

Linn-Benton Community College

Delicious and Easy Filipino Cuisine

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Suggested supplies: If you do not have some of these supplies at home, and it is difficult to get them you can get by with the materials you do have.

Ingredients:

Lumpia

- 1 package Menlo brand Lumpia Wrappers (approx. 16 oz) 30 wrappers
- 1 pound ground chicken or pork
- 1 small package of bean sprouts
- 1 small package Shredded carrots (pre-shredded)
- Salt and Pepper
- Patis, small bottle (Filipino fish sauce, a popular brand is Rufina) or use whatever fish sauce you are able to find or have on hand
- Canola, corn or any oil you have on hand (no Olive Oil) Water and some cornstarch

Pork Guisantes (ghee-sahn-tis) aka Pork & Peas

- 1 pound of pork shoulder or boneless country style pork
- 1 small package of green frozen peas
- 1 small bottle of diced red pimentos OR 1 small red bell pepper 1 can tomato sauce
- 1 round sweet onion
- 3 cloves of garlic
- 1 small bottle pickling spice
- 1 bay leaf (dried)
- Salt and Pepper
- Canola, corn or any oil you have on hand (no Olive Oil)
- Water

Pancit

- 6 oz. dried rice stick noodles also known as Maifun
- 1 pound chicken
- 1 small carrot
- 1 stalk of celery
- 1 round sweet onion
- 3 cloves of garlic

- 1 can of chicken broth
- 1 small bottle of soy sauce
- 1 small bottle of oyster sauce
- Salt and pepper
- Patis, small bottle (Filipino fish sauce, a popular brand is Rufina) or use whatever fish sauce you are able to find or have on hand
- Canola, corn or any oil you have on hand (no Olive Oil)
- Water

Equipment:

- Knife and cutting board
- 2 Sheet pans
- Aluminum Foil
- Paper Towels
- Equipment List
- Large Cooking spoons (slotted ok, bamboo ok, make sure it's heatproof)
- Tongs
- Liquid measuring cups and measuring spoons
- Large pot with a cover
- Frying pan with a lid or a splatter screen
- Wok or large skillet
- Various sizes of bowls, small, medium and large
- Potholder