



*At Home Aka Sa'yo.*

## Top Chef at Seafood City Cooking Classes

Seafood City recently launched a series of cooking classes at Seafood City North Hills. The program, called SEAFOOD CITY HOME COOKING CLASS is designed to help the busy mom come up with easy-to-prepare, delicious meals on a tight budget.

The great thing about these classes is that it features top-caliber chef Cecilia de Castro.

Chef de Castro has collaborated with world renowned Wolfgang Puck and is the founder of the Academy of Culinary Education.

At the cooking class in North Hills, the chef demonstrated how to create some really extraordinary dishes from the everyday ingredients such as eggrolls, tocino (sweet pork) and ripe Mangoes. Chef de Castro also shared some very helpful tips with the audience as she prepared dish after delicious dish!

Learn some really great cooking & baking tips at the HOME COOKING CLASS. Classes are held every Saturday at Seafood City North Hills, 10 a.m. For a limited time, participation is free of charge. All you need to do is present a receipt and you can join the class! Sign up at: [www.seafoodcity.com](http://www.seafoodcity.com)



Here are some of Chef de Castro's delightful recipes!

### Lumpiang Manila (Mini Fried Eggrolls-Manila Style)

Makes about 60 -3" pieces

- 1 pound ground pork (or any protein such as beef, chicken, turkey, salmon etc.)
- 1 pound shrimp, peeled, deveined, finely chopped
- 1/2 cup minced onion
- 1/2 cup minced carrots
- 1/2 cup minced celery
- 1/2 cup minced jicama
- 1/4 cup minced scallions (green onions)
- 1 egg, lightly beaten
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 20 sheets of Pamana spring roll wrapper
- 1 egg white, light beaten with 1 tablespoon water, for eggwash
- Oil for deep frying
- Dipping sauce of your choice

1. In a mixing bowl, combine the ground pork, ground shrimp, onions, carrot, celery, jicama, scallion, beaten egg, salt and pepper. Mix until well blended. (Note: make a small patty and pan fry. Taste and adjust seasoning to your taste.)
2. Prepare a pastry bag with a #5 plain tip. Transfer meat and vegetable mixture into the pastry bag. Pipe the mixture into the length of the spring roll wrapper. Roll the wrapper slightly around the mixture, forming a cigar shape. Brush the opposite end of the wrapper with the eggwash to seal the edge. Repeat the procedure to make about 20 cigar length "lumpias". (Note: it is best to freeze the "lumpia" for at least 1 hour before frying. This will result in a crispier product.)
3. In a deep pan, heat the frying oil to 350 degrees F.
4. Meanwhile, cut the lumpia into 3 equal pieces. Fry for about 5-7 minutes or until done & golden in color. Transfer into strainer lined with paper towel to absorb excess oil. Serve hot with your favorite dipping sauce, such as Pamana Sweet Chili Sauce.



### Mango Smoothie

Makes about 24 ounces.

- 1 cup mango nectar
- 1 Manila mango, peeled, diced, chilled
- 1/2 plain yogurt (or vanilla ice cream, if you want to be decadent)
- 1 cup crushed ice

1. In a blender, combine all the ingredients. Process until smooth and frothy. Serve immediately.

### Pancit Bihon Guisado (Stir-Fried Rice Noodle)

Serves 6 to 8.

- 1 pound Pamana bihon (rice noodle)
- 1/4 cup Pamana cooking oil
- 3 cloves, garlic, minced
- 1/2 pound shrimp, peeled, deveined, butterfied
- 1/2 pound pork, poached, cut into strips
- 1/2 pound boneless, skinless chicken, poached, cut into strips
- Salt, to taste
- Freshly ground pepper, to taste
- 1 small cup onion, thinly sliced
- 1 small carrot, julienne
- 1 small carrot, rondelle
- 1/2 small cabbage, cored, cut into big chunks
- 4 baby bokchoy, trimmed, loosen into leaves
- 1 cup sliced celery
- 1 cup snow peas, strings removed
- 1 cup Pamana chicken stock
- 1/4 cup soy sauce
- 1/2 cup oyster sauce

Garnishes: sliced boiled eggs, minced scallions (green onions), calamansi or lemon wedges

1. In a bowl, rinse the bihon (rice noodle) until softened, about 3 minutes. Drain and reserve.
2. In a wok, over high heat, add 1/4 cup of oil and saute the garlic until aromatic, about 30 seconds. Add the shrimp and stir fry until color changes, about 1 minute. Add the pork and chicken, saute another 2 minutes. Season to taste with salt and pepper. Transfer to a bowl.
3. In the same wok, add the remaining 1/4 cup of oil. Stir fry the onions until glossy, about 1 minute. Add the carrots, cabbage and bok choy. Continue to stir fry another minute. Add the celery and snow peas. Season with salt and pepper. Transfer to the bowl with the reserved meat.
4. In the same wok, add the softened bihon (rice noodle), chicken stock, soy sauce and oyster sauce. Stir fry until well blended. Stir in the reserved stir fried meats and vegetables. Transfer to a serving platter and garnish with sliced hard boiled eggs, minced scallions and calamansi or lemon



### Tocino Salad

Serves 4.

- 12 ounces cooked Marlin Purefoods Tocino (chicken, pork or beef)
- 6 ounces salad mesclun or mixed baby lettuces or your choice of lettuce
- 1 ounce carrots, julienne
- 2 green onions, julienne
- 1/2 bunch cilantro, trimmed, optional
- 1/2 cup grape or pear tomato, cut in half
- Salt & freshly ground black pepper

Asian Dressing:

- 2 ounces Philippine vinegar (Pamana Palm or Cane Vinegar)
- 1 tablespoon calamansi juice
- 1 tablespoon Pamana soy sauce
- 1/4 cup extra virgin olive oil or Pamana vegetable oil
- 6 drops Siling Labuyo

1. Cut the tocino into bite size pieces.
2. In a bowl, prepare the Asian dressing. Taste and adjust seasoning to your taste.
3. Add the salad greens, carrots, green onions, cilantro, and tomato halves. Season with salt and pepper. Toss until well blended.
4. Transfer to a platter or 4 salad plates. Top with the tocino pieces.



## Bring your love home through



# balikbayangifts

[www.balikbayangifts.com](http://www.balikbayangifts.com)

Send them a gift...make them feel loved, make their day special by sending a gift to your relatives. We deliver anytime, anywhere in the Philippines!

**With balikbayangifts.com, you are a step closer to home...**

Call our customer service hotline at  
**888-530-8934**

[www.balikbayangifts.com](http://www.balikbayangifts.com)