



# Philippines' Local Foods

## ADOBO O ADOBONG MANOK (PORK ADOBO OR CHICKEN ADOBO)

Ingredients (for 4 people):

- 1.2 kg of pork (cut into small, uniform pieces, boneless)
- 60 ml soy sauce
- 1 cup of white vinegar
- 4 cloves of garlic (peeled and crushed)
- 1 teaspoon of whole black pepper
- 2 bay leaves
- 300 g rice (to serve with the adobo)
- Salt (to taste)

Procedure:

1. **Marinate:** In a bowl, mix the soy sauce, vinegar, peeled garlic cloves, black pepper, and bay leaves. Add the pork pieces (or chicken pieces, for Adobong Manok), and mix until the meat is well-coated in the marinade. Let it marinate for 2 hours.
2. **Cook the Pork:** After marinating, transfer the mixture to a large pan. Bring it to a boil over high heat, uncovered. Once it boils, cover the pan with a lid, reduce the heat to low, and let it simmer for 20 minutes.



3. **Turn the Pork:** After the first 20 minutes, turn the pork pieces over and cook for another 10 minutes.
4. **Thicken the Sauce:** Remove the lid and let the adobo cook for an additional 8 minutes to reduce and thicken the sauce.
5. **Serve:** Once the sauce has thickened and the pork is tender, turn off the heat. Serve your adobo over steamed rice, and enjoy the wonderful balance of flavors!

### **Tips for Chicken Adobo:**

For Adobong Manok (Chicken Adobo), the marination step is optional. You can simply cook the chicken in the same way as the pork adobo. Chicken tends to cook faster than pork, so you might want to adjust the simmering time to around 15 minutes or so, depending on the size of the pieces. The chicken version also has a slightly lighter texture, but the flavor is just as rich and satisfying!

## **BIKO RECIPE (FILIPINO STICKY RICE CAKE)**

### **Ingredients:**

- 1 ½ cups glutinous sweet rice
- 1 ¼ cups water
- 4 cups coconut milk
- 1 ½ cups brown sugar

### **Procedure:**

1. **Rinse the Rice:** In a small pot, rinse the glutinous rice 5 times until the water runs clear. Drain the rice well.



2. Cook the Rice: Add the drained rice to the pot along with 1 ¼ cups of water. Stir to mix, and bring to a boil. Once it starts boiling, reduce the heat to medium and cook until most of the water evaporates. The rice should be soft but still slightly firm. Once done, set the rice aside.
3. Prepare the Latik (Coconut Syrup):
4. In a separate small pot, combine 1 cup coconut milk and ½ cup brown sugar.
5. Bring the mixture to a boil, then reduce the heat to medium. Stir constantly for about 10 minutes, until the mixture thickens and turns into a syrupy consistency.
6. Once it's thickened, remove from heat and set aside.
7. Cook the Rice with Coconut Milk and Sugar:
8. In another large pot, combine 3 cups coconut milk and 1 cup brown sugar. Bring this to a boil, stirring until the sugar dissolves.
9. Add the cooked glutinous rice to the pot. Stir the rice mixture well and cook over medium heat for about 30 minutes, stirring constantly to prevent the rice from sticking.
10. Keep cooking until the mixture becomes thick and sticky, and the oil from the coconut milk starts to surface. The rice should have a dense, almost dough-like texture.
11. Assemble the Biko:
12. Transfer the cooked rice mixture to a glass baking dish or another container. Use a spatula or spoon to press it down and flatten the mixture.



13. Drizzle the prepared latik (coconut syrup) on top of the rice, covering it evenly.
14. Cool and Serve: Allow the Biko to cool to room temperature before cutting it into portions. It's best served at room temperature, as it holds its shape and sweetness beautifully once it cools.

## BIBINGKA RECIPE (FILIPINO RICE CAKE)

### Ingredients:

- 300 g glutinous rice flour
- 3 eggs
- 150 g sugar
- 200 ml coconut milk
- 1 packet baking powder
- 80 g butter (melted)
- Grated cheese (optional, to taste)
- 70 g grated coconut or desiccated coconut
- Pinch of salt
- 1 banana leaf (optional, for lining)

### Procedure:

#### Prepare the Dry Ingredients:

In a bowl, mix the glutinous rice flour, baking powder, and a pinch of salt together. Set aside.

#### Whisk the Wet Ingredients:

In a larger mixing bowl, whisk the eggs well.

Add the sugar and mix thoroughly until dissolved.

Then, add the melted butter and continue mixing.



### **Combine Wet and Dry Ingredients:**

Gradually add the flour mixture to the egg and sugar mixture.

Alternately add the coconut milk, mixing continuously until the batter is smooth and well combined.

### **Prepare the Banana Leaf (Optional):**

If using a banana leaf, wash and dry it first.

Soften the leaf by briefly holding it over a hot burner (or electric stove) to make it more pliable. Avoid putting it directly in the flame to prevent burning.

Line the bottom of a cast-iron skillet with the banana leaf or divide the batter into individual muffin cups for a smaller serving.

### **Bake:**

Preheat the oven to 180°C (350°F).

Pour the batter into the prepared pan or muffin cups.

Bake for about 25 minutes, or until the cake turns golden brown and a toothpick inserted into the center comes out clean.

### **Add the Toppings:**

Once baked, remove the bibingka from the oven and brush the surface with melted butter.

Top with sugar, grated coconut, and, if desired, grated cheese for a savory touch.

### **Serve Warm:**



Bibingka is best enjoyed warm straight from the oven. It's perfect for breakfast, as a snack, or even as a dessert.

## KUTSINTA RECIPE (FILIPINO STEAMED RICE CAKE)

### Ingredients:

- 1 ½ cups rice flour
- ½ cup all-purpose flour
- 1 cup brown sugar
- 3 cups water
- 1 ½ teaspoons lye water (this is important for the distinct texture)
- 2 teaspoons annatto seeds (for coloring)

### Procedure:

#### Prepare the Annatto Extract:

In a small bowl, soak the annatto seeds in about 3 tablespoons of water to extract the color. After soaking, strain the mixture to get the annatto extract (the water should turn an orange-red color).

#### Mix the Dry Ingredients:

In a large bowl, combine the rice flour, all-purpose flour, and brown sugar. Stir them together until well combined.

#### Add the Wet Ingredients:

Gradually add the water to the dry ingredients while stirring to avoid lumps.



Once the water is fully incorporated, add the lye water and annatto extract. Stir well until everything is thoroughly mixed.

### **Prepare the Molds:**

Lightly grease individual steaming molds (you can use small ramekins or muffin tins, or traditional kutsinta molds).

Pour the mixture into the molds, filling them about  $\frac{3}{4}$  full to allow space for the kutsinta to rise and expand while steaming.

### **Steam:**

Prepare a steamer or large pot with a steaming rack.

Bring the water in the steamer to a boil, then place the molds with the kutsinta mixture in the steamer.

Cover and steam for 40 minutes to 1 hour, or until a toothpick inserted into the center comes out clean. You may need to check the water level in the steamer and add more water if needed.

### **Serve:**

Once cooked, remove the molds from the steamer and allow the kutsinta to cool for a few minutes.

To remove the kutsinta from the molds, gently run a knife around the edges and flip them onto a serving plate.

Top with freshly grated coconut for extra flavor and texture.

### **Enjoy:**



Serve the kutsinta warm or at room temperature. These treats are best enjoyed with a side of freshly brewed coffee or a cold glass of iced tea.