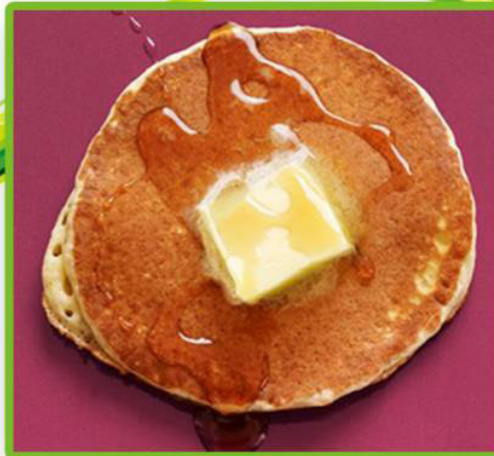


HOT CAKE (PAN CAKE)



-Hotcakes are Filipino version of pancakes, eaten mostly as a snack rather than during breakfast. They're thin, spongy, and have that signature egg yellow color.

-Before serving, you slather each hotcake with margarine or butter plus a generous sprinkle of granulated sugar on the top.

- They are popular street food in the Philippines owing to the fact that they're very easy to make, delicious, and inexpensive.

By: Pastora Leoncia M. Hequilan
Pstra. Demerita Barangot
Linda Tagupa

Ingredients:

1 cup powder of mix veggies
4 cups of flour
3 beaten eggs
2 tbsp. baking powder
1 tsp. baking soda
1 cup white sugar
2 tbsp. butter or star margarine
2 cups evaporated milk
1 cup of water

Procedure:

1. Mix all the dry ingredients in a bowl
2. Add 2 cups of evaporated milk and a cup of water
3. Mix well till dissolve
4. Pre-heat the pan, apply small amount of star margarine
5. Pour small amount of the mixture

BOLA - BOLA (VEGETABLES BALLS)



-A good way to have children eat vegetables.
-Great as appetizer or used on a main dish plate.

By: Riza Bouwma/Jenny Marsamolo
Bodega Sa Grasya

Ingredients:

1 cup cooked mix veggies
3-4 cups of flour
1 well beaten egg
1 onion (finely chopped)
6 cloves garlic (peeled and minced)
1 cup grind meat
Cooking oil (for frying)

Procedure:

1. Cook first the dried veggies into 2 cups of water for 30 minutes
2. Mix all the ingredients together in a bowl except for the cooking oil
3. Shaped into balls
4. Heat up oil on frying pan over medium high heat; fry until golden brown
5. Drain in a plate with paper towel and serve with tomato catsup

CORN VEGETABLE COFFEE



Corn Coffee is a healthy beverage that comes with the presence of a quality nutrients within it. It is made from native variety of corn for centuries. The great taste of aroma can be enjoyed hot or cold. It is all natural, no caffeine and no side effects as you drink it everyday.

Ingredients:

1 cup corn rice
1 cup mix veggies
Sugar or honey

By: Linda Tagupa
Gcaf Main

Procedure:

1. Grind first the mix veggies and the corn rice
2. Put 1 teasespoon in a cup of hot water
3. Add sugar (accoprding to your taste)
4. Stir well until dissolve.



Ontario Christian Gleaners

FILIPINO Recipes

MADE FROM DRIED VEGETABLES



BINIGNIT (SWEET PORRIDGE)



- Filipinos prepare and serve binignit during Holy week
- Binignit (in our own language) is a regional variation of ginataang halo-halo; either serve hot or cold and often enjoy as dessert or snack.

By: Pastor Gideon Pamatian
Hope Fellowship Church (Camacop)

Ingredients:

- 1 cup powder vegetable mix
- 3-4 cups of water
- 1 ½ cups of coconut milk
- 3 tbsp brown sugar

Procedure:

1. In a pot over medium heat combine cups of powder vegetable mix with 3-4 cups of water
2. Bring to a simmer for about 20 minutes
3. After 20 minutes add 1 ½ cups of coconut milk, and 3 tbsp. brown sugar, stirring occasionally for about 8-10 minutes until cooked

Note: You may add saba banana, sweet potatoes, purple yams (cut into desired shape) sago and ripe jackfruit.



PUTO CHEESE

-Puto (Steamed Cake with Cheese) Puto is a popular Filipino snack that is originally made from ground rice. Milk, sugar, baking powder and sometimes eggs and some flavorings are also added.

Puto cheese- A variety of toppings are common for these rice cake. Some of the most frequently used toppings are cheese, grated coconut, and dried fruits. Enjoy this recipe from us at Filipino Chow.

By: Gcaf Mat-I Church

Ingredients

- 5 cup of all-purpose flour
- 2 cup of sugar
- 8 tablespoons of baking powder
- 5 tablespoons of no-fat milk powder
- ¼ cup of butter or margarine, melted
- 4 cup of water
- cheese, grated or sliced for topping

Procedure

1. In a large bowl, sift flour, sugar, baking powder and milk powder together.
2. Stir this mixture well.
3. Add the melted butter and water.
4. Mix thoroughly until smooth.
5. Pour into greased muffin cups or individual molds filling each about three-quarters full.
6. Top each with the grated or sliced cheese.
7. Place all the cups or mold, or as many that will fit, in a steamer.
8. Steam for about 10 minutes.
9. Serve hot or cold.



LUMPIA (VEGETABLE SPRING ROLL)

-Can be enjoyed as an appetizer, a snack and a side dish.

By: Riza Bouwma
Jenny Marsamolo

Ingredients:

- 1 cup cooked mix veggies
- ½ cup ground meat
- 1 egg (beaten)
- 1 onion (sliced)
- 3 cloves garlic (crushed)
- Vegetable oil – for frying
- Sweet chilli sauce (to serve)
- Spring roll wrapper
- 3 cups of flour

Procedure:

1. Mix first in a bowl the cooked veggies, egg and flour
 2. Heat a pan and then scoop about 1 tablespoon of cooking oil
 3. When the oil becomes hot, sauté the garlic first then onion
 4. Put in the grind meat and cook for 3-4 minutes, then combine the mix mixture
 5. Mix well; turn off the fire and transfer the cooked veggies, leave until cold
 6. Lay a piece of spring roll wrapper in a clean flat surface. Scoop about 1 Or 1 ½ vegetable mixture. Wrap by folding the opposite ends of the wrapper
 7. Meanwhile, heat the cooking oil in a deep cooking pan
 8. When the oil becomes hot, put in the spring rolls gently
 9. Deep for 3-5 minutes until the wrapper turns light to medium brown
 10. Remove the fried spring rolls from the pan and place in a plate; serve with your favourite spring roll dipping sauce (for me sweet chilli sauce)...
- Share and enjoy!

MAJA BLANCA



-it is a Filipino dessert that is usually served on holidays or special occasions

By: Aimen Paja
Assembly of God Church

Ingredients:

- 4 cups coconut milk (light or thinner coconut milk works best)
- 1 can evaporated milk
- 1 can sweetened milk
- ½ can sweet corn (drained)
- 1 cup cornstarch
- 1 cup sugar
- 1 cup powder mix veggie

Procedure:

1. Mix all ingredients and transfer to a large pot. Bring the mixture to a low boil over medium heat, stirring continuously until the mixture begins to thicken and bubble. Let the mixture simmer for about 30 minutes
2. When the mixture clings to the spoon and no longer drips transfer to a 9X3 pan (you should not need to oil the pan). Allow the mixture to come to room temperature.
3. Chill in the refrigerator for at least 30 minutes or until set. Cut into squares and serve cold or at room temperature.

MANGO SHAKE

-(Mango Milkshake) is a cool and tempting fruit drink prepared by simply blending ripe mango pieces, milk and sugar. To keep things simple and easy, this recipe primarily explains how to make mango shake with milk.

By: Pastor & Mrs. Renato Taculod
ACF Alubijid

Ingredients:

- 2 cups evaporated or (lowfat) milk
- 4 tablespoons frozen mango juice, (or 1 fresh mango, pitted)
- 1 cup cooked dried mix veggies
- ice cubes

Procedures:

- Put all ingredients into blender.
 - Blend until foamy. Serve immediately.
- Note: You may try orange, papaya, or strawberry juice.

