**Cooking Around the World: Philippines, with the Filipino-American Society of Central Illinois**

**Chillicothe Public Library – Sept. 11, 2017**

**Arroz Caldo (Chicken Rice Soup) – Laura B. Corpuz**

2 T. vegetable/canola oil

2 cloves crushed garlic

2 T. peeled chopped ginger

1 large onion, cut in cubes

2 lbs. chicken breast, cut in cubes/sliced

2-3 c. cooked rice

3 Quarts chicken broth or water

Pepper, salt or fish sauce

6 hard-boiled eggs, shells removed

1 c. chopped green onions

Fried garlic

Safflower (kasubha)

In a Dutch oven, brown crushed garlic in oil, then stir in ginger and onions.

Add chicken cubes and toss until meat is done.

Add cooked rice and chicken broth or water then season with salt or fish sauce. When rice appears flowery and fluffy, the soup is done.

Drop in hard-boiled eggs. Garnish with green onions, fried garlic, and safflower. Enjoy.

**Melon sa Malamig (Filipino Cantaloupe Drink) – Zeny Schaffrin**

½ c. sugar (or to taste)

½ c. water

1 cantaloupe

¾ pitcher chilled water

½ - 1 C. milk (opt.)For sugar syrup: In a small pan mix ½ c. sugar and ½ c. water and stir thoroughly over medium heat. The syrup is ready when sugar is dissolved. Or microwave for 1 ½ - 2 minutes or till sugar is dissolved. Set aside to cool.

Clean cantaloupe, cut in half, remove seeds (strain juice from seeds & pulp and add for extra flavor), and shred cantaloupe flesh. Use shaver, or finely slice.

Place fruit in a pitcher, then add chilled water until about ¾ full.

Stir in cooled sugar syrup (to taste) and milk, and enjoy the refreshing drink to quench your thirst.

**Corn Silk Tea – Sofia G. Balatbat**

5 cups water

5 corn silks (fresh or dried corn silk from fresh ears of corn)\*

Sugar or Honey\*\* to taste (opt.)

Put 5 cups of water and cut-up corn silk in a pot and cover it. Bring it to a boil for 2 minutes, then turn the heat down to low. Simmer the corn silk for 5 minutes. Remove from heat and wait for 15 minutes. Strain the silk and add sugar or honey, then drink the corn silk tea at room temperature, warm, or chilled if desired. (This corn silk tea is good for the kidneys, but refer to a physician if necessary.)

\*The silk from one ear of corn is good for 1 cup of tea. Alternately, simply boil your corn in its inner layer of husk (remove outer layer), and save the water – tea is made!

\*\*Add honey while it is still warm.

**Filipino Pansit (Rice Noodles) – Lucy C. Bender**

1 pkg, pansit bijon, soaked in lukewarm water

1 pkg. pansit canton, soaked in lukewarm water

¾ c. soy sauce, divided

1/3 c. vegetable/cooking oil

2 cloves garlic, minced

1 medium-sized onion, sliced

3 C. boiled chicken, diced/shredded

1 C. deveined shrimp (optional; or use pork, beef, etc.)

2 stalks celery, sliced into sm. pieces

2 C. shredded cabbage

2 medium-sized carrots, cut into sm. pieces

onion powder & garlic powder to taste

1 ½ c. chicken broth

salt and ground pepper

2 hard-boiled eggs, sliced, opt.

¼ c. chopped green onions, opt.

Soak pansit bijon (rice sticks) and pansit canton in lukewarm water for 5 – 7 minutes; drain and coat with 2 tablespoons soy sauce. Sauté garlic in heated oil until lightly brown. Add onion, stir for a few seconds. Add chicken and shrimp, stirring lightly. Add vegetables and stir until crisp cooked. Season generously with onion and garlic powders. Remove vegetable mixture, keeping juice in pan. Put drained pansit bijon and pansit Canton in pan and toss with juice until softened, then mix all ingredients in pan. Add chicken broth if needed. Add more soy sauce for flavor. Season with salt and pepper. Garnish with cut-up eggs and green onions. Enjoy!

**Ham Fried Rice – Laura B. Corpuz**

4 eggs

2/3 C. cooking oil

4 c. cold cooked rice, loosened

¾ C. soy sauce

1 pkg. diced ham, drained (or other meat)

1 pkg. carrots and peas, pre-cooked

½ c. green onions, cut-up

Beat eggs well and scramble in heated cooking oil.

Remove from pan and cut into strips.

Put loosened cold cooked rice in the pan and stir-fry to coat with oil. Mix it well with soy sauce or a few drops of oil to prevent it from burning. Add diced ham and scrambled eggs to the rice. Fold in pre-cooked carrots and peas prepared according to package.

Garnish with green onions & serve warm or hot. Serves 6-8.

**Chicken Adobo – Malou Hunt**

1/4 c. vinegar

1 head crushed garlic

1 tsp. ground black pepper

1-2 bay leaves

½ tsp. salt (opt.)

2 - 3 T. soy sauce

3 lbs. chicken drumettes (or whatever meat you prefer)

¾ C. water

In a saucepan combine vinegar, garlic, pepper, bay leaves, salt (opt.), and soy sauce. Add chicken and water, and simmer until meat is tender. Use fork to check if chicken is ready. Sauce will be slightly thick. Add more soy sauce for more flavor. Serve with rice.

**Palitaw – Fannie Black**

2 C. rice flour

¾ c. water to mix with flour

2 quarts water in pan

1 package of coconut flakes

¼ C sugar

¼ C sesame seeds, toasted

Mix rice flour with water. Sprinkle a large plate with flour. Roll dough into balls, then flatten with the palm of hand. Press center with your finger, then set aside on the floured plate. Repeat until all the dough is shaped.

Boil 2 quarts of water in a pan. Drop each flattened cake into the boiling water. When the cake is ready, it will rise. Remove the cakes and let cool.

While the cakes are cooling, mix the coconut flakes, sugar and sesame seeds. Coat or top each cake with the mixture. Yummy!