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# COOK

CONNECTING FOODIES

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It's Cook Magazine's anniversary month and we're kicking off our 17th year with lots of foodie destinations. The Cook team has been busy this month, heading to places near and far to find the best places to eat, stay and have an amazing time. Now that summer's in full swing, let our journeys of food discovery inspire you to create your own foodie trip.

We split up to cover more ground for your reading pleasure. Marlon and Maggie went to Palawan and Hong Kong, while I headed down to Ozamiz City in Mindanao and got to tour a bit of Misamis Occidental. Of course, as we always do, we searched for the best things to eat, the nice places to see and stay at. While we had a grand time travelling and meeting new friends along the way and of course,



tasting new dishes, we also couldn't wait to get back home to create the other half of our work at Cook—trying out new recipes.

This month, my recipe involves minimal work for maximum satisfaction. Shrimp boils are famous in the southern U.S. not only for the fresh shrimp and spicy sausages, but for the ease of preparation and the communal eating after the cooking. Similar to our boodle fights, shrimp boils usually involve large amounts of seafood and “dirty” fingers from eating with bare hands. It only takes one large pot and less than half an hour to cook a feast for a dozen or even much more, depending on how large your pots are. Chef Day Salonga shares his recipe for Enchiladas, a yummy rolled-up Mexican lasagna, as my son Maui puts it. Chef Edith creates delectable small bites, perfect for a balmy summer's night outdoors with a few cold drinks in hand.

Even in the near-searing heat outside, we've been busy touring, cooking and eating just as we've done for the past 17 years. We wouldn't have it any other way, of course, and we're eternally grateful for our readers and supporters all these years. Cheers to 17 years and to many, many more years of travel, food and friends!

# Dino

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The hotel's food and beverage outlet cater to discriminating taste buds. El Prado, the hotel's main dining venue features Malaysian, Indian and Filipino cuisine, including an extensive lunch buffet. Wind down at El Paseo bar for pica-pica and drinks, or dance the night away at Las Ramblas for cocktails and nightly band performances.



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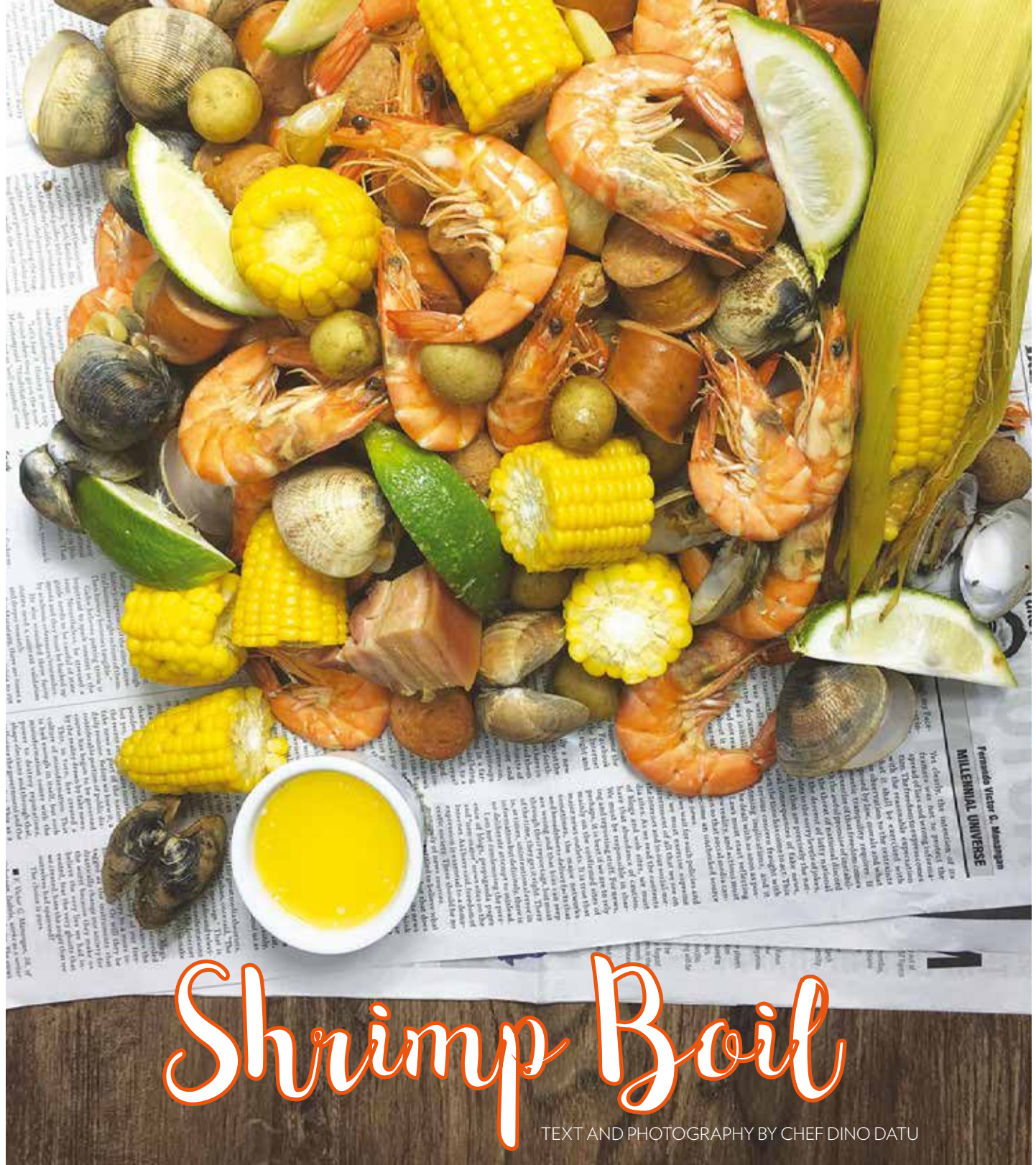
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# Shrimp Boil

TEXT AND PHOTOGRAPHY BY CHEF DINO DATU

Taking advantage of our country's rich seas is never more paramount in light of the various attempts by China to claim what is ours. While I don't plan to head out to Benham Rise anytime soon, celebrating our resources is one way of standing up to a superpower in my own little way.

Summer is a good excuse to have a

boodle fight at home. Whether for Sunday lunch or to enjoy a summer evening outdoors, a boodle fight is quick and easy but immensely enjoyable way to enjoy a meal with family and friends. Boodle fights aren't exclusively Filipino though, as similar forms of communal dining also exist in other cultures. One of the more popular versions of boodle fights can be

found in the southern and coastal states of the U.S.—the shrimp boil. A simple, one-pot feast, ready in less than 30 minutes, shrimp boils can feed an army but takes very little effort. Boiled shrimp with corn, potatoes and corn, the basic recipe is just a matter of getting a huge pot of boiling water, seasoned with salt, spiced with cayenne pepper and bay leaves.

Other seafood like clams and crabs can be added, the shrimp replaced by lobsters or other crustaceans like crayfish in some areas. Sausages are also a mainstay, providing a smoky, salty and meaty addition to the mix. No matter what the contents of the pot may be, what doesn't change is that after everything is boiled and drained, the whole lot is dumped on a table to be feasted on by everyone. Normally served with lemons and melted butter, the boil is one of the tastiest and easiest communal meals you can ever have. Nothing really beats eating with bare hands, especially when partaking of fresh seafood.

My shrimp boil features clams, Andouille Sausages, slab bacon, clams, potatoes and corn. You can replace and

add other seafood as you please. Mussels and razor clams should also be great with the shrimp. If you can get your hands on some ulang (freshwater prawns), that'll even be better. Since it's summer and my son and his friends were at home during our shoot, they were willing taste testers of my shrimp boil. Feel free to omit the cayenne pepper if kids are eating. Paprika should be a good replacement. The Andouille sausage is also spicy so feel free to use another sausage.

Shrimp boils are a quick and relatively inexpensive way to feed a lot of people. The flexibility of ingredients also means that the boil can be tailor-made to suit all preferences. Create your own version and enjoy this quick and easy feast!

## Shrimp Boil

- 2 kg large shrimps or prawns
- 2 kg clams
- 8 pcs Andouille or Hungarian Sausage
- 2 slabs picnic bacon or plain pork belly
- 6 pcs fresh corn
- 3 kg marble potatoes

### SEASONING

- 2 tbsp cayenne pepper
- 4 tbsp paprika
- 4 tbsp coriander seeds
- 2 tbsp mustard seeds

- 4 pcs bayleaves
- 4 tbsp sea salt
- 3 lemons, halved

- 1 Bring a large pot of water to boil. Fill the pot to 3/4 full.
- 2 Add seasonings and let boil. Add sausage and bacon and simmer for 10 minutes.
- 3 Place corn and potatoes and cook till tender.
- 4 Add seafood and turn heat off.
- 5 Drain liquid and serve with lemon wedges and melted butter.



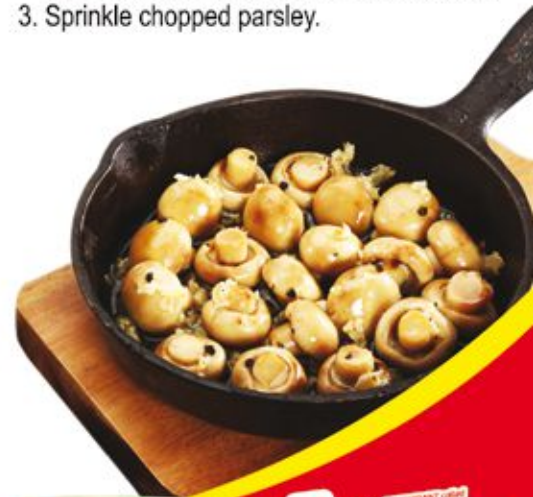
## Jolly Sizzling Garlic Mushroom

### Ingredients

- 1 can Jolly Whole Mushrooms 400g, drained
- 1 head garlic, chopped
- 20ml Doña Elena Pure Olive Oil
- 2 tbsp soy sauce or liquid seasoning

### Procedure

1. Heat pan over low heat. Add Doña Elena Pure Olive Oil, chopped garlic then sauté until fragrant.
2. Add Jolly Whole Mushrooms and soy sauce. Toss until mushrooms are coated with Doña Elena Pure Olive Oil and garlic.
3. Sprinkle chopped parsley.



Jolly is the No.1 mushroom brand in the country. It has L-ERGO, an antioxidant that is uniquely found in mushrooms. Jolly is imported and distributed by Fly Ace Corporation. Jolly Mushroom is available in leading supermarkets nationwide.



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Monday Chef



THE  
*Spanish* TACO

BY CHEF DAY SALONGA  
PHOTOGRAPHY BY CHEF DINO DATU

Taco by any other name would be anything that's inside a tortilla. An enchilada is essentially a bunch of baked soft tacos with sauce. Lengua and chorizo are a classic Spanish pair that works in whatever form, so why not in enchiladas that have a bit more pizzaz than just chicken and beef? The presence of cumin and oregano brings this closer to its Mexican roots while Manchego, Spain's most famous cheese, make this a proper Latin-American and Iberian marriage.

## Lengua and Chorizo Enchiladas

- Olive oil
- 1/4kg Spanish Chorizo (fresh), remove casing
- 500g Ox tongue (boiled in pepper and bay leaf), shredded
- 2 cups Pepper Jack or Cheddar Cheese, grated
- 1/2 cup Manchego, grated
- 8-10 pcs corn tortilla, charred in dry pan
- Cilantro for garnish

- Olive oil
- 1 large white onion, chopped
- 2-3 tbsp flour
- 4 cloves garlic, chopped
- 2 fresh chilies, chopped
- 1 bay leaf
- 1 1/2 tsp dried oregano
- 1 tsp cumin
- 1 tbsp brown sugar
- 1 can whole peeled tomatoes
- 1/2 cup tomato sauce
- salt and pepper

### PREPARE SAUCE

- 1 Heat olive oil over medium heat. Saute onion until cooked.
- 2 Add flour, garlic, chilies, bay leaf, oregano, cumin and brown sugar.
- 3 Cook for 1-2 minutes. Add canned tomatoes and tomato sauce.
- 4 Season with salt and pepper. Simmer until reduced to 3/4.

### PREPARE FILLING

- 1 In a separate pan, over medium heat, saute chorizo in olive oil until light brown.
- 2 Remove chorizo and set aside. Using the same pan, place shredded tongue and saute until all are covered with chorizo drippings.
- 3 Remove from heat and set aside.



### ABOUT THE COLUMNIST

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

Ask the Chef: [info@mondaychefs.com](mailto:info@mondaychefs.com)

### TO ASSEMBLE

- 1 Place tortilla in a flat surface and roll filling.
- 2 Arrange all rolls in a baking dish. Pour the sauce to about 1/3 of the dish.
- 3 Add cooked chorizo and cheese on top.
- 4 Bake for 35 to 45 minutes at 400° or until cheese is lightly brown and bubbly.
- 5 Garnish with chopped cilantro on top.



## Pork Adobo with Mushrooms

### Ingredients

- 600g pork, adobo cut
- 4 tbsp Jolly Heart Mate Canola Oil
- 1 can Jolly Whole Mushrooms 400g, halved
- 1 pc red onion, sliced thinly
- 1 head garlic, crushed
- 1/2 cup soy sauce
- 1/4 cup vinegar
- 1 tsp peppercorns, whole
- 2 pcs bay leaf
- 1/2 cup water

### Procedure

1. Pan-fry pork pieces until light brown, remove excess oil.
2. Add onion and garlic, sauté until fragrant.
3. Add soy sauce, water and vinegar, let it simmer with the lid open until the vinegar has been cooked completely.
4. Add peppercorns, bay leaf and Jolly Mushrooms, continue simmering until pork is tender and sauce is reduced.
5. Top with crispy garlic pieces (optional). Serve hot.

Makes 4-5 servings



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# A WORLD OF MINIATURES

## TO NIBBLE ON!

BY CHEF EDITH SINGIAN  
PHOTOGRAPHY  
BY CHEF DINO DATU

You think you know hors d'oeuvres, but I made little twists on these nibblers that are surely fresh takes on what can often be an overlooked but very fun bites of food. You especially want to make a good impression with these because they are an introduction to the food that will come next. Of course, you don't need a party as an excuse to make these light snacks. The fun part in making nibblers is the freedom to experiment, but I've done the heavy lifting of foolproofing these recipes for you. Pop 'em while they're hot.

## Zucchini Hummus

*Tahini, a paste made from toasted sesame seeds, is one of the most important ingredients in Middle Eastern cooking. Here it is used to make a garlicky zucchini instead of chickpea puree.*

- 400g zucchini, peeled and sliced
- 1 tsp minced garlic
- 2 tbsp lemon juice
- Sea salt or Himalayan salt, to taste
- 2 tsp cumin powder
- 1/2 cup tahini
- 1/4 cup extra-virgin olive oil
- 2 tsp sesame oil
- 2 tsp sugar
- Freshly ground white pepper

Put all ingredients in a blender and whiz until smooth. Serve with organic vegetable Crudite or crackers.



## Banana in Bacon

*In England they have savories like Angels On Horseback or Prunes In Bacon. Banana In Bacon is my interpretation!*

- Lemon juice
- Saba variety of banana, peeled and sliced in bite-size pieces
- Bacon

Sprinkle lemon juice over pieces of saba. Wrap each slice of saba in bacon. Fasten with toothpick and grill or bake in hot oven until bacon is crisped.



### ABOUT THE COLUMNIST

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



## Pork Adobo with Mushrooms

### Ingredients

600g	pork, adobo cut
4 tbsp	Jolly Heart Mate Canola Oil
1 can	Jolly Whole Mushrooms 400g, halved
1 pc	red onion, sliced thinly
1 head	garlic, crushed
½ cup	soy sauce
¼ cup	vinegar
1 tsp	peppercorns, whole
2 pcs	bay leaf
1/2 cup	water

### Procedure

1. Pan-fry pork pieces until light brown, remove excess oil.
2. Add onion and garlic, sauté until fragrant.
3. Add soy sauce, water and vinegar, let it simmer with the lid open until the vinegar has been cooked completely.
4. Add peppercorns, bay leaf and Jolly Mushrooms, continue simmering until pork is tender and sauce is reduced.
5. Top with crispy garlic pieces (optional). Serve hot.

Makes 4-5 servings



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## Croqueta De Marqueza

*I do not use potato but Bechamel sauce in my chicken croquette. And, I substituted Manchego with Quickmelt cheese. Do you know, Quickmelt cheese is known only in the Philippines?!*

- 1 kilo chicken
- 1 onion, halved
- 1 stalk of celery
- Few sprigs of parsley
- 1 tbs salt
- Peppercorns
- 2/3 cup butter
- 2/3 cup chopped onion
- 1/4 cup chopped parsley, well-packed
- 1 can (400g) button mushrooms, drained and minced
- 1/2 cup all-purpose flour
- 1 cup all-purpose cream
- 1 tsp liquid seasoning
- 2 tsp salt, or to taste
- 1/2 tsp ground pepper
- 2/3 cup grated Quickmelt cheese
- 2 large eggs, beaten
- All-purpose flour
- Fine breadcrumbs
- Vegetable oil

**1** In a pot, cook chicken with onion, celery, parsley, salt and pepper for 45 minutes or until tender. Deboned and skinned, chop the meat coarsely. Set aside.

**2** Melt butter and sauté onion until limp. Add parsley, chicken and mushrooms, stirring constantly. Add flour and mix until smooth. Gradually add cream. Cook until very thick. Stir in seasoning, salt, pepper and cheese. Allow cheese to melt. Cool.

**3** Form into thumb-size patties. Coat with flour then dip in eggs. Roll in breadcrumbs. Refrigerate or freeze for at least an hour. Deep-fry until golden brown. Drain.



## Shrimp Rolls

*Crisped little rolls are sold hot from the frying vat on every street corner of Cadiz, Spain, where they are made with tiny jumping shrimps netted in the long sandy shallows on the edge of the salt flats. I substituted the chick pea flour batter pancakes with lumpia wrapper.*

- 1 kg shrimp (Suahe)
- 1 1/2 cups water
- 1 stalk celery, sliced
- 1 bay leaf
- 5 peppercorns
- 1 tbs minced garlic
- 1/2 cup chopped onion
- 1 tbs chopped parsley
- 1 tsp prepared mustard
- 4 dashes of Tabasco
- 1 tsp liquid seasoning
- 1/2 tsp salt, or to taste
- About 20 lumpia wrappers, cut in half
- Vegetable oil

**1** Cook shrimps around 8 minutes in water with celery, bay leaf and peppercorns. Drain shrimps and peel.

Chop coarsely then mix with the rest of ingredients.

**2** Place a tablespoon of shrimp mixture on lumpia wrapper then roll to form the size of cigarettes. Seal lumpia with cornstarch slurry.

**3** Deep-fry in hot oil until nicely browned. Serve hot.





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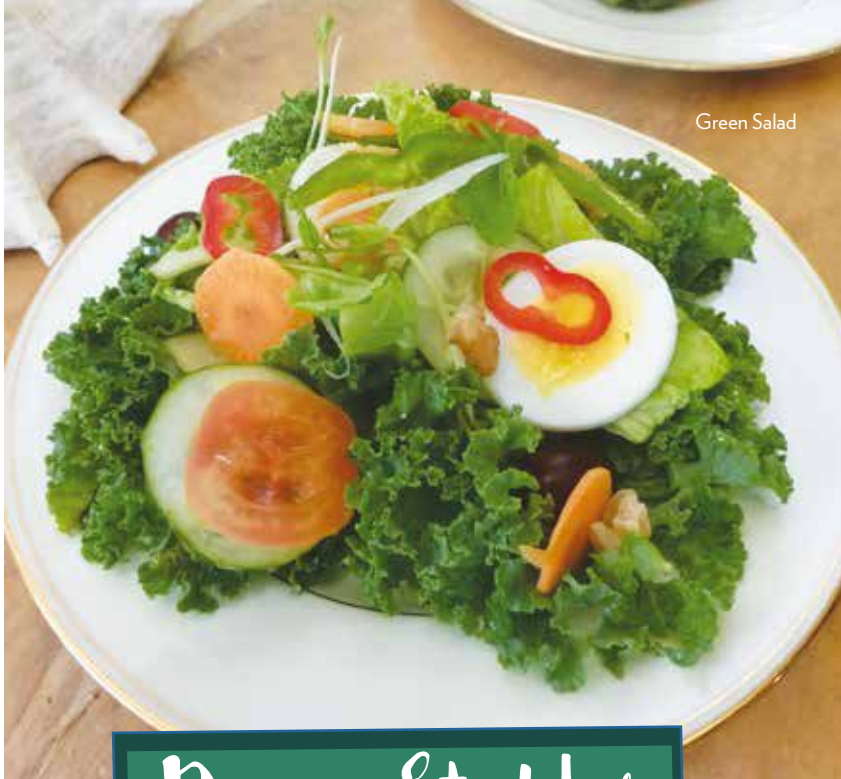


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# Diana Stalder

## HOLISTIC BEAUTY THROUGH QUALITY SKINCARE PRODUCTS AND SERVICES

For many people, wanting to feel beautiful is not actually about vanity but, rather, a way to feel more confident about themselves. Likewise, looking good is also a visible indicator of health.

BY RUTH MANIMTIM-FLORESCA



At Diana Stalder Skincare Center, President and CEO Dina Dela Paz Stalder believes that having healthy skin results from a holistic beauty regimen. This means paying attention to the whole picture (a person's lifestyle) rather than just the sum of its parts (a beauty treatment here, a burst of exercise there, or a once-in-a-blue moon diet program).

### BUILDING THE FOUNDATION

Dina, a Medical Technology graduate and former medical representative for a derma company, worked overseas for a year and took short courses on skin care. Her return to the Philippines in 1989 led her to establish Beauchamps Pharmacy where she ventured in compounding dermatological products and cosmetics for dermatologists.

Determined to pursue further education, Dina went back to England in 1994 to earn a diploma on Aesthetics, an area she felt was lacking in dermatological offerings in the country at the time, and which led to the founding of her own skin care clinic. In 1996, Dermaline Facial Care Center was created to initially provide quality skin care products to satisfy every woman's desire for beautiful skin.

Twenty years later, the company blossomed to



transform into one of the most prominent face, body, and skin care centers today. Rebranded as Diana Stalder representing charm and elegance, the new name was christened after Dina's beautiful daughter, Diana, who has followed her mom's footsteps.

### CONTINUING INNOVATION

Nowadays, Diana Stalder clients are able to experience even more positive outcomes once they understand that most skin problems are not merely a result of external factors but also due to what's happening inside the body.

At present, the company is able to offer a holistic approach to beauty by innovatively integrating the science of dietary nourishment to guarantee better results. "We serve healthier alternative meals, snacks, and beverages suited for the health-conscious at our coffee and snack bar at the Megamall and Gateway branches," describes Dina.

The café also features Canada's top weight loss program, Ideal Protein, a medically designed protocol that provides a variety of protein-rich, low-calorie food products.

What's even more interesting to note is that most of the ingredients incorporated in their menu, even the fresh fruit juices, came from the company's own farm (soon to be certified organic) in Laguna beside the employees' housing where Stalder Laboratories, Inc. is located.



According to Dina, the company consistently upholds its commitment to client satisfaction by ensuring the best products for its regular clientele and prospects. Aside from being Halal-certified, the world-class Filipino-Swiss owned manufacturing facility is also duly licensed by the Philippine Food and Drug Administration (FDA) and is a certified Current Good Manufacturing Practice (CGMP) plant.

### SERVING AS AN INSPIRATION

When asked why she decided to build the facility in San Isidro, San Pablo City in Laguna and not within an industrial zone, Dina recalls growing up in the province and seeing how people have a hard time making ends meet. "I was once a maid and have a lot of kakababayans who didn't get to finish or go to school. So what I usually do is, after sending them to high school, I hire them to become employees in my plant."

Initially, she took care of around 25 indigent families in the barangay. Now, there's only nine because the others were able to build their own livelihoods. "Some have graduated from college, others work for me. That's part of my Corporate Social Responsibility."

Dina has also partnered with Mother Earth Foundation in starting projects like putting up Materials Recovery Facilities (MRFs). "We educated people about segregation and composting. We also shred our office papers for recycling. These are what we then use for printing certificates for Best Employee of the Month, Best in Attendance, Best Med Rep, and Rookie of the Year.

In addition, Dina made it a point to teach households in San Isidro to plant vegetables in their backyards so they can grow their own food. To further motivate them, the creative CEO would hold garden beautification contests every quarter. "Once a year, I host a Christmas party with them and ask all six puroks to bring their best dish entries using local ingredients so they can win awards." She explains how easy it is to spread the announcements through her employees who live in the various areas.

### PASSING ON THE DISTINCTION

Two decades since it started, the Diana Stalder Skincare Center continues to provide its customers with the highest standard of skin care treatments, quality products, and excellent service. No wonder it received the award of Outstanding Surgical & Skin Care Center in the Consumer's Choice Awards in 2010 and was a finalist in 2007's Most Promising Filipino Franchise!

The company is also a member of two well-respected international societies: the British Association of Beauty Therapy and Cosmetology (BABTAC) and the International Medical Spa Association (IMSA).



### ABOUT THE COLUMNIST

Ruth Manimtim-Floresca is a wife, mom, writer, and editor who started contributing articles to various Philippine major newspapers and print magazines in 2002. She likewise works with corporate clients who require write-ups for press releases, feature stories, annual book reports, coffee table books, and more. Aside from being busy with deadlines assigned by her editors and clients, Ruth enjoys writing about various topics in her 14-year-old blog <http://mommywrites.blog>





Skin Analysis



From left: Dina and Diana Stalder

Dina's 23-year-old daughter expresses full support for the company's mission to be acknowledged as a leading skin care clinic in the Philippines. After graduating with a degree in Pharmacy, Diana has also recently earned her Aesthetics diploma in the United Kingdom.

While growing up, the lovely young lady recalls mixing things like diluting soap with water and imagining them as her own formulations during playtime with her Barbie dolls. "When I got older, I realized the importance of the business my mom has and knew I also have to learn how to manufacture things, what needs to be innovated, and come up with new products."

Diana shares that her siblings, Paul Theodore (25) and Maria Kristina (14) also take part in the business. "We cook and bake on weekends as a family. That's our bonding. We do the R&D for the café, even when our mom is out of town."

She emphasizes that everything served at the dS Café were meticulously prepared and crafted. "We personally try them first if they're good. We also try to bake cakes and pastries in a healthy way such as choosing guilt-free ingredients like stevia instead of white sugar."

Currently the company's AVP for Operations, Diana reveals her plans to pursue a dermatology degree soon, admitting she still has a lot to learn and is thankful to have her mom for guidance and training. "That's why I like always being by



Mixed Fruits



her side and observing how she does things so that, eventually, I can do everything that she's doing."

Aside from being a mentor to her daughter, Dina likewise willingly teaches the ropes to her contemporaries, especially those who are setting up their own skincare clinics, and supplies them with quality products as well as cutting-edge machines.

She discloses, "I'm not selfish when it comes to sharing my knowledge on proper dermatological procedures, even if they eventually become my competitors." With a passion that goes beyond personal interest, Dina proves that anyone who has good intentions is able to genuinely help others while also aiming to see the industry thrive further.

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• IF YOU ARE USING WOODEN SKEWERS, SOAK THEM IN WATER FOR 30 MINUTES TO PREVENT BURNING.  
• YOU CAN ALSO CHOOSE NOT TO SKEWER THEM. JUST PAN FRY UNTIL SLIGHTLY BROWNED.

## Small plates, big taste

Tapas—the little Spanish bites that are ever-present in bars and restaurants around the globe. Oozing with rich flavors, what this dish lacks in size, it definitely makes up for in taste. And since it’s gastronomy’s most social food, tapas are the perfect choice for when you’re entertaining at home. Here are five easy and fast recipes that are sure to impress. Altogether now: *Vamos a comer!*

### PORK MOJO CON PICON

Makes 5 servings

- 1/2 kg **MONTEREY PORK TENDERLOIN**, sliced into 2x2 inch cubes
- 1 tsp Spanish paprika
- 1 tsp ground cumin
- 1/8 tsp pepper
- 1 tsp dried oregano
- 1 tsp dried thyme leaves
- 1 clove garlic, finely chopped

- 2 tbsp olive oil
- 1/4 tsp iodized fine salt

1. In a large bowl combine pork and spices except olive oil and salt. Mix well. Then drizzle with olive oil. Marinate covered for at least 1 hour. Skewer pork onto bbq sticks.
2. Then grill or pan grill pork for about 2 minutes on each side or until cooked through.

## CHORIZO AND GAMBAS AL AJILLO

Makes 4 servings

- 1/3 cup olive oil
- 3 pc **PUREFOODS CHORIZO BILBAO**, chopped
- 1 head garlic, finely chopped
- 1 tbsp Spanish paprika
- 1/2 kg shrimps, peeled and deveined
- 1/4 tsp iodized fine salt

- 1/8 tsp pepper
- 1 tbsp parsley, minced
- 1 pc lemon wedge (optional)

1. Add oil and stir fry chorizo and garlic in a pan. Cook over medium high heat until garlic starts to turn golden brown around the edges. Add Spanish paprika,

and stir to combine. Add the shrimps and season with salt and pepper. Sauté until the shrimps are cooked (about 2-3 minutes).

2. Remove the pan from the heat and sprinkle with the parsley. Serve with a wedge of lemon.





## CHICKEN AND MUSHROOM CROQUETAS

Makes 4 servings

- 1/4 cup **MAGNOLIA GOLD BUTTER UNSALTED**
- 1 (410 g) can sliced mushrooms, reserve stock
- 1 pc chicken bouillon cube
- 1/4 cup **MAGNOLIA ALL PURPOSE FLOUR**
- 2 (150g each) cans **PUREFOODS CHICKEN IN BRINE**
- 1 Liter **MAGNOLIA FRESH MILK**
- 1/4 tsp iodized fine salt
- 1/8 pc pepper
- 1 Liter **MAGNOLIA NUTRI OIL PALM OLEIN**, for frying

### BREADING

- 1 cup **MAGNOLIA ALL PURPOSE FLOUR**
- 2 pc **MAGNOLIA BROWN EGGS**, beaten
- 1 (230g) pack
- Japanese bread crumbs

1. Melt butter over medium heat in a casserole. Add mushrooms and sauté for 3 to 5 minutes. Add chicken cube until dissolved. Add flour and cook until it forms a paste. Slowly pour in milk, stirring continuously until mixture thickens.

2. When it starts to boil, let sauce simmer for about 10 minutes until mixture is very thick. Pour into another pan and refrigerate until solid. Using a spoon, scoop mixture and shape into small balls.

3. Dredge croquettes in flour, dip in eggs and roll in breadcrumbs. Fry croquettes in hot oil and drain on paper towels before serving.



**TIPS:**  
 PITA BREAD OR PIZZA SHOULD BE THE SAME SIZE AS THE FRYING PAN. IF USING A 10" OR EVEN 12" PAN, THE TORTILLA ESPANOLA WILL END UP VERY THIN AND MORE DIFFICULT TO SLICE. ALSO, NO PITA BREAD OR CRUST MIGHT BE AVAILABLE IN THESE SIZES.

**TORTILLA ESPANOLA**

Makes 4 servings

- 1/3 cup **MAGNOLIA NUTRI OIL PALM OLEIN**
- 1/2 kg potatoes skin on, scrubbed very clean and thinly sliced
- 1 pc white onion, thinly sliced
- 2 pc **PUREFOODS GERMAN SAUSAGES**, sliced thinly
- 6 pc **MAGNOLIA BROWN EGGS**
- 1/2 tsp iodized fine salt
- 1/4 tsp pepper
- 1 pc large pita bread or store bought 8" pizza crust

1. Heat oil in an 8" oven-safe non-stick pan over medium heat. Add potatoes, onion and sausages, stirring occasionally, until potatoes begin to brown.
2. Meanwhile, whisk eggs, salt and pepper in a small bowl. Pour egg mixture and cook over low heat for 3-5 minutes, gently shake the pan occasionally so the eggs don't stick to the bottom. Top egg mixture with pita bread or store bought pizza crust.
3. Slide pan into the oven set at 350F and cook for 10 minutes. Flip over tortilla to toast the pita bread or pizza crust. Once toasted slide onto a chopping board. Cut into wedges and serve immediately.

**SPANISH CRISPY FRIED CHICKEN WITH CHORIZO AND OLIVES**

Makes 5 servings

- 1 pack **PUREFOODS CRISPY FREID CHICKEN**, cooked according to package direction
- 1/4 cup **MAGNOLIA NUTRI OIL PALM OLEIN**
- 2 cloves garlic, crushed
- 3 pc **PUREFOODS CHORIZO BILBAO STYLE**, chopped
- 1 pc green bell pepper, sliced into strips
- 1 (400g) can diced tomatoes
- 1 pc chicken bouillon cube, dissolved in 1/2 cup water
- 1 tsp sugar
- 1 tbsp Spanish paprika
- 2 tbsp chopped fresh basil
- 50g sliced black olives

1. In a sauce pan, stir-fry garlic and chorizo for 2 to 3 minutes. Toss in the green bell pepper then stir-fry for a few minutes.
2. Stir in the diced tomatoes, dissolved chicken cube, sugar, Spanish paprika, basil and olives. Simmer for 5 minutes.
3. Pour sauce over chicken, toss with the sauce or serve it on the side.



**TIPS:**  
 YOU CAN ALSO OVEN TOAST CRISPY FRIED CHICKEN FOR A HEALTHIER VERSION.



## THE STRONG DESIGN

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Tecnogas, the legendary Italian cooking appliance brand, is definitely the perfect cooking partner. With the recent release of modern engineered collection of cooking appliances, Tecnogas offers state-of-the-art cooking ranges, range hoods, built-in oven and hobs, and table-top cookers.

BY ARIES FALLORINA

Here's a simple guide on why you should choose Tecnogas.

Whether you are cooking a local or international dish, function is one of the most important factors to consider when choosing a cooking range. This is why the Tecnogas Italian Series cooking ranges equipped with modern engineering technology is the perfect fit.

These durable and beautifully finished set of cooking ranges are available in 60 cm and 90 cm models. With its Pro, Next and Cuisine Lines set to satisfy your needs and demands, Tecnogas Cooking Appliances allow you to enjoy cooking at its finest and adds tactile elegance to your kitchen.

Equipped with exciting special features like the Full Safety Valves (for burners and ovens), Patented Cool Door with Easy Removable Glass, Comfort Move Hinges, Electric One-Touch Ignition, Easy-to-Clean Oven, and Thermostat Control Oven, Tecnogas continues to deliver cutting-edge technology with this latest collection.

For a space-friendly cooking range for your kitchen, the Tecnogas Technik Line allows you to move freely while preparing meals for your family. Remember, you also need to consider size when choosing a cooking range. It shouldn't take too much space because you need enough room to move around your kitchen.

Available in 50 cm, 60 cm, 80 cm and 90 cm in black and stainless steel models, this cooking range series is armed with Premium Burners, Double Glass Oven Door, Comfort Move Hinges, Oven Lights, Removable Glass Cover, Glass Lid, and Easy-to-Clean features to help you create meals in a jiffy.

The latest series of Tecnogas Cooking Ranges is designed to deliver excellent cooking results and durability because its parts are manufactured in Europe with only the best high-grade materials. Whether you're cooking for the family or a larger crowd, these Tecnogas Cooking Ranges can keep up with all your kitchen demands.

If you're just looking for a table top cooker that's right for your home's space, Tecnogas offers fine-quality cookers with the Vortex Stoves and the Table Top Induction Cooker. The Tecnogas Vortex Stove is furnished with Vortex Premium Brass Burners with Cast Iron Pan Support and Direct Vortex Flame with a Stainless Steel Body or a Tempered Black Glass that maximizes gas efficiency and durability, while the Table Top Induction Cooker is made with high quality ceramic plates and equipped with 8 cooking functions and 8 power settings with 4D Water Protection System and cooling vents on the side. It has user-friendly functions like the 3-hour Timer and Keep Warm function.

However, if customized cooktop and ovens that combine chic aesthetic and



genius design are what you are looking for, Tecnogas Built-in Hobs and Ovens perfectly match your preferred style and performance in the kitchen. For built-in hobs, Tecnogas offers two types of furnishing—Stainless Steel and Tempered Glass, both available in 30 cm, 60 cm, 75 cm and 90 cm; these hobs operate with Premium Burners, Full Safety Valves, Cast Iron Pan Support and One-Hand Electric Ignition. Tecnogas Built-in Ovens, on the other hand, are available in 60 cm and 90 cm models. This electric-operated oven has Thermostat Control and Easy-to-Clean features, a smooth oven interior with Easy Removable side grids, Patented Cool Door with Easy Removable Glass and a Cooling Fan available in both Full Electric Oven or Full Gas Oven.

To complete your amazing cooking experience with Tecnogas, stainless steel range hoods that are equipped with Inverter Technology are also available. Tecnogas Range Hoods offer an impressively high extraction yet quiet performance for a more delightful kitchen ambience.

Since 1952, Tecnogas has encapsulated the pleasure of cooking with the style, passion and culture of Italy. Tecnogas Cooking Appliances are available in all leading appliance stores nationwide. You may also visit their website at [www.tecnogas.com.ph](http://www.tecnogas.com.ph) or social media accounts.



# Tecnogas

## The Legendary Italian Brand

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### THE STRONG DESIGN

For over 60 years, food, technology and style are the foundations on which Tecnogas develops its products. This is the perfect ground for the company to create strong and elegant cooking appliances, always durable and beautifully finished. Designed, tested and approved according to strict safety and performance standards, you can trust that every Tecnogas product possesses the kind of reliability that will best serve your family for decades.



Built-in Hobs



Cooking Ranges



Built-in Ovens



Range Hoods



# Spring has sprung in Buttercream

BY CHEF JOJO CUESTA-JAVIER  
PHOTOGRAPHY BY CHEF DINO DATU

We don't really have spring in our country, but with cakes the possibilities are endless. These are classic cake decorations that never go out of style. Also, the flower and petal varieties arms you with 1001 ways to decorate cakes, cupcakes and cookies. I use Swiss Meringue Buttercream, which is a popular frosting choice for floral piping because they are stable enough to create a beautiful bouquet but still retain that old fashioned look so popular with cakes these days. This is also a versatile icing that you can use practically with any cake, and for these purposes I made one with a basic butter cake.

Because we're celebrating spring, I used a really bright palette, lots of vibrant oranges and yellows, and some gradations of green that really celebrate the burgeoning of these blooms. Bridal cakes tend to go for softer pastels, so really the more detailed you can go with your blooms, the more you can pick from your arsenal and really make a true seasonal flower garden.

## Swiss Meringue Buttercream Cake

### BUTTER CAKE

- 1/2 cup butter
- 1 1/2 cup sugar
- 2 eggs
- 1 tsp vanilla extract
- 1 1/2 cup all-purpose flour
- 1/4 tsp baking soda
- 1 tsp baking powder
- 1/8 tsp salt
- 1 cup milk
- 1 tbsp butter flavored oil

**1** Preheat the oven to 180°C 8 inch round pan buttered and floured.

**2** In an electric mixer with whisk attachment beat the butter, sugar, and eggs (creaming method) then mix until light and fluffy.

**3** In a separate bowl combine flour, baking soda, baking powder, almond powder, and salt; then add to the mixture alternate with milk and vanilla, mix until light and creamy.

**4** Pour the mixture into prepared pan and bake for 40 minutes.

### SWISS MERINGUE BUTTERCREAM

- 6 egg whites
- 1 1/2 cups sugar
- 2 cups of powdered sugar
- 2 cups butter

- 3/4 cup shortening
- 1 tsp vanilla

**1** Over a double boiler, in a large metal bowl whisk together the granulated sugar and the egg whites stirring constantly until the mixture reaches approximately 115 degrees F and the sugar grains have dissolved and are not longer gritty to the touch.

**2** Pour this mixture into the metal bowl of the stand mixer with the WHISK attachment and whip on high speed until it is thick, glossy and white in color. The peaks should be as firm as firm can be.

**3** In the meantime you can sift your confectioners sugar, and once you have achieved STIFF peaks meringue, add the confectioners sugar all at once with the mixer on very low speed to avoid having a snow shower of sugar all over your kitchen!

**4** Once all of the sugar has been incorporated you can turn the mixer speed to med-high until it is all nicely mixed in.

**5** Be sure your butter and shortening are at room temperature and they are the same consistency. Add it in about 2-3 additions, but fast additions.

**6** Add vanilla extract



### ABOUT THE COLUMNIST

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

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



# Panna Cotta De Fruta

BY CHEF EDWARD DAVID MATEO | PHOTOGRAPHY BY CHEF DINO DATU

When it comes to desserts during the summer months, we're always reaching for something iced, definitely something light. Panna cotta is a popular choice for a light dessert that doesn't sacrifice indulgence. When done right, the silky creaminess of a panna cotta rivals any custard. Fruits compotes are always a classic pairing for any panna cotta as the tartness perfectly complements the milkeness, which reminds me of an Italian soda. It's no wonder then that this dessert is definitely Italian. For layered tartness, I also added yogurt, which does a good job along with the fruit of lightness. I sprinkled cornflakes for texture, but you can top this with whatever you want such as granola and nuts. It goes without saying that you can choose the fruits you prefer, and I chose strawberry, mango and kiwi both for color and flavor. I also chose the fruits that have existing commercial yogurt flavors, but you can also go the plain yogurt route and it will work just well, I just like the idea of layering flavors in its syrup and yogurt forms, then topping it with the fresh fruit.



## ABOUT THE COLUMNIST

Chef Edward Mateo apprenticed under the Executive Chef of Malacanang Palace, Chef Aurora "Babes" Austria. He trained professionally at Makati Shangri-La and worked at Pico de Loro Hamilo Coast, Batangas. He put up his shop Royale Patisserie in 2013 to much acclaim. He has also been featured on various television shows where he earned the moniker "The Dessert Prince". Recipient of the Global Excellence and Dangal ng Bayan Awards, he is currently a pastry chef instructor at Far Eastern University.

## Strawberry Panna Cotta Cereal with Yogurt

### STRAWBERRY

- 1/3 cup full cream milk
- 1 (.25 ounce) envelope unflavored gelatin
- 2 1/2 cups heavy cream
- 1/2 cup white sugar
- 1 1/2 teaspoons vanilla extract
- 1/4 cup Strawberry syrup
- Corn flakes
- Strawberry yogurt
- Fresh strawberry

**1** Pour milk into a small bowl, and stir in the gelatin powder. Set aside.

**2** In a saucepan, stir together the heavy cream and sugar, and set over medium heat. Bring to a full boil, watching carefully, as the cream will quickly rise to the top of the pan.

**3** Pour the gelatin and milk into the cream, stirring until completely dissolved. Cook for one minute, stirring constantly. Remove from heat, stir in the vanilla and strawberry syrup. Pour into the glass but only put 1/4 full for the glass.

**4** Cool the glass uncovered at room temperature. When cool, cover with plastic wrap, and refrigerate for at least 4 hours. Put the cornflakes on top then the yogurt.

## Kiwi Panna Cotta Cereal with Yogurt

### KIWI

- *1/3 cup full cream milk*
- *1 (.25 ounce) envelope unflavored gelatin*
- *2 1/2 cups heavy cream*
- *1/2 cup white sugar*
- *1 1/2 teaspoons vanilla extract*
- *1/4 cup Kiwi syrup*
- *Corn flakes*
- *plain yogurt*
- *Fresh kiwi*

**1** Pour milk into a small bowl, and stir in the gelatin powder. Set aside.

**2** In a saucepan, stir together the heavy cream and sugar, and set over medium heat. Bring to a full boil, watching carefully, as the cream will quickly rise to the top of the pan.

**3** Pour the gelatin and milk into the cream, stirring until completely dissolved. Cook for one minute, stirring constantly. Remove from heat, stir in the vanilla and strawberry syrup. Pour into the glass but only put 1/4 full for the glass.

**4** Cool the glass uncovered at room temperature. When cool, cover with plastic wrap, and refrigerate for at least 4 hours. Put the cornflakes on top then the yogurt.



## Mango Panna Cotta Cereal with Yogurt

### MANGO

- *1/3 cup full cream milk*
- *1 (.25 ounce) envelope unflavored gelatin*
- *2 1/2 cups heavy cream*
- *1/2 cup white sugar*
- *1 1/2 teaspoons vanilla extract*
- *1/4 cup Mango syrup*
- *Corn flakes*
- *Plain yogurt*
- *Fresh mangoes*

**1** Pour milk into a small bowl, and stir in the gelatin powder. Set aside.

**2** In a saucepan, stir together the heavy cream and sugar, and set over medium heat. Bring to a full boil, watching carefully, as the cream will quickly rise to the top of the pan.

**3** Pour the gelatin and milk into the cream, stirring until completely dissolved. Cook for one minute, stirring constantly. Remove from heat, stir in the vanilla and strawberry syrup. Pour into the glasses but only put 1/4 full for the glass.

**4** Cool the glass uncovered at room temperature. When cool, cover with plastic wrap, and refrigerate for at least 4 hours. Put the cornflakes on top then the yogurt.



# A SUPERFOOD CALLED PRUNES

Not many people know it, but prunes are a superfood. They are best known for their ability to relieve constipation, attributing their laxative effect to their high sorbitol content.

BY DOLLY DY-ZULUETA  
PHOTOGRAPHY BY RAPHAEL R. ZULUETA

Sorbitol is a sugar alcohol with a slow absorption rate and has the power to loosen stool. Prunes are also high in fiber and contain a natural laxative compound called diphenyl isatin, so they help promote good digestion. Prune juice, its liquid form, is just as effective in solving constipation with regular consumption.

The problem is that prunes are dark, flat and wrinkled and not too attractive to the eyes. Lightly bland with a hint of sweetness and slightly sandy to the bite, they are not so attractive to the palate either. And their equally unexciting name has not helped make their popularity soar. Mention prunes, and most people react negatively to them, knowing them only as a laxative and nothing more. So not many people actually eat prunes on a regular basis, except for those who constantly deal with constipation and have discovered their laxative effect.

This is most unfortunate, though, because prunes offer such a wide range of health benefits. They are the dried form of a type of plum that, due to their high sugar content in comparison to other plums, allows them to be dried without fermenting, prunes also go by the name “dried plums.” This other name sounds more positive to people, and since prunes have recently been re-marketed as “dried plums,” sales have been steadily improving. This is good news not only for prune producers but more so for those who are ‘discovering’ their health benefits.

## PRUNES ARE GOOD FOR THE HEART.

These wrinkled giant ‘raisins’ help protect against cardiovascular diseases as well as other chronic



health conditions. They contain high levels of phytonutrients called phenols and are especially high in two unique phytonutrients—neochlorogenic and chlorogenic acid. Both phytonutrients are important for good health because they have been found to help prevent damage to cells particularly in the oxidation of lipid molecules in the body. They also inhibit the oxidation of LDL (low-density lipoprotein) or bad cholesterol in the body, so chronic illnesses are kept at bay.

Research shows that regular consumption of prunes and/or prune juice significantly reduces blood pressure and hypertension and improves cardiovascular health by preventing the development of atherosclerosis. Atherosclerosis is the narrowing of the arteries caused by plaque buildup in the arteries. It results in the shortage of oxygen and blood to the tissues of the body and possibly leads to heart failure, stroke and heart attack.

## PRUNES HELPS LOWER CHOLESTEROL LEVELS IN THE BODY.

Still in connection with cardiovascular health, prunes help lower cholesterol in the body by sucking in excess bile in the intestine and excreting it afterwards. Bile is made from cholesterol in the liver to enable it to digest fat. The bile is excreted along with the fiber from prunes, and when this happens, the liver is forced to use cholesterol to make more bile and therefore the amount of cholesterol in the body significantly lessens.

## PRUNES IMPROVE BONE HEALTH AND PROTECT AGAINST OSTEOPOROSIS.

The high concentration of the mineral boron in prunes aids in the prevention of osteoporosis and osteopenia by building strong

*Drinking three glasses of milk per day may lead to an 18 percent decreased risk of cardiovascular disease.*

bones and muscles. The significant amount of phenolic and flavonoid compounds in prunes also works wonders in reversing bone loss in post-menopausal women when prunes are taken regularly. Prunes also contain a good amount of potassium, an electrolyte that not only promotes good digestion, heart health and rhythm, and nerve impulses, but also supports bone health. One only needs to consume 25 grams of prunes daily to see their bone health benefits.

### PRUNES HELP PREVENT OBESITY AND TYPE 2 DIABETES.

Prunes are a good source of soluble fiber, which helps keep blood sugar levels low by slowing the rate that food leaves the stomach so that it effectively delays the absorption of sugar into the bloodstream. The soluble fiber in prunes also helps keep one feeling full and satisfied after a meal, so the urge to eat is successfully lessened and no overeating or drastic weight gain occur.

### PRUNES ARE RICH IN BENEFICIAL VITAMINS, MINERALS AND OTHER NUTRIENTS.

They are a good source of beta-carotene, which protects cells from the damaging effects of free radicals on the body and, yes, even reverse the signs of aging by working hand-in-hand with Vitamin K to improve circulation and reduce bone loss. In a study conducted by Tufts University in Boston, prunes have been ranked No. 1 in antioxidant capacity, as they contain more than twice the antioxidant capacity of blueberries and raisins. This is a significant finding, considering that antioxidants, like beta-carotene,

help protect cells from damage caused by free radicals, which are responsible for premature aging, cardiovascular disease and even cancer.

Moreover, polyphenols, which include antioxidants, of which prunes contain high levels of, have been proven to reduce the threat of chronic obstructive pulmonary disease (COPD), such as emphysema, as well as lung cancer.

Prunes also come with a good amount of iron, which keeps red blood cells sufficient in number and therefore helps prevent anemia from occurring.

Aside from these, prunes are a good source of other major nutrients, such as Vitamins A and B-complex, Calcium, Magnesium, Zinc, Copper, Manganese, Selenium and amino acids.

Now known as a superfood, prunes are now slowly but surely reversing their negative impression and gaining much deserved popularity. The key to reaping their full health benefits is to incorporate them into one's daily diet. A single 100-gram serving of prunes, when taken daily, yields positive results in just three months' time, particularly when it comes to bone health. Containing very little protein and almost no fat at all, prunes have a low Glycemic Index (GI) rating of 29 and therefore do not cause a sudden spike in blood sugar level, which is ideal for diabetics.

If eating those dark, flat and wrinkled prunes do not sound appealing, another way of ingesting them on a regular basis is to drink prune juice. Drinking half a cup to one cup of prune juice in the morning should be enough to stimulate digestion and facilitate smooth and natural daily bowel movement, though, as excessive intake of prune juice (or prunes, for that matter) may mean excess sugar consumption that may lead to weight gain and the onset of diabetes. As usual, moderation is the key.



#### ABOUT THE COLUMNIST

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

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# Hong Kong Holiday

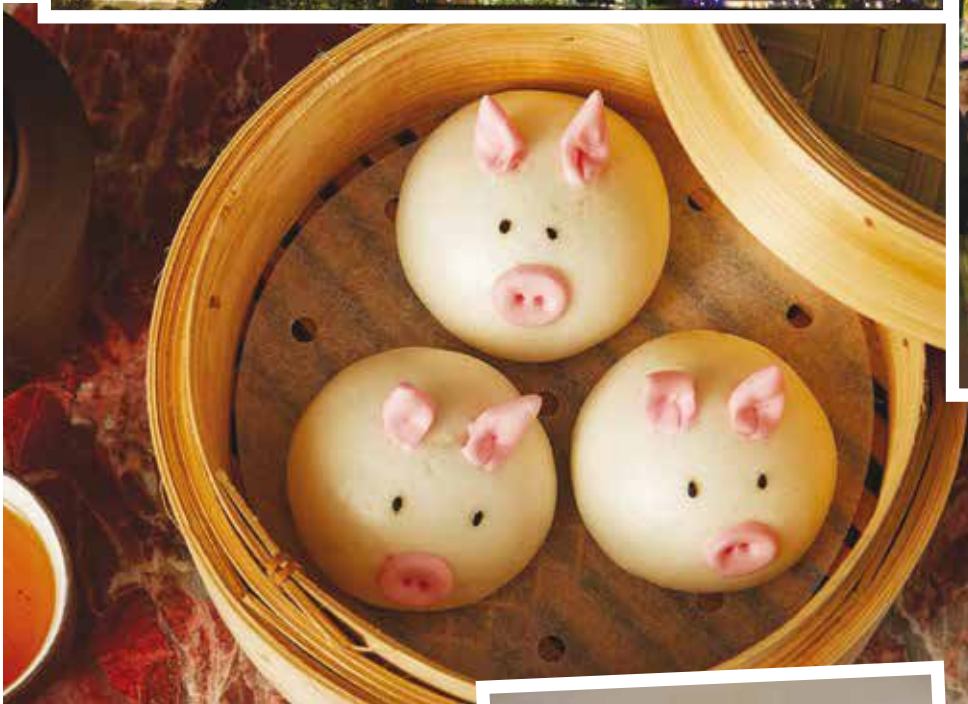
I don't know why it took us (all three of us first timers) this long to visit Hong Kong. Maybe because this is a destination so near that we took it for granted as a place we could visit anytime.

BY MAGNOLIA SILVESTRE  
PHOTOS BY MARLON ALDENESE  
OTHER PHOTOS COURTESY  
OF HOLIDAY INN

Indeed for a lot of Filipinos, Hong Kong's proximity counts as an easy weekend getaway. You could say that that Hong Kong as a destination is experiencing a double boom for Filipinos with Hong Kong Disneyland. We, however, did not go there (yet) for this trip hoping to save that for another day. In the meantime, we'll savor the frenetic pace and urbanized landscape this city has to offer.

As a first visit, we couldn't have been in better hands with Ivy Chung, Marketing Communications Officer of the Holiday Inn Hong Kong Golden Mile. If all the Holiday Inn Golden Mile had was location, it would still be top choice for both tourists or those doing business being situated on Nathan Road where everything is just a hop, skip, a train and a ferry ride away.





The executive lounge is often preferred by businessmen because it offers privacy, well appointed meeting and conference rooms, and a place where you could shoot the breeze with colleagues and friends. Any business deal can find a happy home here. The interiors are very elegant and luxurious but comfortable, and the staff is extremely professional. There are lithographic representations of old Hong Kong, which offer an old world feel and add to the rich leather and modern library affect. Best of all it has an espresso and beverage bar, that just feels so good to kick back and have a Perrier or a beer or two. There are also pre-dinner cocktails and hors d'oeuvres, which we never really got back in the hotel in time for because we were traipsing all over their lovely city. My favorite part of our first day has got to be the ferry ride from Hong Kong Island back to Kowloon because you can see the cityscape as you sail away, all the lights in the distance, blurry and romantic.

But this is a global competitive city and basic is never going to cut it, and so they go the extra mile, or dare I say it, the golden mile.

The newly renovated lobby is open and spacious with chairs and an anteroom, but your eye is immediately drawn to an impressive modern depiction of the fire dragon in the form a LED light art installation (See related article). You get the best of both worlds at the Holiday Inn. The energetic pace of Hong Kong is apparent the minute you step outside, but inside the hotel, the quiet, private, luxurious environs of the executive lounge beckons.





While Hong Kong is a labyrinthine urban city, it is easy to get around because of their efficient transport system even as first time HK visitors, but we probably had an easier time navigating the streets because Holiday Inn Golden Mile arms guests with a handy Smartphone with 3G internet and information that can readily be accessed. All the relevant HK information you can possibly need is pre-loaded, so you don't need to download anything. You can even bring the phone anywhere! Yes, even outside as you traipse all over Victoria Harbor or climb The Peak. You'll never get lost with that on hand, just don't lose IT. You also get free calls home (countries included Australia, China, India, Taiwan, Philippines, Thailand, Germany, France, UK) to brag back home how much fun you're having. The phone also entitles you to various discounts all over the city.



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## FOOD

HK is definitely a food city and entails a whole other trip, something our time, lack of expertise and budget would not allow. Christian Yang (host of TLC's A Taste of HK) we definitely were not. At the Holiday Inn's highly regarded Loon Yuen, Ivy Chung, our host, gave us a wonderful spread that highlighted the restaurant's reputation of serving traditional food with a twist. Loon Yuen has quite a romantic name, too. In Chinese, it means The Garden of Dragons.

Cantonese cooking has the largest influence on Chinese cuisine in the Philippines, and with which we are most familiar. The duck is crisp and huge. It's a well regarded establishment that is always busy. The fried shrimp, sautéed in garlic and some breading is really fresh and crisp and the radish cake is a savory treat. What followed is really good dim sum and dessert: hakaw, butchi, adorable mini egg starts, and even more adorable pork buns, which were made to look like piglet faces with pink ears and noses. I've had my share of oily butchi in many a restaurant, but this one is perfectly done crisp and chewy in all the right places. It's not a surprise the restaurant has consistently won HKTB (Hong Kong Tourism Board) awards for dim sum.

On our second night, after a side trip to Macau, we craved for something piping hot, and so we came upon a traditional Hong Kong noodle establishment, just off Nathan Road near Holiday Inn, whose name we cannot now recall, but HK is full of places like these. Food in HK can be pricier compared to, say, Manila, but the braised beef noodle soup was excellent, hit the right spot, and had quite large servings that two people can share. The oyster congee also had a chockfull of oysters. We also chanced upon a temporary market, which sold produce, flowers, and all sorts of sundry and was a noodle place at the center of it all. I thought this really showed the heart of HK street food, and we would have hankered down to a meal if we weren't rushing to catch a ferry to get to Macau.



## MACAU

A side trip to Macau is quite easily accomplished with a 45-minute ferry ride. You can get a free ride from all the Casino sponsored buses once you're there, which will stop at strategic casinos, and they're all right next to each other anyway. We started at Studio City, the newest one and currently generating a lot of buzz. They have a slow indoor modern Ferris wheel type, which you can ride for free if you register as a member, we were told by Ivy. Compared to the others, I thought this was the least gaudy, if that were possible, and it celebrated art deco, which translates better to themed casinos than entire countries and palaces. Speaking of which The Parisian and that old stalwart, The Venetian, were next on the list. It's easy to mock but there is something curious about the

height to which Macau take its glitzy ersatz-cityness in the form of its casinos. Predictably a lot of Filipinos work there, dealers, shopkeepers, waitresses and of course, entertainers. One of the "gondoliers" at The Venetian, in fact, did his best April Boy impression seeing that we were Pinoys.

If this isn't quite your drift and you're hankering for a bit of authentic culture, which ersatz Paris and Venice can do to you, you can take a trip to the old town, which we weren't able to do because we were pressed for time. As Ivy told us, "Half a day is not enough for Macau!"

It should be interesting seeing the contrast between the old and the new. Also, we weren't able to eat egg tarts at their place of origin, which are available all over HK anyway.



## NGONG PING BUDDHA

Located in Lantau Island, a scenic route by cable car is the best way to get there.

As it is being maintained, however, we traversed the winding roads through a moderately quick bus ride. I discovered that this giant bronze Buddha is a relatively new attraction, installed there in 1993, but it has since become of the most popular spots in Hong Kong. The vegetarian restaurant is quite popular and you can get a meal ticket before you climb up all 268 steps to get there.

The view is picturesque at the top and what is interesting is observing all the different stripes of people coming to pay respects to the Buddha: a bejeweled man with large arms followed by an old man, still with the stamina to climb those steps, British ladies persuading some monks in their bright orange monks to pose a picture with them. The weather was perfect when we were there, and the large looming Buddha, visible from any angle, is a breathtaking sight.

## CITYGATE AT TUNG CHUNG

This is where people generally go for outlet shopping, but we were there because it's the same train stop where you'll ride the bus/cable car to the Big Buddha. Taste, a large food emporium/grocery store, offered a lot of food choices. While everyone crowded at the McDonald's upstairs, we happily perused a row of packed sushi, Chinese food, noodles and rice, etc. freshly made. I ate a lotus root meatball that came with a stew and sautéed vegetables, and it was as delicious as it was filling. We shared a table with a family grandparents, mother and child in Elsa from Frozen outfit in tow, who I have to say made excellent choices as I kept looking at their spread of duck, fried rice, broccoli, and a noodle dish.

## MONG KOK

The Ladies Market located in Mong Kok is where we saw the most number of Filipino tourists, and where you'll be inclined to buy souvenirs or stuff for yourself. I spied some lovely scarves and nicely tailored children's coats. Mong Kok is busy and where the heart of traditional HK trade is, like cooler weather Quiapo. I also saw a stall selling much Hong Kong's much vaunted bubble waffle, a trend I've read about, and the lines were long. I regretted not trying it then, but much to my surprise as I was strolling about Greenbelt 1 recently, there it was, Eggette and Co. from HK, and I have to say it's worth the hype. Crunchy on the outside and chewy inside, the structure of the "bubble"—and I suspect there is tapioca flour going on in there, too—create that unique chew. You can get any number of sweet and savory fillings or toast it with cheese.



I would have wanted to see and talk to our compatriot kasambahays when they congregated during their Sunday day-off, but we went home before that. It goes without saying that travelling is as much about the culture and the people as it is about the places, and our compatriots have firmly put a foot in the culture and daily life here, and it feels like home seeing them around in various jobs around the city. Nothing brings you home more than, when perusing the food counter at Citygate Mall with a furrowed brow, the lady behind the counter tells us knowingly, "Andun yung kanin sa kabila." (The rice meals are on the other side.)

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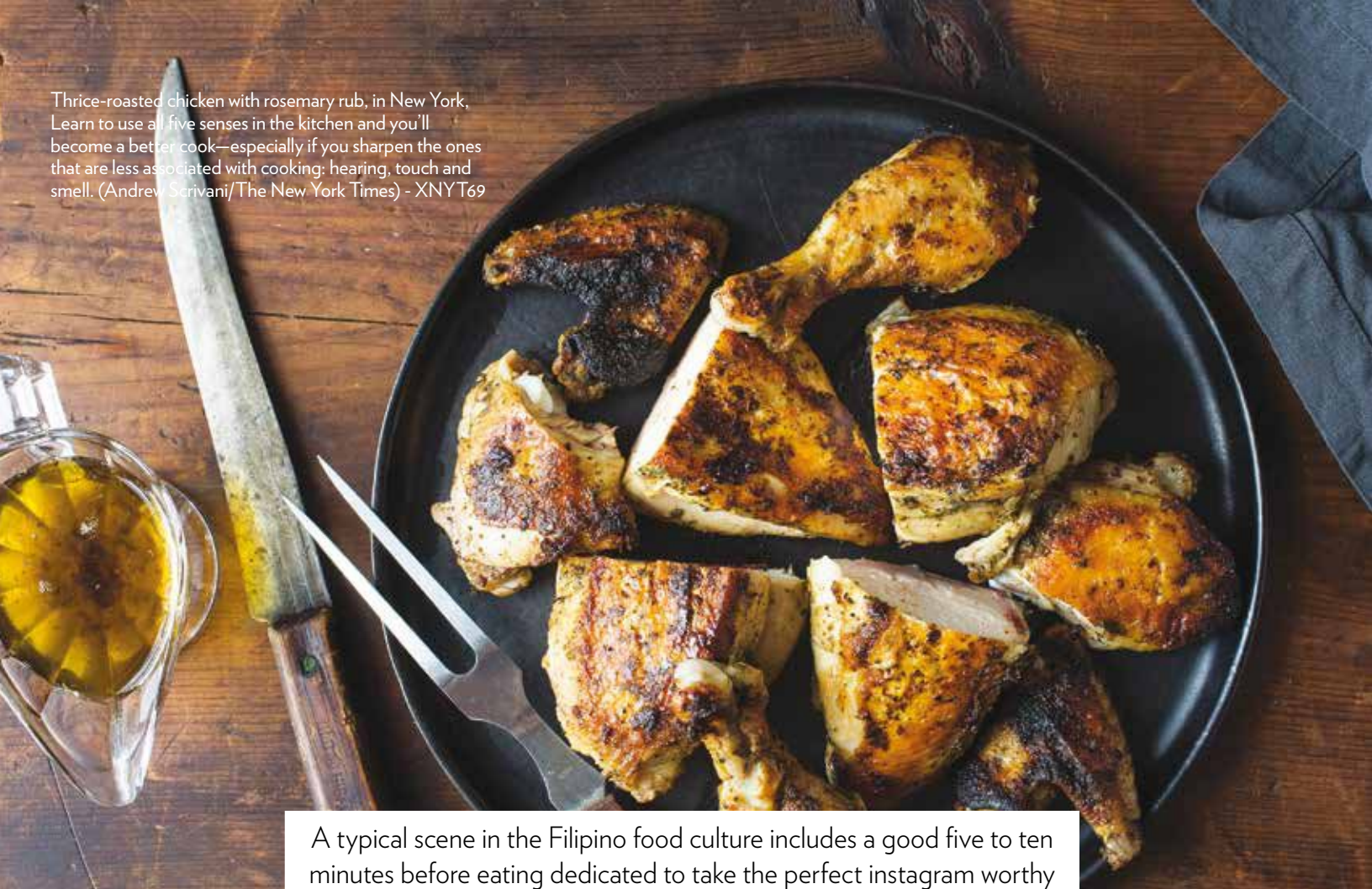
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# THE RISKS OF TAKING #FOODPORN TOO FAR

Thrice-roasted chicken with rosemary rub, in New York. Learn to use all five senses in the kitchen and you'll become a better cook—especially if you sharpen the ones that are less associated with cooking: hearing, touch and smell. (Andrew Scrivani/The New York Times) - XNYT69



A typical scene in the Filipino food culture includes a good five to ten minutes before eating dedicated to take the perfect instagram worthy shot of the delicately plated meal.

It's not just the foodie community that participates in this phenomenon, but the establishments, as well. For instance, many coffee and milk tea shops adhere to certain aesthetic for their establishments to draw in students and professionals searching for a haven; a cozy place to work and get their dose of caffeine.

At the same time, food and drinks are taken to a whole new level of intensity. Frappes and milk tea have evolved into multi ingredient and pleasant looking

hodgepodge to not only please the palette, but to please the instagram followers, as well.

It's a smart marketing move, but it entails a certain hazard for coffee and milk tea addicts.

The fast-paced life in the city highly affects the lifestyle of each individual—including their behavior and interests when it comes to food intake -- bringing a lot of health risks in the picture. Now, people care more about their instagram-worthy posts than their 'real' health by trying these top and best cafes in the Metro.

Tea and coffee consumption come with some risks, especially the ones that are store bought and jam packed with sugar. There is definitely nothing wrong with venturing out these coffee and milk tea shops in the Metro. It's the over consumption that's making it worst.

People love jiving into what's trending, but what they do not know is that these mouth-watering drinks expose them to the the risk of becoming overweight or obese. Harvard's health blog says that sugar added beverages are the biggest contributors of added sugar in people's

diets. This kind of sugar intake can escalate to more complicated health problems like cardiovascular diseases, osteoarthritis and other life-threatening diseases.

Dr. Maricar Esculto, ManilaMed's medical nutritionist, said tea and coffee actually have virtually no calories. It's the other ingredients like sugar syrups, whipped cream, and tapioca pearls that contribute a lot of calories to each cup. Aside from sugar intake, there are environmental and genetic factors affecting the risk factors, as well.

"If a person is genetically predisposed to develop this disease, he or she may eventually become diabetic especially if having the susceptible gene is coupled with a poor lifestyle which will then contribute to obesity that is a major risk factor for the development of diabetes," said Dr. Esculto.

It's still not too late because these medical problems can be avoided through

proper and balanced diet and regular exercise.

Sudden withdrawal is not advisable either. Coffee and milk tea addicts should not just cut off their intake in a snap. The trick is to do it in moderation and make adjustments.

"They may start tapering their intake by choosing the servings with the lowest calorie content. For example, instead of requesting for a "sugar level" of 100% when buying a milk tea, it may be better to specify a 25% sugar level. Black coffee may be chosen instead of a coffee frappe," says the doctor.

The key is to have a steady distribution of nutrients. For people with diabetes, they are usually recommended to have six meals a day. Of course, it is still a case to case basis for most people. ManilaMed's Diabetes Care Center helps create individualized meal plans that patients can easily comply to and

will ultimately help them achieve their health goals (more than their social media accounts' #FeedGoals)

"For the healthy adult population, up to 400mg of caffeine appears to be safe for daily consumption. However, caution should be observed for patients with cardiac, neurologic or other medical conditions that may be affected by stimulants such as caffeine. These patients may require a lower recommended dose," said Dr. Esculto.

Diet and exercise are always essential to ensure a healthy lifestyle, but it doesn't mean that you should suppress yourself. Let nutritionists and experts from ManilaMed help you achieve the perfect diet without sacrificing your favorite food or drink. Visit ManilaMed's Diabetes Care Center or call them at 523-8131 loc. 7787 or email them at [diabetes\\_center@manilamed.com.ph](mailto:diabetes_center@manilamed.com.ph).



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with Crown Regency Resort and Convention Center Boracay



Whether it's for summer, a family vacation, or you simply want to unwind, coming over to Boracay and chilling on a white sand beach is hard to beat. Boracay has always been on lists of the world's best islands, and with good reason. Located in Western Visayas, Boracay lures tourists from different parts of the world with its natural beauty, nightlife and resorts.

BY: YRDA VEANSSA FERNANDEZ



Clockwise from left: Darvin Chia, General Manager; Creamy Pasta with Salmon and Grilled Coffee Barbeque

Finding a suitable home away from home always tops most travelers' checklists. Create an unforgettable experience while in Boracay and discover its charms with Crown Regency Resort & Convention Center Boracay. Situated in the busiest of the island's stations - station 2, exploring Boracay couldn't be any more convenient. Providing guests with "a destination within a destination", the resort even has its own walk through underwater seascape - The Discovery Tunnel. Walk along this underwater tunnel while marveling at the sea life.

Afterwards, enjoy a drink or grab a bite at Ocean Bar, a lounge with huge aquarium "pillars", keeping with the aquatic theme of the resort.

The resort boasts of a truly international clientele. "Majority of our guests are Asian, predominantly Koreans and Chinese. They make up about 60% of the total occupancy. The other 40% are a mixture of Europeans, tourists from the Middle East, and now we have guests from Sri Lanka, Thailand, and Malaysia" according to Mr. Darvin Chia, General Manager of the Crown Regency Resort & Convention Center.

Discover the best of life's pleasures with Crown Regency Boracay



Left: Caesar Crumbed Chicken Burger and Classic Beer and Buttered Fish and Chips



## Pulled BBQ Pork Sandwich

- 1 pc French Baguette
- 15ml Garlic olive oil
- 45g Asian Coleslaw
- 30g Caramelised or battered onion
- 30g Seasonal Lettuce
- 180g Pulled Pork BBQ
- 2 slices Emmenthal Cheese
- 30ml BBQ Sauce (on side)
- 30 ml Tomato Catsup (on side)
- 100g Camote Chips

- 1 First grill the baguette with garlic olive oil mixture.
- 2 Assemble all ingredients to the bread align with lettuce and coleslaw.
- 3 Topped with pulled meat, cheese and onion.
- 4 Drizzle with BBQ sauce.



From left: Homegrown Beef Burger, Pulled Barbeque Sandwich and Southern Fried Chicken



## Fifties Wings and Dings

- 350g Chicken Wing, clean
- 150g Flour
- 5g Salt
- 3g Pepper
- 60 ml Gochuchang sauce
- 60 ml Garlic parmesan sauce
- 60 ml Ranch dressing

- 1 Season meat with salt and pepper, dredge in flour then fry to its desired doneness.
- 2 Prepare the sauces on the side.



Chef Alfred Sia, Executive Chef

To cater to the demands of their international clientele, Crowne Regency offers four different specialty restaurants—Wang Shan Lo, an authentic Chinese restaurant, the Lobby Lounge, Fifties Café, and Ocean Bar. Crown Regency pampers their guests with choice and quality, so much so that resort guests need not go elsewhere to enjoy a variety of culinary offerings.

Crown Regency Resort & Convention Center Boracay also invites guests to take a dip in the only Wave Pool in Boracay and brave their fears to conquer the surf on the Wave Rider, the only place where tourists can surf on demand in the island. Guests won't have time for boredom at Crowne Regency with numerous activities including the first and only oceanarium in the Visayas region which houses the biggest pearl in the world, the Pearl of the King.

Staying and enjoying one of the world's best islands is now simplified with Crowne Regency Resort & Convention Center. Whenever you are in Boracay, you can surely find a home away from home by staying at Crowne Regency Resort and Convention Center or at their other properties—the Crown Regency Prince Resort, the Crown Regency Beach Resort, and the Crown Regency Courtyard Resort. Discover the best of life's pleasures with Crowne Regency Boracay. Keep updated with the resort's latest promotions by following their website at [www.crownregency.com](http://www.crownregency.com), Facebook - [facebook.com/crownregency.hotels.resorts](https://www.facebook.com/crownregency.hotels.resorts), Twitter - [twitter.com/crown\\_regency](https://twitter.com/crown_regency), and Instagram - [instagram.com.crownregencyhotels](https://www.instagram.com/crownregencyhotels).



# DINE PHILIPPINES

## Misamis Occidental

TEXT AND PHOTOS BY CHEF DINO DATU



While local tourism is at a steady increase, our more than 7,000 islands simply has so much to offer, we are only just beginning to scratch the surface. But with Dine Philippines, a seminar series organized by Courage Asia, promoting local tourism through hospitality and local cuisine, we get to discover our local treasures one town, one province at a time.

Together with the Department of Tourism and the Province of Misamis Occidental, Dine Philippines recently held a seminar in Ozamiz City, a hidden gem in Northern Mindanao. Bringing together experts in the food and hospitality industry, the seminar series aims to connect and educate various stakeholders on the current trends and concepts in the hospitality industry here and abroad. With speakers that range from successful restaurateurs to educators to book publishers and media personalities, Dine Philippines has become the largest gathering of industry experts, providing a wealth of knowledge and experience for its audience.

I was fortunate to be invited to the Ozamiz leg of their seminar series by the local organizers, led by Cherry Burwell of The Big Difference Communications and Chef Johann Dagandara of Johann's Cuisine Ozamiz. Cherry and Chef Johann have been at the forefront of promoting Ozamiz and its culinary treasures. Their mission to promote Ozamiz even reached Manila late last year and were generous enough to join Cook Magazine's annual



DOT regional director May Unchuan, DOT ASEC Frederick Alegre and Misamis Occidental Governor Herminia Ramiro

bash, giving us a taste of what Ozamiz has to offer. From their local Laya fish, which can only be found in Ozamiz, to Chef Johann's Dragon Fruit Ice Cream, their food was certainly something to take pride in and I couldn't wait to visit them. So when the perfect opportunity came thru the Dine Philippines event, I was more than happy to take the short plane ride down to Mindanao.

Ozamiz is just a little over an hour away by plane from Manila. A quiet yet progressive City, Ozamiz has gained undeserved notoriety in the past. The reality however couldn't be further away from the bad rep as the people of Ozamiz couldn't be warmer. Smiles abound everywhere in the city and the people were all accommodating and hospitable to a fault. I arrived a day before the event itself on Chef Johann's insistence, in order to have a chance to explore the city and also to be able to finally play tennis together, a common hobby which made us bond instantly from our very first meeting in Makati months before.

After arriving from my early morning flight, Chef Johann took me out to lunch. On a normal weekday in a sleepy town, I was pleasantly surprised at how packed the restaurant we went to was. According to Chef Johann, the locals treat dining out as a pastime, which explains the sizeable crowds we saw on an ordinary day, at lunchtime service no less. The fresh seafood and grilled meats were a welcome treat, especially since we were scheduled for tennis after lunch. A quick tour of Ozamiz and its outskirts, including a peek at their quaint golf club was a treat. My first day in Ozamiz was packed with fun and food, made even more special by the hospitality of Chef Johann and his friends.

Early on the second day was the Dine Philippines event itself. Held at Chef Johann's spanking new events center, the seminar was a day of talks and

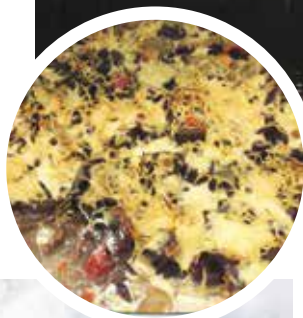
demonstrations from food industry experts. Also present during the event were Misamis Occidental Governor Herminia Ramiro, Department of Tourism Assistant Secretary Frederick Alegre together with DOT Regional Director May Unchuan and the rest of Region 10's tourism officers. After the morning sessions of the event led by Courage Asia's Adolf Aran and book designer, editor and "book cook" Ige Ramos, guests got to taste Chef Johann's Laya fish and Dragon Fruit ice cream. With lunch over, Ige and I were invited to join a tour arranged by the governor, together with DOT Asec. Alegre, RD Unchuan and the regional tourism officers. We headed to the heritage town of Jimenez, a 15-minute drive from Ozamiz.

### JIMENEZ TOWN

A quaint town that has seemingly stopped time is how Jimenez seems to a first time tourist like me. With ancestral houses from the Spanish and American periods of the late 1800s and early 1900s dotting the town, and with the San Juan Bautista Church, built in the mid-1800s standing in the center of town, Jimenez is a literal throwback to a bygone era. After being welcomed by no less than the town's Vice Mayor, we proceeded with our tour of the church with its antique interiors and relics. Our group was also toured around some old houses as well as a cruise along the Palilan River. Another Jimenez town treasure is the century-old Balete tree at the Old Cemetery. A mystical tree in Filipino folk culture, the Jimenez Balete tree is believed to be the country's largest. We also got to walk thru their town's hanging bridge and saw the mystical "chameleon tree", said to bear a variety of fruits depending on the season. After a day of touring, we came back to the municipal hall for afternoon "snacks" which featured a whole lechon. Our half-day tour was not enough to experience all the town has to offer but due to a scheduled dinner to be hosted by Gov. Ramiro, we reluctantly said our goodbyes.



Ige Ramos



### MISAMIS OCCIDENTAL AQUAMARINE PARK

Our dinner was to be held at the MOAP, the Misamis Occidental Aquamarine Park. The massive park features a marine habitat and wildlife park. The dolphins island was under rehabilitation during our visit and since we went at night, we couldn't fully appreciate everything MOAP had to offer. What we appreciated though was the wonderful spread prepared by their chefs, featuring the very best seafood and again, their local succulent lechon. After the sumptuous meal was an evening of entertainment with a live band and some singing and dancing.

My short but sweet stay in Ozamiz was just a glimpse of what the city and the rest of the province of Misamis Occidental has to offer. Two days is too quick a visit and a return trip is a must. The warmth of the people as well as the multitude of sights is more than enough reason to schedule a second visit very soon.



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**R**enamed as Bar 27, the bar is nestled at the 27th floor of Diamond Hotel Philippines, and will give you the true definition of elegant spontaneity.

The new locale for nightlife sets an inviting ambiance with a stunning view of the vibrant cityscape through the bar's well-designed floor-to-ceiling glass windows. The "falling leaves" chandelier creates a dramatic scene along with the beautiful onyx bar counter, lit with a warm golden yellow hue. The open space area of the bar is perfectly accentuated with modish couches complemented with contemporary and stylish cocktail tables. Situated at the center, is an elevated stage exclusive for live renditions of acoustic and jazz for a soothing vibe.

Bar 27 offers a comprehensive menu of the finest cocktails, freshest mocktails, signature wines and best craft beers in the city. If you prefer something cool and chill, you can never go wrong with a Manila Bay Sunrise, a perfect mix of tequila, orange juice and grenadine syrup, or take a plunge with the refreshing Cool As A Cucumber made from rum, lime juice, simple syrup and mint leaves. The Whiskey Business, a faultless blend of Bourbon

whiskey, lemon juice, sugar syrup and egg white is an ideal mood-setter of the night. For an upbeat spirit and cosmopolitan drink, the Sexy in the City is the ladies cocktail made from citrus vodka, cranberry juice, triple sec and lime juice. Boost the night with A.K. B27, a successful experiment of Kahlua mixed with Bailey's cream and Grand Marnier. Live up to the party and take pleasure in the punch of Hasta La Vista created from Bacardi Silver, Bacardi Gold, Bacardi 151, Maraschino Liqueur, passion fruit syrup, pineapple juice and aromatic bitter. There is also an eclectic array of wines to choose from like red, white and sparkling. The bar also specializes in beers such as draft, double chill and imported beers.

There is a palatable selection of a la carte and food for sharing designed to be the perfect companion for drinking. Dig into the delicious Croquetas and Gambas al Ajillo and savor the flavors of the Jamon Experience, yet to be known as the perfect trio of Iberico Bellota, San Daniele Parma ham and Serrano. Furthermore, for the wine enthusiasts, match your favorite wine with a cheese board of assorted International Cheeses, Brioche, Dried Fruits And Nuts.

Get your cocktails upgrade and experience the night life in the bay area at the Bar 27 of Diamond Hotel Philippines.

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# Jardin Garden Club

*Fun in the Fronds*



Frequent guests of Remington Hotel Newport City often rave about its great location, comfortable and spacious rooms and above all, its excellent value.

BY CHEF DINO DATU

different,” says Vanessa Francisco, Managing Partner of Jardin Garden Club. “We wanted something that centered around entertainment.” All manner of music and performers, acoustic, jazz, 80s night, are on the slate, depending on the schedule.

Our late afternoon visit to Jardin Garden Club couldn't have been at a better time. The still cool early summer breeze added to the resort ambience. Lush greenery, a water feature and outdoor furniture really provide diners with a resort feel. As their specialty dishes and drinks came out one after the other, we appreciated the range and creativity behind each specialty. From “lowly” local street food classics like Kwek-kwek to yummy grilled Chicken Inasal and Liempo to perfectly baked pizzas, the menu at Jardin Garden Club both familiar for local diners and accessible for foreign guests. The prices

Strategically located just across NAIA, and with a mall and casino next door plus easy access to the Makati CBD via Skyway, Remington Hotel is one of, if not the most conveniently located hotel for travellers.

While a good location and comfortable accommodations are tops in travellers' must-haves, a good place to unwind and grab a bite are not far behind. Remington Hotel's Jardin Garden Club is the perfect venue offering sumptuous local bites, classic and creative cocktails and mocktails without the need to leave the comfort of your hotel. Imagine having

a resort-style garden right at the heart of the city, serving delectable local and international favorites, cold brews and spirits while enjoying a soothing outdoor breeze and relaxing music.

If guests are up for a bit more partying, Jardin Garden Club also invites guest DJs and local live bands and performers. Having a nice drink to relax and a taste of the local cuisine is reason enough to visit Jardin Garden Club. Adding entertainment to the experience gives guests all the more reason to keep coming back.

“We really wanted to do something



it's a very family friendly place because you can also order elaborate milkshakes for the kids. There is truly a spot for everyone at Jardin. We all need a little chill this summer.



are also very reasonable, especially since they are located in a hotel. Francisco says they always try to keep things fresh by regularly introducing something new in the menu. They even have a fun boodle meal for big groups and families.

To compliment their dishes, patrons

have an array of must-try drinks to choose from too. They have sangria nights, refreshing fresh fruit shakes like melon, mango, kiwi and watermelon are perfect for hot days and warm nights. For those wanting a bit of kick, their mojitos, margaritas and other cocktails should give just the right amount of buzz, but

## Your Sustainable World in an Oyster

It has to be said that I ate an ungodly amount of oysters. It wasn't completely my fault as they were already shucked, plump and fresh as the day was long and were served in shot glasses, which made them slide into the gullet with the efficiency of a pay loader...scooping oysters...

BY MAGNOLIA SILVESTRE



You get the picture. But I did it for the sustainability! It was at an event held at New World Makati's The Glasshouse for Sustainable Seafood awareness. This is obviously a campaign that is very much needed because while we are aware that our seas contain some of the most diverse marine life that needs to be preserved, it's a different story when it comes to the seafood we eat and purchase. While the notion of consuming ethically caught and raised seafood is something that has been gaining traction in other parts of the world, our country has been slow to adapt it, but all that's changing. Sustainable Seafood Week, participated in by a group of hotels and, which concluded at the end of February, is on its second year. This concept of sustainability goes far beyond

the event, of course, and the knowledge of where your food comes from is becoming less and less an elitist notion, but rather a necessity if we are to ensure that the bounty we get from the sea does not diminish.

The key word here is traceability. According to Christian Schmidradner, General Manager of Meliomar, a company that exports and processes seafood, "There is a need for systems that can follow the food supply chain." You may be surprised to know that dynamite fishing and the use of cyanide are still quite prevalent fishing methods in our country. A way to support sustainable fishing endeavor is to only buy from small scale, artisanal fisheries and aquacultures, which also gives the benefit of a sustained

livelihood for the community. Meliomar carries the Artesmar stamp of approval. According to the leaflets distributed at the event, "Artesmar is a unique initiative for fishery improvement, dedicated to artisanal small-scale fisheries worldwide. The program recognizes high catch selectivity and low impacts on aquatic habitats as important merits of many small-scale fisheries. Artesmar addresses the specific challenges of small-scale fisheries and offers a functional framework for stepwise fishery improvement. By creating direct market access for seafood caught by smallholder fishers, the initiative uses market-incentivized processes and socioeconomic benefits as key drivers for the development of more sustainable business and fishing practices."

The oysters I was unceremoniously slurping from shot glasses were courtesy of Colin Buckley, director of Crystal Bay Oyster Company. These oysters came



from Aklan, which, according to Buckley, is where the best Philippine oysters come from. Masbate has the added benefit of never having the dreaded ride tide season, a result of toxic algae overbloom that renders the seafood harvested from it inedible. In the Philippines, this has come to be a seasonal condition, which has produced conventional wisdom that one should only eat oysters with months that have “r” in them, ergo, May, June, July, and August are out, but apparently not in Masbate. The oysters are of such good quality, something I can testify too, that they will be exporting them to markets in Europe, particularly France and Beijing. Buckley insists the quality of locally grown Aklan oysters is better than more famous names abroad. He admits that in the beginning they had trouble convincing the international market to eat our oyster but from 50,000 kilos/month, the company is now harvesting 100,000/a month. Buckley has been in the country for 15 years and as the other speakers have said, sustainable

seafood companies, apart from the business they gain from the sea also helps seaside communities gain a sustainable liveBuckley also proudly announces that his company has perfected a method where they can clean the oyster without killing it, making this a more attractive option for seafood buyers.

The oysters were prepared a variety of ways: dressed in kilawin; with quail egg and ponzu, which was interesting and really perked up the palate; but as an oyster purist I still prefer it raw, especially one as fresh as this variety. Apart from tuna and oysters, we were also served Selva shrimp, which are premium black tiger prawns that are grown sustainably in mangrove forests. Selva is a company based in Zurich, Switzerland that promotes sustainable shrimp farming.

The presentation of Scientist Dr. Nerissa D. Salayo SEAFDEC/AQD (Southeast Asian Fisheries Development Center/ Aquaculture Department) also imparted much knowledge as she talked about



opportunities in abalone farming, and how it helps the community. Abalone is one of the most expensive delicacies in Chinese cuisine and the potential for a profitable and steady livelihood for communities where it is farmed brings much hope that if we take care of the sea, it gives back.



#Palawandering in

# Puerto Princesa

Maybe unicorns taste like this. The flesh is white; melt in your mouth buttery and the kind of crisp you can only find with fresh catch. We are at K'na Boyet Seafood and Grill, one of the open air paluto stations in front of the bay, also the most crowded even on a weekday Wednesday night.

TEXT BY MAGNOLIA SILVESTRE, PHOTOS BY MARLON ALDENESE AND MICHAEL N. PITUC



I guess there's no such thing as "weekends" in a tourist heavy city such as Puerto Princesa, and this is our first (and only) taste of Surahan, also known as Unicorn Fish, named for the horn in the middle of its head. I still dream of that fish.

The unique bounty of the sea is just one of the reasons Palawan is one of the top destinations for all tourists, but whenever we think of Palawan, thoughts immediately turn to El Nido and Coron, two of its most famous islands. Puerto Princesa is often thought of as quick stopover--if at all--to get to the islands, but the province, the capital of Palawan, is a destination in itself and tourists would do well to spend more time here in the gateway before proceeding to the rest of the islands.

There is a general bonhomie among the townsfolk of Puerto Princesa, and it's a very tourist friendly city. By this I mean the people are tourist savvy without being cynical. All over town



some of the tricycles are festooned with plastic flower garlands, a simple addition which adds to the island spirit. Puerto Princesa is also the cleanest of

any province I've visited, and our tour guide, Teza Priscila D. Dela Peña, from Seasons 12 Philippine Travel and Tours, reminded us on the way to the

Underground River Caves that the city kept winning the “Cleanest and Greenest” awards that they had to be taken out of the running.

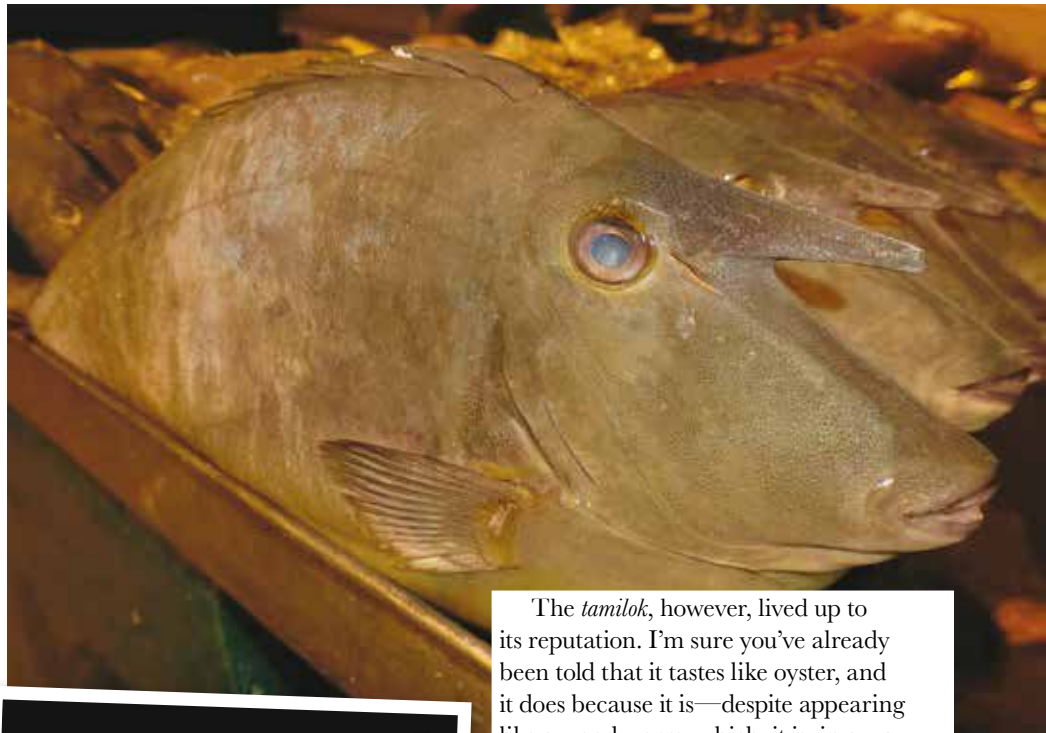
I was pleasantly surprised at the number of activities that can be had and the places that can be visited, also noticing that the province is the most knowledgeable in terms of conservation practices. I could do without the mandatory posing and later photo shopping of fake butterflies in your hand, however, and object to the temporarily taping baby crocodiles’ mouths for photo ops with tourists, which all just seems like it flies in the face of conservation. I understand the need to raise funds to keep these conservation efforts going, but I think tourists can appreciate the beauty of these creatures without stunts like that. Other than that, Puerto Princesans are well-versed in conservationism than any other local place I’ve visited. Maybe being the caretakers of the UNESCO (United Nations Educational, Scientific and Cultural Organization) Heritage Site Subterranean River Park has an effect of making rest of the province more aware of eco-tourism.



But I am getting ahead of myself. When we first arrived, I immediately noticed trees with pale pink blossoms that I haven’t seen anywhere else form a lush canopy on the road. They reminded me of flame trees, but more beautiful. We were told that we just missed the Palawan native cherry blossom festival. I didn’t even know we had native cherry blossom trees, much less that we already had a festival for them, and upon doing some googling on the subject, I found out that Palawan opened their first cherry blossom park in September of 2016. The cherry trees augured that there are many good things about Palawan I wasn’t aware of, even when you think you know a lot from the extensive coverage the province gets both in social and mainstream media.

## Food/Nightlife

On our first night, our guide, Mac Palanca from Hotel Centro, where we stayed (see related article), took us to Kinabuch's (Grill and Bar), which is where everybody congregates. I'm pretty sure you can't be at Puerto Princesa and not have eaten at least once here. It occupies a huge space, divided into al fresco and indoor sections, and there is a huge video screen showing sports. It was a Tuesday night, but it was still pretty full with your motley group of locals, students, foreign and local tourists. This is where you can first get a taste of Palawan's famous or infamous delicacies, depending on where you stand in the culinary divide. First off, there's crocodile *sisig*, which sounds exotic, but even with traditional *sisig* trimmings, it's actually quite bland, like chicken. This isn't my first time eating crocodile, which I've tasted often in sashimi form whenever the Australian Embassy sponsors Fine Dining festivals featuring their own delicacies, and even then I found crocodiles tasted pretty unremarkable. But the marketing angle for crocodile *sisig* is really the health aspect of it. It's just better for your heart.



The *tamilok*, however, lived up to its reputation. I'm sure you've already been told that it tastes like oyster, and it does because it is—despite appearing like a wood worm, which, it is, in a way because it is found in mangrove wood—a mollusk. Some people are first taken aback by its appearance, but I had no such compunctions and was excited to slurp it down. And it does taste like an oyster mostly, but the finish and aftertaste is so much more intense, earthy and wood like. It's 10th to the power oyster, and while I really liked it, I don't think I could down as much of these as I can oysters. And like oysters, I prefer them raw, although the more squeamish might prefer it *kilawin*. Kinabuch's serves regular fare like lechon *kawali* and gambas, of course, which are all well-cooked and come in hefty servings, that it isn't a puzzle why it's a really popular place to dine at or chill.

Of course when it comes to more chill, you have Tiki Bar, which according to locals, is the only serious club in town. Famous for having their restrooms labeled with which genitalia you love to "love", the night we were there the bar had a really good band from Cebu performing all the latest pop hits. A middle aged man on the dance floor is dancing by himself, as well as encouraging other people to dance with him. Sometimes, he succeeded. It's always fun to watch such unbridled enjoyment. The host/DJ announces, on the microphone, the appearance of pretty much every guest who is there and where they're from. It's pretty cozy and welcoming.



Perhaps the only thing we weren't able to try in Puerto Princesa is the authentic Vietnamese cuisine. Palawan was host to Vietnamese refugees during the Vietnam War in the 1970s and was a temporary settlement on their way to eventual permanent residency status in the United States. In the interim, Vietnamese cuisine gained a foothold in the region and some Vietnamese citizens never left.

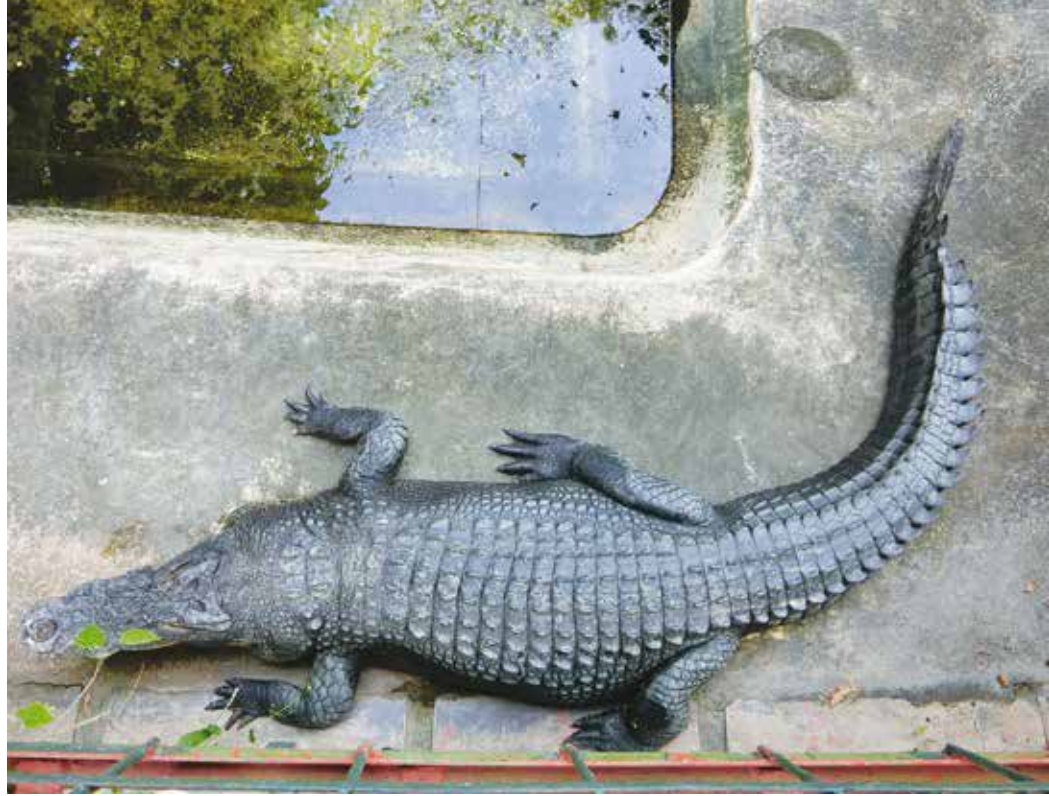


While driving around the city, our driver/informal guide, Arthur Manuop, casually pointed out to a place called Noki Nocs Savory House, and said it was where the best *Halo-halo* in Puerto Princesa could be found. We didn't forget that little tidbit, and so on our last day, we rode a tricycle from our hotel to this place, and Arthur was right. The *halo-halo* is indeed delectably creamy and served in a really tall glass, but their *palabok*, which is also their specialty, is just as good. They have traditional *palabok* and "crunchy" *palabok*, the concept of which is similar to fried *pancit canton* where you pour sauce over it, which, as it slowly bathes the noodles, changes the noodles' texture as you eat it from crunchy to soft. I'm generally not a fan of fried noodles in sauce, but I found Noki Noc's *palabok* rendition really delicious and may even prefer it to the traditional one.



## CROCODILE FARM/ BUTTERFLY GARDEN

The crocodile farm starts with a lecture. You are ushered in a room where the hide and the skeleton of giant crocodile Rio are displayed, so named because he was found in Baranggay Rio Tuba in Bataraza, Palawan. This particular croc ate a fisherman, who they found in the contents of Rio's stomach. This is a cozy tidbit to hold on to when you finally come to see the live crocodiles. You will NOT be prepared with how large these crocodiles are. Lolong, said to be the largest crocodile captured (although some foreign scientists dispute this), was found on our islands. You walk on top of the steel bridge as the crocs lurk below, which add to the movie menacing quality of the whole scene. They don't move much during the day, but it doesn't make them any less imposing. We were also ushered to see the crocodile hatchlings. It's hard to picture how these tiny creatures would grow up to be such behemoths someday. The guide is quick to emphasize that the crocodiles being turned into sisig everywhere in the city do not come from here as this is a conservation center.



There are other animals, mostly tropical birds and small land animals other than crocodiles here, which are scattered all over a sprawling forest which makes it a really an interesting place for both children and adults. We saw bearcats, and a porcupine that was curled up and sleeping. The leopard cat looks like a regular housecat but had more fierce stripes. There is a souvenir shop just outside the center, and if you want a crocodile stuffed toy amongst other items, buy it here because it's more expensive at the *pasalubong* center.

The Butterfly Garden is small and is what you'd expect, with pretty butterflies and chrysalises. What I've found to be really interesting on this trip is meeting

the Palaw'an tribe. They give a little presentation of what their life is like in their tribe, along with rituals and songs. They also make baskets and other trinkets that are sold in a tiny souvenir shop.



## Mitra Ranch/Baker's Hill

If you're old enough to remember the late speaker Ramon Mitra, you would know there is an iconic photo and campaign ads of him riding a horse. I'm presuming those were taken here, and there are still horses here that are available for horseback riding. The ranch is open to the public and it's on a huge swath of land with a gorgeous view of the seascape and the mountains. It's couldn't be more perfectly situated. If we weren't so exhausted, we would have availed of the skywalk and the zip line (4 stations!), which were reasonably priced and weren't crowded. The ranch house doubles as a mini museum now with portraits of Speaker Mitra (that's still what they call him in these parts) and the rest of the family. It famously resembles a cockpit arena from the outside, as the former senator was said to have been an avid fan of cockfighting, but the interiors are classic ranch house with high thick wooden beams.



Baker's Hill and Mitra Ranch are a stone's throw from one another that people generally visit these two in succession. Baker's Hill is a bakeshop (and a pizza shop) that sits on an equally famous whimsical meandering garden. Most famous for their line of hoppers, we were told by our van driver/tour guide Arthur that the family also owns the famous Tipas brand of hopia sold all over here in Manila. Baker's Garden is eclectic but harmonious. You can sense that they just put together here elements of things they love. This delightful garden is one of my favorite spots in the province because you can explore the garden at your own pace and you feel like Alice in Wonderland: There are pink trees, peacocks, stone sculptures and formations, Zen spaces, which were inspired by all elements of whimsy. There is also a viewing deck where you can see the beautiful landscapes. The thing about Puerto Princesa is you'll always be spoiled for beautiful views.



## Plaza Cuartel/Immaculate Concepcion Cathedral Parish

A part of Puerto Princesa's history is the tragic fate of American soldiers, prisoners of war, who lost their lives during the Japanese occupation in Dec 14, 1944, when the soldiers were burned in the tunnel found beneath park and only 11 survived. Plaza Cuartel now stands as a somber memorial to them. It's a quiet park, and it seems fitting that it is located across the province's main church, the Immaculate Concepcion Cathedral Parish, which celebrated its first mass in 1872. Famous for its gothic architecture, the church has seen many restorations through the years.



## Honda Bay Islands (Starfish, Luli, Cowrie)



Honda Bay is named as such, says our guide Teza, because it comes from the Spanish word for deep waters, "Hondo Agua". The three main islands (or at least the islands that were part of our tour) are Starfish, Luli, and Cowrie Island. Starfish Island, named for numerous starfish that populate the island, is framed by a scenic backdrop of mangroves that hug the shore. It's a good place for snorkeling and all the fishes just zip by. If there's one thing I cannot emphasize enough, buy the dirt cheap seafood on offer here, where they can be cooked *paluto*-style at Cowrie island. There is a good variety of fresh fish and shellfish like lobster, sea urchin, and abalone only costs 750/kilo.





We regretted not buying the seafood because the buffet (that comes with the tour) leaves much to be desired. For an island so rich with the bounty of the sea, it's ironic that all they had was squid that was overcooked and chewy. But Gen and Alfonso Pogoy, the brothers offered to dive for fresh sea urchin for me. As if Palawan wasn't already a magical island, the people are even better. And there I was on the boat back home with a plastic tray of fresh sea urchin, trying to slurp it from the shell.

Ironically we didn't really find a lot of starfish on starfish island, but we did spot a huge one in Luli island, which is so named because the island is Lulubog, Lilitaw. It is essentially a huge sandbar, with an adorable bar on stilts and makeshift high dive platform. There is also house on stilts where people can hang around, use the bathroom and deposit their things while they hang about on the rest of the island. Gen, one of our boatmen, who I've alternately nicknamed Chito Rono and Wig Tysmans for his propensity to direct our group's poses, managed to take a photo where he made three of us look like we were holding up a giant starfish.

Cowrie is the final island stop, and where all the tour groups eat. It's the largest island, also the most commercial, with things like massage and *buko* kiosks and mini bars. There is still a lot of beach activity to be had here before going back to the city.

## Subterranean River Park

The centerpiece of any trip to Puerto Princesa is the Subterranean River Park. Named a UNESCO World Heritage site in 1999, this place is truly beautiful and enchanting. All the superlatives do not do this place justice; it has to be experienced. This is hands down the most beautiful natural formation of anything I've ever seen, it's transformative. To think only a part of the cave has been mapped and explored. A huge leaning tree, the Bitaog, with its roots submerged under the sea is hundreds of years old, and with its outstretched body whispers a welcome to those coming upon the cave. It used to be that boatmen would serve as the guides to the gorgeous stalactite and stalagmite formations, but conservationists noticed that the noise affected the bat populations, so you are now given an audio guide, similar to the ones you find in museums all over the world. Visitors are encouraged to be completely silent, which adds a sacramental quality to the experience.

Puerto Princesa is a city gifted with many wonders. It is where the buzz of city life and the depth and breadth of the natural world are just a stone's throw from each other, and nothing quite prepares you for its beauty. So stay and revel in it, and let it richly reward mind, body and soul.





# Hotel Centro

## IN THE HEART OF PUERTO PRINCESA

Hotel Centro, as the name implies, is centrally located and is near most of city's tourist spots. It also offers gorgeous views of Mount Mantalingajan.

The hotel feels like a grand home with a spacious courtyard, pool and a garden, but has all the amenities you need such as fully equipped conference rooms and ballroom. Hotel Centro has an open layout and combines old and new world charm. The hotel uses a lot of wood, and the attention to detail such as the diamond wood inlays in the staircase evoke a homey feel. The interplay of pebbles in the outdoor spaces really evokes a beach resort. The interplay of pebbles in the outdoor spaces evokes a beach resort ambience for this city hotel.

When we arrived, apart from the welcome drink, we chose hot chocolate to fortify ourselves for the rest of the afternoon, and what a wise decision it turned out to be. We didn't realize it would turn out so fancy. Made the old fashioned way with real cacao, it tastes like rich milk chocolate. It's become a popular order at the hotel we were told. "I can really say that one of our advantages is the food," says Head Chef Dennis Naling. A veteran of stints abroad, Chef Dennis was finally persuaded to go back to his home province and stay.

Chef Dennis' sauce less kare-kare, served at Expressions Café, is a revelation.

Braised in a shallow peanut broth/sauce, it had hardly any color, but a bite into it, and it was delectable, very tender and evoked pure kare-kare. Some people might still miss the peanut sauce, but it didn't need it, it stood out. Their steak was perfectly cooked and had a savory mushroom sauce, and really good generous serving of lengua. It's surprising to get this level of food from a hotel, especially one that is far from culinary capitals, so to speak, but this is a city that teems with tourists, so in hindsight it shouldn't be that surprising. There is a level of tourism here that you don't even see in Manila.

According to Chef Dennis most of their clientele are foreigners and whenever they have a special request, he is more than willing to cater to their requests, even offer them the hotel kitchen if they wish, which really makes Hotel Centro a home away from home.

The *danggit* is in demand and there is even a sign at the front of the hotel advertising it, and I personally ate that for breakfast every day we were there. The IG (which stands for Inner Garden) Noshery serves up popular cocktail drinks such as Tequila Sunrise, Blue Lagoon, Kamikaze





Chef Dennis Naling and Marianne Coronacion, Front Office Manager



and a frozen Pina Colada that is mile high. The bar chow is substantial noshing indeed in the form of Buffalo Wings, Bagnet, Breaded Squid, BBQ Tacos, Burrito. There is also a grill station where you can have meat or seafood fresh off the coals. The Noshery has become a popular hangout for people in the city. You can also sidle up to the Soul Pool Bar while having a swim.

Of course at the heart of all hotel operations are members of the staff who are all warm and well-trained. This is, after all, a competitive market and the service industry is a well-developed one. Waiter Rome Sunchiuco always greets us with enthusiasm, and my room, which was located near the linen closets meant I was always bumping into various staff, and they were always polite and smiling. “Our customer service is one of our greatest strengths,” says Marianne Coronacion, front office manager. Like Chef Dennis, she also chose to go back home after her experience in hotels abroad. There is something about the lure of Palawan that is hard to resist and locals eventually find their way back home. “The hotel has been here for six years, and we may not be the newest, but our trip advisor ratings are consistently high,” she adds.



When the new international airport opens in a couple months, the convenience of not having to stop in Manila expects more tourist growth in Puerto Princesa, (the hotel has even partnered with Air Asia Philippines) and you can see a whole slew of hotels in various stages of construction, and the competition will only intensify, but Hotel Centro has been honing their operations for the past six years, and they’re already ahead of the game.

### **HOTEL CENTRO**

*National Highway, Brgy. San Pedro,  
Puerto Princesa 5300, Palawan*

### **Seasons 12 Philippine Travel and Tours;**

*Reservations hotline (048) 434-1937  
0917 - 547 - 0166 / 0998 - 972 - 8687  
or seasons\_12phils@yahoo.com*

# THE FEED

Anything you need to know in April

## Cocktail Mixing Class at The Lounge



Learn from the industry's best and acquire a new skill that will wow your mates at New World Manila Bay Hotel's Cocktail Class at The Lounge featuring award-winning bartenders Jessie Classicas and Raymund Ramos.

Jessie and Raymund will teach the participants the basics of making cocktails, as well as impart three mixes to include in their own bartending repertoire: the classic Mojito, Jessie's award-winning cocktail, 'Winter Haven', and a choice from The Lounge's signature drinks: Berry Slush, Lucky Verde or Manila Bay Sunset.

Sign up for the class, learn from an award-winning mixologist, and take home a special freebie to start your own mini bar at home.

Cocktail Class is in session at The Lounge on March 23, 2017, 2:00-4:00 p.m., for PHP 1,000net per person. Club Epicure members enjoy a special 20% discount. Rate includes a class certificate, recipe book, and a souvenir.

The Lounge is Malate's premier spot for afternoon tea, light snacks, and evening drinks. Situated at the ground floor of New World Manila Bay Hotel, diners will experience the hotel's five-star service and enjoy topnotch amenities any day of the week.

## Fly On The Wings of Magic: Agila: The Eksperience

EKsperience the AGILA's flight "AGILA the EKsperience" is the only flying theatre in the Philippines and the largest single flying theatre of its kind. It uses patented motion theatre technology that creates a realistic sensation of flight as if like an eagle, and showcases exciting destinations across the Philippine archipelago in a visually-stunning 6-minute film traversing the country from north to south.

This flight like an eagle is amped up with awesome special effects combining wind, water, mist, scents, overhead stereo speakers and seat bass shakers for the most realistic, most magical flying sensation Filipino audiences will ever have.

Seeing through the AGILA's EKstraordinary eyes, marvel at the familiar and unfamiliar sights of our beautiful islands, filmed in stunningly clear 6K resolution cinematography. This engaging multi-sensory EKsperience makes AGILA's flight brilliantly life-like and realistically smooth, making the adventure truly unforgettable.

Discover and tour over 3,000 kilometers of the Philippines from the comfort of your seat in this captivating attraction that will be more awesomely engaging than IMAX, more visually EKciting than any travelogue you've laid eyes on—in a ground-breaking flying theatre that currently finds no equal.

## A New Jazz Oasis Rises at The Heart of Greenfield District

Thursday now have a new musical twist as Greenfield District recently launched "Jazz Fest Thursday", an upscale yet relaxed evening music lounge in an al fresco setting. Bringing together the best local jazz performers to provide a diverse weekly musical scene – from veteran jazz acts to up-and-coming artists. Greenfield has surely touched a chord with music lovers and outdoor market enthusiasts alike with Jazz Fest Thursdays.

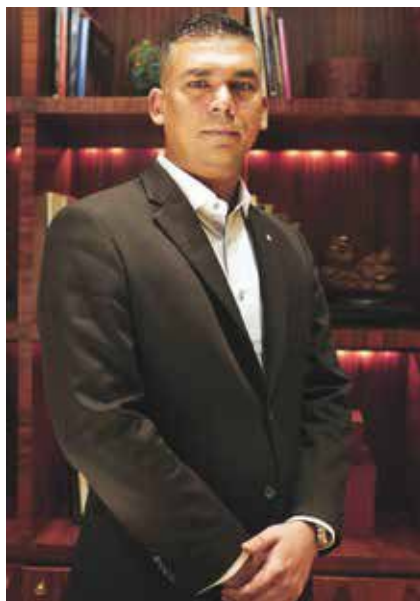
Jazz Fest Thursday was opened last March 23 by headliners such as The Brass Munkeys, (a New Orleans style 8-pieces jazz band), and Ms. Zia Quizon. Enhancing the musical experience was a gastronomic feast featuring not only famous Greenfield District restaurants, but also some of the best and most popular bars and dining spots from

nearby Kapitolyo. These include Persian specialties from Habib, Japanese classics from Ramen Bar, Spanish dishes from Montaditos Y Mas and Calderon, American selections from Pit-Master's Smokehouse, craft beers curated by Kapitolyo Brewing Co., and new and old world wine vintages from Quo Vadis.

Greenfield District is located in bustling Mandaluyong. Highly accessible along the main EDSA thoroughfare, it is also right next to the Ortigas central business district, and within the "golden triangle" of Makati, Mnila, and Quezon City.

To find out more about Jazz Feast Thursday as well as other Greenfield activities and events, go their Facebook site at [www.facebook.com/GreenfieldDistrict](http://www.facebook.com/GreenfieldDistrict).

## New World Manila Bay Hotel Appoints Nantha Kumar as Executive Assistant Manager



New World Manila Bay Hotel recently appointed Nantha Kumar as Executive Assistant Manager for Food and Beverage. Since taking on the position, Nantha has overseen the Food and Beverage operations of the hotel's restaurants and bars, ensuring an exceptional dining experience for all guests.

Nantha has nearly 17 years of

experience in the hospitality industry and has worked in prestigious hotels and properties in Asia, mostly in Indonesia and Nantha's home country of Malaysia. Prior to joining New World Manila Bay Hotel, Nantha was the Food and Beverage Director of New World Shanghai Hotel and Penta Hotels in Shanghai. Previously, Nantha worked in the food and beverage departments of Shangri-La Hotels in Malaysia and Indonesia for 15 years.

Nantha has spearheaded several iconic events in his career and in the hospitality scene, such as the 2007 World Economic Forum in Davos, Switzerland, and the F1 Grand Prix at the Sepang Circuit from 2005 to 2007. Nantha also served the Palace for the Royal Highness of Malaysia.

As the head of the Food and Beverage department, Nantha will ensure that the hotel's food and beverage activities align with the respective corporate strategy and are in line with the brand's promise of providing exceptional culinary offers and guest service at all times. Nantha will also keep an eye on consumer trends to make sure the hotel's food and beverage offers are up-to-date with the best competitive advantage.

## Novotel Manila Marks First Top Accounts appreciation Party

Honoring Novotel Manila Araneta Center's loyal corporate, MICE and event business partners, Novotel Manila recently celebrated their first Top Accounts Appreciation party entitled Karneval. Well attended and graced by honorable dignitaries, the Mardi Gras themed event was held at the Monet Grand Ballroom last March 15 which was energetically hosted by GMA celebrity host Mr. Tonypet Gaba. Novotel Manila's dance group – NGroove together with the Sales Team opened up the program with a Mardi

Gras dance number then followed by the opening speech of GM Bernd Schneider - with gratitude-filled remarks recognizing the contributions of the hotel's avid business partners. Led by the hotel's DOSM Joy de Mesa, awards were given to all 2016 top producing companies. Generous prizes like 3 days 2 nights stay at Novotel Manila were also raffled off to lucky winners and to delight the guests, the top German a capella group Vocaldente were flown all the way from Germany to serenade the evening with their lively top charting melodies.

## Summer Fun at Novotel Manila Araneta Center

Make this summer the best one for your family as Novotel Manila Araneta Center, a midscale hotel of AccorHotels, gives you more exciting reasons to stay in the city! Take a break with the Your Stay Your Way staycation packages, enjoy Summer Fun with urban stargazing, glamping, picnic and outdoor cinema bliss at the 2,500 sqm outdoor venue Novotel Versailles Garden, kiddie and adult swimming lessons, play educational and fun activities at the Kids Club, fill your tummy with nutritious and mouth-watering Grills N Skewers buffet at Food Exchange Manila and more.

From March 1 to May 31, design your staycation with Your Stay Your Way room packages starting from Php5,800 nett, which includes overnight accommodation in a modern easy living Superior room with buffet breakfast for two (2) adults and two (2) kids ages 15 years and below at Food Exchange Manila, plus your choice of complimentary (2) movie tickets at Gateway, two (2) vouchers at Art In Island for two (2) adults and two (2) children below 3 feet, two (2) one-hour Bert Lozada swimming lesson vouchers for 2 persons at Novotel Manila Araneta Center (sessions: MWF) from Mar 29 to Jun 19 or complimentary one (1) time entry, two (2) hours use of Kids Club for two (2) children per day.



## Hoppy Easter at Diamond Hotel

Join Diamond Hotel Philippines' Hoppy Easter Party, and spend Easter Sunday hopping from one activity to the next on April 16, 2017 from 10am to 2pm at the Diamond Ballroom. It's fun and games galore for kids and kids at heart!

Hop into the Easter playground and enjoy the Easter bunny game plan which includes: face and egg painting, cupcake decorating, photo booth, glimmer tattoo, kids' salon, live musical entertainment and a magic show. Have your photos taken with giant pastel-colored eggs and adorable bunnies at the upper lobby and expect special cartoon character guest appearances - definitely worth posting on your favorite social media app. Also, kids and adults alike can indulge and enjoy an assortment of sweets, from chocolate eggs to fluffy cotton candy, and mini cupcakes that will be available for sale along with other delightful snacks from the hotel. Bring the whole family, be amazed and explore all the treats enchantingly prepared for

you. Children in Easter-inspired costumes will get a chance to win exciting prizes from the hotel and sponsors.

In the Grand Raffle Draw, kids will get a chance to win Beats by Dr. Dre headphone and speaker. Ticket price is at Php1,000 nett per person inclusive of a take home snack box. Diamond Indulgence Cardholders will get Php100 off on the price, maximum of 4 tickets only for purchase. For inquiries call 528-3000 ext. 8461. Event is in partnership with Toy Kingdom, Monde Nissin, Rebisco, Resourceful International, Liwayway Marketing, Galinco, Nestle, Kiddie Party, Shutterbugs, Don Robert, Trans Abi, Red Damien, SJO Lights and Sounds, 7lily and Airlink.

Spend the Easter holidays with family and experience an Easter-rific staycation from April 10 to 16, 2017 with the hotel's Hoppydee-Hop Room Packages. Stay overnight in a Deluxe room for only Php 5,000 nett inclusive of a buffet breakfast for 2 at Corniche, access to the swimming

pool, use of the Health Club and Spa, 20% discount on massage and reflexology, and one (1) FREE ticket (per room, per stay) to the Hoppy Easter party. Book for 2 nights and get the room at Php4,800 nett per night! Room only offer (excludes breakfast) is also available at Php4,300 nett per night.

Room packages are applicable to local residents only. Prior reservation is encouraged. Offers may not be availed in conjunction with any other promotions or discounts. For room reservations call 528-3000 ext. 1141 and use the promo code: HOPPYEASTER.



## Let's Celebrate The Graduate at Eastwood Richmond Hotel!

For students, graduation marks the end of a journey and the start of a new one. While tears may be shed for the closing of an era, there's no denying that this academic achievement deserves a celebration. In honor of the graduate, Eastwood Richmond Hotel's The Lounge serves up special entrées complemented by free soup and dessert of the day, to create a delectable 3-course meal worthy of a happy tribute to the grad.

On the menu are these main course dishes: Pan-Baked Chicken Breast in Tomato Sauce with buttered vegetables and spaghetti aglio olio (PhP 320nett); Char Siu (Chinese Pork Barbecue) with stir-fried bokchoy and shiitake mushroom (PhP 420nett); and Grilled Salmon Fillet in Cilantro-Coconut Sauce

with Chinese cabbage, fried eggplant, and steamed rice (PhP 450nett). And to make this fête even more exceptional, all graduates get 50% off on their choice of entrée plus bottomless iced tea!

The "Celebrate the Graduate" meal is available for lunch and dinner orders from March 20, 2017 to May 31, 2017. Graduates only need to present any valid proof of graduation in 2017 (e.g. diploma, graduation program, etc.) to enjoy the 50% discount. This offer is not valid in conjunction with other promotions and discount privileges (e.g. Credit Card tie-ups).

For inquiries and reservations, call (632) 570-7777. Eastwood Café is located at Eastwood Richmond Hotel, 12 Orchard Road, Eastwood City, Bagumbayan Quezon City. The hotel is accessible from the 2nd floor of Eastwood Mall. For

more information on Eastwood Richmond Hotel, log on to [www.eastwoodrichmondhotel.com.ph](http://www.eastwoodrichmondhotel.com.ph). For the freshest updates on hotel promotions, please follow [www.facebook.com/EastwoodRichmondeHotel](https://www.facebook.com/EastwoodRichmondeHotel) and [www.instagram.com.Richmonde\\_ERH](https://www.instagram.com/Richmonde_ERH).



## It's all about fun times together This April at Luxent Hotel

It's superior fun this season as Luxent Hotel welcomes summer with hot offers for its guests. This April everyone can take their grand vacation in the city and enjoy a night of sheer delight and surprises from exclusive room deals to delectable food and beverage offers.

Barkadas can finally push through with their long-awaited get-togethers and share the fun times and laughs with our "Peer Pleasure" room offer. Booking a Superior room good for four (4) persons, guests and their friends can make the most out of their bonding session with all the Luxent Hotel amenities. This includes unlimited internet access as well as complimentary use of the swimming pool and the AquaTrim Fitness center for those who want to enjoy a swim with an urban skyline view or work-out

together. Inclusive in this room offer also is a grandiose feast for all four guests with a buffet breakfast at the Garden Café. The Luxent Hotel's prime dining venue prides itself in having a staggering selection of international cuisines and exclusive specials from the executive chef.

Friends, buddies and drink-lovers can also take a sip of their favorite drinks with an incredible view of the Quezon City night sky all evenings of the season from 3-10pm on weekdays and 3-12 midnight on weekends at The 6F mobile bar.

In addition, Luxent Hotel is unleashing awesome food and beverage offers starting April. The Bread Indulgence Corner features the savory, cheese-infused Chicken Turnover as bread of the month, as well as the Ginger Cookie as Cookie of the month. The Lush Bar and Lounge on the other hand is serving the Fred's Cooler, a

zesty combination of vodka, lime, and tropical fruits that will surely remind you of the summer evenings. Topping it all off, they're also serving the Halo-Halo Craze from 2pm-5pm all days of April, where Filipinos and Filipinos-at-heart can enjoy unlimited servings of the popular dessert for only P350 net / person.

The "Peer Pleasure" room offer can be availed for P6,388 net / night good for up to four (4) persons with the check-in date ranging from April 1 to May 14. The Summer Indulgence offer is available for all days of April except Sundays, with prices ranging from P899 for lunch to P1,299 for Dinner. For inquiries and reservations, you may call (02) 863-7777. Luxent Hotel is located at 51 Timog Avenue, South Triangle, Quezon City.

## Filipino Cravings and Beers at Bar One

Grab a glass of ice-cold beer with your friends and cheers to a celebration of flavorful Philippine dishes with a twist! This culinary rollercoaster will showcase an extraordinary fusion of different types of Filipino dishes. Savour all-time favorites all in one plate such as the Crispy Lechon Kawali in Dinuguan Sauce and Liempo with Atchara in Tortilla Wrap. Try out these contemporary Filipino selections like the Adobo-Style Pulled Pork Burger and Spicy Sisig Pizza. Enjoy your tasty kwek-kwek with a twist with the special Itlog Sorpresa—boiled quail eggs covered with spiced ground pork and topped with rich garlic mayonnaise and chili flakes.



This offer is available from March 16 to April 30, 2017. Visit Bar One at the 3rd level of Holiday Inn Manila Galleria

For more information and reservations, call 633-7111 or email [fanb.reservations@ihg.com](mailto:fanb.reservations@ihg.com).

## Make your summer days a Happy Day with Rauch Orange Juice

Happy Day 100% Orange Juice is also available in ready-to-drink tetra packs so you can always cool down and recharge. It's also a wholesome alternative to calorie-laden, carbonated and artificially flavored fruit juices. It is so refreshing! This will help you ready your body when you soak under the sun.

If you are looking for other flavors that the whole family will surely love other Happy Day variants available in 1L packs like Apple, Cranberry, Multivitamin, Orange Juice Bits, and Tomato. Happy Day 200ml Apple and Orange flavors are also perfect daily treats for the kids when they



go to school or summer classes.

Prepare for summer and change for the better. Choose tasty but guilt-free beverages like Rauch Happy Day 100% Orange Juice with the purest nutritional benefits.

## Go Sweeter and Crunchier with Cadbury Dairy Milk Honeycomb and Nuts



Snacking with chocolate has always been a brilliant idea. Need help getting through the day? Want something to lift your mood? Chocolate is a great answer. If you're searching for a new sweet escape, then you're in luck! Discover a whole new level of chocolatey sweetness and crunchiness with the new Cadbury Dairy Milk Honeycomb and Nuts! Now, you get to enjoy your favorite Cadbury Dairy Milk chocolate with added layers of flavor and texture that are oh-so-divine! Delight your taste buds with sweet and crispy bits of honeycomb complemented impeccably with the crunchy nuts. Sink your teeth into this new, delectable chocolatey goodness.



## Summer lovin at the Eastwood Richmond Hotel

When the season calls for some chillin' and relaxin', cool off and end the week with a quick city break! At Eastwood Richmond Hotel you can look forward to much SUMMER LOVIN' with awesome deals to help make your weekend getaway as indulgent, affordable, and endearing as possible.

For all Fridays, Saturdays & Sundays of March, April & May (except Holy Week), you can escape to the vibrant world of Eastwood City and spend your mini vacation in the splendid comforts of Eastwood Richmond's well-appointed guest rooms for as low as PhP 4,235nett, inclusive of Superior room accommodations, Wi-Fi access, and complimentary use of the Fitness Center's gym and pool. Enhance your Richmond sojourn with the room and breakfast package that includes a filling breakfast buffet for two at The Lounge, for only PhP 4,410nett. Bring the entire family and add only PhP 1,500nett for an extra bed with breakfast buffet. Spend quality time with the little ones at no additional cost because kids 5 years old and below can stay for free. Want a bigger space? Then reserve a suite at rates starting at PhP 6,020 nett (room only) and PhP 6,195 nett (room with breakfast for two).

Book your summer staycation now at Eastwood Richmond Hotel and call Room Reservations at (632) 570-7777 or book online at [www.eastwoodrichmondhotel.com.ph](http://www.eastwoodrichmondhotel.com.ph) to get instant confirmation. Full payment required upon reservation and special rates are non-refundable and non-cancellable.

Eastwood Richmond Hotel is located at 17 Orchard Road, Eastwood City, Bagumbayan, Quezon City. Eastwood Richmond Hotel is accessible from the 2nd floor of Eastwood Mall.

For the freshest updates on hotel promotions, please follow [www.facebook.com/EastwoodRichmondeHotel](http://www.facebook.com/EastwoodRichmondeHotel), [www.twitter.com/Richmonde\\_ERH](http://www.twitter.com/Richmonde_ERH), and [www.instagram.com.Richmonde\\_ERH](http://www.instagram.com.Richmonde_ERH).

## Fun Weekend Summer Escape For Locals At Richmond Hotel Iloilo

Beginning March 17, 2017, rates for Friday, Saturday and Sunday stays drop to only PhP 4,000nett for Deluxe Rooms and PhP 7,500nett for One-Bedroom Suites, complete with Wi-Fi access and a sumptuous breakfast buffet at The Granary for two adults and two children 5 years old and below. Use of the Fitness Center's gym and pool is complimentary for guests who would like to stay fit and enjoy the sunny weather while taking a refreshing dip or simply taking in the resort-like vibe at the Pool Bar. The Weekend Escape rates are valid until August 27, 2017 and are available only for residents of Western Visayas. Booking confirmation is subject to room availability.

Richmond Hotel Iloilo is located at Megaworld Boulevard cor. Enterprise Road, Iloilo Business Park, Mandurriao, Iloilo City 5000, Philippines. Be updated with the hotel's promos and offerings by logging on to [www.richmondhotelliloilo.com.ph](http://www.richmondhotelliloilo.com.ph) and visiting the hotel's official Facebook page, [www.facebook.com/RichmondeHotelIloilo](http://www.facebook.com/RichmondeHotelIloilo) and Instagram account, @Richmonde.RHI.

## Easter Eggs-Travaganzaat Manila Pavilion Hotel



Kids and kids at heart are all excited with the thoughts of festivities the Easter Sunday brings. For all the kids and families looking for a short-haul yet warm and luxurious break this Easter, look no

further than Manila Pavilion Hotel, located at the heart of Manila.

They will be opening their doors on April 16, 2017 for the whole family to come to have a fun and egg-citing day, where activities and amazing

prizes await our guests.

Starting April 1, Patisserie, the French-style pastry shop of the Manila Pavilion will have a line up of different Easter goodies like Surprise Easter Eggs, Easter Egg in a Basket, Easter Bunny, Hen and Rooster with Egg Basket, and special colorful Bunny Lollipops.

Easter Eggs-travaganza will be celebrated at the Alcuaz Function Room 1 and 2 on Easter Sunday, April 16 from 1:00 pm to 5:00 pm. Tickets are available for Php 799 nett for kids 4-12 years old and Php 999 nett for adults. Kids 3 and below are free of charge.

It will be a day full of fun-filled activities for the kids and their families with Magic and Balloon Shows, Face Painting,

Storytelling, Games, Activities, Surprise gifts and prizes, and Merienda Buffet.

Easter Eggs-travaganza is supported by Timezone, Gardenia Breads, Cherifer, Ped Zinc, Lucky Me! Curly Spaghetti, Fun Ranch, Vita Cubes, Chubby, Lipps, Choco Mucho Minis, Jiggels, Krimstix, Whoopie, Choco Topps Cookie Monster, Doowee, Frootees, Fudgee Bar, Oishi Choco Chug, Oishi Circo, Oishi, Crunchy Karls, Oishi O Puff Chocolate, Oishi O Puff Mango, Oishi O Wow!, Oishi Pillows, Smileys, Chips Delight, Egg Bites, Whatta Tops and many more.

## Extra Special Events are Back at Eastwood Richmond Hotel

For a limited time, Eastwood Richmond Hotel brings back its EXTRA Special Events offer with fabulous freebies to make your banquet functions even more exceptional and memorable at no extra cost. Looking to make your lunch or dinner buffet spread extra yummy? Then have a tasty carving for FREE! Choices include Crispy Pork Belly, Butterfly Herb Chicken, Fish Roulade, and many more. Want to perk up your beverage

options? Then have your fill of bottomless drinks of either standards like iced tea, soda and chilled juices, or popular native blends like buko pandan juice, lemongrass iced tea and sago't gulaman for FREE! Wishing to serve fancy coffee? Liven up your event with an array of flowing caffeine concoctions from hot brewed coffee, latte and cappuccino, to their cold counterparts of iced Americano, iced latte and iced cappuccino, complete with whipped cream and sprinkles, all for FREE! Indeed, getting a jazzed up party, meeting

or seminar is easy with these amazing add-ons to delight your attendees and guests.

So get practical and book your next corporate or social event with us now! Bookings just need to be for a minimum of 50 persons for any of the regular buffet packages, and Eastwood Richmond will throw in either the carving for the buffet, beverage station, or specialty coffee station at absolutely no additional fees. Now isn't that really special?

## Lent Special Promo

Hotel Celeste is bringing back it's "Lent Special Promo" Enjoy 50% off the published rates from April 9-16, 2017 with breakfast for two, welcome foot and leg massage, welcome drink, complimentary Wi-Fi Access and daily newspaper.

Booking Period: March-April 16, 2017. Stay Period: April 9-16, 2017. For reservations and inquiries, please call +63 2 8878080 or email us at [info@hotelceleste.ph](mailto:info@hotelceleste.ph).

## Classic Confectionery Favorites Reborn

From the Baby Boomers to Generation X, through the Millennials and now the Generation Z, people have loved the timeless appeal of gummy candies and marshmallows. Now, experience the rebirth of these classic confectioneries brought to you by an authorized candy factory of Disney and the makers of Peppa Pig candies and Terrific candies.

### **Sweets For My Sweet® Fruit Flavoured Gummies**

A delightful perfect pairing of the finest fruit flavors with gummy candies - strawberry, orange, banana, pineapple, apple, cherry, watermelon and lychee. 8 x the flavor, 8 x the sensation! Sweets for my Sweet is everything you love in a candy. It comes in unique fun shapes and colors. It is extra soft, chewy and fat-free.

Sweet, fruity, guilt-free treats to make my sweet's day sweeter!

### **Sugar For My Honey® Creamy Marshmallows**

A fluffy, tasty, creamy marshmallow treat for everybody. Experience the creamy difference as the smooth, snow-white mallows melt in your mouth. Sugar for my Honey marshmallows is a premium take on a classic snack. It is superior in taste, texture and consistency. This is how marshmallows should be! Sugar for my Honey, love in every bite!

Sweets for my Sweet Fruit Flavored Gummies and Sugar For My Honey Creamy Marshmallows will soon be available in all leading Supermarkets and Grocery Stores. For more information about our products, please visit our website at [www.castledistributioninc.com](http://www.castledistributioninc.com). You can also email us through [marketing@castlemerchants.com](mailto:marketing@castlemerchants.com) or call our Hotline: 829-3079, 820-1383 and 829-0560.



## Taters is Going Dangerously Cheesy with Cheetos



The cheesy fun doesn't stop in Taters stores because the Cheetos Snack Fest has loads of surprises on Taters' Facebook and Instagram accounts, so make sure to go online and follow us (@taters.snackleague) – we're giving away VIP passes, Chester Plushies, and prizes galore!

What are you waiting for? Come live the dangerously cheesy life with Taters and Cheetos! Promo is on a limited-run from January 25 to May 15, 2017.

## Seven Corners joins Flavors of the Philippines 2017



Crowne Plaza Manila Galleria offers an array of dining selections perfectly catered for everyone's likes. Being a renowned buffet restaurant in the metro, Seven Corners indeed delivers the finest cuisines in its seven interactive cooking stations. With this edge, more impressive tastes await for this year's feature for Flavors of the Philippines 2017.

Savor a parade of culinary masterpieces as it features the fusion of Filipino and international dishes. Take on a unique Filipino-Japanese journey with servings of

Katcino (Katsu and Tocino), Filipino Sushi, and Caldereta Ramen. Try out tasty Filipino-Italian portions such as the Spicy Sisig Pizza and Dinuguan Lasagna. You can opt for combinations packed full of flavors with a Filipino-French Bicol Express in Vol au Vent or a Filipino-Indian Dinuguan Samosa. Taste an all-time favorite American snack mixed with a Filipino go-to food in the special Longganisa Hot Dogs. Finish off your meal with a sweet twist in a delectable Halo-halo with Chocolate Sauce and Fresh Fruits.

Experience a one of a kind fusion adventure at Crowne Plaza Manila Galleria. This offer is available from March 16 to April 9, 2017.

For more information and reservations, please call 633.7222 or email [fandb.reservations@ihg.com](mailto:fandb.reservations@ihg.com).

## AirAsia launches "Red Talks with Daphne" web series



"Red Talks with Daphne," is hosted by award-winning TV host and producer, Daphne Oseña-Paez. She takes viewers to different places and talks about traveling, flying, helping and inspiring communities.

The web series begins with *Destination: Dream* (The Man with the Red Cap). It takes viewers to AirAsia's massive headquarters in Kuala Lumpur where Daphne and AirAsia Group CEO Tony Fernandes talk about the airline's humble beginning and the exciting times for air travelers in the future.

The second episode titled *Destination: Fly* is an inside look on what it takes to be an AirAsia cabin crew and how their journeys and training earned them the distinct recognition of being world-class in a highly demanding job and environment.

*Destination: Good* (The Silversmiths of Arkomjogja), meanwhile, tells the story of architects and silversmiths in Jogjakarta, Indonesia. This third episode highlights the work of the AirAsia Foundation in keeping these ancient traditions alive.

Episode Four is called *Destination: Unity*. It talks about ASEAN as a single market destination and how AirAsia is making it more convenient, more affordable, more fun and more exciting to travel around thousands of islands and the challenges of connecting people, places, and empowering communities.

*Destination: Harmony* (The role of business in environmental protection) goes to Palawan. In this fifth episode, Daphne talks about pearl production and delves into the ongoing campaign to protect Palawan's marine biodiversity through responsible ecotourism.

The Finale, titled *Destination: Freedom* (A tribute to travelers from all walks of life), brings viewers to Shanghai, China in a story of adventure, thrill, and excitement.

Red Talks with Daphne was made possible by the AirAsia Foundation, the AA BIG Loyalty Programme, Hyatt Regency Yogyakarta, Flower Island Resort Palawan and Jeweler.

AirAsia BIG Loyalty Program makes it even easier and faster to fly. AirAsia's award-winning loyalty programme, AirAsia BIG Loyalty allows members to earn AirAsia BIG Points to redeem free AirAsia flights, hotel stays and more. With over 100 partners worldwide, there are plenty of ways to earn points. And every month during the member-exclusive Final Call Sale, flights can be redeemed from only 500 BIG Points!

Red Talks with Daphne will premiere on AirAsia Philippines' Facebook page at [www.facebook.com/airasiaph](http://www.facebook.com/airasiaph) on March 25, 2017.

## Welcome the summer heat with Starbucks

To make summer more exciting and refreshing, Starbucks is introducing a new Frappuccino® flavor and will bring back a well-loved flavor from last year. This summer, get ready for an unexpected throwback as Starbucks brings together two of our childhood favorites—popcorn and pretzels—in one delectable drink. Pop'zel Coffee Frappuccino® Blended Beverage is blended with delicious popcorn and pretzel syrup and topped with real caramel popcorn and salted pretzel over whipped cream.

A returning favorite, the Roasted Marshmallow S'mores Frappuccino® Blended Beverage is flavored with vanilla, layered with smooth marshmallow whipped cream, indulgent chocolate sauce, and graham crumble. This delicious concoction is then finished with whipped cream and more graham crumble on top. Both flavors will be available for a limited time only starting April 18.

For My Starbucks Rewards members, Starbucks Frappuccino die-cut cards will be available in new colorways, and can be bought for an initial activation fee of P1,000. Meanwhile, the new 'Stay Cool' card will be available for P300. Both will be in Starbucks stores starting April 18.

To mark Earth Day, you can purchase a Starbucks Night Sky Reusable Cup on April 21 and 22 for just P100 with every purchase of a Grande handcrafted beverage. You may also opt for a 10 % discount on any merchandise.

For more news about Starbucks, visit their website ([www.starbucks.ph](http://www.starbucks.ph)) or check out their Facebook page ([www.facebook.com/StarbucksPhilippines](http://www.facebook.com/StarbucksPhilippines)).

## Mega Sardines' New Endorser

Mega Sardines is the only ISO certified sardine canning brand in the Philippines. "We are always innovating and our fishing fleet is world class," says CEO Marvin Tiu Lim. "We have technology that no one in the world or no one in this country can replicate. That's why we are able to can our fish in 12 hours." They truly believe in bringing the best for the consumers. There is a complicated process involved before sardines are produced and the company assures that they involve the highest levels of safety and cleanliness. In fact, they are the only ISO certified plant in the Philippines. This certification is the highest level of food safety certification in India.

Their new brand ambassador Piolo Pascual is considered the perfect embodiment of what Mega is today. Mega sardines bestsellers are tomato sauce and chili variants. They estimate that one can of sardines can feed a family of five as it offers a rich sauce that appeals to Filipinos. Mega is also offering new premium products like mega tuna which contains 100% pure tuna with no extenders.



## Spanish Food Festival At Diamond Hotel

Savor Spanish culinary classics in a grand celebration at Diamond Hotel Philippines entitled Exquisita Comida Española, a Spanish Food Festival at the hotel's premier dining destination Corniche from April 3 to 9, 2017. Discover authentic Spanish favorites and get to know the hotel's newest Spanish Executive Chef Francisco Coque.

Experience the undisputed gastronomic goodness of Spanish cuisine as Executive Chef Francisco prepares a spectacle of

palatable delights carefully crafted with the most refined and flavorful ingredients of Spain. Chef Francisco has worked for various restaurants, four of which are Michelin-starred, and hotels in Spain, London and USA until he found his way to Manila.

Excite your taste buds with a sumptuous line-up of much-anticipated Spanish dishes, in a Spanish Food Festival entitled Exquisita Comida Española, available from April 3 to 9 at the Corniche lunch and dinner buffet for only Php2,380 nett per person. Begin your

culinary journey with chef's Coque's specialty, the Paella Negra served with Aioli. Taste a unique mix of fresh seafood and carefully selected spices and other ingredients, this Spanish favorite is sure to please your palate. Then, for an appetizing delight, try the famous Gambas Al Ajillo, a generous serving of succulent prawns sautéed in garlic, imported olive oil, and chili flakes for a subtle kick of spice.. For the sweet tooth, head to the dessert station for some Churros con Chocolate, another specialty to be prepared by the executive chef during the celebration. These and more scrumptious dishes await diners at the Spanish Food Festival at Diamond Hotel.

The celebration continues at the sky-high bar of the hotel, the Bar 27. From April 3-9, 2017, chill with the company of good friends from 8pm to 11pm and indulge bottomless Sangrias matched with an all-

you-can-eat Pintxos.

As a special treat, Spanish nationals and Spanish embassy employees are entitled to a 30% discount at the lunch and dinner buffet.

For restaurant reservations, call (632) 528-3000 ext. 1121.

Diamond Hotel Philippines is located at Roxas Boulevard corner Dr. J. Quintos Street, Manila. For inquiries, please call (632) 528-3000 or email [guestservices@diamondhotel.com](mailto:guestservices@diamondhotel.com). For more information on Diamond Hotel Philippines, please visit [www.diamondhotel.com](http://www.diamondhotel.com). For hotel updates and special offerings, follow the hotel on Facebook, YouTube and Google+ at Diamond Hotel Philippines, and Instagram and Twitter at DiamondHotelPh.

## Discover Chicken Deli

Award-winning actor, model, and recording artist, Dennis Trillo, is popularly known for the various romantic roles he has given life to as GMA-7's "Drama King."

But beyond the limelight, Dennis has discovered a new "love." Lured by the aroma wafting from the grill, he followed his appetite to the place where his heart gains true satisfaction. From legs, thighs, breasts, and wings, Dennis has embraced Chicken Deli.

This is actually not the first time that Dennis was exposed to the Bacolod style of chicken inasal. He explains that his Dad, Abelardo Leslie Ho, is from Dumaguete, Negros Oriental. Dad would often go to

Bacolod, and he would mention Chicken Deli when talking about his trips.

His wish was granted when Chicken Deli established its first Metro Manila branch in 2011. And by a stroke of serendipity, he would be tapped to become its current endorser.

Apart from chicken inasal, Chicken Deli serves other Pinoy favorites like Lechon Kawali, Beef Kare Kare, Sinigang na Bangus, Pork Sinigang, Pork Sisig, Chicken Sisig and Pork Liempo. There are Chicken Deli-cious Meals: individual servings of grilled chicken, pork, beef, and fish, all accompanied by free soup and kanin-all-you-can. End the meals with Panghimagas like the original Halo Deli and its new version of Pinoy Halo-halo,



Turon Sticks, Sago't Gulaman, Leche Flan, and piping hot Piyaya baked especially on site.

Chicken Deli branches now with over 50 branches nationwide.

For Franchising inquiries, please call at 09173028180, 09328489957 or (02) 9030108 or email at [franchising@chickendeli.com.ph](mailto:franchising@chickendeli.com.ph) or visit the website [www.chickendelibacolod.com](http://www.chickendelibacolod.com). Like them on Facebook and follow them on Twitter.

## Kitsho's Sumptuous Smorgasbord Spread

After Easter, fiestas would practically be celebrated most days of the summer months in different locales across the archipelago, bringing to the fore cultural traditions and the indelible imprint of Filipino hospitality.

By summer's end the fiesta fever would have escalated to fever pitch. Sometimes, ordinary days are turned into festive moments with the plethora of farm produce and fresh catch that abound.

The festive fiesta spirit is sumptuously captured by Kitsho's buffet spread with its myriad choices in appetizers, sukiyaki, sushi & sashimi, as well as, delectable desserts. And diners get to sample each one of their favorite main courses of meat and seafood, freshly prepared from an a la carte buffet menu.

"With more than thirty options, our dining guests can choose what main dishes they want to savor. The good thing is that it will be prepared fresh; only when the order is made

and not something reheated from a display. So they get to sample freshly-cooked meat, seafood, and other choices to their hearts delight," invited Executive Chef Mizumoto "Hiro" Masahiro.

If there are more than twenty persons who will be dining, the buffet spread will be readily available to guests, even on weekdays, as long as prior reservations had been booked.

Sometimes, dining guests get to sample concoctions not in the menu. An example would the Beef and Mizuna roll, that's mustard wrapped in beef sauteed in sweet sauce. While it's usually meat that's wrapped inside vegetables, for this delectable dish, it's the other way around.

There's also the year-round 'Special Occasion' promo, wherein celebrants of birthdays and/or anniversaries get to enjoy a free cover with the 5 + 1 perk, plus a complimentary cake. And very soon, Chef Hiro will be rolling out his homemade ice cream flavors in ice cream cups and pints.

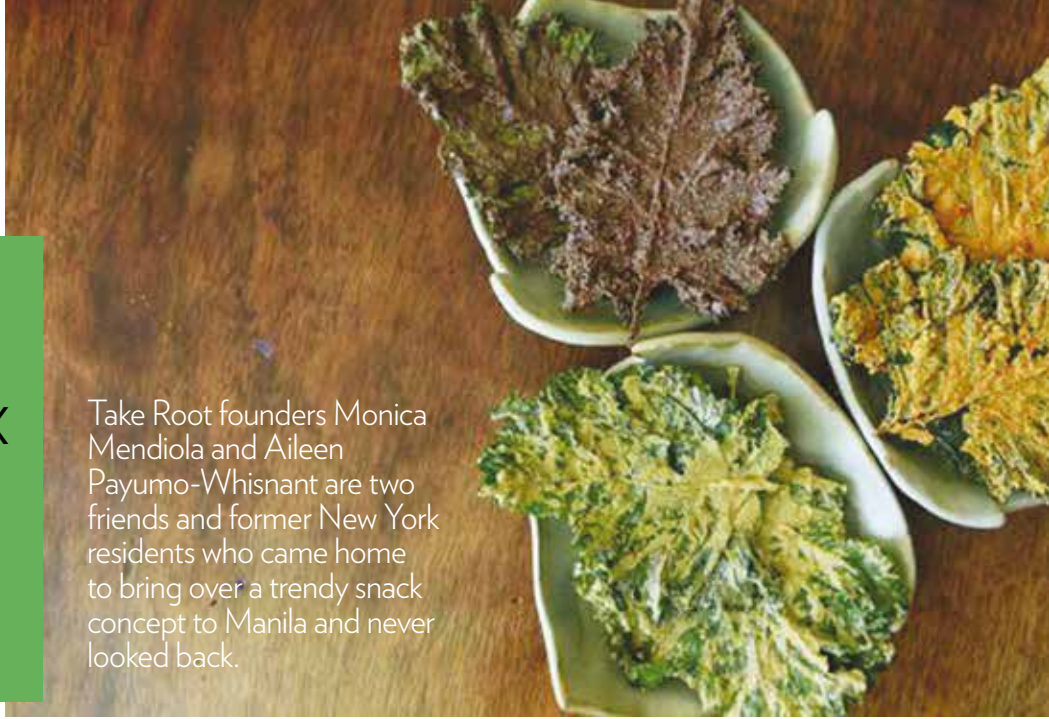
Kitsho's "All Food, All Drinks" smorgasbord treats are available all



weekends during lunch (P1,110++) and dinnertime (P1,250++). For inquiries and reservations, simply call the restaurant's hotline via telephone number (02) 994-36-23 or (02) 795-8888 local 2312.

Kitsho authentic Japanese restaurant is conveniently located at the ground floor of Hotel Jen Manila along the bay area's sunset strip, right across the Cultural Center of the Philippines and the Star City complex.

## KALE CHIPS AND HEALTHY SNACKS GOES GLOBAL AT IFEX PHILIPPINES, ASIA'S PREMIER FOOD AND INGREDIENTS SHOW



Take Root founders Monica Mendiola and Aileen Payumo-Whisnant are two friends and former New York residents who came home to bring over a trendy snack concept to Manila and never looked back.

“We founded Take Root in 2014 with the goal of providing junk-free, whole food, plant-based snacks to Filipinos using locally-grown produce. Our mission is to make healthy eating as accessible and delicious as possible. Our Kale Chips is our flagship product, made from pesticide-free, dried kale leaves grown by family-run farms in the Philippines,” says Mendiola.

“We also have our Salad Snackers, which are literally, a salad in a bag. Dried kale, carrots and tomatoes that were tossed in a zesty dressing for health on-the-go, minus the chopping and prepping,” she adds.

For their IFEX participation, the duo is excited to present its flagship product, which started a kale-munching craze in the Philippines. “Initially, we are targeting to export to Asian countries with a burgeoning interest in health and vegetarian food coupled with higher spending power like Singapore, Hong Kong, Taiwan and Japan. Ours is a high-quality, premium product that we feel will be attractive to these markets. Being a halal certified product, we are also targeting the Middle East, like Dubai,” says Whisnant.

Take Root startup duo Aileen (left) and Monica (right). With the health food sector growing exponentially, the duo says food entrepreneurs, investors and retail partners have been very optimistic. Southeast Asia's developing nations are contributing significantly to worldwide snack sales with a 3.6% year on year growth. “Global consumers are hungry for new, innovative products from exotic places that are healthy

without compromising on taste. We are an all-natural, vegan, gluten-free, FDA-approved, Halal-certified Filipino brand who brings something new and unique to the table,” says Mendiola.

Take Root has already started exporting to a chain of health food shops and gyms in Hong Kong. So far, the response has been favorable and they are gearing up to expand their presence in Hong Kong.

“We are proudly made in the Philippines and make use of vibrant ingredients local to the country, but we put a fresh new spin to our products in terms of flavors, packaging design and the way we speak to our customers. But the real bottom line is that our Kale Chips are the best-tasting,” says Whisnant. “Our strength is in the fact that we are a small company and our products are all hand-made in the kitchen by our kale crafters and our customers can taste the difference from products produced by machines in large factories.”

Aside from Kale Chips, Take Root also offers cauliflower and broccoli, granola, salad snacks and many healthy eats.

This May, take Root will be one of the first-time exhibitors at IFEX. As IFEX organizers are gearing up to promote the participation of new exhibitors in the healthy, natural and organic food category, companies like Take Root are coming at the right time.

“The robust demand for healthier food items in the international market, and the Philippines' role as a fast-rising Asian marketplace, make this year's IFEX

exhibition truly exciting,” says Clayton Tugonon, executive director of Center for International Trade Expositions and Missions (CITEM), the organizer of IFEX Philippines. “IFEX Philippines provides companies the chance to meet with a higher number of quality buyers in one or two days than one would typically be able to meet with through other forms of marketing strategies in a similar time frame.”

IFEX Philippines, Asia's ethnic food & ingredients show, is the country's biggest international trade exhibition on the Philippines' and Asia's specialty food, with over 180 exhibitor companies, attracting wholesale buyers, importers and food distributors from all over the world. IFEX 2017 will be held at the World Trade Center on May 19 - 21, 2017, a three-day event that offers a dynamic business-to-business platform for local and international food companies to discover new markets, launch new products, and transact with the world's biggest buyers.

IFEX Philippines is a fast-rising Asian marketplace where sellers of unique tropical flavors, products, innovations, and services are linked with international buyers, importers, and retailers, propelling for bigger international presence, wider variety of products, and world-class features. Categories include tropical fruits, vegetables, seafood, beverages, bakery and confectionery products, meat and poultry, Halal-certified products, as well as natural, organic, and healthy food products.

Details can be found online at [www.ifexphilippines.com](http://www.ifexphilippines.com).

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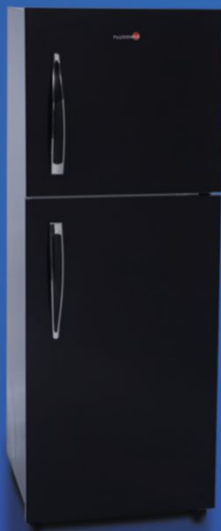
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