

Spaghetti by Annette Hernandez

1 lb of spaghetti pasta
2 cups of tomato sauce
1 clove of garlic
1 tsp of oregano
1 tsp of salt
1 tsp of olive oil

Boil 4 cups of water at low heat, add the salt and olive oil to the boiling water to keep spaghetti from sticking to pot.

Add spaghetti pasta to boiling water and wait until spaghetti is soft (*al dente*)

Cut the garlic into very small pieces.

Pour tomato sauce into a pan and put under low heat.

Add chopped garlic to tomatoe sauce.

Chop oregano into very small pieces and add to tomato sauce.

Strain the spaghetti pasta from water and add to the tomato sauce.

When sauce comes to a boil turn it off and serve.

Yum.☺

Carne Asada Tacos

Ingredients

- Corn Tortillas
- Carne Asada (thin Steak)
- Lettuce
- Tomatoes
- Onions
- Avocado
- Lemon

Procedure

1. Place the corn tortilla into corn oil to have a quick fry of about 1 minute not to long so that it may turn to hard.
 2. Get the thin Steak and cook it over a grill until it is not raw.
 3. Get the thin Steak and cut it into small squares
 4. You place the carne asada (thin Steak) into the corn tortilla and u fold the tortilla in half.
 5. You can add lettuce, tomatoes and onions, and avocado
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Cassava Cake Ingredients



Cake:

- 2 Lbs Grated Cassava
- 1 14 oz. Can Sweetened Condensed Milk (Reserve 1/3 cup for Topping)
- 1 12 oz. Can Evaporated Milk
- 1 14 oz. Can Coconut Milk (Reserve 1/3 cup for Topping)
- 1 13 oz. Can Coconut Cream (Reserve 1/3 cup for Topping)
- 2/3 Cup Sugar
- 3 Eggs plus 3 Egg Whites
- 1 Cup Grated Coconut

Topping:

- 3 Egg Yolks
- 1/3 Cup Reserved Sweetened Condensed Milk
- 1/3 Cup Reserved Coconut Milk
- 1/3 Cup Reserved Coconut Cream

Directions

Preheat oven to 325° f. In large mixing bowl combine cake ingredients. Mix well. Pour equally into two large greased rectangular pans. Bake until top is no longer liquid (approximately 30 minutes). Mix topping ingredients well and spread evenly on the two cakes. Bake an additional 20 to 30 minutes. Cool cakes completely. Slice each cake into 24 equal squares.

Recipes

Chicken Adobo

Ingredients

Chicken in large quantity
Garlic
Salt

Peppercorn

Procedure

- Cut chicken into big cubes
 - Cook in big carajay with enough water, salt, garlic and peppercorns.
 - Continue to cook over low heat until meat is tender
 - When cooked, store in tibor with its own fat (mantika)
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Chicken w/ Broccoli

INGREDIENTS:

- 1 packages (10 ounces each) frozen broccoli spears
- 1 cup grated Cheddar cheese
- 2 cups cubed cooked chicken
- salt and pepper
- 1 cup cooked rice
- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk
- 1 tablespoon lemon juice
- 1 cup sour cream

PREPARATION:

Cook broccoli according to package directions; drain well. Arrange broccoli in 13x9x2-inch baking dish. Sprinkle with half the cheese; top with cubed chicken. Season with salt and pepper; spoon on the cooked rice.

In a saucepan, melt butter over low heat. Blend in flour; add milk. Cook, stirring constantly, over medium heat until mixture thickens and bubbles. Remove from heat; stir in lemon juice and fold in the sour cream. Pour over chicken. Sprinkle with remaining cheese. Bake at 400° for 15 to 20 minutes.

Serves 4 to 6.

Chocolate-Pecan Brownies

Ingredients

- ¾ cup all purpose flour
- ¼ teaspoon baking soda
- ¾ cup granulated sugar
- 1/3 cup butter or margarine
- 2 tablespoons water
- 1 package (12 ounces) semisweet chocolate morsels
- 1 teaspoon vanilla extract
- 2 large eggs
- ½ cup chopped pecans



Cooking Directions (should be ready in less than an hour)

1. Preheat oven to 325° F. Grease a 9-inch square baking pan.
2. In a small bowl, mix together flour and baking soda.
3. In a small saucepan, combine sugar, butter, and water. Bring to a boil over medium heat; remove immediately from heat.
4. Stir in 1 cup of chocolate morsels and vanilla extract until chocolate is melted and mixture is smooth.
5. Transfer mixture to a medium bowl. Cool completely.
6. Stir in eggs, 1 at a time, beating well after each addition. Gradually stir in flour mixture until smooth.
7. Stir remaining chocolate morsels and nuts into batter. Pour batter into prepared pan.
8. Bake until a toothpick inserted in center comes out clean, 30 to 35 minutes. Transfer pan to a wire rack to cool completely. Cut into squares.



Suggestions

1. For light, moist brownies, cool chocolate mixture completely before combining it with other ingredients; test for doneness 2 to 3 minutes before the suggested baking time.
2. If you wish, place a scoop of ice cream and a cherry on top.

Halo-Halo Recipe

(Tropical Fruit Melange)

Halo-halo (from "halo" = mix) is a favorite Filipino dessert or snack. It is basically a mixture of sweet preserved beans (red beans, chick peas), coconut meat (macapuno), jackfruit (langka), pounded dried rice (pinipig), sweet yam (ube), cream flan (leche flan), shreds of sweetened plantain (saba), filled with crushed ice, milk (or coconut milk) and topped with ice cream. The halo-halo basically is sweet, creamy, and a filling dessert.

INGREDIENTS:

- 2 tablespoons **kaong** or...
- 2 tablespoons **nangka** (jackfruit)
- 2 tablespoons **macapuno** (a variety of coconut meat sold in bottles)
- 2 tablespoons sweetened **kidney beans**
- 2 tablespoons sweetened **garabanzos**



- 2 tablespoons sweetened **plantains**
- 2 tablespoons **ube** or yam
- 2 tablespoons **custard** or creme caramel
- 2 tablespoons sweetened **corn kernels**
- crushed **ice** to fill glass
- 2/3 evaporated **milk**
- a scoop of **ice cream** on top (any flavor would do)

PROCEDURES:

- Use a glass or a cup where all of the ingredients will fit.
- Mix all fruits in the glass. It really does not matter which one you put first.
- After mixing all the fruits, do put crushed ice to fill glass.
- Once the crushed ice is placed, pour in 2/3 of evaporated milk with it.
- To finish it up, top with a scoop of ice cream to make it more desirable and sumptuous.

**With all the ingredients in place, the halo-halo
is complete, inviting,
and ready to be feasted on.**

Hilaryn Tolosa's favorite filipino dish Beef Caldereta

Ingredients:

- 2 lb Beef sirloin, chicken, lamb or goat; cut into - serving pieces
- 2 ea Tb Lemon juice
- 1/2 ts Black peppercorns; cracked
- 3 ea Garlic cloves; minced
- 1/2 ts Salt or to taste
- 2 ea Tb Olive oil
- 1 md Onion; chopped
- 1 md Tomato; chopped
- 1 ea Tb Tomato paste
- 2 c Water
- 1 ea Bay leaf
- 1/2 c Green olives; drained
- 1/2 c Sweet red pepper; sliced
- 1 ea - 2 chili pepper; optional



Instructions:

Marinate beef in a mixture -of lemon juice peppercorns salt and garlic for 2 hours in the refrigerator. In a deep non-stick pan over medium high heat fry beef pieces in 1 tablespoon olive oil until browned. Set aside. In the same pan over medium heat saute onion in 1 tbsp. olive oil for 1 minute. Add beef pieces tomato tomato paste water sugar bay leaf and a little salt. Cover pan bring to a boil then simmer over medium low heat for

1 hour or more until meat is tender. Stir occasionally. Add a little water if more sauce is preferred. Add green olives. Correct seasoning to taste. Turn of heat. Add sweet red pepper slices last and cover for 1-2 minutes. Serve warm with steamed rice. Tip: You may use a dash of hot dried chili peppers in place of the fresh chili. Add more if you wan an extra hot dish. Serves 4-6.

Recipe for Quesadillas

By: Jose Pelayo

Ingredient: Tortillas (grounded corn, water, and salt), cheese, and sometimes chicken.

1. You make a tortilla by grinding corn into a powder like mixture.
 2. Then you add water and salt to the mixture.
 3. Mix well so that it is not to dry.
 4. After mixing, flatten out into a round shape.(what ever size wanted)
 5. Cook the tortilla for about five (5) minutes or until its done.
 6. While it is cooking, add cheese to the tortilla and fold the tortilla in half.
(cooked chicken may be added with the cheese)
 7. Remove from the fire after the tortilla is cooked and the cheese is melted.
 8. Wait for it to cool and enjoy.
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Lasagna Recipe

Easy Lasagna

- 8 ounces lasagna noodles
- 1 pound lean ground [beef](#)
- 1/2 cup chopped onion
- 8 ounces mushrooms, optional
- 1 jar (about 16 ounces) spaghetti sauce, your favorite
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1 teaspoon dried leaf oregano, crumbled
- 1/2 teaspoon dried leaf basil, crumbled
- 1 1/2 cups ricotta cheese
- 2 cups shredded Monterey Jack cheese
- 3/4 cup grated Parmesan cheese



Cook lasagna noodles according to package directions; drain and set aside. In a large skillet, brown beef, onion, and mushrooms; drain well. Stir in spaghetti sauce, garlic powder, salt, oregano, and basil. In a 2-quart buttered baking dish (about 11x7x2-inches), layer 1/3 of the lasagna noodles, 1/3 of the sauce and 1/3 of the ricotta cheese, Monterey Jack cheese, and Parmesan cheeses. Repeat layers twice. Bake lasagna for 30 minutes, or until thoroughly heated and bubbly. Let stand for 8 to 10 minutes before cutting and serving. Serves 6 to 8.

Enjoy!!!

CHICKEN AND POTATO SALAD by Julieta Aguirre

Ingredients

- 1 pound skinless, boneless chicken breast halves and/or thighs
- 2 1-1/2 cups water
- 3 1 cup cubed potatoes
- 4 1 cup sliced carrots
- 5 1/2 cup mayonnaise
- 6 2 cups shredded lettuce
- 7 Pack of Tostadas (or tortilla chips)

Directions

1. Combine chicken and the water in a large skillet. Bring to boiling; reduce heat. Simmer, covered, for 12 to 14 minutes or until chicken is tender and no longer pink. Drain well. Cool chicken. Cut into cubes.
 2. Meanwhile, cook potatoes and carrots in a medium saucepan in boiling salted water about 10 minutes or until vegetables are crisp-tender. Drain and cool.
 3. Combine chicken, potatoes, and carrots in a large bowl. Gently fold in mayonnaise. chill for 1 hour.
 4. Divide lettuce among 4 dinner plates. Spoon chicken mixture over lettuce.. Garnish with tortilla chips, if desired. Makes 4 servings.
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Kristina Valdez's favorite food Siopao



Ingredients

- 3 cups All purpose flour
- 3 tsps, yeast
- 1 1/2 c. luke warm water
- 4 tbsp. Sugar
- 1/2 c. shortening (crisco)
- 1 tsp. salt

Preparation

- dissolve yeast in luke warm water
- when dissolved, add sugar and 2 1/2 c. flour to make a soft sponge
- beat thoroughly
- set aside to rise until double in bulk. (20 - 30 minutes)
- add remaining flour and 1/4 cup shortening, and mix well
- knead until smooth
- divide dough into 24-36 pieces depending on desired size
- Form into balls
- set aside

Filling

- 1/2 k pork or chicken (cut into small pieces or coarsely ground) 1 c. onion (chopped)
- 1 clove Garlic (chopped finely)
- 3 tbsps. soy sauce
- 3 tbsp. Hoi sin sauce (can be fine at Oriental store)
- 3 tbsp. Sesame oil (or crisco is fine)
- 1/2 cup water
- 2 tbsp. sugar
- 1/2 tsp. ground pepper
- 6 hard boiled eggs (cut in slice or cubes)
- 1 tsp. MSG (if preferred)

Filling Preparation

- Saute garlic, onion in a sesame oil (or Crisco)
- add beef
- cook till lightly brown
- add water, soy sauce, hoi sin sauce, sugar, ground pepper, (MSG), and corn starch (or corn flour)
- stir until sauce boils
- reduce heat and simmer uncovered for 2 minutes
- remove pan from heat
- add hard boiled eggs
- let cool for 5 minutes

Filling The Dough

- take each ball of dough and roll out on floured surface
- place one round of dough in palm of hand
- put one table spoon of filling in center of siopao dough
- press edges of dough together
- take the 2 ends of bun, bring them up over the pinched edge and twist together firmly
- cut 12 pieces of greaseproof paper (wax paper) Into 2 inches square
- brush one side lightly with oil
- place a bun upside down, so the smooth rounded side is uppermost, on each oiled piece of paper
- steam siopao dough for 20 minutes

Yesenia Flores: My Favorite Food



Lasagna Recipe Serves 6 to 8.

- 8 ounces lasagna noodles
- 1 pound lean ground beef
- 1/2 cup chopped onion
- 8 ounces mushrooms, optional
- 1 jar (about 16 ounces) spaghetti sauce
- 1 teaspoon garlic powder
- 1/2 teaspoon salt

- 1 teaspoon dried leaf oregano, crumbled
- 1/2 teaspoon dried leaf basil, crumbled
- 1 1/2 cups ricotta cheese
- 2 cups shredded cheese
- 3/4 cup grated Parmesan cheese

Cook lasagna noodles in pan and bring to boil. Drain and set aside. In a large skillet, cook the brown beef, onion, and mushrooms; drain well. Stir in spaghetti sauce, garlic powder, salt, oregano, and basil. In a 2-quart buttered baking dish (about 11x7x2-inches), layer 1/3 of the lasagna noodles, 1/3 of the sauce and 1/3 of the ricotta cheese, Monterey Jack cheese, and Parmesan cheeses. Repeat layers twice. Bake lasagna for 30 minutes, or until thoroughly heated and bubbly. Let stand for 8 to 10 minutes before cutting and serving. Serves 6 to 8.

Recipe for “The Filling Sandwich” by Luis E. Alvarez

Ingredients:

1. Two pieces of bread, preferably white bread.
2. Toaster
3. Butter
4. Chicken, lamb, or any other preferable meat.
5. Ketchup (or any other type of sauce)
6. Eggs
7. Cheese
8. Vegetables (optional)

Directions:

First, cook meat to desirable perfection. Mix eggs and swirl them, mixing the white with the yolk. Cook eggs in a pan until fully cooked. Put bread in toaster and wait for it to pop up. When out, smother the bread with butter, and quickly put a slice of cheese over the bread, so that it can melt. Put meat and eggs over the bread, adding more cheese if you want. Finally, add a little bit of ketchup or any other kind of sauce, adding vegetables around the sandwich, for just a touch of elegance.

Macaroni and Cheese Recipe

Ingredients:

5 cups cooked macaroni
 (approx 4 cups uncooked)
 5 tbsp butter
 2 eggs
 1/2 tsp salt
 1/2 tsp pepper
 3 cups milk
 2 cups shredded mozzarella cheese

4 cups shredded cheddar cheese

Cook the macaroni until done as usual. Do not overcook it. Drain macaroni in strainer.

Place macaroni, butter, salt, pepper, milk, mozzarella cheese, and 3 cups of cheddar cheese in casserole dish. Mix eggs in a bowl first and then stir into mixture.

Cover everything with aluminum foil and cook for 45 minutes at 350 degrees.

Uncover and add extra cup of cheddar cheese across the top. Bake uncovered for another 15 minutes.

Pancit Canton

By: Anthony Ga (Delano High School)

Ingredients:

1/2 cup shrimps, raw and peeled
1/2 cup chinese sausage, sliced
1/2 cup boiled chicken, flaked
1/2 small cabbage
2 pcs carrots, julienned
1/2 cup green pea or beans
1 kg noodles or miki
1 big onion
5 cloves garlic
2 tablespoon soy sauce
1 tablespoon fish sauce
1 cup shrimp juice
1 lemon
Salt & pepper to taste
Cup oil
Sesame oil to taste
Chopped green onions or shallot for garnish

Procedure:

1. Sauté garlic and onion.
2. Add the raw shrimps, and the rest of the meats.
3. Set aside a cup for topping.
4. Add the shrimp juice from the pounded shrimp shells.
5. Let simmer.
6. Add soy sauce and fish sauce.

7. Add the vegetables and the blanched noodles.
8. Cook for another five minutes.
9. Season with sesame oil, salt and pepper to taste.
10. Garnish with sautéed meats and chopped green onions or shallot.

Serve while hot and enjoy!



Pho (Vietnamese Soup with beef) Ingredients

1 kg	Beef shin bones
350 g	Gravy beef
5 cm	Fresh ginger, thinly sliced
1 teaspoon	Salt
2.5 liters	Water
6	Peppercorns
1	Cinnamon stick
4	Cloves
6	Coriander seeds
2 tablespoons	Fish sauce
400 g	Thick fresh rice noodles
150 g	Rump steak, thinly sliced
3	Spring onions, finely chopped
1 medium	Onion, very thinly sliced
	Toppings
	Chopped red chili, bean sprouts, fresh purple basil leaves, chopped spring onion, thin lime wedges, fresh coriander leaves.

Method :

- Place the bones, gravy beef, ginger, salt and water in a large pan.

- bring to the boil, reduce the heat to low and simmer very gently, uncovered, for 3 1/2 hours.
- Skim off any scum that forms on the surface.
- Add the peppercorns, cinnamon, cloves, coriander seeds and fish sauce, and cook for another 40 minutes.
- Remove the gravy beef and set it aside to cool.
- Drain the stock, reserving all the liquid and discarding the bones and spices; return the liquid to the pan.
- When the gravy beef is cool enough to handle, cut it against the grain into very fine slices. Set aside.
- Close to serving time, plunge the noodles into a pan of boiling water and cook them for about 10 seconds only, otherwise they will soften and fall apart.
- Drain the noodles well and divide them among large individual soup bowls.
- Arrange the toppings on a platter in the center of the table.
- Bring the beef stock to a rapid boil. Place some slices of the cooked meat as well as a few slices of the raw steak into each bowl of noodles.
- Ladle the boiling stock over the top, sprinkle over the spring onion, and onion slices and serve.
- Each diner chooses their own toppings and can also add sauces such as sweet chili sauce and hoi-sin sauce to their dish.

PINA COLADA TAMALES



- 1/4 cup sweetened coconut flakes
- 22 corn husks -- soaked
- flour dough for savory tamales
- 2 cups fresh pineapple chunks
- 1/2 cup fruit juice
- 1 tablespoon brown sugar
- 1/2 cup whipped cream -- optional
- 1 tablespoon lime zest

1. Use 2 husk to make strips for tying the tamales.
2. Take about 1 cup of the pineapple and puree it with the fruit juice and brown sugar.
3. Mix with the flour dough and continue to mix for consecutive hours until ready to be smothered into the corn husks.
4. Put the tamales in a pot and cook for around 3 to 4 hours.

To Serve: Open the tamale and top with sauce, whipped cream, and lime zest.

ENJOY!

BY: FRANCISCO OROZCO FROM DELANO HIGH SCHOOL (CALIFORNIA)

Recipe for chicken fried rice

INGREDIENTS:

- 1/2 tablespoon sesame oil
- 1 onion
- 1 1/2 pounds cooked, cubed chicken meat
- 2 tablespoons soy sauce
- 2 large carrots, diced
- 2 stalks celery, chopped
- 1 large red bell pepper, diced
- 3/4 cup fresh pea pods, halved
- 1/2 large green bell pepper, diced
- 6 cups cooked white rice
- 2 eggs
- 1/3 cup soy sauce

DIRECTIONS:

1. Heat oil in a large skillet over medium heat. Add onion and [sauté] until soft, then add chicken and 2 tablespoons soy sauce and stir-fry for 5 to 6 minutes.
2. Stir in carrots, celery, red bell pepper, pea pods and green bell pepper and stir-fry another 5 minutes. Then add rice and stir thoroughly.

3. Finally, stir in scrambled eggs and 1/3 cup soy sauce, heat through and serve hot.

Recipe is brought to you by

<http://chicken.allrecipes.com/az/ChineseChickenFriedRice.asp>



Picture is brought to you by

http://visualrecipes.com/recipe-details/recipe_id/203/Chicken-Fried-Rice/

JaneBE aka Jacqueline from DHS

Rice Pudding

INGREDIENTS:

- 1 cup cooked white rice
- 1 quart milk
- 1/2 cup white sugar
- 1/4 teaspoon salt
- 2 eggs, beaten
- 1/2 teaspoon vanilla extract
- 1 teaspoon butter
- 1 pinch ground nutmeg

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C). Butter a 2 quart baking dish.
2. In a 2 quart saucepan over medium heat, scald the milk and remove from heat. Add the rice, sugar and salt. Mix well and slowly add the eggs and vanilla. Pour mixture into a 2 quart baking dish. Sprinkle nutmeg on top. Bake for 40 minutes. Stir pudding after 20 minutes.

Easy Cheesecake

Philadelphia cream cheese

Condensed milk

Directions: Put both ingredients in a blender and blend. Take out the mixture and pour into an oven-safe bowl or container. Bake until sturdy: usually about 40 minutes.

Rice Pudding

INGREDIENTS:

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- 1 quart milk
- 1/2 cup white sugar
- 1/4 teaspoon salt
- 2 eggs, beaten
- 1/2 teaspoon vanilla extract
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- 1 pinch ground nutmeg

DIRECTIONS:

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Peanut Butter Cookies



Ingredients:

- 1 cup peanut butter (crunchy or smooth)
- 1 cup sugar
- 1 egg

Mix all the ingredients together.

Put small rounded amounts on a greased or buttered baking pan

Bake for about 15 minutes

Yummy Cheesecake Servings: 12



- 2 (8-ounce) packages cream cheese, softened
 - 1 (16-ounce) container ricotta cheese
 - 1 1/2 cups granulated sugar
 - 4 large egg yolks
 - 1 teaspoon lemon juice
 - 1 teaspoon vanilla extract
 - 3 tablespoons cornstarch
 - 3 tablespoons all-purpose flour
 - 1/2 cup butter or margarine, melted
 - 2 cups sour cream
 - 4 large egg whites
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1. Cream together softened cream cheese and ricotta cheese in a bowl. Add sugar and egg yolks; mix well. Add lemon juice, vanilla, cornstarch, and flour; mixing well. Add cooled, melted butter and mix well. Blend in sour cream.
 2. Beat egg whites until stiff and then fold into the cheese mixture. Pour into a greased 9-inch springform pan and bake at 325°F (160°C) for 1 hour. When done, turn the heat off, and leave the cake in the oven for 2 hours longer with the door closed. Remove and chill.