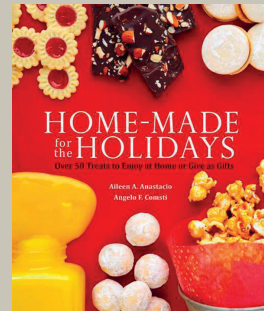
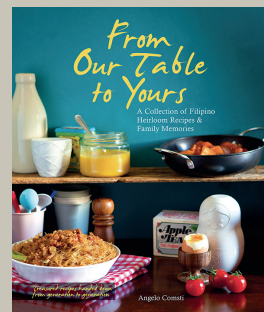


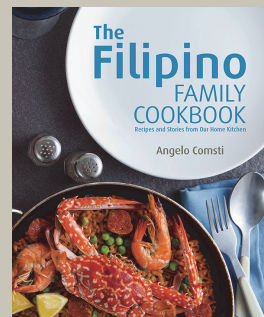
ALSO BY
ANGELO COMSTI



ISBN 978 981 4361 22 4



ISBN 978 981 4398 56 5



ISBN 978 981 4561 42 6

For Review

FUSS-FREE FILIPINO FOOD

QUICK & EASY DISHES
FOR EVERYDAY COOKING

With Spanish, Chinese and Malay influences, Filipino cuisine is distinct from that of its South East Asian neighbours with its sweet, salty, sour and spicy flavours. From staples such as *binagoongang baboy* (pork in shrimp paste) and *tinolang manok* (chicken in ginger soup), to snacks such as *maja blanca* (coconut and corn custard) and *yema* (sweet custard candy), *Fuss-free Filipino Food* features some of the most popular dishes from across the archipelago, with quick and easy recipes that allow anyone to savour the comforting flavours of Filipino cooking without having to spend long hours in the kitchen.

visit our website at:
www.marshallcavendish.com/genref

 **Marshall Cavendish**
Cuisine



ANGELO COMSTI

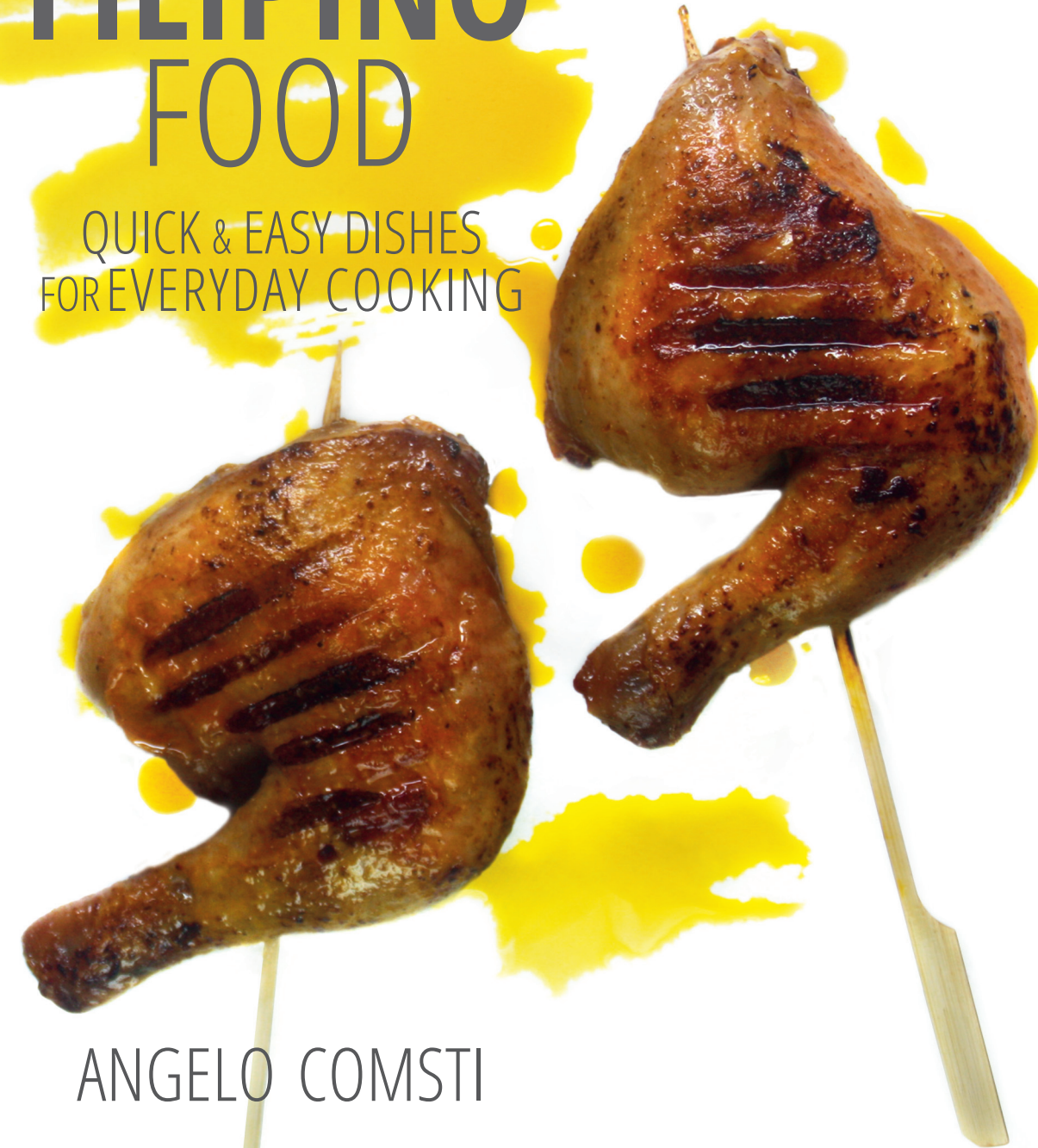
FUSS-FREE
FILIPINO FOOD

Marshall Cavendish
Cuisine 

For Review

FUSS-FREE FILIPINO FOOD

QUICK & EASY DISHES
FOR EVERYDAY COOKING



ANGELO COMSTI



ANGELO COMSTI

is a foodie. His tasty words have made it to television, radio and various periodicals, both print and digital. He also doubles as a food and prop stylist, having produced scrumptious works for magazines, TV and print ads, billboards, restaurant menus and cookbooks.

He did his professional culinary studies at Le Cordon Bleu in Sydney, Australia. He is the author of three best-selling cookbooks, *Home-made for the Holidays*, *From Our Table To Yours* and *The Filipino Family Cookbook*. He resides in Manila, Philippines.

For Review Only

FUSS-FREE FILIPINO FOOD

QUICK & EASY DISHES
FOR EVERYDAY COOKING

ANGELO COMSTI

For Review Only

Food preparation, styling and photography by Angelo Comsti
Author's portrait by Anthony Prudencio

Copyright © 2016 Marshall Cavendish International (Asia) Private Limited

Published by Marshall Cavendish Cuisine
An imprint of Marshall Cavendish International

All rights reserved

No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the copyright owner. Request for permission should be addressed to the Publisher, Marshall Cavendish International (Asia) Private Limited, 1 New Industrial Road, Singapore 536196. Tel: (65) 6213 9300 Email: genref@sg.marshallcavendish.com
Online bookstore: www.marshallcavendish.com/genref

Limits of Liability/Disclaimer of Warranty: The Author and Publisher of this book have used their best efforts in preparing this book. The Publisher makes no representation or warranties with respect to the contents of this book and is not responsible for the outcome of any recipe in this book. While the Publisher has reviewed each recipe carefully, the reader may not always achieve the results desired due to variations in ingredients, cooking temperatures and individual cooking abilities. The Publisher shall in no event be liable for any loss of profit or any other commercial damage, including but not limited to special, incidental, consequential, or other damages.

Other Marshall Cavendish Offices:
99 White Plains Road, Tarrytown NY 10591-9001, USA • Marshall Cavendish International (Thailand) Co Ltd. 253 Asoke, 12th Flr, Sukhumvit 21 Road, Klongtoey Nua, Wattana, Bangkok 10110, Thailand • Marshall Cavendish (Malaysia) Sdn Bhd, Times Subang, Lot 46, Subang Hi-Tech Industrial Park, Batu Tiga, 40000 Shah Alam, Selangor Darul Ehsan, Malaysia

Marshall Cavendish is a trademark of Times Publishing Limited

National Library Board, Singapore Cataloguing-in-Publication Data

Comsti, Angelo F., author.
Fuss-free Filipino food : quick & easy dishes for everyday cooking / Angelo Comsti.
– Singapore : Marshall Cavendish Cuisine, [2015]
pages cm
ISBN : 978-981-4721-50-9 (paperback)

1. Cooking, Philippine. 2. Cookbooks. I. Title.

TX724.5.P5
641.59599 -- dc23 OCN922018094

Printed by Times Offset (M) Sdn Bhd

This book is for the ones feeding my zest for life:
my family, the inspiring local food
community and my country.

For Review Only



07	INTRODUCTION
09	VEGETABLES
21	RICE AND NOODLES
31	POULTRY
43	FISH AND SEAFOOD
57	MEAT
85	SNACKS AND DESSERTS
104	WEIGHTS AND MEASURES

For Review Only



Quick. Easy. Simple.

For a busy working parent with mouths to feed, these words are music to the ears. For a newlywed who aims for domestic bliss or someone who is just learning how to cook, these words offer countless possibilities. For a Filipino working abroad or someone who is keen on sampling Filipino cuisine, these words promise good memories.

Whereas my books before were composed of dishes born out of old, personal stories, *Fuss-free Filipino Food* will provide inspiration for making new ones.

I hope that this book will drive you to don that apron, get busy in the kitchen and enjoy home-grown flavours in the quickest, easiest and simplest way.

Happy cooking!

Angelo

For Review Only



VEGETABLES

- 10 ENSALADANG PAKO
FIDDLEHEAD FERN SALAD
- 12 MONGGO
MUNG BEAN SOUP
- 14 GINATAANG KALABASA AT SITAW
SQUASH AND LONG BEANS IN COCONUT CREAM
- 16 GISING-GISING
GREEN BEANS IN COCONUT CREAM
- 18 PINAKBET
VEGETABLE STEW

MONGGO MUNG BEAN SOUP

SERVES 4

1 cup mung beans, rinsed and drained
3½ cups water
2 Tbsp cooking oil
100 g pork, cut into short, thin strips
3 cloves garlic, peeled and minced
1 small yellow onion, peeled and minced
3 medium tomatoes, chopped
2 Tbsp dried shrimp (*hibi*), crushed
60 g moringga leaves
Fish sauce, to taste

Place mung beans and water in a pot and bring to a boil over medium heat. Let boil until mung beans are tender.

Meanwhile, heat oil in a pan over medium heat. Add pork and sauté until cooked.

Add garlic, onion, tomatoes and dried shrimp. Sauté for a minute.

Add mixture to pot and return to the boil.

Add moringga leaves and simmer for a minute. Adjust to taste with fish sauce.

Dish up and serve.

For Review Only



For Review Only



FISH AND SEAFOOD

- 44 KINILAW NA TUNA
CURED TUNA
- 46 UKOY NA DULONG
SILVER FISH FRITTERS
- 48 SUAM NA MAIS AT HALAAN
CORN AND CLAM SOUP
- 50 FISH ESCABECHE
SWEET AND SOUR FISH
- 52 PAKSIW NA BANGUS
MILKFISH IN VINEGAR
- 54 SINIGANG NA HIPON
PRAWNS IN SOUR SOUP

For Review Only

KINILAW NA TUNA CURED TUNA

SERVES 4

750 g sashimi-grade tuna fillet, cut into cubes

1 small red onion, peeled and finely diced

1 medium red bell pepper (capsicum),
cored, seeded and finely diced

1 medium green bell pepper (capsicum),
cored, seeded and finely diced

2.5-cm knob ginger, peeled and minced

1/2 cup vinegar

1 Tbsp sugar

1 red bird's eye chilli, finely chopped

A pinch of salt

In a bowl, combine tuna, onion, bell peppers and ginger. Toss.

In another bowl, stir together vinegar, sugar and chilli until sugar is dissolved.

Pour vinegar mixture over tuna. Toss and season with a pinch of salt.

Serve.



For Review Only



MEAT

- 58 PORK BARBECUE
- 60 LECHON KAWALI
DEEP-FRIED PORK BELLY
- 62 PORK ADOBO
PORK IN SOY SAUCE AND VINEGAR
- 64 BICOL EXPRESS
PORK BELLY IN COCONUT MILK
- 66 LECHON PAKSIW
ROAST PORK IN LIVER SAUCE
- 68 PORK MENUDO
PORK AND CHICKPEAS IN TOMATO SAUCE
- 70 BINAGOONGANG BABOY
PORK IN SHRIMP PASTE
- 72 DINUGUAN
PORK BLOOD STEW
- 74 ADOBONG PUTI
PORK IN VINEGAR
- 76 PICADILLO
PORK AND WINGED BEAN SOUP
- 78 LUMPIANG SHANGHAI
FRIED PORK SPRING ROLLS
- 80 BISTEK TAGALOG
BEEF STEAK WITH ONIONS
- 82 TAPA
CURED BEEF

For Review Only

ADOBONG PUTI PORK IN VINEGAR

SERVES 4

- 2 Tbsp cooking oil
- 500 g pork belly, sliced
- 3 cloves garlic, peeled and crushed
- 1/2 cup vinegar
- 1 1/2 cups water
- 5 whole black peppercorns
- 1 bay leaf

Heat oil in a pan over medium heat. Add pork belly and cook until brown on both sides.

Add garlic and sauté until just beginning to brown.

Add vinegar, water, peppercorns and bay leaf. Lower heat and simmer until pork is cooked through.

Dish up and serve.

