Filipino cuisine is an ideal choice for finding new dishes to serve your family! The country’s location, climate, and history give a context to these tasty recipes. The Philippines is made up of several islands and located in Southeast Asia. Malaysia and Taiwan, separated by water from the Philippines, are neighboring countries. The climate of the Philippines is tropical, with a plentiful supply of tropical fruits and vegetables, some of which can be commonly found in Indiana grocery stores! Because of the history of colonization and immigration, Filipino cuisine has many cultural influences including Spanish, American, and Chinese. The variety of dishes range from those that are familiar to most Americans to those that are very new and different; however, all the recipes below are healthy, quick and simple to make, and inexpensive.

**Ensaladang Talong:** Ensaladang Talong is a Filipino salad made of grilled eggplant topped with tomatoes and onions. It is a common side dish in Philippine households and a healthy vegetarian option.

**Ingredients:**
- 3 pieces Chinese eggplant or eggplant
- 1 medium sized tomatoes
- ½ medium sized onion
- ¼ cup apple cider vinegar
- ½ tsp salt
- ¼ tsp ground black pepper
- 1 tablespoon shrimp or anchovy paste

**Procedure:**
Grill the eggplant (or cook directly on stove top). Peel the skin, cut the stem, and mash gently using a fork. Cube the tomatoes and onion. Combine the chopped tomatoes, onion, mashed eggplant, salt, ground black pepper, and apple cider vinegar then toss to mix the ingredients. Top with shrimp paste.
Lugaw is a Filipino rice porridge seasoned with meat and other ingredients such as ginger and garlic. It is an ideal dish for people who may find it difficult to eat hard foods. The ingredients like white onion, garlic, and ginger can be substituted for chives, celery, and allspice. The recipe below will help you make your very own Lugaw!

**Ingredients:**
2 tablespoons canola oil  
2 tablespoons white onion, chopped  
2 tablespoon garlic, chopped  
2 tablespoons ginger, julienned  
1 1/2 tablespoons fish, Worchester, or soy sauce  
1/2 cup brown rice  
4 cups chicken stock  
1/2 piece chicken bouillon cube  
salt, to taste  
3 eggs, hardboiled  
sliced  
spring onions or scallions, for garnish  
garlic, for garnish  
2 lemons, sliced

**Procedure:**
Heat oil in a pot over medium heat and sauté onions, garlic, and ginger. Add patis or a substitute sauce and bring to a boil. Add the rice grains and stir. Add the stock, mix, then bring to a boil. Reduce to a simmer. Simmer for 30-40 minutes while stirring constantly or cook until mixture thickens to the consistency that you prefer. Add chicken bouillon cube, mix well and adjust seasoning as necessary. Top with sliced hard-boiled eggs and lemons, fried garlic, and spring onions.
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PANCIT

Pancit is a stir-fried noodle dish that may take on many additional ingredients. Two well-known types of Pancit are featured in this article, Pancit Bihon and Pancit Canton. The main difference between these two Pancit types are the type of noodle that are used. For instance, the noodle used in Pancit Bihon is a thin rice noodle while the Pancit Canton noodle is a thick egg noodle. Other ingredients are common between the two recipes such as the type of meat and vegetables added. Pancit is served at celebrations in Filipino culture such as weddings and birthday parties. In addition, consuming Pancit noodles carries the notion of long life and good health due to the long length of the noodles.

Ingredients:

2/3 cup. chicken breast, boiled, shredded 2/3 cup pork, boiled, cut into strips
1/2 cup small size shrimp, shelled 2.2 lbs. bihon noodles or rice stick noodles
1 medium size carrot, cut into strips 1/2 small size cabbage, shredded
200 g. green beans, cut diagonally 1/2 head garlic, minced
1 medium size onion, chopped 3/4 cup soy sauce
1/2 tsp. black pepper cooking oil

Procedure:

In a large wok, sauté onion and garlic. Add pork, chicken and shrimp. Stir for 2-3 minutes or until meat turns to golden brown. Add soy sauce and black pepper and stir for 2-3 minutes. Add 6-8 c. of stock or water, let boil and simmer for 3 to 5 minutes. Add in bihon or rice noodles, stir and cook for 5-8 minutes or until noodles have absorbed most of the broth. Add more stock if necessary. Add all the vegetables, stir and cook for another 3-5 minutes or until vegetables are just cooked.

Pancit Canton: Substitute bihon noodles for egg noodles and follow the same procedure to make Pancit Canton.
CHICKEN ADOBO

Chicken Adobo is a dish composed of chicken cooked in vinegar, bay leaves, soy sauce, and garlic. In Filipino terms, adobo is the cooking process of marinating and stewing any piece of meat in vinegar, soy sauce, and other ingredients. Its’ popularity in the Philippines make people consider it the unofficial national dish.

**Ingredients:**

- 2 lbs. chicken, cut into serving pieces
- 3 pieces dried bay leaves
- 3 cloves garlic, crushed
- 2 tablespoon ginger, chopped
- 2 cups water
- 1 tablespoon vinegar
- 1 tablespoon soy sauce
- ½ tablespoon salt
- ½ tablespoon garlic powder
- ¼ cup cooking oil
- ¼ tablespoon peppercorn
- ¼ table spoon black pepper

**Procedure:** In a large container, marinate the chicken for 15 minutes. Place the cooking oil in a pan and apply heat. When the oil is hot enough, put-in the marinated chicken. Cook all the sides for about 5 minutes. Pour-in the remaining marinade and add water. Bring to a boil. Add the dried bay leaves and whole peppercorn. Simmer for 30 minutes or until the chicken is tender. Add vinegar. Stir and cook for 10 minutes. Add the sugar, and salt. Stir and turn the heat off.

**SOURCES:**

http://www.overseaspinoycooking.com
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