

Recipes

Ceviche de Corvina (white fish) con uvas y nueces (with grapes and nuts)

Ingredients:

1 fillet of white fish (51 pounds)
Juice of 40 lemons
2 onions finely chopped
Salt to taste
¼ hot pepper, chopped
6 cilantro leaves, thinly chopped
Chopped nuts
1 cup mayonnaise
¼ pound red grapes, sliced

Instructions:

1. In large bowl, place the white fish, cubed into small pieces. Then pour in the lemon juice until the fish is entirely covered.
2. Add onions, hot pepper and salt to the fish. Mix well.
3. Leave in refrigerator for 12 hours
4. After 12 hours, drain the lemon juice from the fish mixture. Add in the sliced grapes, cilantro and mayonnaise.
5. Mix all and place in refrigerator once again. Add more salt as desired.

NOTEFish will NOT be cooked with heat, it is cooked with lemon juice **DO NOT** cook the Fish! Leave it raw.



Corn Bread

Ingredients:

2 box of Jiffy Corn Bread mix
Milk
Eggs
Butter

Instructions:

1. Preheat oven to 350 degrees
2. Pour two boxes of mix in a bowl
3. Melt half a stick of butter and pour it in the bowl of mix
4. Pour the amount of milk stated on the box in the bowl of mix and melted butter
5. Crack 2 eggs into the bowl. Try not to get shells in the mixture
6. Mix the eggs, milk, mix and melted butter together well

7. Grease a 9X9 pan with Crisco and pour the mixed batter into it
8. Place pan in oven and let bake for 30 to 35 minutes
9. Take out pan from oven let the corn bread stand for 5 minutes
10. Spread butter on the top and serve



This is cornbread after its been cooked and cut

Adobo

Ingredients:

- 1 cup white or cider vinegar
- 1 cup water
- 2 tablespoons peeled and crushed garlic
- 1 teaspoon salt
- 3 bay leaves
- 1 teaspoon black pepper
- 3 pounds of chicken (large pieces or small)
- 2 ½ pounds pork butt cut into 1 ½ inch cubes
- 2 tablespoons soy sauce
- 2 tablespoons peanut oil (optional)
- ¼ cup red wine (optional)
- Hot sauce or dried hot peppers (optional)
- ½ cup to 1 full cup of brown sugar (optional)

Instructions:

1. In a large pot bring to boil the vinegar, salt, water, garlic, bay leaves, hot pepper and black pepper.
2. Add the cut up meat cover with brown sugar (if you decided to use it)
3. Bring it to boil again
4. Lower the heat and let simmer while covered for about 30 minutes
5. Add the soy sauce and wine to the pot and let cook for about 10 minutes
6. Remove the meat and continue cooking the sauce until it is reduced by half
7. **OPTIONAL:** While sauce continues to cook you may want to brown the chicken and pork pieces in a ho skillet with the peanut oil. If you used large chicken pieces skip this step
8. serve the sauce over the meat with rice
- 9.



Won-Ton Soup

Ingredients:

18 to 24 won ton wrappers
½ pound boneless lean pork finely chopped
1 tablespoon soy sauce
1 tablespoon oyster sauce
A few drops of sesame oil
1 tablespoon of sherry
½ teaspoon sugar
1 green onion, minced
1 teaspoon cornstarch
2 dashes of white paper
Water
4 ½ to 5 cups chicken stock

Instructions:

1. In a bowl combine all ingredients EXCEPT won ton wrappers, water and chicken stock
2. Lay one won ton wrapper in front of you. Sprinkle a pinch of flour on it DO NOT let it dry.
3. Moisten all the edges of the won ton skins.
4. Place a heaping amount of won ton mixture in the middle of the skin
5. Fold the wrapper in half so the ends meet
6. the bottom should NOT rip
7. Press firmly to seal all the openings
8. Wet the corners again and make sure they are sealed
9. Fill a pot with water and bring it to boil.
10. place won tons in boiling water wrapped in oil for 5 to 8 minutes
11. Ladle soup into bowls with only 6 won tons per bowl



12.

Shrimp Fettuccini Alfredo

Ingredients:

1 jar of alfredo sauce
1 pound of shrimp
1/3 cup of parmesan cheese
Dash of dried oregano
Dash of dried sweet basil
4 cloves of pressed garlic
Dash of dried thyme
Dash of garlic salt
Salt
Pepper
1 bag of fettuccini noodles
1 tablespoon live oil

Instructions:

1. boil water for noodles
2. warm 1 tablespoon of olive oil, 5 cloves of garlic and shrimp in medium sauce pan
3. once warm drain oil from pan
4. add ingredients 1 through 11 to the pan
5. heat on low stirring occasionally until sauce simmers (about 30 minutes)
6. when noodles are finished drain
7. pour sauce over noodles and enjoy



8.

Pancit Canton

Ingredients:

- 250 gms. Prawns, peeled and deveined
- 1 pc. Egg white
- 2 tablespoons corn flour
- 1 pc. Boneless chicken breast, sliced into strips
- 3 tablespoons oil
- 3 cloves garlic, peeled and crushed
- Fish sauce or soy sauce to taste
- Ground black pepper to taste
- 2 pcs. Chicken livers, boiled and sliced
- 1 ½ cups chicken stock
- 1 cup of dried black mushrooms, soaked in warm water for 20 minutes
Then cut into strips and the stems removed
- 1 pc. Carrot sliced into rounds
- 2 tablespoons corn flour dissolved into 60 mL of water
- 250 gms. Dried Chinese egg noodles calamansi or lemon cut in half

Instructions:

1. In a bowl combine the prawns, eggwhite and 1 tablespoon corn flour
2. coat the chicken strips with the remaining corn flour
3. Set aside
4. in a wok or saucepan, heat the oil, then sauté the garlic and onion
5. Add the prawns and chicken. Stir fry for a few minutes, then season to taste. Add the liver.
6. pour in the chicken stock
7. bring to a boil then add the vegetables
8. cook until tender but still crisp
9. thicken with the corn flour solution
10. stir in the noodles and cook until done
11. serve on a platter surround with calamansi or lemon halves



12.

Fried Chicken

Ingredients:

Raw chicken wings and thighs

Baking flour

Oil

A deep fryer

4 eggs

Johnny's seasoning salt

Instructions:

1. Crack the eggs into a medium sized mixing bowl
2. add the Johnny's seasoning salt in with the eggs
3. put the flour into a separate bowl
4. dip the chicken first in the egg solution then roll it in the flour
5. turn the deep fryer on high and place the chicken into it
6. let the chicken fry for about 20 to 30 minutes
7. take the chicken out with tongs and put it on a plate
8. Enjoy



9.

****NOTE** the chicken WILL be HOT out of the deep fryer so be careful**

Fajitas

Ingredients:

14 tortillas
2 medium sized steaks
3 chicken breasts
1 onion
1 green pepper
30 mushrooms
1 package of fajita mix
1 cup of water
Sour cream
Shredded cheese

Instructions:

1. cut the chicken and the steak into about 4 inch strips
2. put the chicken in one pan and the steak into another pan
3. cook on medium-high until both meats are browned
4. cut the green bell peppers into strips after taking out the seeds
5. chop up the onions
6. dice the mushrooms into quarters
7. put them in a pan with butter and cook until they are soft
8. once both meat and vegetables are cooked add them together in one pan
9. mix in one cup of water with the fajita mix
10. let the contents of the pan simmer for about 10 minutes
11. serve the contents on a warm tortilla with a dollop of sour cream and shredded cheese



12.

Fired Lumpia

Ingredients:

For the filling

2 tablespoons vegetable oil for sautéing
1 tablespoons finely minced garlic
½ cup finely minced onion
½ pound boiled pork, sliced into 1/8 X 1/8 inch squares
½ cups shrimp, shelled, deveined and chopped
3 cups chicken broth
4 carrots, diced
3 medium potatoes diced
¼ pound green beans, sliced diagonally
2 cups boiled chick peas
2 tablespoons so sauce
2 tablespoons finely chopped parsley

For the Dip

1 cup vinegar

1/8 teaspoon salt
3 cloves crushed garlic
1 cup ground roasted peanuts
Wrapper (available at and Asian/ oriental store)

Instructions:

1. heat pan and sauté garlic until brown
2. add onion
3. when onion turns transparent, add the porks and shrimp and let simmer for 20 minutes
4. add carrots, potatoes, green beans, chick peas, and soy sauce
5. cook until vegetables are tender
6. set aside and cool
7. on a flat surface spread our the wrappers
8. put 3 tablespoon of filling on each wrapper and sprinkle with ground peanuts before sealing with a few drops of water
9. deep fry in hot oil and drain on paper towel

DIP

1. Mix all the ingredients together



- 2.