

## Filipino Recipes for “Cooking Around the World” – September 15, 2014

### Leche Flan (Egg Custard) – Submitted by Dr. Remo Umale

3/4 cup of white sugar  
12 egg yolks  
1 can Condensed milk  
1 can of Evaporated milk  
Zest of 1 lime (only use the green part; the white pith is bitter; you can also substitute vanilla for a different flavor)

Caramelize sugar in a 6-inch baking pan by melting the sugar on high heat, spreading and tilting the melted sugar to coat the bottom and side of the pan until it turns dark golden brown. Set aside to cool.

Separate the egg yolks into a mixing bowl, and whisk gently until smooth. Add the evaporated milk, whisking continuously. Scrape the zest of the lime and add to the mixture and whisk. Add the condensed milk and whisk very lightly until smooth. Pour into caramelized sugar-coated pan, prepared above.

Place the pan on top of a cookie sheet with a little water in the bottom. Bake at 325 degrees for 30 to 40 minutes until the mixture is set. You can test with a toothpick to see if it is done. Let it cool for at least 30 minutes.

How to serve: Rim the side of the pan with a butter knife. Place your serving tray over the pan and flip it over holding both pan and tray securely to transfer the plan to the tray. Cut the flan into serving portions.

### Easy “Pandesal” – Submitted by Laura B. Corpuz

*Pandesal is often eaten in the morning as a pre-breakfast snack, with coffee, tea, or hot cocoa. It's a popular treat, and many bakers will not share their recipes. This is Laura's attempt to recreate them:*

1 pkg. frozen white dinner rolls                      1 C. plain breadcrumbs  
1 C. cooking oil    1 T. sugar

In room temperature, let dinner rolls thaw for 25-30 minutes or overnight in the refrigerator. Mix breadcrumbs and sugar thoroughly. When rolls are soft enough dip in oil then roll in breadcrumbs and sugar mixture. Do the same to all of the rolls and place them in a 9 x 11- inch baking pan. Let rise according to the instructions on the back of the dinner roll package. (The other way is to preheat oven to 200 degrees, then turn the oven off and place the pan in the oven and let the rolls rise for about 2 hours or until they reach the desired size – about double.) Remove pan from the oven without touching the rolls. Bake in a 350 degree preheated oven for 15 minutes or until golden brown. Oven temperatures vary. Serve warm with or without butter. Enjoy!

## **Filipino Fried Lumpia (Eggrolls) – Submitted by Lourdes Lewellen**

### **Ingredients:**

For the filling: 1 package of eggroll or springroll wrappers  
1 lb. of hamburger or ground pork (or a mixture of both) Veg. oil for frying  
1 carrot (chopped)  
1 stalk of celery (chopped)  
1/2 bundle of green onions (chopped)  
1 small can of water chestnuts (chopped)  
1/2 tsp. black pepper  
1 tsp salt  
1 egg

### **Procedure:**

Mix all the filling ingredients together and refrigerate for two hours or overnight. Open the package of eggroll wrappers, separate the individual wrappers, and cover with a damp paper towel to prevent dryness.

Lay one wrapper on the table and put one tablespoon of meat mixture on top. Fold and wrap.

In deep pan, add oil and heat to 350 degrees. Test fry one eggroll to make sure the temperature is right. Fry eggrolls for 10 minutes or until they turn light brown. Remove from oil and place on a damp paper towel to soak up excess oil.

Serve hot with sweet and sour sauce and enjoy.

## **Sopas (Philippine Soup) – Submitted by Laura B. Corpuz**

1 pkg. elbow-macaroni	1 sm. carrot, cut into strips
2 T. vegetable oil	2 C. shredded cabbage
1 sm. onion, chopped	1 to 1 ½ C. reg. milk
2 C. cooked shredded chicken	½ sm. can Vienna sausage
4 -5 qt. chicken broth, divided	½ to – 1 stick butter or margarine
1 sm. jar pimiento	salt and pepper to taste

Cook macaroni according to package instructions, and drain. In a Dutch oven pan, heat cooking oil and stir-fry chopped onion. Add chicken and part of the broth and cook for 2 minutes. Add all vegetable ingredients and continue boiling for another two minutes. Add the cooked and drained macaroni and more broth. Add sausage and stir in milk. To fill the pan, add the remaining chicken broth. Season to taste with salt and pepper. Enjoy.

## **Chicken Adobo – Submitted by Michelle Quickle**

*Michelle learned this recipe from her father – a skilled baker and cook – when she was just six years old! The quick version at the bottom of the page is based on the method demonstrated at the program.*

### **Ingredients:**

2 lbs chicken (cut up into pieces)  
½ cup spiced vinegar (available at oriental groceries; may also use rice vinegar or other vinegar)  
2 cups water  
2 cloves garlic (minced)  
½ tsp ground black pepper  
red chili flakes (optional, for those who like it spicy)  
¼ cup soy sauce  
1 bay leaf  
Salt to taste

### **Procedure:**

Clean chicken and cut into pieces. Add salt, minced garlic, and pepper to chicken. Put in a large pot and add bay leaf, spiced vinegar, soy sauce and water. (At this point, if you have the time, you can let it marinate over night.) Cover and let it simmer until the chicken is tender.

Remove chicken pieces from pot and broil in a pan for 10 minutes. Let the sauce in the pot simmer until reduced to half. Take chicken out of the oven and return to sauce. Simmer for another two minutes. Serve hot.

NOTE: Instead of chicken, you can use pork (country style) for this recipe.

**Quick version:** Lightly cook the chicken pieces in a large pan with some oil (Michelle likes to use olive oil, but any vegetable oil is fine). Add the rest of the ingredients and simmer until the chicken is thoroughly cooked and the sauce is reduced.