leaf, for wrapping
1 teaspoon sliced pickled onions
10 grams mustard leaves, small leaves only

1. Season tilapia with salt, pepper and Thai basil. Wrap with banana leaf and steam for 4 to 5 minutes.
2. Fry reserved tilapia skin or bake in an oven until crispy. Set aside.
3. To assemble, place a mound of *buro* risotto (recipe below) in the center of plate.
4. Unwrap tilapia from

banana leaf and place on top of rice. Add pickled onion and mustard leaves.
5. Top with the crispy tilapia skin. Sprinkle with salt.

BURO RISOTTO:

150 grams *tinawon* heirloom rice
2 tablespoons cooking oil
1 1/2 tablespoons minced onion
2 teaspoons minced garlic
2 teaspoons minced ginger
1 1/2 tablespoons diced tomatoes, blanched
3 tablespoons + 1 teaspoon tomato juice
salt and pepper, to taste

1. To make the *buro*, cook *tinawon* heirloom rice in water and salt. Let ferment for 3 days in a jar in a cool, dark place.
2. Sauté onion, garlic and ginger in cooking oil. Add blanched tomatoes.
3. Add *buro* rice and tomato juice.
4. Cook until rice mixture binds together. Season with salt and pepper.

Tuloy Foundation Tea

Serves 20

50 grams pandan leaves
40 grams lemongrass
3 tablespoons mint leaves
20 cups water
honey or sugar, optional

1. Wash thoroughly *pandan* leaves, lemongrass and mint leaves.
2. In a stock pot with water, boil *pandan* leaves, lemongrass and mint leaves for about 30 minutes, then turn off the heat.
3. Allow leaves to steep for another 15 to 20 minutes without heat. After a few minutes, strain and transfer to a tea pot or pitcher.
4. Serve tea hot or cold, sweetened with honey or sugar.

GETTING INTO THE HEART OF WHAT MAKES EVERY BITE TRULY FILIPINO.

Chasing Flavors

Hosted by Chef Claude Tayag

Rediscover *Lechon*, *Adobo*, *Kare-Kare*, *Kinilaw* and the many gems of flavors the Philippine Islands has to offer in a culinary expedition like no other with the Kapampangan Cuisine Ambassador and owner of *Bale Dutung*.



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WE HOPPED AROUND 7,107 ISLANDS TO BRING YOU TO OUR MOST MEMORABLE DESTINATIONS, OUR BEST-TASTING MEALS, AND THE MUST-HAVE PASALUBONG THAT WILL WHET YOUR APPETITE FOR CULINARY ADVENTURE

*Produced by ANNE MARIE OZAETA
with TROY BARRIOS and GINNY MATA
Photography by JAR CONCENCO
Styling by ANGELIQUE ABESAMIS-CASTRO
Recipes by 7107 CULTURE + CUISINE*

*Buri placemat in natural and orange,
buri placemat in natural, malong.
KULTURA FILIPINO (SM Megamall)*

Krispy Kare-kare

Kare-kare is believed to have originated among the Indian *sepoys* brought by the British in the 18th century. They settled on our islands and adapted their native curry, using ingredients found on our shores. This dish evolved into the *kare-kare* we know and love. The chefs at 7107 Culture + Cuisine played with this traditional oxtail peanut stew, substituting the oxtail with crispy pork *bagnet* from Ilocos, and flavoring the sauce with fresh peanut butter from Quezon province. It's one of the most popular dishes at this new-gen Filipino restaurant.



Luzon

1



2



1 Annie Bea Carinderia, Angeles City, Pampanga Chef and food writer Claude Tayag proclaims, "I'll vote her one of the best home-cooked *carinderia* ever." While *sisig* is a best seller, they also serve special occasion dishes like Sipo Egg made with boiled quail egg, chicken giblets and vegetables in cream sauce. 2099 Jesus Street corner MacArthur Highway, Pulungbulo, Angeles City, (0916) 252-3126

2 Bordado, San Miguel, Bulacan *Bordado* is the art of carving intricate designs on fruit like fragrant *dayag*, which are stuffed with *pastillas de leche* and preserved in syrup. Translucent against the light, *bordado* is a dying art now solely done by Naty Ocampo Cruz. To order, call (0922) 861-1379



3



4

3 The Coco Spice Adventures culinary tour, Albay and Sorsogon, Bicol For a different kind of culinary experience, go on a three-day food tour to discover the riches of the Bicol region. Learn to cook regional dishes like *pinangat* in Camalig; try Guinobatan *longanisa*; harvest sea urchin and *lato* (sea grapes) in Pilar; have lunch on a floating bamboo raft; visit Girawan Village in Donsol to learn about cacao and *pili* nut processing. It's an eye-opening experience, and best of all, you'll be helping local communities. For tour package information and other culinary tours, (02) 994-6636, (0918) 897-4670, (0918) 900-1415, EatYourHistory@FoodHolidays.PH, www.FoodHolidays.PH

4 Suman sa palaspas, Santa Cruz, Marinduque This island province is best known for the Moriones Festival, held every Holy Week, so it's apt that a local specialty is called *suman sa palaspas*, referring to the palm leaves used on Palm Sundays, except that this *suman* is wrapped in coconut leaves. Santa Cruz Public Market, Santa Cruz, Marinduque



5



6

5 Halo-halo sa Carwash, Taal, Batangas The ice is shaved so finely that it's feather-soft, and the condiments so disciplined that the flavors are delightfully well-balanced. Served in the home of Jhun Estacio, next door to a car wash, this is the one treat you must not miss in Taal. Ask around and a local will be sure to point it out to you. Estacio Car Wash across Gregorio Agoncillo Ancestral House, Taal, Batangas

6 Aling Belen's longanisa, Isabela, Cagayan Bright red from the *atsuete*, with just the right amount of sweetness and saltiness, this *longanisa* is one of our favorites. Belen Recometa-Holgado has been making her special *longanisa* for over 30 years, and thus has developed quite a following among *longanisa* lovers here. Cauayan Market, Isabela



7

7 Irene's Vigan Empanada, Vigan, Ilocos Sur Irene's famous Vigan empanada is crispy, filling and absolutely delicious. The pastry wrapping, made with *galapong* (rice flour) and *atsuete*, is filled with green papaya, deep-fried and dipped in piquant *sukang Iloko*. Irene Santos is a fourth-generation empanada maker, and has made her version even heartier with garlicky Vigan *longanisa* and whole eggs. It also comes in *longa*-chicken, beef, tuna and vegetarian variants. Salcedo Street, Vigan, Ilocos Sur, (077) 722-0581, 722-0581, 723-1517, (0927) 420-1277, Facebook: irenesviganempanada

Visayas



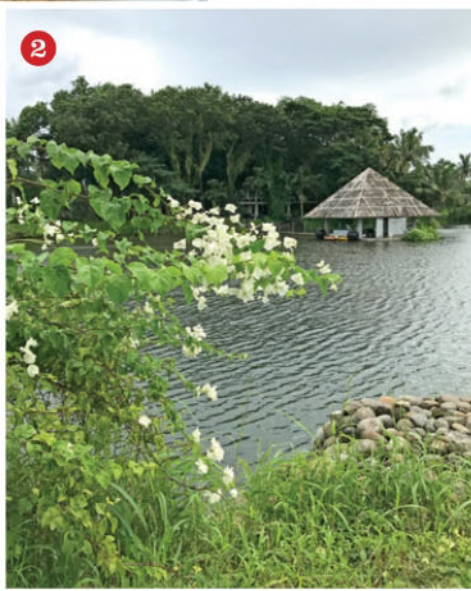
1

1 Parilya, Cebu City

A seaside view, the fresh breeze, alfresco seating and absolutely spot-on Filipino fare will guarantee you a great time at the newest property of the owners of Cebu's famous Café Laguna. Of course, seafood is the prime attraction, whether it's grilled prawns, fish, squid, crab or for more local flavor, traditional Cebuano *linarang na isda* soup. Another specialty is Lechon Parilya, slow roasted over open fire, for perfectly crisp skin and tender, aromatic meat. *Il Corso, City Di Mare, South Road Properties, Cebu South Coastal Road, Cebu City, (032) 511-8832, lagunagroup.ph*

2 Punong Gary's Place, Silay, Negros Occidental

Hidden away in Hacienda Tinihaban is this mystical place of ancient trees, bamboo groves, modern sculptures and Bali-inspired cottages. One can simply while away the day lying on a hammock, strolling through the footbridges that traverse the old fishponds, or taking in a casita for the night. The home-cooked gourmet fare—creamy *kalabasa* soup with coconut milk, pan-seared tuna encrusted in sesame seeds, homemade ice cream—is worth the visit, of course, whether it's a five-course lunch or dinner or more casual *pica-pica* during Tapas Night. *Reservations required, (0917) 327-1729, Facebook: Punong Gary's Place*



2

3 Maridel's Cakes and Pastries, Iloilo City

When in Iloilo City, we strongly recommend that you stop by this pastry shop, which has been deemed the best place for desserts. Popular items include Potato Praline, Frozen Lemon Meringue Pie, and the seasonal Pink Guava Cake. *Plazuela de Iloilo beside SM City, (33) 508-2253, Facebook: Maridel's.Iloilo*



3

4



4 Royal Suites Inn, Dumaguete

This is one of those iconic restaurants that have been around forever. It's famous for its sizzling *bulala*, which comes with the marrow mixed with homemade gravy. They also have homemade sardines in olive oil, and an assortment of inventive cakes and pastries made by a home baker who also happens to be the best orthodontist in town (or so the locals say). Definitely an under-the-radar hometown favorite. *Roviro Road, Bantayan, Dumaguete, (0917) 419-0541*

5 Salukara by Rose Gabon, Catbalogan, Samar

Truly unique to Catbalogan, *salukara* refers to native pancakes made with rice flour and leavened with *tuba* (young coconut wine). Rose Gabon of RG Foods in Borongan has been making this using her grandmother's recipe for decades. It's golden brown, pockmarked with holes on its surface, with a subtle fermented flavor, and is often eaten for breakfast with tea. *RG Foods, Catbalogan, Samar, (0948) 233-9988*



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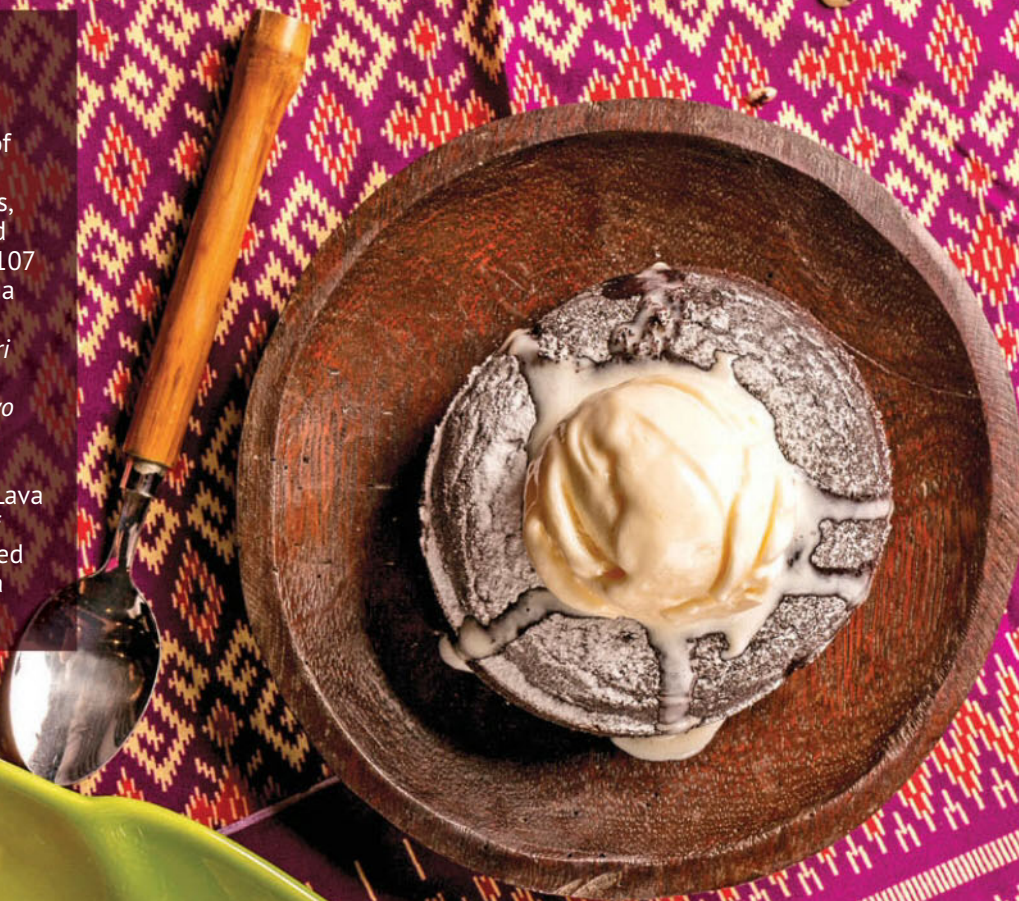
7107 Sisig

Kapampangan in origin, *sisig* has managed to become a truly national dish, cooked and innovated on all over the archipelago. While its current form involves pork parts (usually cheeks, ears, tail, brain), it has since given birth to multiple variations, involving tuna, squid, *bangus*, egg, even mayonnaise. 7107 Culture + Cuisine's version keeps it classic, served on a sizzling plate to give the pork an extra charred crunch. Whatever the version and wherever it's served, *sisig* is always a best seller and definitely qualifies as one of the best dishes the country has to offer.



Chocnut Turon and Molten Pastillas Lava Cake

As a sugar-producing country, the Philippines is never in short supply of *panghimagas* or sweets. And with an abundance of tropical fruits, coconuts, *tsokolate*, there's much to play around with when it comes to desserts. At 7107 Culture + Cuisine, the ordinary banana *turon* is given a chocolatey-peanut kick thanks to the addition of *sari-sari* favorite Chocnut, served with a duo of peanut butter and chocolate *labuyo* sauces. No dessert menu is complete without chocolate cake, in this case, 7107's best selling Molten Pastillas Lava Cake. When you cut into it, instead of chocolate oozing out, you'll get melted *pastillas de leche*, best enjoyed with a scoop of vanilla ice cream.



Malong, wooden bowl, spoon with bamboo handle, KULTURA FILIPINO (SM Megamall)

Mindanao



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1 Cheesecakes from Lachi's, Davao Run by twin brothers Michael and Melvin Aviles, the iconic Lachi's is famous for its *sans rival*. But we discovered they also make a line of cheesecakes in assorted flavors, each one more luscious than the last. *Ruby Street, Marfori Heights, Davao City, (0916) 984-1183, Facebook: lachisdavao*
2 Italian-style pizza, Kermit Surf Shop, Siargao On a remote island where surfers and backpackers roam, an Italian named Gianni Grifoni opened a cozy dive bar and flew in a wood-fired oven from Tuscany. Today, he's making the chewiest, yummiest pizzas we've ever had (it helps that we've just come from the beach and are starving). His tagliatelle and focaccia ain't bad, either. *www.kermitsiargao.com, Facebook: Kermit-Surf-and-Dive-Resort*
3 Vjandep Pastel, Camiguin Shaped like a *bonete* to encase a sweet *yema* custard, Vjandep Pastel takes its name from Virgilio Jose (VJ) and Eleanor (EP) Popera, the couple who own the brand. It's available in 20 flavors, from the popular cheese *yema* pastel to *ube yema* pastel and squash-*malunggay* pastel. *www.vjandep.com, Facebook: vjandep*
4 Alavar's, Zamboanga City The landmark Alavar Seafood Restaurant has made Zamboanga famous thanks to its *curacha* (spanner crab) in Alavar sauce, a secret concoction of coconut milk and spices. You can buy the *curacha* and Alavar sauce at the Saturday Salcedo Market, and you may end up snatching up its other bottled seafood goodies too. *173 Don Alfaro Street, Tetuan, Zamboanga City, (062) 991-2483*
5 Hineleban Foundation and Tuminugan Farm, Manolo Fortich, Bukidnon Through its farm, the Hineleban Foundation aims to help reforest Mindanao and provide a sustainable source of livelihood for the Lumads and the Bangsamoro. The foundation grows premium Arabica coffee, heirloom *adlai* grains, organic turmeric (in capsule form) and Tuminugan 100% raw honey, available at its just-opened Hineleban Café in Makati. *830 A. Arnaiz Street, Makati City, store.hineleban.org*

Read, Travel, Eat

If you're ready for culinary adventure, check out these two comprehensive food guides that share their secrets of where to go and what to eat around the country.

Linamnam: Eating One's Way Around the Philippines
 By Claude Tayag and Mary Ann Quioic
 Anvil Publishing, 2011 and 2015

This well-known husband-and-wife team travelled the country to discover the best dishes to eat, from *sisig matua* in Angeles City, *kinilaw* in Bacolod, to *sinuglaw* in Cagayan de Oro, and everything in between. Included too are the authors' musings on *sawsawan*, *adobo*, *pancit*, *longanisa* and more. The second edition takes off from the first, with added destinations like Marinduque and Palawan.

Food Holidays Philippines
 Colors Integrated Travel Media, Inc, 2016

This annual travel-cum-food guide curated by publisher Clang Garcia and her team of esteemed food writers covers the gamut of regional food experiences, from provincial restaurant visits to multi-day culinary tours, plus informative essays on Philippine cuisine. This handy guide also includes recipes, suggested itineraries, tour packages and other contact information.

Available at National Bookstore

Robinsya Picks

1 Balangay's Best Darling Danggit This brand aims "to build a social platform to connect our fishing communities, our customers and our partners while creating a culture that will not leave our fishermen, their families and our environment behind." The company works with fishing communities in Cebu, Mindoro, Negros Oriental and Surigao del Sur to produce dried seafood products wittily named Darling Danggit, Papa Pusit and Baby Bangsi. Good for the planet, good for the fisherfolk, and delicious too! *Available in Echostore branches and select retail outlets, balangaysbest.com*

2 Memz Premium Pork Chicharon Unlike other *chicharon* purveyors, Memz does not boil or dehydrate their pork. Rather, to preserve its natural flavors, they render it in the pork fat itself. Bite-sized, crunchy and utterly delicious, with nary a trace of oiliness or *lansa*, it's also beautifully packaged in FDA-grade aluminum foil to protect the *chicharon* from air and moisture. *www.memzchicharon.com*

3 Proudly Promdi Tapuey This artisanal from Ilocos is perfect chilled or on the rocks, with a slice of *dayap* on the side. Or make our favorite cocktail, a *tapuey negroni*: a dash each of gin and Campari, and slosh a goodly amount of *tapuey*. Pour into a rock glass over ice and add a twist of *dayap*. *Facebook and Instagram: proudlypromdi*

4 Hermenegildo Gourmet Bulad Dried herring in olive oil and vinegar with garlic and olives, this is made using an old family recipe of Ikay Villanueva,

who named it after her late grandfather, Senator Hermenegildo Villanueva. The *bulad* is becoming such a popular *pasalubong* that it now provides work for 18 housewives in Bidoy, Negros Oriental. (0917) 541-3417, *Facebook: HermenegildoBulad*

5 The Cracking Monkey These are *pili* nuts from Bicol like you've never had them before! They're completely natural, and have not been roasted nor have they undergone any kind of chemical processing. These nuts are best consumed after pre-sprouting and eaten straight out of the shell. It's fun to use the included patented notch and lever system to crack the shell yourself. *Available at SM Kultura branches, www.thecrackingmonkey.com*

6 Tigre y Oliva Chocolate Ranging from 70 to 77% pure cacao, these handcrafted bean-to-bar single origin dark chocolate bars are by Simone Mastrotta, an Italian chocolatier expat based in Surf town, La Union. Made with only cacao and sugar, each chocolate bar is named after the farm or area from which the cacao beans have been ethically and sustainably sourced: Santo Tomas Farm in Davao del Norte, Subasta in Davao City, Santa Maria in Davao Occidental. *Facebook and Instagram: TigreYOlivaChocolate*

7 Asiong's Leche Flan-Ube Cavite City's pride and joy, Asiong's, recently moved to Silang, transforming from a humble *carinderia* to a destination restaurant famous for its *pansit pusit*, *pan de troso* with *quesillo*, and of course, its owner Sonny Lua. Drop by for breakfast, lunch or

merienda and be sure to take home any of Sonny's bottled treats—especially his signature *leche flan-ube* for a double dose of decadence. Or else get the *buevos* or fish roe in *oro*, *negra* and *picante blanca* variants, among other delights. *Silang, Cavite, (046) 686-1048*

8 Pinkie's Farm Kesong Puti From a family farm in Lipa, Batangas comes this fresh, pure *kesong puti* using only all-natural milk from grass-fed cows. Creamy with a touch of saltiness, this soft white cheese is perfect on toast or tossed into a salad. Pinkie's Farm also offers premium fresh cow's milk and yogurt in glass bottles (because they taste better), frozen yogurt and butter. *pinkiesfarm.com*

9 Hiraya Bakery Alfajores and Buko Pie This Laguna-based bakery sets itself apart by highlighting local and sometimes hard-to-source ingredients in season like *sampinit* (wild raspberry), *uraro* flour (arrowroot), *lipote* and *bignay* fruit. We love Hiraya's *alfajores*, buttery shortbread cookies sandwiching a generous layer of *dulce de leche*, available in Salted and Chocolate flavors. Another favorite is Hiraya's take on a classic—Buko-Lemongrass Latik Crumble Pie with generous strips of *buko* layered with rich lemongrass custard cream topped with a *latik streusel*. (0915) 529-0250, *hiraya2722@gmail.com, Facebook: Hiraya Bakery*

10 Figures of Beans Coffee What's not to love about FOB Coffee? It's organic, sustainably-grown quality coffee from the Cordilleras. The packaging is cool and they deliver right to your door. You can get excellent

coffee without shelling out big bucks at overpriced cafés, plus you get to support ethnic communities in the Cordilleras. A win-win situation. *Available in six varieties and blends, www.figuresofbeans.com, Facebook: fob_coffee*

11 Southern Folk Cacao Yes, we know hot *tsokolate* is not top of mind in this summer heat, but this organic *tablea* is just too good to ignore. There are no extenders or thickeners, so all you get is genuine cacao flavor. Add a little peanut butter to get that thick consistency. Or serve it as a nightcap over ice to cool you down just before bed. *Facebook and Instagram: SouthernFolkPH*

12 Aro-En Gourmet Salts From Pangasinan where the country's salt-making industry had its beginnings, comes this line of gourmet artisan salts—a veritable cook's feast of flavoring and finishing salts specially created to enhance any dish, including desserts. Among Aro-En's many variants, try the premium Fleur de Sel, clean and delicate Mineral Sea Salt, briny and earthy Sel Gris, citrusy Calamansi Salt, spicy Chili Salt or Smoked Salt. (02) 371-4304, *www.aro-engourmetsalt.com*

13 Vinegars by Ritual We recommend you try any of these three local vinegars to experiment with the flavor profiles of your adobo: sweet mulberry vinegar from Talakag, Bukidnon (similar in taste to balsamic vinegar), sour *suka sa lubi* or coconut vinegar from Silago, Southern Leyte, and the uniquely piquant *sukang Iloko* or sugar cane vinegar from Laoag, Ilocos Norte. *926 Arnaiz Avenue, Makati City, (02) 734-5486, www.ritualph.myshopify.com*



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Krispy Kare-kare

Serves 3 to 4

200 grams *bagnet*, cut into serving pieces
cooking oil, for deep frying
1 bunch *bok choy*, washed
1/2 cup French beans, washed
1 eggplant, cut in half 2 inches long
1 *siling labuyo* (bird's eye chili)
1/4 cup *bagoong guisado*

1. In a deep pan or fryer, heat oil and fry *bagnet* until crisp. Drain on paper towels to remove excess oil. Set aside.
2. In a casserole with water, blanch all vegetables and set aside.
3. In a saucepan, heat peanut butter sauce (recipe below) and add blanched vegetables.
4. In a serving platter, arrange cooked *bagnet* skin side up. Place vegetables in peanut sauce beside *bagnet*.
5. Garnish with *siling labuyo*. Serve with *bagoong guisado* on the side.

PEANUT BUTTER SAUCE (Makes about 1 1/2 cups):

2 tablespoons annatto oil
1 onion, chopped
2 cloves garlic, minced
1 tablespoon toasted rice flour
1/2 cup pork broth
1 cup peanut butter
salt and pepper, to taste

In a pot, heat annatto oil and sauté onion and garlic. Add toasted rice flour. Add pork broth and peanut butter. Season with salt and pepper. Boil, then lower heat and simmer for 8 minutes until sauce thickens slightly.

7107 Sisig

Serves 2

2 tablespoons cooking oil
2 teaspoons minced garlic
2 teaspoons minced ginger
300 grams pork belly, fried and cut into small cubes
2/3 cup chopped chicken liver

salt and pepper, to taste
2 tablespoons soy sauce
2 tablespoons mayonnaise
2 tablespoons cooking cream
2 tablespoons vinegar
2 teaspoons margarine
1 egg
2 tablespoons chopped red onion
1 *siling labuyo*
1 green finger chili, sliced
1 *calamansi*

1. In a clean sauté pan, heat oil and sauté garlic and ginger until light brown.
2. Add fried pork belly and chicken liver. Season with salt and pepper. Sauté until crisp.
3. Add soy sauce, mayonnaise, cooking cream and vinegar.
4. Heat a sizzling plate and brush with margarine.
5. Transfer the sautéed *sisig* to the sizzling plate. Top with a fresh egg.
6. Garnish with onions, *siling labuyo*, finger chili and *calamansi*. Serve while still hot.

Chocnut Turon

Serves 6

6 *saba* bananas, peeled and quartered
6 medium-sized lumpia wrappers
1/4 cup crushed Chocnut candies
1/2 cup *muscovado* sugar
cooking oil, for deep frying
2 tablespoons desiccated coconut, roasted
2 tablespoons bottled peanut butter
2 tablespoons melted dark chocolate, mixed with fresh *siling labuyo* extract

1. Place banana in the center of a lumpia wrapper. Sprinkle with crushed Chocnut. Roll *lumpia* wrapper and seal edges with water to close.
2. Roll wrapped bananas in sugar and set aside.
3. Heat oil in a deep fryer or pan. Drop *turon* one by one and cook until golden in color and crisp. Drain on

paper towels to remove excess oil.

4. Transfer *turon* to a serving plate and sprinkle with

desiccated coconut. Serve with peanut butter sauce and chocolate *labuyo* sauce for dipping.

7107 Culture + Cuisine is #NotYourAverageLocal

This is not your usual Filipino restaurant. Named after the Philippines' 7,107 islands, this culinary and hospitality "food hall" acts as an advocacy for "the discovery, appreciation and promotion of the country's local culture and heritage." The restaurant has four distinct food sections that showcase the diversity of our food: Kanto for street food, Dampa for seaside dining, Talyasi for cooking in a pot, and Himagas for dessert. And it's not just the food. The walls are painted with colorful depictions of local flora and fauna by illustrator Daryl Feril. The Sari Sari Corner sells local goods like salted egg chips and chocolate, as well as local crafts. A separate meeting room is available for private functions. Located at Treston International College, 7107 also provides hospitality and culinary students with real-life, industry-based training. *G/F Treston International College, University Parkway District, 32nd Street corner C5 Road, Bonifacio Global City, www.7107restaurant.ph*



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HOME BASICS

Photography by PAUL DEL ROSARIO | Styling by NANCY DIZON-EDRALIN



Tap into seaweed's nutritional power

Over 10,000 species of seaweed—like the widely-used kelp and spirulina—grow in tropical and cold waters alike. These sea greens are rich in minerals like copper, calcium, iodine and iron, as well as in protein, vitamins and fiber, especially vitamin K and folic acid. Low in calories and fat, seaweed doesn't have to be strictly “diet” food. Thanks to its high glutamate content, it has loads of umami flavor. For example, *kombu* or dried kelp is added to *dashi* stock, essential to Japanese cuisine. If you can't find fresh seaweed, like our local *guso* and *lato* (pictured, lower left and right, respectively), at your local wet market, then simply pick up some dried nori sheets (upper left) at any major supermarket or Japanese grocery. Use them to make our healthy seaweed recipes on page 88.

Super Seaweed

Your vegetables don't have to come from the soil. Sea greens can bring a fresh and salty dose of mineral-packed nutrition to your meal

Recipes and styling by **NANCY DIZON-EDRALIN**
Photography by **PAUL DEL ROSARIO**

While the Japanese and Koreans have made seaweed, especially the dried variety, a daily part of their diets, Filipinos aren't quite as familiar with this abundant, sustainable sea "vegetable" (actually algae). In coastal provinces, fresh seaweed is readily available, but it's usually only eaten fresh like a salad or *kinilaw*, simply dipped into vinegar. But seaweed can be a lot more versatile. Light in flavor but packed with good-for-you minerals and antioxidants, this superfood can be snuck into one's daily meals in a variety of novel ways, like Chef Nancy's original seaweed recipes featured here. **F**



Fresh sea grapes for dipping

Looking like small grapes, *lato* can be found in wet markets like Farmer's Market in Cubao, and are available in different sizes. Make sure to use *lato* on the same day you buy it because this fresh seaweed wilts easily. Don't keep it in the fridge where it will just get soggy. Wash it only when you're ready to serve it. Chef Nancy advises using the balsamic glaze like a dipping sauce instead of as a dressing. When tossed with salad dressing, *lato* usually becomes soft and soggy.

Sea Grapes Salad

Serves 2 to 4

- 1/4 kilo *lato* (sea grapes)
- 200 grams baby spinach
- 1 red onion, sliced
- 1 tomato, sliced
- 200 grams feta cheese, cubed

Combine ingredients on a plate. Drizzle with balsamic glaze (recipe below).

BALSAMIC GLAZE (makes 1 cup):

- 1 cup balsamic vinegar
- 1 tablespoon white sugar

1. In a small saucepan, combine balsamic vinegar with sugar. Stir constantly until sugar has dissolved.
2. Bring to a boil, reduce heat and simmer until glaze is reduced by half. Glaze should coat the back of a spoon. Set aside and let cool.

Nori Rice Balls

Serves 4 to 6

1 cup Japanese rice, uncooked
1 1/4 cups water
1/4 cup rice vinegar
1/8 cup white sugar
1/2 teaspoon salt
1/2 cup chopped nori
1 tablespoon black sesame seeds
1/2 cup all-purpose flour

2 eggs, beaten
1 cup fine breadcrumbs
1 cup canola oil, for frying

Japanese mayonnaise
2 stalks spring onions, chopped, for garnish

1. Rinse and cook the rice with water in a rice cooker. Transfer to a bowl and set aside.
2. In a small saucepan, combine rice vinegar, sugar and salt. Cook until the sugar

dissolves. Let it cool then add to the cooked rice.
3. Mix the nori and black sesame seeds into the rice. Divide the rice into 12 portions. Shape the rice into balls.
4. Dust each rice ball with flour, dip in the egg mixture, then cover with breadcrumbs.
5. Heat a frying pan over medium heat. Fry the rice balls until golden brown.
6. Drizzle with miso-soy

glaze (recipe below) and Japanese mayonnaise. Garnish with spring onions.

MISO-SOY GLAZE:
1/2 cup sweet soy sauce
2 teaspoons miso
1 tablespoon honey

In a small saucepan, combine all the ingredients. Simmer until mixture thickens, approximately 3 to 5 minutes. Do not overcook.



Go ahead, have a ball

These rice balls are a great way to pack protein-rich nori (dried edible seaweed) into one handy bundle. A Japanese staple used mainly for sushi and *onigiri*, nori can also be enjoyed as a healthy snack or used to garnish soups or salads. With chopped nori “hidden” in the rice balls, even your vegetable-averse kids will enjoy them! You can try other Japanese fillings like *kani*, *uni* or *unagi* to flavor the rice balls. If you don’t have time to fry them, you can serve the flavored rice as is, without the breadcrumb coating, formed into any shape you want or simply served in a bowl.

Seaweed Tempura

Serves 2 to 4

1/4 kilo *guso* (seaweed), washed

TEMPURA BATTER:

1 cup all-purpose flour
1 tablespoon cornstarch, plus extra for dusting
1 teaspoon baking soda
1/4 teaspoon salt
1/2 teaspoon ground black pepper
1 egg
1 cup cold water
1 cup vegetable oil

1. Prepare ice and water in a bowl. Wash the *guso*.
2. Boil water in a pot and add washed *guso*. Let it cook for 5 to 8 minutes. Remove the seaweed and transfer to a bowl of ice water to stop the cooking. Remove seaweed and dry thoroughly.
3. To prepare the tempura batter, sift together flour, cornstarch, baking soda, salt and black pepper.
4. In a bowl, beat the egg. Add cold water and mix. Add the flour mixture to the egg mixture and

gently mix. Do not overmix batter as you will get a lot of gluten which makes it heavy, resulting in an un-crispy tempura batter.

5. Dust seaweed with cornstarch then dip it into the tempura batter.

6. In a deep fryer, heat the vegetable oil. Deep-fry the seaweed until golden brown, about 2 minutes. Do not overcook the seaweed as it can become soggy.

7. Transfer cooked seaweed tempura to a wire rack or a plate lined with a paper

towel to drain excess oil.

8. Serve with wasabi mayo (recipe below).

WASABI MAYO (makes 1 cup):

1 tablespoon wasabi powder
2 tablespoons water
1 cup Japanese mayonnaise

In a bowl, combine wasabi powder and water to form a paste. Let sit for 1 minute, then add mayonnaise. Mix well.



A different kind of tempura

Who would have thought you could deep-fry seaweed and serve it like tempura? Chef Nancy uses *guso*, a gelatinous seaweed that looks like green thorns or tree branches. She advises blanching the *guso* first to achieve the right crunch. Make sure to drain the tempura well over paper towels and serve immediately to retain its crispiness.

Dessert, Pinoy-style

You'll have fun making these tasty variations of traditional Filipino desserts. We tweaked the recipes using local ingredients like ube, coco jam and mangoes to show you how versatile and interesting they can be. Enjoy!

Recipes and food styling by **PIXIE RODRIGO SEVILLA**
Photography by **PAULO VALENZUELA**



Tropical Polvoron

Serves 6 to 8

- 1 1/2 cups powdered milk
- 1 1/2 cups all-purpose flour
- 1/2 cup desiccated coconut
- 1 cup sugar
- 1/4 cup finely chopped dried mangoes
- 1 cup melted butter

1. Combine powdered milk, flour and desiccated coconut in a pan. Toast the mixture

over medium high heat, stirring continuously until it turns beige.

2. Add the sugar and mix to combine. Remove from the heat.

3. Add the dried mangoes. Toss to combine.

4. Add the melted butter and mix until evenly distributed.

5. Press into oval shapes using a *polvoron* mold. Wrap in colored paper or cellophane.

Sweet and crumbly

This is perfect as a DIY project with the kids on summer afternoons. You can use other dried tropical fruits instead of mangoes.

For a healthier take, replace part of the sugar with coconut sugar. To get a sturdier *polvoron*, place the molded pieces on a lined sheet pan and bake for 2 to 4 minutes. Cool the pieces before wrapping individually.

La Bulakeña Turon

Serves 6

6 *saba* bananas, almost overripe, cut in half lengthwise
1 cup *pastillas de leche* strips
12 spring roll wrappers
2 cups cooking oil

1. Place each banana piece on a spring roll wrapper, then top with a strip of *pastillas*. Fold and lock the spring roll wrapper. Seal the edges with water. Repeat for each banana piece.
2. Heat oil in a pan to 375°F. Fry the wrapped bananas until the wrappers turn golden brown.



Deep-fried and flavorful.

For a fun variation, use flavored *pastillas* or substitute with *ube* jam or coco jam. This is perfect for dessert or *merienda* served hot with vanilla, chocolate or *mantecado* ice cream.

Strong local flavors

To achieve the best taste, there's nothing like adding freshly grated coconut, although you can also use dessicated coconut in packs. Experiment with other flavors like *buko* pandan.

Ube Palitaw

Serves 6

1/3 cup *muscovado* sugar
3/4 cup sweetened coconut flakes or freshly grated coconut
2 tablespoons toasted sesame seeds
1 1/2 cups glutinous rice flour
1/2 cup *ube* liquid flavoring, preferably Flavacol brand

1. Combine sugar, coconut flakes or grated coconut, and sesame seeds in a bowl. Set aside.
2. Combine glutinous flour and *ube* flavoring. Mix until dough is formed.
3. Shape a tablespoonful of dough into a ball then flatten the middle with your thumb.
4. Boil water in a pot. Drop the flattened balls of dough in the water. Wait until the balls starts to float. Fish out and let cool until it reaches room temperature.
5. Coat the cooled dough with the coconut-sesame seeds mixture. Serve.



WHAT'S OLD IS NEW AGAIN

How to be playful in the kitchen, the right way

By TROY BARRIOS

Recipes by GENE GONZALEZ

Photography by PAULO VALENZUELA

Taking two classic recipes, Chef Gene Gonzalez shows us how ingredient and technique can transform a dish. Adobo del Diablo is an heirloom recipe from his hometown in Sulipan, Pampanga. Vichyssoise is traditionally a cold soup made with potatoes and leeks, which he localizes by substituting *ube* for the potatoes. Chef Gene, who was the opening speaker at this year's Madrid Fusión Manila, says the creative cook must first understand the dish and the techniques he will be using. Then go ahead and have fun. **1**

Ube Vichyssoise

Serves 8

- 1 1/4 kilos sliced *ube*, or substitute with sweet potato or squash
- 1 cup beets
- 12 cups chicken stock or chicken broth with pandan
- 4 medium leeks, trimmed and sliced
- 1 cup sliced onion
- 3 bay leaves
- 1/8 teaspoon freshly ground pepper
- salt, to taste
- 2 cups heavy cream
- 2 tablespoons finely chopped chives

1 Peel the *ube* and the beets. Cut into small pieces.

2 In a large stockpot, heat the *ube* in chicken stock. Add all the other ingredients except the cream and chives. Boil until the *ube* is tender.

3 Reduce heat and simmer for another 15 minutes. Remove the bay leaves. Let cool to room temperature.



4 Pour the *ube* mixture into a blender or food processor and purée.



5 Strain the mixture to get a smooth consistency. Whisk in cream and season to taste. Chill until very cold.



6 Serve vichyssoise in half a coconut shell.



7 To decorate, swirl cream on the surface and create a pattern with a knife.

Hot and cold soup

Temperature makes an enormous difference in this recipe. Served cold, this *ube* leek soup is a vichyssoise. It should be smooth and creamy, and perfect for hot summer days. Served warm, it is a *parmentier*-style. Though still silky, it's rather more rustic and can be a little chunky.



Heirloom adobo

Called Adobo del Diablo because it's so good it must have "come from the Devil," the secret to this dish is in the use of fish sauce.

Deglazing and natural caramelization give it a beautiful golden brown color and rich, umami flavor.

In Sulipan, Chef Gene's hometown in Pampanga, soy sauce is not an acceptable substitute for the fish sauce, and the hapless cook who uses soy sauce will be the subject of town gossip.

Adobo del Diablo

Serves 4

- 2 tablespoons minced garlic
- 2 tablespoons corn oil
- 1 1/2 cups pork, cut into 1-inch cubes
- 1 1/2 cups cubed chicken
- 1/2 cup chicken heart
- 1/2 cup beef liver, cut into 1/4-inch cubes
- 1/2 cup pork kidney, cut into 1-inch cubes
- 1/2 cup chicken giblets, cleaned
- 1/4 cup chicken blood, cut into 1-inch cubes
- 2 cups chicken stock
- 1/3 cup vinegar
- 1/2 tablespoon cracked black pepper
- 3/4 tablespoon salt
- 3 tablespoons fish sauce
- 3 tablespoons pork lard

CHEF GENE GONZALEZ is the founder of Café Ysabel and of the Center for Asian Culinary Studies. As a chef, he is a pioneer in Manila's gastronomic landscape, and has written a number of influential cookbooks. His iconic restaurant, Café Ysabel, opened 24 years ago as a little neighborhood restaurant along Wilson Street in Greenhills, San Juan. It became a byword for affordable, quality cuisine and is consistently mentioned as a cultural landmark in international guidebooks. This is why we are sadly bidding farewell to Café Ysabel, which closes its doors in May 2017. We eagerly look forward to its reopening in a new location later this year. Good luck, Chef Gene!



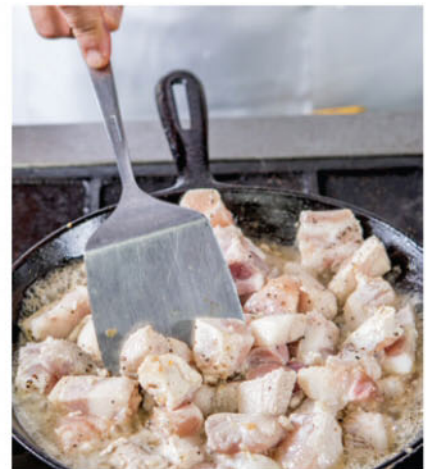
1 The basic ingredients of this adobo are chicken and pork cubes, garlic, vinegar and fish sauce. Add chicken heart, beef liver, chicken giblets if you desire, or omit them entirely.



3 Take out chicken giblets and heart. Add chicken stock to the pan, then deglaze the chicken and pork cubes. Do this 3 times.



5 Simmer the sauce for 15 minutes then separate meat from the sauce. Set the sauce aside.



2 In a cast iron pan or skillet, sauté garlic in corn oil until slightly brown. Add pork cubes, chicken, chicken heart, beef liver, pork kidney, chicken giblets and chicken blood. Add stock, vinegar, pepper, salt and fish sauce. Braise by lightly stewing in a closed pan with a little liquid.



4 After the third deglazing, the chicken and pork should be golden brown in color. When the chicken and pork are tender and sauce turns brown, add the other meats, if desired.



6 Fry meat in pork lard until brown and lightly crusty. Serve with sauce on the side.

EASY PICKLINGS

There's a world of fruits and veggies you can use to make pickles or atchara. Deliciously crisp and a snap to make, they'll pair perfectly with grilled meats

Text, recipes and styling by **TINA CONCEPCION DIAZ**

Photography by **PAULO VALENZUELA**

Pickling Juice

Makes about 4 cups

2 cups vinegar (cane, apple cider, white wine or rice wine)

1 cup water

1 1/3 cups sugar

2 1/2 to 3 tablespoons coarse sea salt

whole spices (peppercorns, mustard seeds or cinnamon sticks)

fresh herbs with stalks (thyme, oregano or rosemary)

1. In a non-reactive pot (stainless steel or stove-top glass pot), combine all ingredients and bring to a boil over medium heat.
2. Lower heat and let simmer for 5 minutes. While still hot, immediately pour over sliced fruit or vegetables (see recipes below).

COOK'S NOTE: If using white wine vinegar, use full strength. Omit water and use 3 cups white wine vinegar instead.

Red Radish Atchara

Makes 2 large jars

1/2 kilo red radish, sliced into halves or thin rounds
1/4 kilo shallots, halved
1 recipe pickling juice, using cane vinegar, red peppercorns, fresh thyme

Pack sliced radish and shallots into jars. Prepare pickling liquid and pour while hot over vegetables until submerged. Cover and allow to cool completely before tightening the lid. Pair with grilled or steamed seafood.

Cucumber Atchara

Makes about 1 large jar

4 pieces Korean cucumber, halved and sliced about 3 to 4 inches long
1 recipe pickling juice, using apple cider vinegar, pink peppercorns, mustard seeds

Pack sliced cucumber into jars. Make pickling juice and pour over cucumbers until submerged. Cover and cool completely before tightening the lid and refrigerating. Try it with grilled pork or chicken!

The alchemy of pickling

The pickling liquid creates the magic that transforms your fruits and veggies into the sweet, savory side dish you can't have enough of. It also serves the dual purpose of preserving them. All the pickles featured here can last up to a month in the refrigerator.



Pickled Watermelon Rind

Makes about 2 large jars

1/4 watermelon
1 recipe pickling liquid,
using apple cider vinegar,
black peppercorns

1. Cut watermelon into wedges. Slice off flesh and reserve for eating. Leave a thin layer of red on the rind for color. With a vegetable peeler, remove outer skin from the rind and cut into chunky pieces, about 1/2 to 1-inch thick. Pack into jars.

2. Prepare pickling juice. Pour right away after boiling to submerge the rinds. Cover and allow to cool completely before tightening the lid. This is perfect with barbecued meats.

Pickled Corn Relish

Makes about 2 large jars

3 ears yellow corn, boiled
and sliced off the cob
3 medium red bell peppers,
diced
3 medium green bell
peppers, diced

1 large red onion, halved
and thinly sliced
1 recipe pickling liquid,
using cane or apple cider
vinegar, red peppercorns,
red pepper flakes

In a bowl, toss corn, bell peppers and onion. Pack into jars. Prepare pickling juice. Pour into jars while hot to submerge the vegetables. Cover and allow to cool completely before tightening the lids. Pair with grilled or fried fish.

Red Cabbage Atchara

Makes about 1 large jar

1 medium red cabbage,
shredded
1/4 cup rock salt
half recipe pickling juice,
using white rice wine,
black peppercorns

1. In a bowl, toss cabbage and salt to combine and let sit for an hour. Rinse thoroughly and drain well.
2. Spread on a tray lined with paper napkins, and blot out moisture with additional paper napkins.
3. Pack cabbage into jars. Prepare pickling juice and pour over cabbage while hot. Cover and allow to cool completely before tightening the lid. It's good with burgers and sausages.



It's the spices that make it

Choose spices that complement your chosen fruit or vegetable. Remember to pick whole spices and sturdy fresh herbs so they remain visible in the pickling liquid. Powdered spices tend to cloud the liquid and lessen its visual appeal.

Jammin' jars

To prepare your pickling jars, wash them well and pour hot water in them for a final rinse so you can prolong the life of your pickles. Once you're done making your pickles and cooling them completely, refrigerate your jars and you're ready to pair them with all your meals.

Pickled Bell Peppers

Makes 2 large jars

- 2 medium red bell peppers, seeded, sliced into thin rounds
- 2 medium green bell peppers, seeded, sliced into thin rounds
- 2 medium red onions, halved and sliced thinly
- 1 recipe pickling liquid, using apple cider vinegar, black peppercorns, mustard seeds

Pack vegetables into jars. Prepare pickling juice and while hot, pour over vegetables until submerged. Cover and allow to cool completely before tightening the lids. Pair it with fried chicken or any kind of meat barbeque.

Pickled Apples

Makes about 1 large jar

- 3 Granny Smith apples, cored, halved and sliced into wedges
- 1 recipe pickling liquid, using white wine vinegar, red peppercorns, cinnamon sticks, fresh oregano

Pack apple slices into jars. Make pickling juice and pour while hot over the apples. Cover and cool completely before tightening the lid. It's the perfect complement to roasted pork and seared pork steak.

Pickled Finger Chilies

Makes about 1 large jar

- 1/4 kilo green finger chilies
- 1 recipe pickling juice, using cane or apple cider vinegar, black peppercorns, mustard seeds

1. To remove the seeds of the chilies, make a horizontal slit under the stalk and cut straight down the length of one side of the chili. Under running water, pull out the seeds and membrane. Do the same with the rest of the finger chilies.

2. Drain well and pack chilies into jars. Prepare pickling juice. Pour while hot into jars to submerge the chilies. Cover and allow to cool completely before tightening the lid. It's fantastic with grilled seafood!



RICE BOWLS ON THE RUN

The ultimate fast food, these delicious rice recipes are as convenient to cook as they are to eat

Recipes by **MICHELLE ADRILLANA** | Photography by **PAUL DEL ROSARIO** | Styling by **NANCY DIZON-EDRALIN**

You're in a hurry. You may have half an hour to cook a full meal, but then you have even less time to wolf it all down. Rice bowls are the solution—they pack rice, meat, veggies in one convenient container for you to enjoy, whether you're sitting at the dinner table, standing at the kitchen counter, or eating from your desk. Chef Michelle Adrillana shows us how to pack on the flavor with minimal fuss in three creative rice bowl recipes. Start with leftover cooked rice, then feel free to add, omit or substitute meat or veggie toppings depending on what's available in your pantry and how much time you have to whip up these dishes. Just don't sacrifice the flavor! **F**

Rice with Latin flair

This Chorizo Rice with Mushroom and Three-Bell Pepper Fry is packed with nutritious vegetables and fiber-rich brown rice. It's colorful too, thanks to the yellow, red and green bell peppers, with the caraway seeds imparting a slight anise-like, nutty flavor and aroma. Just make sure not to overcook the bell peppers. To flavor the rice, *longanisa* works just as well as chorizo.

Chorizo Brown Rice with Mushroom and Three-Bell Pepper Fry

Serves 4

100 grams chorizo, minced
2 teaspoons olive oil
2 teaspoons minced garlic
4 cups steamed brown rice
1 1/2 tablespoons chicken stock
1 1/2 tablespoons butter
salt and pepper, to taste
1/2 tablespoon finely chopped spring onions

1. Allow chorizo to render its fat in a pan.
2. Add olive oil. Sweat minced garlic until translucent.
3. Add brown rice and mix well. Add chicken stock.
4. Add butter and season to taste with salt and pepper. Add spring onions and mix well.
5. Transfer chorizo rice to a

bowl. Top with mushroom and three-bell pepper fry (recipe below).

MUSHROOM AND THREE-BELL PEPPER FRY:

2 tablespoons olive oil
2 tablespoons chopped garlic
2 teaspoons caraway seeds
1/2 cup fresh or dried shiitake mushrooms, sliced
3/4 cup red, green and yellow bell peppers, sliced
2 tablespoons chicken stock
2 tablespoons butter
salt and pepper, to taste

1. Heat olive oil. Sweat garlic and caraway seeds.
2. Add shiitake mushrooms and bell peppers and continue stir frying.
3. Add chicken stock and bring to a simmer. Add butter and season to taste with salt and pepper.



Spicy Sesame Rice with Grilled Miso-glazed Cod

Serves 2

corn oil, for sautéing
1 1/2 tablespoons
chopped ginger
1 1/4 cups steamed
brown rice
2 teaspoons sesame oil
1 teaspoon *togarashi*
(Japanese spice powder)
salt, to taste
1/2 teaspoon *hondashi*
(Japanese seafood stock)
2 teaspoons black and white
sesame seeds
1 stalk onion leek, chopped

1. Heat corn oil in a pan. Add ginger and sauté. Add brown rice and continue cooking.
2. Add sesame oil. Season with *togarashi*, salt and *hondashi*. Toss in black and white sesame seeds. Add

chopped leek.
3. Transfer rice to a bowl. Top with miso-glazed cod (recipe below).

MISO-GLAZED COD:

1/3 cup miso paste
2 tablespoons
chopped ginger
2 teaspoons sesame oil
1 1/2 tablespoons
minced garlic
pepper, to taste
2 tablespoons brown sugar
1 1/2 tablespoons mirin
600 grams cod
1 stalk leek, sliced

1. Mix miso, ginger, sesame oil, garlic, pepper, sugar and mirin. Marinate cod in mixture.
2. Preheat grill and brush with oil. Grill cod. Baste with marinade and cook until well done. Garnish with leeks.

Japanese flavors in focus

Chef Michelle celebrates Filipinos' love affair with Japanese food with her spicy take on a Japanese staple of fish and rice. If you're sensitive to spice, you can lessen or even omit the *togarashi*. Most of the Japanese ingredients in this recipe can be found in any major supermarket or specialty Japanese grocery. If you can't find cod, you can substitute with grouper or snapper instead. And for a touch of green, why not top this rice bowl with blanched and shelled edamame?



**Pinakbet Rice
with Kare-kareng Gulay**

Serves 4

- 2 tablespoons vegetable oil
- 1 1/2 tablespoons chopped red onions
- 2 teaspoons minced garlic
- 1 1/2 tablespoons minced ginger
- 1/4 cup diced tomatoes
- 2 tablespoons *hibe* (dried shrimp)
- 2 tablespoons *bagoong* (shrimp paste)
- 6 tablespoons vinegar
- 1/4 cup diced pumpkin
- 1/4 cup diced okra
- 2 tablespoons brown sugar
- 2 green chili fingers
- 4 cups steamed brown rice
- fish sauce, to taste
- 150 grams deep-fried chicken skin or *chicharon*, for topping

1. Heat oil in a pan, sauté red onions and garlic. Add ginger and continue sautéing.
2. Add tomatoes, *hibe* and *bagoong*. Add

- vinegar, bring to a simmer and reduce acidity.
3. Add pumpkin and okra. Mix in sugar and green chili fingers.
 4. Toss in cooked brown rice. Season with fish sauce if necessary.
 5. Transfer rice to a bowl. Top with chicken skin or *chicharon*.
 6. Serve with *kare-kareng gulay* (recipe below) and *bagoong* on the side.

KARE-KARENG GULAY:

- 2 teaspoons vegetable oil
- 1 1/2 tablespoons diced onions
- 2 teaspoons minced garlic
- 2 1/2 tablespoons roasted glutinous rice flour
- 1/2 cup vegetable or chicken stock
- 7 tablespoons peanut butter
- fish sauce, to taste
- 2 tablespoons annatto oil
- 1/4 cup sliced eggplant
- 1/4 cup sliced banana heart, blanched
- 1/4 cup sliced string beans, blanched

1/4 cup *bok choy*, blanched
fish sauce, to taste

1. Heat vegetable oil in a pan. Sauté onions, then garlic.
2. Add glutinous rice flour and continue sautéing. Mix well, then add stock and peanut butter. Bring to a simmer.
3. Mix in annatto oil, eggplant, banana heart, string beans and *bok choy*. Season with fish sauce.

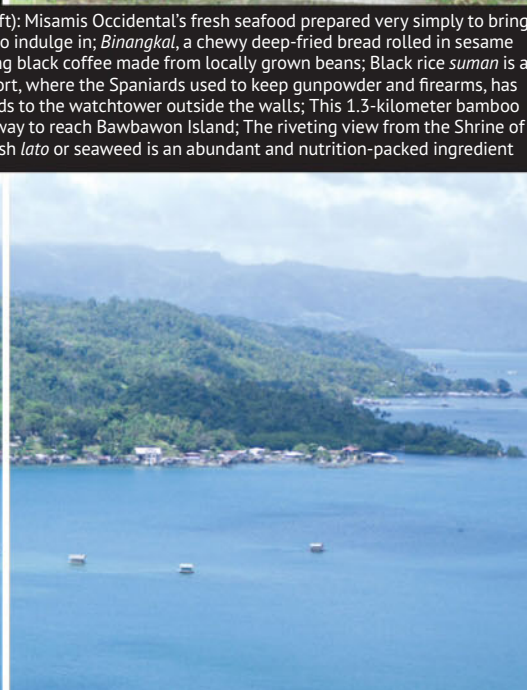
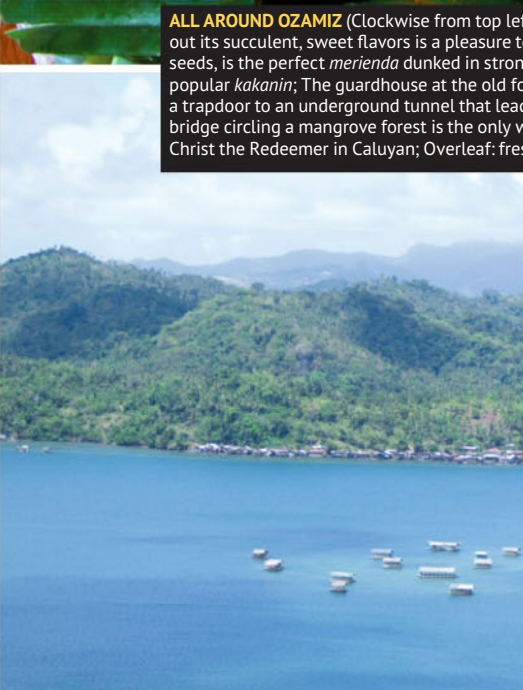
Pinoy veggies rule!

For lovers of *kare-kare* and *pinakbet*, this recipe is for you, thanks to its generous dose of *bagoong* for deeper flavor. Chef Michelle suggests adding chicken *bucheron*, pork *chicharon* or *bagnet* on top for added crunch and character. You can blanch the vegetables ahead of time in order to quicken cooking time. If you don't have time to cook the *kare-kareng gulay* separately, just add more veggies like string beans and eggplant to the *pinakbet* rice for a fully satisfying Pinoy rice meal.





ALL AROUND OZAMIZ (Clockwise from top left): Misamis Occidental's fresh seafood prepared very simply to bring out its succulent, sweet flavors is a pleasure to indulge in; *Binangkal*, a chewy deep-fried bread rolled in sesame seeds, is the perfect *merienda* dunked in strong black coffee made from locally grown beans; Black rice *suman* is a popular *kakanin*; The guardhouse at the old fort, where the Spaniards used to keep gunpowder and firearms, has a trapdoor to an underground tunnel that leads to the watchtower outside the walls; This 1.3-kilometer bamboo bridge circling a mangrove forest is the only way to reach Bawbawon Island; The riveting view from the Shrine of Christ the Redeemer in Caluyan; Overleaf: fresh *lato* or seaweed is an abundant and nutrition-packed ingredient



In The Land of

OZAMIZ

A six-day visit to Ozamiz in Misamis Occidental gives an all-too-brief glimpse of culinary and cultural treasures still waiting to be discovered

By TROY BARRIOS

Photography by EUGENE CONSTANTINO

Barely two hours by plane from Manila, the city of Ozamiz still felt like a world apart when I first stepped onto the airport tarmac on a hot morning in March. This is the capital of Misamis Occidental, a province in northern Mindanao anchored to the west by Zamboanga del Sur and del Norte. Conflict in Mindanao has often made travel to this part of the country inadvisable, so that for many Manileños like me, Ozamiz is uncharted territory. As a guest of Dine Philippines and the local Department of Tourism, I was thrilled to have the chance to meet local food artisans and discover the native cuisine.

FOOD TOUR

Ozamis has a population barely reaching 15,000 (for context, consider that over 12 million souls are jostling for space in Manila). It was first called Misamis, a name derived from the Subanen word *kuyamis*, a variety of coconut. The Subanen were tribespeople indigenous to the Zamboanga peninsula when the Spanish arrived and built a sturdy stone fort to guard against pirates from Lanao. From this outpost, the city grew to what it is today. The little fort, called



colloquially the Cotta, and more formally as the Fuerza de La Nuestra Señora de la Concepcion del Triunfo, still stands today, looking across Panguil Bay to the shadowy shores of Lanao del Norte. It's one of the only two Spanish colonial structures still standing in Ozamis.

In search of local flavor

From the fort, it's just a few minutes by car to the city center where I took up my search for Ozamis's food treasures. Home cooking is where you really find the authentic cuisine of a place, but if you're a stranger, the best place to start is at Johann's Cuisine. This restaurant opened in 2002 under Chef Johann Dagandara and is already a landmark—everyone in Ozamis can point out its location. On the menu



PICNIC ON THE WATER At Sapang Dalaga, you can rent floating cottages and order meals from the shore, usually fish, squid and shrimp freshly caught from the river by boys from the fishing village. Fresh seaweed salad, hot rice and boiled sweet potatoes make for an idyllic *probinsya*-style meal



BUHAY PROBINSYA (Clockwise from top): The walk to Bawbawon Island is a wonderful way to get a glimpse of the local wildlife the island protects; Locals enjoy plenty of fresh seafood including grilled *sunghan*, *kitong* (rabbitfish), and *kinilaw na gisaw*, all freshly-caught.



are dishes that feature ingredients and produce unique to Misamis. *Kinilaw na laya*, for example, makes use of an indigenous fish (*laya*) which is fatty with a pleasing flavor profile, and local *tabon-tabon* for the acid. And since dragonfruit is the new commercial crop venture in Misamis, Chef Johann makes luscious dragonfruit ice cream. Don't miss the *lechon baka*, which

is his riff on the *lechon baboy* that Misamis is so known for. *Lechon* is something of an obsession to the locals, and is ubiquitous at all gatherings. Outstanding with crisp, crackling skin and tenderly juicy meat, they say the secret is in what the pigs are fed. There are respected *lechoneros* to be found all over the city who are proud of their craft. Aside from these, the city's

culinary offerings are still limited. There's a selection of established favorites like Coffee Lounge at Royal Garden Hotel, where one goes for a spot of dessert or *merienda*; the North Pole, which opened in 1966 and is known for its *halo halo*; and then there's unique street food. We spotted a street vendor pushing a cart with spaghetti burgers, *biko* burgers and even *bihon*

burgers! This is no fad, because she has been selling her burgers for over 20 years. **A meal on the water** Outside the city, adventure and superbly fresh seafood are to be found. Sapang Dalaga, a municipality known for its panoramic mountains and gorgeous lakes, is a two-hour drive east of Ozamiz. The first stop was at Shrine of Christ



AN ABUNDANCE OF FLAVOR (Clockwise from top left): Locals may not realize the treasure trove of ingredients they have on hand. Dishes include chicken *tinola*, freshwater shellfish boiled with a little salt, ginger and garlic; and a *kinilaw* of *guso*, and a ceviche with a dressing of mayonnaise and *uni*



the Redeemer in Barangay Caluya. Patterned after the iconic statue in Rio de Janeiro, the shrine is built on a hill overlooking a staggering view—the blue-washed vista encompassing Murcielagos Bay, Naputhas Island, Mount Malindang and Dioyo River. The sun, fresh breeze and the 197 steps you’ve got to climb will work up your appetite, so you’re ready for the next stage.

This would be the town proper of Caluya, a small fishing village on the edge of a lake. Small floating cottages are anchored at the center of the lake, accessible via a five-minute ride on an outrigger boat. While members of the group frolicked in the clear water, lunch was being prepared. The practice is to order lunch from villagers on the mainland, who will cook the freshest catch of the day. The result was a feast of grilled seafood: shrimp and spider shells called *saang*, and local freshwater fish like *kitong* and *sungban* that were caught that morning by the adolescent boys we met playing in the water.

A mangrove-covered island

More precious than gold is the island of Bawbawon, a tiny paradise of only 30

hectares in the municipality of Plaridel. It’s the site of the Bawbawon Island Marine Sanctuary, a safe space where fish lay eggs and wild birds can nest. Partially covered by mangrove forests, the island is uninhabited and can only be accessed via a 1.3-kilometer bamboo bridge built across the water. The mangroves play a crucial role in keeping the ecology in balance: it’s breeding and nursery grounds for marine life, including commercially-important shrimps and crabs, and it serves as buffer between land and sea, minimizing erosion. The locals sometimes call it Punong Kalanggaman, which means ‘Home of the



EASY EATS IN JIMENEZ
 (Clockwise from right): Shanghai Noodle House is the oldest restaurant in Jimenez; *koter* is a drink made of *tuba* and cacao; a sampling of local Jimenez *kakanin* including *kutsinta*, rice cakes with *mais* and local bread leavened with *tuba*; the hot *lomi* soup from Shanghai Noodle House that will enervate you after a long day's tour



Birds'. In the shallows of the mangroves, you can see rabbitfish, *gisaw* and other fingerlings.

It's a lonely spot. Young boys from Plaridel occasionally cross to the island to gather coco fronds and dried mangrove tree

branches for firewood, and then picnic at Puting Bulas, a sandy beach of broken corals. Local tourists have recently discovered the island. On days when visitors are abundant, an enterprising citizen from Plaridel will set up a temporary "sari-sari"

store and sell bottled water and chips, but will pack up and leave by end of day. Our hosts, the municipal government of Plaridel, had a beach cottage waiting for us with some of their local delicacies that show you how the fresh, full flavors of

the local seafood call for the simplest cooking techniques: grilled fish and squid with vinegar dipping sauce, a *guso* (seaweed) salad with a dressing of *uni* (sea urchin) blended with mayonnaise, and local breads. When you are so close to nature, the



OLD CLASSICS San Juan Bautista Church in Jimenez; hot chocolate made from local *tablea*, and the famous *suman* from Clarin

simplest fare is all you need.

We noticed how the growing number of local tourists have begun to leave litter on the beach, which is a serious concern. Bawbawon is an animal sanctuary, and the humans should be better-behaved guests.

The heritage homes of Jimenez

The old town of Jimenez is a heritage site known for the beautiful art deco homes that its citizens built at the turn of the century. Jimenez is in the municipality of Oroquieta which used to be the financial capital of Ozamiz, and hence was the home of many well-to-do citizens.

At the center is San Juan Bautista Church, built in 1880, which became a National Cultural Treasure in 2001 as the best-preserved Spanish colonial-era church in Mindanao. Around the corner is the cream-and-pink Casa de Ozamiz; locals are proud to point out the interesting wood detail on its roof. Arguably most famous is the Old Bacarro Printing Press, originally the residence of the Tac-An Nacion family. This was built

in 1914 and became a printing press during the Japanese occupation when emergency money was printed on the premises. A walking tour of the town revealed interesting architectural details (*ventanillas*, grillworks), and fascinating anecdotes about the old families who used to live in the houses.

Should hunger pangs strike, the place to go is the old Shanghai Noodle House, a mid-20th century wooden house that serves Filipino and Chinese fare. You can order a bowl of hot *lomi* with thick egg noodles and with fresh egg beaten into the soup. *Ngo biong* is a crunchy fried spring roll with meat or veggies inside.

Before you leave Jimenez, stop for a drink of *koter*, a concoction of *tuba*, *tablea* and an egg. A *batirol* is used to turn the drink into a boozy frothy cocktail. It will warm up your insides and it tastes somewhat like Bailey's poured over a little whisky.

Take home a piece of Ozamiz

Just before heading back to Manila, pass by Clarin's House of Suman where



you will find 16 (read: sixteen!) variants of *suman*. The flavors come in *latik*, chocolate *moron*, *ube moron*, plain, *pinya*, *nanga*, durian, *balintawak*, cheese, *ube*, *ibus*, *buko*, peanut, mango and, strangely, carrot. It's a great innovation on a traditional food product and, so far, seems to be quite a success.

After a six-day visit, we have a little box of *suman* in assorted flavors, a piece of Ozamiz to bring home. **F**

Johann's Cuisine,
Bañadero Highway,
Ozamiz, (088) 521-
4351, Facebook:
JohannsCuisine

**Shanghai Noodle
House,** Old National
Highway, Jimenez,
Misamis Occidental

House of Suman,
Clarin, Misamis
Occidental



Loving Breakfast and Bread

The first leg of FOOD Tastings featured fun cooking demos to celebrate the wonders of bread and breakfast

Breakfast Noodles

By Pixie Rodrigo Sevilla
Serves 4

- 200 grams Sapporo Long Kow vermicelli (sotanghon) noodles
- 1 1/2 tablespoons chopped garlic
- 2 tablespoons chopped onions
- 1/4 cup vegetable oil
- 100 grams longanisa Macau or Chinese sausage, chopped
- 4 grams chicken powder or 1 sachet flavor enhancer granules, optional
- 225 grams all-purpose cream
- salt and pepper, to taste
- 4 eggs, fried sunny side up
- chopped spring onions, for garnish

1. Soak noodles in warm water for 20 minutes, then drain. Set aside.
2. Over a low to moderate fire, heat the oil, then sauté garlic and onion for 10 seconds.
3. Add in longanisa Macau or Chinese sausage. Season with salt and pepper. Simmer for 20 seconds.

4. Add chicken powder if using, all-purpose cream and noodles. Cook for 1 minute.
5. Transfer noodles to a bowl then top with fried eggs. Garnish with chopped spring onions.

Mushroom and Spinach Strata with Grilled Sausages and Tomatoes with Pesto

By Portia Baluyut
Serves 6

- 200 grams bacon, sliced
- 1 large onion, chopped
- 1 tablespoon minced garlic
- 3/4 cup canned sliced mushrooms
- 2 cups spinach leaves
- 10 large eggs, beaten
- 1 cup grated mozzarella
- 1/2 cup grated cheddar
- 1 cup grated mild Gruyère
- 1/2 loaf stale bread or 150 to 200 grams baguette, sliced into large cubes
- grated cheddar cheese, for topping
- assorted sausages
- tomatoes, cut in half
- pesto sauce

1. Preheat oven to 400°F.
2. In a large skillet or cast iron pan, render bacon in its own fat until crispy. Set aside bacon, but keep bacon oil in the pan.
3. In the same pan, add onions and garlic. Sauté until onions turn translucent. Add in mushrooms and spinach. Sauté until cooked. Set aside.
4. In a large bowl, beat eggs. Add all cheeses and cubed bread. Press egg mixture down into the bread cubes, making sure the egg is well absorbed into the bread. Throw in sautéed vegetables and mix together.
5. Return egg mixture to the skillet or transfer to an ovenproof baking dish. Top with grated cheese. Bake for 20 minutes.
6. Grill sausages and halved tomatoes. Top with pesto sauce. Serve together with the strata.



BREAKFAST BOUNTY
(Clockwise from top left) A packed house at the Trinoma Activity Center; Chef Pixie Rodrigo Sevilla used Sapporo Long Kow Vermicelli to make breakfast noodles, which can be topped with a sunny side-up egg or used as a filling for an omelet (see recipe); Kimberly Ann Boadilla of Café Shibuya showed us how to make Benedict Savory Toast; Wilson Lee Flores, owner of 78-year-old Kamuning Bakery Café, with Chef Albert Rance, explained how their best selling pan de suelo pairs perfectly with their homemade corned beef; Portia Baluyut of A Pinch of Portia's scrumptious Mushroom & Spinach Strata (see recipe below); Chef Portia also used day-old bread to make Chocolate Banana French Toast Bake with Walnut Streusel

FOOD Tastings was presented by FOOD Magazine, the Lifestyle TV and Trinoma Mall. It was also brought to you by Sapporo, and held in participation with Tefal. Official media partners include NOLN, ABS-CBN Lifestyle and WhenInManila.com. Special thanks to Alpha Corp Events, Café Shibuya and LEX Audio Events. Visit FOOD Magazine on Facebook for upcoming FOOD Tastings events.

Culinary students learn and compete at JOLLY University

Now on its fourth year, JOLLY University recently held a whole day event at The Pavilion with interesting lectures by top industry practitioners and a challenging cook-off by culinary students from 23 schools around Luzon and Metro Manila.

The JOLLY Congress featured talks by notable food and media personalities like Leo de Leon of Allegro Beverage, Liza Morales of CCA Manila, Karla Reyes of La Petite Fromagerie, Nana Ozaeta of *FOOD Magazine*, Bryan Kong of Crazy Katsu, Jose Mari Oquiñena of Gawad Kalinga, Anne Atanacio of Anghelica's Desserts, Kian Kazemi of Persian Grill, Rebecca Lee of wheninmanila.com and Miss Earth 2015 Angelia Ong.

JOLLY University offers student participants an unforgettable experience



to develop their culinary, entrepreneurial and leadership skills. It started off with a Bootcamp at the Center for Culinary Arts, Manila, and culminated with the final competition that challenged the 120 student-finalists to create innovative, delicious, beautifully-presented dishes using JOLLY's line of canned fruit and vegetables.

Team grand winners were La Consolacion Batangas for Pasta, Lyceum Subic Bay for Mocktails, and La Consolacion Manila for Main Dish. Individual grand winner for Main Dish was Bernice Angeline Tenorio of University of Santo Tomas, while La Consolacion Manila took home the Audience Choice award. The winners received P50,000 worth of

cash and prizes, trophies, a culinary training workshop under CCA Manila, and an internship program under Fly Ace Corporation. **F** Exclusively distributed by Fly Ace Corporation, JOLLY canned fruits and vegetables and dairy products are available in leading supermarkets nationwide. Visit jolly.com.ph or follow Jolly Eats on Facebook

LEARNING FROM CHEF JEAN-GEORGES VONGERICHTEN

French chef Jean-Georges knew that he wanted to become a chef when his parents brought him to a three-star Michelin restaurant for his birthday. Now based in New York City, he has become a world-renowned chef with 32 restaurants worldwide, four of which are Michelin-starred. Enderun Colleges, together with Placement International, is fortunate to be partnering with him for the international launch of the Jean-Georges Academy. The program offers a one-week boot camp for experienced chefs and an intensive one-month training program for culinary novices to prepare them for internship in a global and diverse work environment. Jean-Georges Academy's enrollees will surely be inspired by Jean-Georges' success story. **F** (02) 856-5000 local 505,



email extensioncourses@enderuncolleges.com, or visit www.enderunextension.com



The Ways of the Tea Master

The Coffee Bean & Tea Leaf celebrated its passion for tea with world-renowned master blender David De Candia who also happens to be the Ambassador of Ceylon Tea for North America and Canada, appointed by the Prime Minister of Sri Lanka himself. De Candia recently visited the Philippines to conduct a tea appreciation workshop on how to get the most out of the

perfect cup of tea. He shared CBTL teas' unique origins and flavor profiles, their proper storage, different steeping times and health benefits. De Candia is currently working on a new tea infusion series for CBTL, in collaboration with some of the Philippines' finest chefs, and is something that Filipino tea lovers can look forward to in the coming months. **F** Visit www.coffeebean.com.ph



(Clockwise from top): Components of Indonesian oxtail soup; Thai master Chef Romeo Malate; Thai green curry



GOING SOUTHEAST ASIAN AT SOFITEL PHILIPPINE PLAZA MANILA

As part of its Flavors of the World Series, the hotel's flagship restaurant Spiral celebrated Southeast Asian cuisines with an Indonesian Food Festival followed by the Amazing Songkran Festival. Indonesian chef Pradipta Primaputra from Sofitel Jakarta prepared traditional Indonesian dishes like Gado-Gado (boiled vegetable salad with peanut sauce), delicious and decadent Beef Rendang, and Indonesian ox-tail soup served with spicy *sambal olek*. For the Songkran Festival celebrating the Thai New Year, Spiral's Thai Master Chef Romeo Malate prepared classics like Tom Yum Goong, Massaman Curry, plus a live Pad Thai Kung station. Watch out for Spiral's Indian Food Festival coming this September. **T** Call (02) 832-6988 or visit www.sofitelmanila.com

A SUMMER BARBECUE FEST WITH BULL OUTDOOR GRILLS

Wilcon Depot recently welcomed the summer with a fun outdoor BBQ party held at Tagaytay Highlands. Chef Jessie Sincioco laid out a veritable barbecue feast, grilling seafood skewers, squid, whole fish, chicken *inasa!*, sausages, Angus beef, lamb chops, and much more. She and her team did it all in just an hour's time thanks to Bull's outdoor kitchen which features state-of-the-art stainless steel gas grills, plus ample counter space and stylish design. It was the perfect way to enjoy the outdoors, cooking and eating with family and friends, with chilled wine in hand. Bull Outdoor Kitchens founder and CEO Mark Nuredine and his family flew from their California headquarters to share their excitement to introduce their line of outdoor kitchens and grills to the Philippine market. **T** Bull Outdoor Kitchens are available at Wilcon Depot branches. Visit www.bullbbq.com and www.wilcon.com.ph for more information



Sustainable Seafood Week 2017

For the second year in a row, Sustainable Seafood Week brought together Manila's top hotels, restaurants, environmental and fisheries, NGOs and other stakeholders in the common goal to save our marine and fishing resources. Dialogue was held on best practices in sustainable fisheries, and the role of stakeholders in the fishing industry in sourcing and serving sustainable seafood to diners. The closing dinner, held at Old Manila at The Peninsula Manila, was a collaboration of chefs from top hotels including Discovery Liesure Company, Fairmont Manila, Gallery Vask, Hyatt City of Dreams, New World Hotel, The Peninsula Manila, Marco Polo, Marriott Manila, and the Shangri-la Hotels. **T** For more information, visit Facebook: [SustainableSeafoodWeekPH](https://www.facebook.com/SustainableSeafoodWeekPH)



GOÛT DE FRANCE CELEBRATES FRENCH CUISINE IN THE PHILIPPINES

Last March 21, nine chefs offered special French dinners at their restaurants, in conjunction with 2,000 other chefs in five continents, to celebrate Goût de France. Organized by the French Ministry of Foreign Affairs and International Development, this global campaign pays tribute to French gastronomy as part of UNESCO's Intangible Cultural Heritage List in 2010. Participating chefs were Chef Jacq Tan of Apéro and Duck & Buvette, Victor Magsaysay of CAV, Francesca Mabanta of Corner Tree Café, Michael Schauss of Novotel Manila's Gourmet Bar, Chris Bautista of La Crêperie, Kevin Endaya of Lemuria, Nicolas Cegretin of Raffles Makati's Mirëio, Justin Baradas of Enderun Colleges' Restaurant 101 and Pierre Cornelis of Hotel Benilde's Vatel Restaurant Manila. Goût de France is the first culinary themed

Novotel Manila's excellent Carré d'Agneau (roasted rack of lamb) served with creamy pomme dauphinoise and ratatouille Provençal



At Mirëio, Raffles Makati, Chef Nicolas Cegretin created a three-course menu that begins with this fantasy of an amuse bouche: velvety foie gras, fleur de sel, ginger chutney, with a spritely Champagne



Chef Victor Magsaysay's Filipino-French menu at CAV included this Roulade of Fowl with native mushrooms, tubers and yams, and a rich truffle cream sauce

event of the "PhilFrance: Feel French!" festival to celebrate the 70th year anniversary of diplomatic relations between France and the Philippines. **F**

For more information on PhilFrance: Feel French!, visit ph.ambafrance.org or follow French Embassy Manila on Facebook.

Filipino food tours go to Europe and North America

"Food has the inherent ability to bring people together," said Assistant Secretary Maria Teresa C. Lepatan of the Department of Foreign Affairs (DFA). This belief is what has led to the DFA's 2017 Philippine Culinary Tour of Europe and North America. The first tour, "Kulinarya: A Guide to Philippine Food," travels to London, Brussels, The Hague/Amsterdam and Berlin from May 26 to June 24. Chefs Myrna Segismundo, Raul Ramos and Jill Sandique, with food writer Michaela Fenix will lead the tour which will include a photo exhibit, talks, cooking demos and a full-course Filipino dinner. The second



(From left) Chef Myrna Segismundo's sample dishes; Amy Besa of Purple Yam



tour, "Hidden Flavors of the Philippine Kitchen," goes to New York, Seattle, Chicago, Toronto and Philadelphia from September 15 to October 10 led by Chef Romy Dorotan and Amy Besa of Purple Yam, a Filipino restaurant with branches in Manila and New York, together with chefs Raphael Cristobal and Alvin

Ralph Cruz of Purple Yam Manila. They will partner with local restaurants to create multi-course meals open to the public. Both culinary tours highlight artisanal ingredients from various regions of the country, giving foreigners an eye-opening and palate-provoking taste of homegrown Filipino food. **F**

DINE PHILIPPINES TAKES OZAMIZ BY STORM

Great ideas in the food and beverage industry were brought to fore at the Dine Philippines Ozamiz chapter, which took place last March. The three-day convention brought farmers, chefs, restaurateurs and culinarians together. Speakers included Waya Araos-Wiangco of Gourmet Gypsy Cafe, Ige Ramos of the Republic of Taste, Jairus Ferrer of iFarms and Pronic Foods, Chino San Jose of Chez Nous by Chippens in Davao, and Jam Melchior of Healthy Eats Manila. **F**



Tapas Night 2017

By now it's tradition to open Madrid Fusión Manila with Tapas Night, in which the best Spanish tapas, wines, cold cuts and delicacies are offered by the great Spanish chefs in the city under one roof. This year's Tapas Night was held at Green Sun Hotel in Makati, and this time the menu was a collaboration between Spanish and Filipino chefs. "Tapas Night showcases harmony among chefs, food and wine suppliers and lovers of Spanish cuisine to portray the spirit of the Spanish way of life," said Jose Primo Santos of the Embassy of Spain in Manila. **F** For more information visit Facebook: *TapasNight Manila*



(Clockwise from top left); The well-heeled crowd at Tapas Night; Lolea white and red sangria from Terry's Selection; Chef Jordy Navarra's (Toyo Eatery) homemade empanadas with chorizo and papaya *atchara*; Chef Carlos Garcia's (The Black Pig) native snails sautéed in bone marrow, garlic, parsley and cognac



TOP MENU MASTERS

What makes a successful food and beverage concept, and how do you take a concept and make it a profitable business? These were the questions on the table at the annual Top Menu Masters Foodservice Conference, which this year had the theme of "The Business of F&B Innovation". The one day conference featured a powerhouse of speakers, including Amor Maclang of GeiserMaclang, Miguel Mercado of Ogilvy and Mather, Chef Steven Carl of Grind Burger Group, Liquido Maestro Chef Kalel Demetrio, and Margot Torres of McDonald's Philippines. **F** For more information, visit www.foodfindsasia.com



Why we eat what we eat

A pioneering event was the one-day conference hosted by the Philippine Culinary Heritage Movement (PHCHM) entitled "The State of the Filipino Plate: Why We Eat What We Eat," which brought together farmers, culinary historians, chefs and other gastronomic experts to take part in a conversation about the preservation of culinary traditions, best practices in local food cultivation and how patterns of eating transform the culinary landscape. Speakers included Chef Giney Villar of Cafe Feliza, Kiko Torno of 7 Hectares, Charlene Tan of Good Food Community and Tracey Santiago of International



Council of Monuments and Sites (ICMOS). "Our work is about preserving Filipino cuisine, educating especially through taste, and finding the best way to preserve our culinary heritage,"



says PCHM president Jam Melchior. "We hope this can jumpstart more in-depth studies and initiatives of our local gastronomy."

Following the conference was a Taste Workshop,

a collaboration dinner by chefs and advocates featuring select local produce. Held at 7107 Culture + Cuisine, the dinner featured dishes by Patrick Roa of Patricio's Cevicheria, Chino San Jose of Chippen's Davao, Sharwin Tee of *Curiosity Got the Chef*, Nino Laus of Ninyo's and Mikel Zaguirre of Locavore, among others. "Food is an integral part of our identity," said Sheryl Genuino See, executive vice president of Treston Colleges where the event took place. The conference and workshop was certainly a celebration of flavors, and was a unique opportunity to connect with the many people making a mark in local gastronomy. **F** For more information visit Facebook: *Philippine Culinary Heritage Movement*

Cool Kids In The Kitchen

It was the perfect way to wrap up Madrid Fusión Manila 2017: with fantastic flavors, friendly cooperation and collaboration in action at Cheryl Tiu's Cross Cultures' "10 Hands, 4 Restaurants, 1 Night" dinner at Gallery Vask, where five award-winning chefs from all over the globe cooked together, exchanged ideas, enthralled diners with their dishes, and had a whole lot of fun in the process.

By GINNY MATA | Photography by PAT MATEO courtesy of Metro Society



(Front row, from right): Josean Alija of Nerua Guggenheim (Bilbao, Spain), Chele Gonzalez of Gallery Vask (Manila, Philippines), Julien Royer of Odette (Singapore), sous chefs Adam Wan of Odette, Iñaki Bolumburu of Nerua Guggenheim, Aaron Khor of Locavore, head chef Carlos Villalor of Gallery Vask *(Back row, from right):* Ray Adriansyah and Eelke Plasmeijer of Locavore (Bali, Indonesia)