

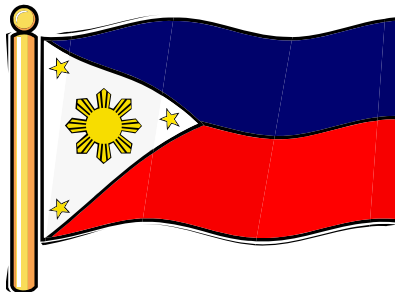
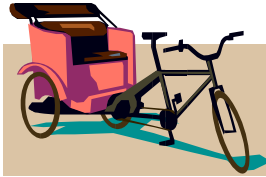
ST. OLIVER'S SPICE PEOPLE



MANGIA E STATTI ZITTO

COOKING CLASSES FOR THE MASSES

LESSON 11-11: An Evening in the Philippines



November 12, 2011

Spice People is a ministry of St. Oliver Plunkett Catholic Church. It is designed to celebrate and enjoy the cultural diversity of the members of our parish by learning to cook and to enjoy the foods and customs from around the world. Each lesson begins with a prayer, and our traditional Catholic blessing is prayed before serving the foods. We hope that you will enjoy having these copies and praying with us.

Prayer before the Spice People Sessions

We give You thanks from grateful hearts for this meal, for our fellowship, for Your love, for Your provision of food and those who prepared this meal. Help us to remember that You are with us around the table and may our hearts and words be a blessing to You in return.

Amen

The Catholic Blessing of the Food

Bless us O Lord, and these Thy gifts, which we are about to receive from Thy bounty through Christ our Lord.

Amen.

Ministry Head -- Sandy Walsh, BMCIC

SPICE PEOPLE CREW

Barbara Aho
Adelaide Anderson
Debbie Cliche
Nita Ellington
Louise Goodwin
Cathy Hedges
Candida Jimenez
Geri Spudich
Elena Porras Trejo
Vicki Ziegler

GUEST CHEF – Philippines Night

Cheryl Lanuza

Lumpia (meat Egg Rolls)



1/2 lb. lean pork, ground
1/2 lb. lean ground beef
1 tsp. salt
1/4 tsp. pepper
1 egg
1 tsp. soy sauce
30 to 35 pcs. lumpia wrappers

Fry until golden brown.

— Cheryl Lanuza

Pancit Bijon



1 cup of boiled chicken breast
1 tsp. cooking oil
1/4 cup of cooking oil
2 cups of vegetables (cabbage, carrots, oriental green beans, etc.)
1/2 # rice sticks
1 packet of White King rice stick sauce mix
4 cups of water

In sauce pan, sauté meat in 1 teaspoon of cooking oil
Pour in 4 cups of water and stir in sauce packet
Add vegetables and bring to a boil.
While mixture is boiling, add rice sticks stir until liquid is absorbed.

Remove from fire and add 1/4 cup of cooking oil. Serve.

— Cheryl Lanuza

Chop Suey



1/4 # pork, sliced into small pieces
1/4 # shrimps, shelled, deveined and halved
1/4 # cauliflower, broken to bite size
1/4 # string beans
1/4 # snow peas
1/4 # cabbage, cut into squares
3 # celery, cut into 2" long pieces
5 cloves garlic, diced
2 onions, diced
1 carrot, sliced thinly
1 piece red bell pepper cut into strips
1 piece green bell pepper. Cut into strips
2 tablespoons of cornstarch, dissolved in 1/4 cup of water
2 cups chicken stock (broth)
3 tablespoons of sesame oil
3 tablespoons of patis (fish sauce)
4 tablespoons of corn oil or vegetable oil
Salt to taste

In a big pan or wok, sauté garlic, onions then add in the pork. Add 1 cup of stock, pinch of salt and simmer for 15 minutes or until pork is cooked.

Mix in the shrimp then all the vegetables. Add the remaining 1 cup of stock, patis and the dissolved cornstarch. Cook for about 10 minutes or until the vegetables are done. Add the sesame oil.

Salt and pepper to taste. Serve hot with rice.

— Cheryl Lanuza

Steamed White Rice



FLAN

1 to 1¼ cups granulated sugar

1 can condensed milk

1¼ cups warm milk

3 eggs

1 Tablespoon vanilla extract

Oven temperature: 375° F



In a skillet or a heavy sauce pan caramelize the sugar until it is completely melted and golden/brown in color. Pour the caramelized sugar into one baking dish

In a blender mix the milks, eggs and vanilla extract; pour that mixture into the caramel coated baking dish; cover the dish with aluminum foil, set in a larger pan and pour 1 inch of water into the pan. Place in the oven and bake for about 45 minutes or until a knife inserted near the center comes out clean.

Let the flan cool for at least 1 hour; if longer put in the refrigerator. To serve, invert the mold on a platter. Serve cold.

Note:

This recipe would serve about 8 to 10; you can make as many batches as you need depending on the size of the mold and the number of servings needed. A deep mold will need more baking time in the oven; I usually use one batch of caramelized sugar and two batches of mix for a pan 8"x11.5" and 2" deep and it takes about 1½ hours to cook. That serves about 20.

— *Elena Porras Trejo*

Maruya I (Banana Fritters)



Ingredients:

- 1/2 cup flour
- 3/4 tsp. baking powder
- 1/4 tsp. salt
- 1 egg
- 1 cup milk
- 3 ripe *saba* (banana plantain), peeled and sliced lengthwise
- 2 cups vegetable oil
- flour, for dredging · sugar

Cooking Procedures:

1. In a bowl, sift together flour, baking powder and salt. Add milk and egg, beat until smooth.
2. Heat oil in a frying pan (or a large saucepan) over medium heat.
3. In batches, roll banana slices in flour and then dip in batter. Fry in hot oil until golden brown.
4. Drain on paper towels. Roll in sugar. Place in a serving dish and serve.

VARIATIONS:

Maruyang Camote

Use sweet potato slices in place of bananas. About 2 medium sweet potatoes sliced 1/4" thick.

— Vicki Ziegler

Try Other Version in Cooking Maruya?

Maruya II (Banana Fritters)

Ingredients:

- 6 ripe *saba* (banana plantain)
- 1 egg
- 1/2 cup evaporated milk
- 2/3 cup sifted flour
- 4 tbsp. sugar
- oil, enough for frying

Cooking Procedures:

1. Make a stiff dough by blending egg, milk, flour and sugar.
2. Make a well in the center of flour in a deep bowl. Break the egg into it, add milk and sugar. Beat vigorously to even up dough texture.
3. Cut the *saba* (banana plantains) into two lengthwise. Coat each piece with the stiff dough.
4. Fry in deep medium-high oil until golden brown. Place in a plate lined with paper towel.
5. Transfer to serving platter. Serve hot with syrup or coat with sugar or powdered sugar. Enjoy!

— Vicki Ziegler

Peanut Squares

Ingredients:

- 1 cup of shelled roasted peanuts
- 1/2 cup of sugar
- 3/4 cup of milk
- 1/4 cup of sugar for the pastry board

Equipment needed:

You will need meat grinder, a saucepan, a spatula, a rolling pin, a knife and, a cooking spoon.

Directions:

- 1) Put the peanuts through a meat grinder with a medium blade. Then place them in a saucepan with the 1/2 cup of sugar and the milk. Mix well.
 - 2) Place the peanut mixture over medium flame and cook, stir constantly, until the mixture boils and the sugar dissolves.
 - 3) Lower the flame and cook, stir often, until the mixture thickens. As the mixture gets very thick, stir continually, to prevent sticking. This will take around 15 minutes.
 - 4) When the mixture is so thick that you can see the bottom of the pan when you stir, remove from stove.
 - 5) Sprinkle the 1/4 cup of sugar on the pastry board. Turn the peanut mixture out onto the sugar and flatten it out with a spatula.
 - 6) Allow it to cool so you can handle it.
 - 7) Next roll it out with a rolling pin until the mixture is about 1/4 inch thick. With a knife, cut the mixture into small squares or with a cookie cutter.
 - 8) Remove the cookies from the pastry board with a spatula.
- This recipe makes 3 1/2 to 4 dozen.

— Vicki Ziegler

Filipino JELL-O

Here is my authentic JELL-O recipe ;-). Perhaps not, but gelatin desserts are very popular in the Philippines.

2 cups water, divided
1 pkg. (3 oz.) cherry JELL-O
1 can cherry pie filling
1 pkg. (3 oz.) lemon JELL-O
1 pkg. (3 oz.) cream cheese, softened
1/3 cup mayonnaise
1 can (8 oz.) crushed pineapple, undrained
1 cup miniature marshmallows
1/2 cup heavy whipping cream, whipped
2 Tablespoons chopped pecans

Bring 1 cup of water to boil in large saucepan and stir in cherry JELL-O until dissolved. Stir in pie filling and pour into an oblong Pyrex dish. Refrigerate at least 2 hours.

In a small saucepan, bring remaining water to boil. Stir in lemon JELL-O until dissolved. In a small bowl beat cream cheese and mayonnaise until smooth. Beat in lemon JELL-O and pineapple. Cover and refrigerate for 45 minutes.

Fold in the marshmallows and whipped cream. Spoon over cherry layer. Sprinkle with pecans and refrigerate at least 2 hours or until set.

— Sandy Walsh

MOCK NAPOLEON — CHOCOLATE DESSERT

2 (3-ounce) packages instant vanilla pudding mix
3 cups milk
1 (8-ounce) container frozen whipped topping, thawed
1 (16-ounce) package chocolate graham crackers

1/4 cup milk
1/3 cup unsweetened cocoa powder
1 cup white sugar
2 Tablespoons butter
1 teaspoon vanilla extract



In a large bowl, combine pudding mix and 3 cups milk; mix well. Fold in whipped topping and beat with a mixer for 2 minutes. In a buttered 9x13 inch baking dish, spread a layer of whole graham crackers on the bottom of the dish. Spread 1/2 of the pudding mixture over the cracker, and then top with graham crackers. Spread remaining pudding over crackers; top second pudding layer with another layer of crackers.

To make topping: in a medium saucepan over medium-high heat, combine 1/4 cup milk, cocoa and sugar and allow to boil for 1 minute; remove from heat and add butter and vanilla. Mix well and cool. Pour sauce over graham cracker layer and refrigerate until set; serve. Leave in refrigerator at least 12 hours.

— Nita Ellington

Maja Blanca - Coconut Pudding



Ingredients:

- 1/2 cup water
- 1/2 cup cornstarch
- 1 cup coconut milk
- 3/4 cup water
- 1/2 cup white sugar
- 1/4 cup sweetened flaked coconut

Directions:

1. Butter an 8-inch baking dish or pie pan, and set aside. Mix 1/2 cup of water with the cornstarch in a bowl, and stir until smooth.
2. Combine the coconut milk, 3/4 cup of water, and sugar in a saucepan over low heat, and stir until the sugar is dissolved. Bring the mixture to a boil, and then stir in the cornstarch mixture, stirring quickly to avoid lumps as it becomes very thick. Bring the mixture back to a boil, and simmer until fully thickened and smooth, stirring constantly, about 2 minutes. Pour the maja blanca into the prepared dish, and set aside to cool until firm, about 2 hours.
3. Place the coconut flakes in a dry skillet over medium heat, and stir to toast. Watch them carefully so they don't burn. Remove the toasted coconut flakes to a bowl, let cool, and sprinkle over the pudding before serving.

— *Cathy Hedges*

Cookies and Cream Cake



Ingredients:

- 1 (18.25 ounce) package white cake mix
- 1 1/4 cups water
- 1/3 cup vegetable oil
- 3 egg whites
- 1 cup chocolate sandwich cookie crumbs
- 3 cups confectioners' sugar
- 3/4 cup shortening
- 1 teaspoon vanilla extract
- 2 egg whites
- 12 chocolate sandwich cookies

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 9- inch round cake pans.
2. In a large bowl, mix the cake mix, water, oil, and 3 egg whites with an electric mixer on high speed for 2 minutes. Gently stir in crushed cookies. Pour batter into the prepared pans.
3. Bake for 25 to 35 minutes in the preheated oven, or until a knife inserted in the center of the cake comes out clean. Cool 10 minutes in pans. Remove from pans, and completely cool on racks.
4. To Make Frosting: In a small bowl, thoroughly blend the 1/2 cup confectioners' sugar, shortening, vanilla, and 2 egg whites. Beat in remaining confectioners' sugar until creamy. Frost the cake, and garnish with remaining cookies.

— *Cathy Hedges*

Holy Cannoli Cake



Ingredients:

1 cup milk
½ tsp. orange extract
1 pkg. (4-serving size) JELL-O Vanilla Instant Pudding
½ cup POLLY-O Original Ricotta Cheese
1 pkg. (8 squares) BAKER'S Semi-Sweet Chocolate, chopped, divided
1 Tbsp. butter
1 pkg. (10.75 oz.) prepared pound cake, cut horizontally into 4 slices
1 cup thawed COOL WHIP Whipped Topping

Preparation:

POUR milk and orange extract into large bowl. Add dry pudding mix. Beat with wire whisk 2 min. or until well blended. Add ricotta cheese and half of the chocolate, mix well.

PLACE bottom cake slice on serving plate; spread with one third of the pudding mixture. Repeat layers twice, ending with top cake slice.

MICROWAVE remaining chocolate and butter in small microwaveable bowl on HIGH 45 sec. to 1 min. or until almost melted, stir until chocolate is completely melted. Add whipped topping; stir with wire whisk until well blended. Spread evenly over top and sides of cake. Store in refrigerator.

Kraft Kitchens tips:

SIZE-WISE

Enjoy your favorite foods while keeping portion size in mind.

VARIATION

Prepare as directed, using JELL-O Vanilla Flavor Fat Free Sugar Free Instant Pudding, reduced fat pound cake and COOL WHIP LITE Whipped Topping.

SUBSTITUTE

Substitute 2 Tbsp. orange liqueur or orange juice for the 1/2 tsp. orange extract.

— *Adelaide Anderson*