



DIALOGUES INSPIRED BY COOKING & FOOD

RECIPES

INSPIRED BY PHILIPPINES &
HOSTED BY S.U.C.C.E.S.S

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RECIPES PREPARED BY CHEF CEASAR RENDON

Chef Ceasar Rendon was born in Antique, Philippines. He was enticed into the culinary world when he moved to Canada and was inspired by Chinese, Spanish, American and Canadian cooking. Ceasar cultivated his passion for Philippine cuisine through years of cooking for his family, the community and catering events. Ceasar's passion is to create homemade, fresh, Filipino food that is artistically presented and exquisitely prepared. To contact Chef Ceasar Rendon about catering email: ceasarrendon@yahoo.ca

RECIPES AND DIRECTIONS

TEA

1. Salabat (Ginger Tea)

APPETIZER

1. Lumpiang Shanghai (Pork Spring Roll)
2. ArrozCaldo (Chicken Rice Soup)

MAIN COURSE

1. Adobo (Pork-Chicken Stew)
2. Bistek (Beef Steak, Filipino Style)

DESSERT

1. Leche Flan (Milk-Egg Custard)



Salabat (Ginger Tea)

Ingredients:

- Fresh Ginger Root - 2 inch piece
- Water - 4 cups

Optional:

- Honey
- Lemon Slice (kalamansi)

Directions:

1. Boil about 4 cups of water in a pot
2. Wash the ginger root and slice it into thin pieces
3. Once the water is boiling, add the fresh ginger root; cover to simmer for 15-20 minutes
4. It's optional, add honey and lemon to taste.



Lumpiang Shanghai (Pork)

Ingredients:

- Ground Pork (regular) - 2 pounds
- Red Onion (finely grated) - 1 cup
- Carrots (finely grated) - 500 grams
- Chicken Eggs yolks - 2 pieces
- Soy Sauce - 2 tablespoon
- Vegetable Oil - 2 tablespoon
- Ground Pepper (black) - 1 teaspoon
- Egg Roll Wrapper (small) - 50 pieces

Cooking:

- Vegetable Oil (deep frying) - 2 liters

Sweet and Sour Sauce:

- Tomato Ketchup - 1/2 cup
- Honey (sweet) - 1/3 cup
- Chill Pepper (optional) - 1/8 teaspoon
- Spring Roll Sauce (ready-made)

Directions:

1. Combine and blend well the top seven ingredients and season it with salt
2. Separate the egg roll wrappers into single sheets
3. Spoon a small amount of meat mixture and place diagonally in a thin line on the middle of a wrapper. Wrap into rolls
4. Wet edge with a touch of water to make stick
5. In a skillet over medium heat, fry egg rolls when oil is hot enough; fry both sides until golden brown
6. Make sure the meat is cooked thoroughly; and serve with sweet-sour sauce on the side.

*Mix and simmer in a small sauce pan for 2-3 minutes until the ketchup, honey and chili pepper are well blended



Arroz Caldo (Chicken)

Ingredients:

- Vegetable Oil - 1 tablespoon
- Fresh Ginger (thinly sliced) - 1/2 cup
- Chicken Thighs (boneless) - 1 pound
- Water or Chicken Broth - 8 cups
- Rice Grains (white) - 1 cup
- White Onion (medium whole) - 1 whole
- Fish Sauce - 2 tablespoon
- Knorr Chicken Cubes (optional) - 2 pieces

Garnish:

- Vegetable or Olive Oil - 1/4 cup
- Garlic (minced) - 6 cloves
- Green Onion (finely sliced) - 6 stalks
- Lime Juice - 1 whole
- Saffron Flower - 1 tablespoon
- Chicken Eggs (boiled) - 6 pieces

Directions:

1. Boil about 8 cups of water in a big pot
2. In a separate pan on medium low heat, sauté the garlic, ginger and onion for a minute
3. Add the chicken pieces, rice grains, fish sauce and Knorr cubes; cook for about 3 minutes
4. Transfer everything carefully to the boiling pot water and turn the heat down
5. Cover and simmer in medium low heat for about 30 minutes or until the consistency of a light creamed soup has been reached
6. Stir occasionally while cooking and correct seasoning to taste
7. If the rice soup becomes too thick, add a little water to thin it a bit.
8. Garnish individual bowl servings with sliced green onion, garlic, saffron, chicken eggs and sprinkle with lemon juice.



Bistek (Beef Steak)

Ingredients:

- Beef Rib Eye (thinly sliced) - 2 pounds
- Lemon Juice - 1/2 cup
- Soy Sauce - 1/3 cup
- Garlic (minced) - 1 teaspoon
- Ground Pepper (black) - 1 teaspoon

Cooking:

- Vegetable Oil - 1 cup
- Evaporated Milk - 1 cup
- Red Onion (cut into rings) - 2 large

Time Frame:

Preparation - 30 minutes

Cooking - 30 minutes

Directions:

1. Season the sliced beef with lemon juice, soy sauce, garlic and pepper
*For a more tasty beef steak, marinate it for 4 hours or over-night
2. In a non-stick skillet over medium heat, pan-fry beef slices in a little oil, browning both sides until medium well done
3. Sauté onion slices over medium high heat for one minute and set aside
4. Once the frying is done, add the extra-marinated sauce and milk; cook until it boils
5. Place the onions on top of the beef like garnish and pour the sauce over the beef and serve



Adobo (Pork-Chicken Stew)

Ingredients:

- Pork (boneless) - 1.5 lbs.
- Chicken (sliced back-attach) - 1 lb.
- Vinegar - 1/2 cup
- Soy Sauce - 1/2 cup
- Bay Leaf - 6 pcs
- Peppercorn - 1/2 tablespoon
- Water - 1 cup
- Whole Garlic Cloves - 1/2 cup

Directions:

1. Marinade in the pan the pork-chicken in soy sauce, vinegar, water, bay leaf, garlic, and pepper corn for 30 minutes
2. Heat up to boil in 15 minutes
3. Lower the heat and simmer until tender (40-60 minutes); and serve



Leche Flan (Egg and Milk)

Caramelized Sugar:

- Sugar (white) - 1/3 cup
- Water to Blend - 2 tablespoon

Ingredients:

- Condensed Milk - 14 oz. can
- Evaporated Milk - 12 oz. can
- Chicken Egg yolks - 1 dozen
- Sugar (for custard mix) - 1/2 cup
- Vanilla Extract (pure) - 1/2 teaspoon

Directions:

1. Caramelize the sugar in the pan:
 - *Put the sugar in a small pan over medium low heat; taking care not to burn
 - *When sugar has melted and turned golden brown, vigorously stir in two tablespoon water blend
 - *Transfer to a small Leche flan mold
 - *Swirl caramelized sugar inside the mold and set aside
2. Pre-heat oven at 350 degrees and fill a big pan with about 1/2 inch high water
3. In a bowl, blend thoroughly flan mixture ingredients and pour mixture into mold with caramelized sugar
4. Place mold on pan with water in oven
5. Bake for 30-40 minutes or until firm
6. Chill before serving, loosen the sides and flip over on a serving plate