

step-by-step cooking
FILIPINO
delightful ideas for everyday meals



Arlene Diego

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 Marshall Cavendish
Cuisine

This book is dedicated to my mother and father, with love and gratitude. Endless thanks to Janet and all my friends who have supported me with their time and help for this project!
— Arlene Diego

Photographer: Suan I Lim, Kamera Obscura

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COOKING TECHNIQUES

Due to its rich history that was shaped by an influx of different cultures, Filipino cuisine is a blend of Western and Eastern cuisines. Therefore, it is only natural that Filipino food preparation and cooking techniques were adapted from the cuisines that shaped it into what it is today. The uniqueness of Filipino cooking does not lie in the techniques themselves, but in how they are employed to create the dishes.

GRILLING
The method of grilling is known as inihaw in Tagalog. This refers to food that is grilled (broiled) or barbecued over an open fire or hot coals. In the Philippines, eating places that specialise in grilled foods are known as ihaw-ihaw, or sinugba in the Visayan region. Meat, fish and seafood are always marinated before grilling, with seasonings such as the juice of a tangy, citric fruit like calamansi, fish sauce or various herbs and spices. It is useful to reserve any marinade, or to have a little cooking oil on the side to baste food items while grilling, as this helps to keep flavourful juices locked in.

BOILING AND SIMMERING
At home, grilling can also be done by cooking food in a grill pan or a regular convection oven.

Boiling and simmering are both referred to as nilaga. They are two of the primary cooking methods in Filipino cuisine and are used in creating the one-pot meals that Filipino cuisine is famous for. Simmering should take place over medium to low heat, so that the liquid does not reach a constant boiling point, thus causing the liquid to evaporate completely and the food items to dry out and burn. Tough cuts of meat or hard vegetables

such as carrots are simmered, as the constant movement of the ingredients keep them cooked. Stews, in particular, use the ingredients to retain much flavour.

ANOTHER SIMMERING METHOD
Another simmering method to see if food is done involves leaving the pot covered or uncovered and with the lid slightly ajar. This allows steam to separate and the ingredients to become dry. This specific method is known as **ginataar**.

COOKING WITH VINEGAR
In Filipino cooking, there is a technique called **ginataar** which involves cooking with vinegar. The first step is to cook or stew the ingredients. The second step is **kilawin**, which involves immersing the ingredients in a vinegar solution without stirring. Since vinegar's sourness is usually added to control the acidity of the dish from becoming too sour, this technique is used for meats or seafood for a short period of time. The ingredients are immersed in a mixture of vinegar, chillies and ginger. Adding coconut milk

INTRODUCTION

TECHNIQUES

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such as carrots and potatoes should always be simmered, as the constant temperature and gentle movement of the liquid help to ensure that the ingredients keep their shape as they are being cooked. Stews, in particular, should be simmered for the ingredients to cook in their own juices, thus retaining much flavour. Always refer to the recipe method to see if food should be simmered with the pot covered or uncovered, as this affects the flavour of the dish.

Another simmering method in Filipino cooking involves leaving food to cook in coconut milk uncovered and with little or no stirring, until oil starts to separate and the coconut milk is thick and almost dry. This specific method of cooking is known as **COOKING WITH VINEGAR** **ginataan**.

In Filipino cooking, there are 2 techniques for cooking with vinegar. The first, pinaksiw, involves food being cooked or stewed in vinegar without stirring. The second is kilawin, where food is cooked by immersing it in vinegar without using heat. **Pinaksiw** involves adding vinegar to a combination of ingredients in a pot and bringing it to the boil without stirring. Stirring the mixture causes the vinegar's sourness and acidity to increase. Sugar is usually added to counter the vinegar and prevent the dish from becoming too sour to consume. Kilawin is the technique used for preparing extremely fresh fish or seafood for a salad. The fish or seafood is immersed in a mixture of lemon juice, vinegar, chillies and ginger and left aside for 1–2 hours. Adding coconut milk is another variation of kilawin.

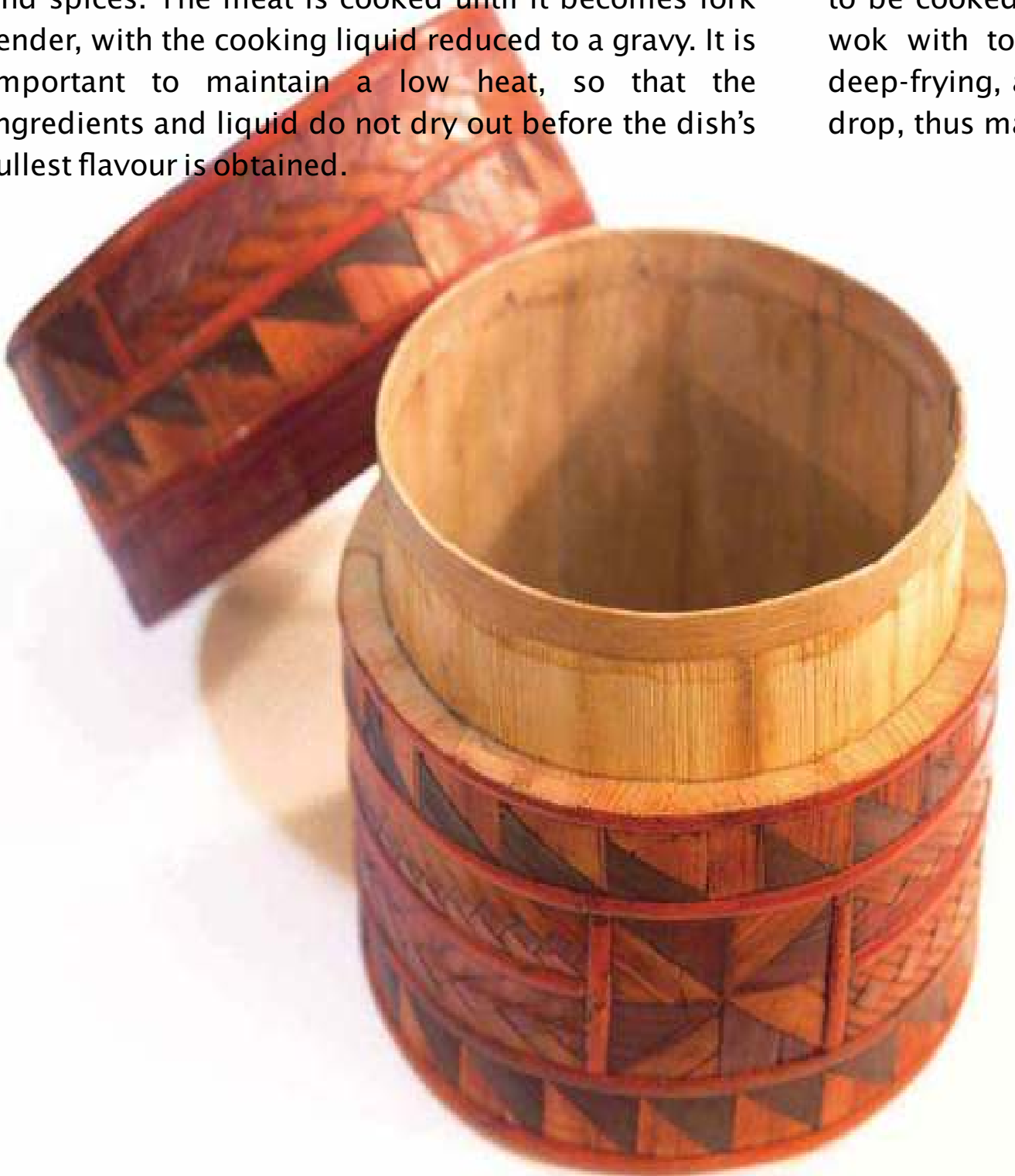
SECTION

BRAISING

Braising is known as adobo in Tagalog. Ingredients such as garlic and onion are sautéed and meat is browned over medium to high heat before adding a cooking liquid that contains a certain amount of acidity. A typical cooking liquid used in adobo is made up of a mixture of soy sauce, vinegar and various herbs and spices. The meat is cooked until it becomes fork tender, with the cooking liquid reduced to a gravy. It is important to maintain a low heat, so that the ingredients and liquid do not dry out before the dish's fullest flavour is obtained.

DEEP-FRYING

The Filipino method from Chinese influence is an indispensable cooking technique. For the best results, always use a deep fryer. Food items can be fried in a wok, but also be heated to a high temperature. A wok to be cooked to desired temperature. A wok with too many ingredients can cause deep-frying, as it can cause a drop, thus making food



DEEP-FRYING

Adobo in Tagalog. Ingredients are sautéed and meat is cooked on high heat before adding a marinade. It retains a certain amount of moisture. The liquid used in adobo is made from vinegar, vinegar, vinegar, vinegar, vinegar, vinegar and various herbs. The marinade is cooked until it becomes fork-tender. The liquid is reduced to a gravy. It is cooked on a low heat, so that the meat does not dry out before the dish's

The Filipino method, deep-frying, or prito, stems from Chinese influence and has become an indispensable cooking technique to the Filipinos. For the best results, always use enough cooking oil, so that the food items can be fried evenly. Cooking oil should also be heated to a high temperature in order for food to be cooked to desired crispness. Do not crowd the wok with too many food items at one time which causes deep-frying, as it causes the temperature of the oil to drop, thus making food soggy.



COOKING UTENSILS

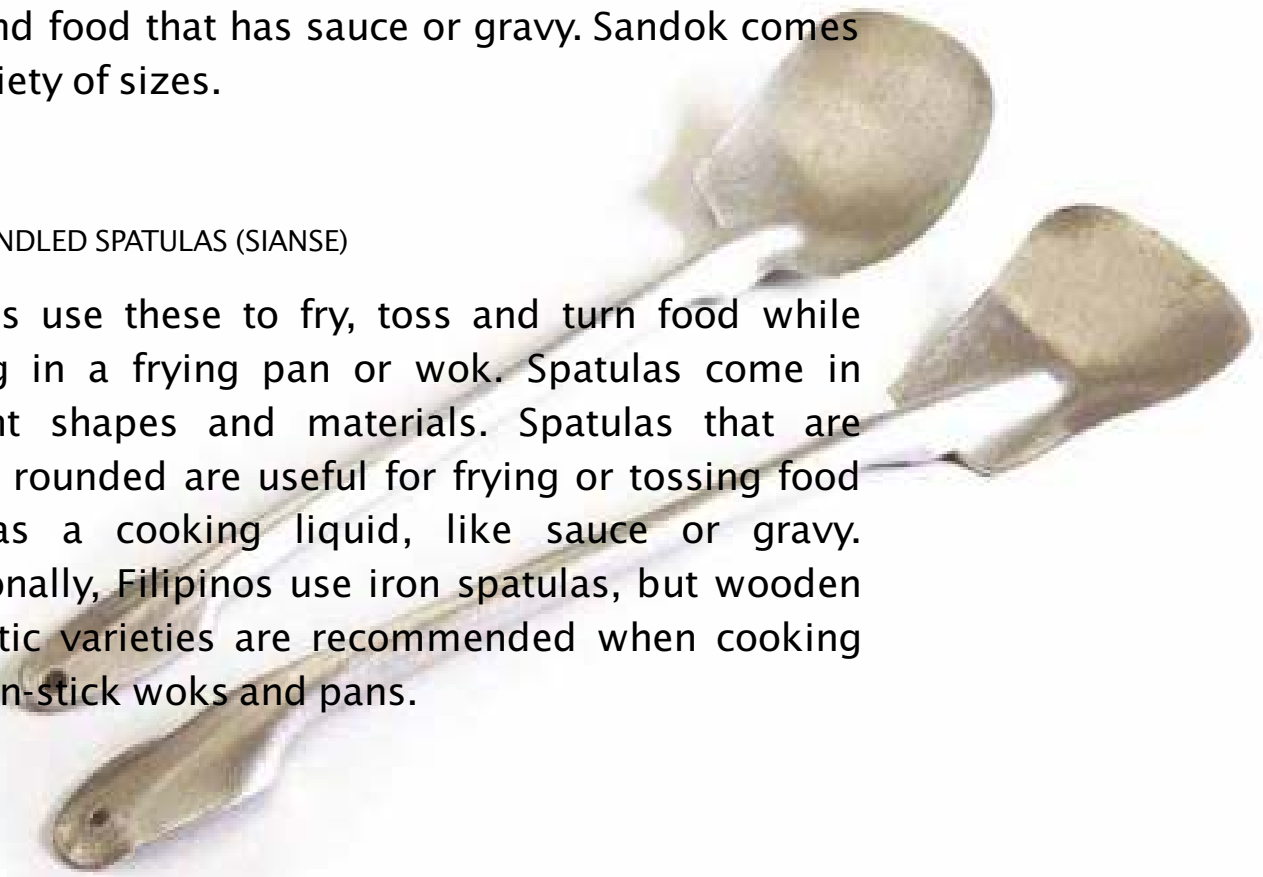


SCOOPS AND LADLES (SANDOK)

Sandok isa collective term used to describe a variety of serving scoops and ladles. Short-handled sandoks are used for serving rice during meals. Traditionally, they are made from sun dried coconut husks. Long-handled sandoks are used for handling and serving soup and food that has sauce or gravy. Sandok comes in a variety of sizes.

LONG-HANDLED SPATULAS (SIANSE)

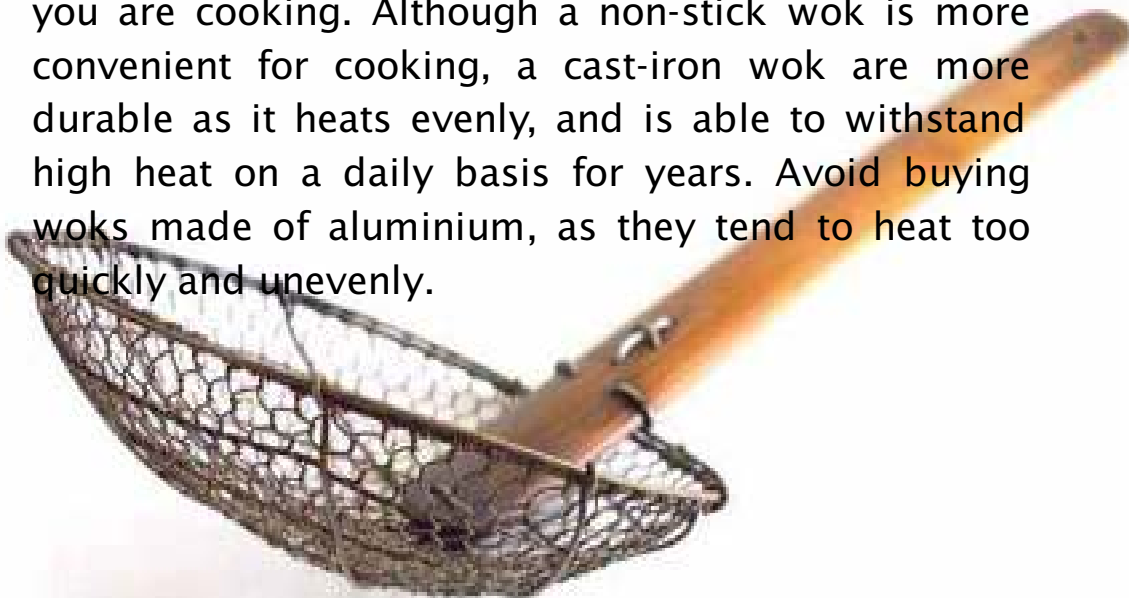
Filipinos use these to fry, toss and turn food while cooking in a frying pan or wok. Spatulas come in different shapes and materials. Spatulas that are slightly rounded are useful for frying or tossing food that has a cooking liquid, like sauce or gravy. Traditionally, Filipinos use iron spatulas, but wooden or plastic varieties are recommended when cooking with non-stick woks and pans.





WOK (KAWALI)

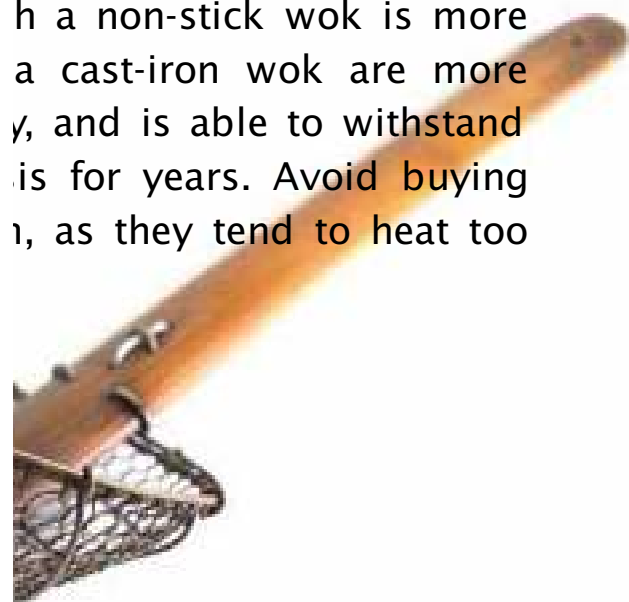
The wok is an indispensable tool for cooking stir-fried noodles or deep-fried dishes. Traditionally, kawali refers to a big, deep-bottomed wok that is used for cooking large amounts of food. However, it is more practical to purchase a small to medium-size wok, as you can retain better control over the food you are cooking. Although a non-stick wok is more convenient for cooking, a cast-iron wok are more durable as it heats evenly, and is able to withstand high heat on a daily basis for years. Avoid buying woks made of aluminium, as they tend to heat too quickly and unevenly.



WIRE MESH SCOOP (SALAA)



able tool for cooking stir-fried dishes. Traditionally, deep-bottomed wok that is mounts of food. However, it use a small to medium-size better control over the food h a non-stick wok is more a cast-iron wok are more y, and is able to withstand is for years. Avoid buying n, as they tend to heat too



WIRE MESH SCOOP (SALAAN)



COCONUT SCRAPER
(PANGKAYOD)
Made of iron or steel
to scrape coconut
applied as the coco
direction and in on
scraper produces s
finer strips, use the
holes. The coconut s
the flesh of various n



ROUND-BELLIED EARTHEN
CLAYPOT
Traditionally, red t
Filipino cooking Cla



COCONUT SCRAPER
(PANGKAYOD)

Made of iron or steel, this is a handy tool that is used to scrape coconut meat into strips. Firm pressure is applied as the coconut meat is scraped in a single direction and in one long stroke. Each end of the scraper produces strips of different thickness. For finer strips, use the fan-shaped end that has 6 small holes. The coconut scraper can also be used to scrape the flesh of various melon fruits for drinks.



ROUND-BELLIED EARTHEN
CLAYPOT

Traditionally, red terracotta claypots are used in Filipino cooking. Claypots can be used to cook rice



PAELLERA

The paellera is a shallow round pan with 2 side handles for easy handling. Its name is comes from the



w round pan with 2 side
Its name is comes from the

WEIGHTS & MEASURES

Liquid And Volume Measures

Metric	Imperial	American
5 ml	1/6 fl oz	1 teaspoon
10 ml	1/3 fl oz	1 dessertspoon
15 ml	1/2 fl oz	1 tablespoon
60 ml	2 fl oz	1/4 cup (4 tablespoons)
85 ml	2 1/2 fl oz	1/3 cup
90 ml	3 fl oz	3/8 cup (6 tablespoons)
125 ml	4 fl oz	1/2 cup
180 ml	6 fl oz	3/4 cup
250 ml	8 fl oz	1 1/4 cups
300 ml	10 fl oz (1/2 pint)	1 1/2 cups
375 ml	14 fl oz	1 3/4 cups
500 ml	16 fl oz	2 cups
625 ml	20 fl oz (1 pint)	2 1/2 cups
750 ml	24 fl oz (1 1/5 pints)	3 cups
1 litre	32 fl oz (1 3/5 pints)	4 cups
1.25 litres	40 fl oz (2 pints)	5 cups
1.5 litres	48 fl oz (2 2/5 pints)	6 cups
2.5 litres	80 fl oz (4 pints)	10 cups

Oven Temperature

	°C	°F	Gas Regulo
Very slow	120	250	1
Slow	150	300	2
Moderately slow	160	325	3
Moderate	180	350	4
Moderately hot	190/200	375/400	5/6

Quantities for this book are given in Metric, Imperial and American (spoon and cup) measures

Standard spoon and cup measurements

Dry Measures

Metric Imperial
used are: 30 grams 1 Tbsp
1 tsp = 5 ml, 1 cup =

45 grams, 1 cup = 250 grams 1 1/2

70 grams are ounce level unless

85 grams 2 otherwise stated ounce

100 grams 2 1/2

110 grams ounce

125 grams 30

140 grams 1 1/2

150 grams 1 1/8

175 grams 1 1/4

200 grams 1 1/2

250 grams 1 1/2

Length Metric 1/2

0.5 cm 1/4

1 cm 1/2

1.5 cm 3/4

2.5 cm 1 inch

Abbreviation tsp 1/2

Tbsp 1 inch

WEIGHTS & MEASURES

Liquid And Volume Measures

Metric	Imperial	American
5 ml	1/6 fl oz	1 teaspoon
10 ml	1/3 fl oz	1 dessertspoon
15 ml	1/2 fl oz	1 tablespoon
60 ml	2 fl oz	1/4 cup (4 tablespoons)
85 ml	2 1/2 fl oz	1/3 cup
90 ml	3 fl oz	3/8 cup (6 tablespoons)
125 ml	4 fl oz	1/2 cup
180 ml	6 fl oz	3/4 cup
250 ml	8 fl oz	1 1/4 cups
300 ml	10 fl oz (1/2 pint)	1 1/2 cups
375 ml	1 1/4 fl oz	1 3/4 cups
500 ml	16 fl oz	2 cups
625 ml	20 fl oz (1 pint)	2 1/2 cups
750 ml	24 fl oz (1 1/5 pints)	3 cups
1 litre	32 fl oz (1 3/5 pints)	4 cups
1.25 litres	40 fl oz (2 pints)	5 cups
1.5 litres	48 fl oz (2 2/5 pints)	6 cups
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Dry Measures

Metric	Imperial
30 grams	1 Tbsp
45 grams	1 ounce
150 ml, 1 cup	1 1/2
250 grams	1 1/2
40 grams	1 ounce
85 grams	2
100 grams	ounces

All measures are level unless otherwise stated

110 grams	2 1/2
125 grams	ounces
140 grams	30
280 grams	ounces
450 grams	ounces
500 grams	1 1/2
700 grams	ounces
800 grams	4
1 kilogram	pounds
1.5 kilograms	4 1/2
2 kilograms	pounds

Length

Metric	Imperial
0.5 cm	1/4 inch
1 cm	1/2 inch
1.5 cm	3/4 inch
2.5 cm	1 inch

Abbreviation

tsp	teaspoon
Tbsp	tablespoon
cup	cup





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