

## TINOLANG MANOK

- 1 kilo chicken thigh fillets
- 1 green papaw
- 2 cloves garlic
- 1 medium onion
- 1 thumb size ginger
- 1 stalk of lemongrass
- 1 cup drumstick tree leaves
- 5 cups water
- salt
- 2 tsp. fish sauce

sauté crushed garlic till golden.add sliced onion till translucent and then,add crushed ginger.

throw in chicken pieces and add water and bring to a boil simmer for 10 to 15 minutes.

add salt and fish sauce.adjust to suit taste.add drumstick tree leaves and turn off heat.

serve with boiled rice.

## MUNG BEAN SPROUT AND TOFU SPRING ROLL

- 1 cup mashed firm tofu
- 2 cups mung bean sprouts
- 1 cup sliced green beans
- 1 cup sliced carrots
- 1 cup sliced cabbage
- 1tsp salt
- 2 tbsp light soy
- 1 packet spring roll wrapper

sauté garlic till golden,add onions till soft.add carrots cook for a minute.add beans and

mung bean sprouts.season and add soy sauce.remove from heat.drain and allow to cool.

wrap in spring roll wrapper and deep fry till golden.serve with dipping sauce.

dipping sauce: is a combo mix of apple cider vinegar, birds eye chilli, garlic and ginger.

## GREEN PAPAW PICKLES

2 green papaws  
2 medium carrots  
1 green capsicum  
1 red capsicum  
10 cloves of garlic  
eschallots  
3 thumb size ginger  
3 hot chillies  
sugar  
turmeric powder  
apple cider vinegar

peel green papaw and remove seeds. shred. do the same with carrots. thinly slice green and red capsicum. shred or julienne the ginger. slice the garlic and eschallots.

pickle solution: 6 cups apple cider vinegar  
4.5 cups raw sugar  
6 tbsp. salt  
4 tbsp. turmeric powder

boil the solution. strain and pour over the veges. pack in jars. remove air bubbles. cover tightly.

note: in this method, the green papaw juice is removed with the use of salt. it makes the papaw crunchy.

## CASSAVA PARCEL

1.5 kilo grated cassava  
1 can coconut cream  
3 cups raw sugar  
banana leaves as wrap

peel and wash cassava.grate.add sugar and coconut cream.wrap in banana leaves seared over fire  
to keep pliability.put in a pot cover with water and bring to boil.lower heat and cook for 30 minutes.