



The Philippines, with the Filipino
American Society of Central Illinois

9 March, 2023

Past recipes at cpldcooking.weebly.com



MOCHIKO OR BIBINGKA (PHILIPPINE RICE CAKE)

Ingredients:

1 box Mochiko Sweet Rice Flour (found in oriental grocery stores)

3 cups regular or fat free milk

3/4 cup white sugar

4 whole eggs

2 2/3 cups coconut flakes (any brand)

1/2 can condensed milk (14 oz. can)

Instructions:

Mix the first four ingredients above by hand in a bowl.

Grease a 33 cm by 23 cm by 5 cm (13" by 9" by 2") baking pan or dish with butter.

Pour the batter into the greased baking container.

Sprinkle the 2 2/3 cups coconut flakes on top of the batter.

Bake for 30 minutes at 375° F.

Remove from oven. Pour 1/2 can (7 oz.) condensed milk over the top of the cake and spread it evenly.

Place the container back into the oven at 375° F for another 15 minutes or until golden brown on top.

BARBECUE PORK

Ingredients:

1 lb pork shoulder

½ fresh lemon

½ fresh lime

1 tsp ground black pepper

1 tsp fresh minced garlic

½ cup soy sauce

Procedure:

Slice the pork into 2-inch or 2 ½-inch pieces.

Mix the pork, lemon, lime, ground pepper, garlic, and soy sauce.

Let the mixture marinate in refrigerator for 30 minutes.

Fry in high heat iron skillet or char grill. For the grill, pork can be skewered, if you prefer.

CHOP SUEY

Chop Suey is a stir-fried vegetable dish that is cooked with meats such as chicken and pork. Today's recipe uses chicken.

Ingredients:

olive oil
1 Tbsp minced garlic
½ onion (sliced)
1 cup diced chicken
¼ cup soy sauce
1 cube chicken bouillon
¾ cup water
1 cup broccoli florets
1 cup cauliflower florets
½ cup carrots
½ cup celery
1 cup cabbage
1 ½ Tbsp corn starch (diluted in water)
½ tsp ground black pepper

Procedure:

Add enough olive oil to coat a large sauce pan or wok. Over medium heat, sauté garlic and sliced onion until the onion is soft.

Add chicken and stir fry until light brown. Add soy sauce, chicken bouillon, water, and let boil. Cover for 10 minutes.

Add cauliflower, broccoli, carrots, and celery; stir.

Add cabbage and stir. Add corn starch diluted in water. Stir. Cover and simmer for 5 minutes, or until all the veggies are cooked.

Serve.

Coming up next month, April 13: West India/Maharashtra, with Mugdha Patekhar.
Register by April 8 at bit.ly/3ZtqSuV or call 309-274-2719.