

GINISANG MUNGO

(Sautéed Mung Bean)

Ingredients:

100g pork – thinly sliced
2 tablespoons oil
3 cloves garlic - crushed
1 onion – sliced into rings
1 tomato – thinly sliced
1 cup pre-soaked mung beans
2 cups water
1 teaspoon salt
2 tablespoons fish sauce
Pumpkin – cut in cubes
1 bunch snake beans - sliced
10 pieces okra
1 cup horseradish tree leaves

Method:

Heat oil in a pan and fry pork until golden. Add garlic, onion & tomato and sauté for 5 minutes. Add mung beans and water. Bring to a boil, add salt and fish sauce, reduce heat and simmer for 10 minutes. Add pumpkin, cover and cook for 5 minutes. Add snake beans and okra; continue cooking, covered, for a further 5 minutes. Add horseradish tree leaves in the last minute. Remove from heat and serve.

Suggestions for other vegetable combinations:-

1. Pumpkin, lab lab, okra, sweet potato vine tips.
2. Pumpkin, winged bean, Ceylon spinach.
3. Pumpkin, luffa, drumstick tree leaves.
4. New Guinea bean, choko vine tips.
5. Green paw paw, drumstick tree leaves.
6. Choko, drumstick tree leaves.
7. Pumpkin, eggplant, leaf ginseng (aka Surinam spinach).
8. Bitter melon slices, horseradish tree leaves.
9. Bitter melon tips.

GINISANG AMPALAYA *(Sautéed Bitter Melon)*

Ingredients:

100g pork – sliced
2 tablespoons oil
3 cloves garlic – crushed
1 onion – sliced
1 tomato – sliced
½ cup water
1 teaspoon salt
2 bitter melons - sliced.
2 eggs - beaten
2 tablespoons fish sauce

Method:

Heat oil in a pan and fry pork slices until golden. In the same pan, sauté garlic, onion and tomato for 5 minutes. Add water, cover and bring to a boil. Add salt and bitter melon, cover and cook for 5 minutes. Add beaten eggs to the mixture and drizzle with fish sauce.

EGGPLANT TORTILLA

Ingredients: (makes 4 tortilla)

4 Lebanese eggplant
2 eggs
Salt & pepper
Oil

Method:

Prick eggplant all over and roast over open flame or under hot grill. Peel roasted eggplant, mash lightly with a fork. Beat eggs, add salt and pepper then pour mixture over eggplant. Heat the oil in a shallow frying pan, carefully pour

in one quarter of the eggplant and egg mixture and cook until set. Repeat with remaining mixture.

Serve with sliced tomatoes and chopped coriander. Season with salt.

ADOBONG GULAY

Ingredients:

100g pork – sliced thinly
2 tablespoons oil
1 onion – sliced
3 cloves garlic – crushed
¼ cup light soy sauce
½ cup vinegar
1 teaspoon salt
1 tablespoon sugar
3 green chillies – kept whole (optional)
1 bunch snake beans – cut into 5cm pieces
1 bunch kang kong stalks – cut into 5cm pieces

Method:

Heat oil in pan, fry pork slices until golden. In the same pan, sauté onion and garlic until translucent. Add soy sauce, vinegar, salt and sugar. Add snake bean and kang kong slices and green chillies if using. Continue cooking until liquid has reduced then serve.

Other suitable vegetables/combinations:-

Winged beans; okra; eggplant; bamboo shoots

Banana flower can also be used, but is best if used on its own.