

SDS (+)
SNA J

san diego state university
STUDENT NURSES ASSOCIATION

**GLOBAL
INITIATIVES
CULTURAL
MENUS**

February 25, 2019

ED. 1: FILIPINO CUISINE

Breakfast

Healthy Champorado 1

Baked Milkfish (Baked Bangus).... 2

Lunch/Dinner

Vegetable Kare-Kare 3

Chicken Afritada 4

Chicken Tinola 5

Desserts

Mamon (Sponge Cake) 6

Melon sa Malamig 7



Recipe:

1

HEALTHY CHAMPORADO



Prep Time
5 minutes

Cook Time
10 minutes

Yields
4 servings

INGREDIENTS

- 1/4 Cup Steel Cut Oats
- 2 Cups Almond Milk
- 100 G Dark Chocolate Chunks
- 1 Tablespoon Date Syrup
- Pinch of Salt
- 2 Tablespoons Coconut Milk
- 1 Tablespoon Coco Nibs
- 1 Tablespoon Bonito Flakes

Nutrition Report Card (amount per serving)

**260
Calories**

**13 grams fat
140 milligrams sodium
7 grams protein
29 grams carbs**

DIRECTIONS

1. Place the oats and almond milk in a sauce pan and turn on the heat to medium.
2. Stir until the oats have blossomed and the almond milk has reduced (5-7 minutes).
3. Cook oats until your satisfied with the texture.
4. Turn off the heat and add in the chunks of chocolate to melt.
5. Add in the date syrup and salt.
6. Get two glasses and evenly distribute the champorado.
7. Top equally with the coconut milk, coco nibs and bonito flakes.
Enjoy!

Recipe:

BAKED MILKFISH (BAKED BANGUS)



Prep Time
15 minutes

Cook Time
1 hour

Yields
4 servings

INGREDIENTS

2 pounds whole milkfish (bangus)
1 tomato, diced
1 onion, chopped
1 (2 inch) piece ginger, thinly sliced
salt and ground black pepper to taste
4 calamansi, juiced
1/2 cup soy sauce
2 cloves garlic, chopped

Nutrition Report Card (amount per serving)

394
Calories

15.5 grams fat
119 milligrams cholesterol
49.8 grams protein
14.3 grams carbs

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. Line a roasting pan with enough aluminum foil to cover the whole bangus.
3. Remove scales and gills from bangus, wash the innards, & pat fish dry with a paper towel.
4. Mix tomato, onion, and 1/3 of the ginger in a bowl and season with salt and pepper.
5. Cut open the front side of the fish and fill with the tomato mixture. Place fish in the prepared pan.
6. Mix calamansi juice, soy sauce, garlic, and remaining ginger in a separate bowl.
7. Pour over the fish in the pan.
8. Fold foil over the fish and seal all ends.
9. Bake in the preheated oven until fish flakes easily with a fork, about 60 minutes.

Enjoy!

* Also delicious to serve with garlic fried rice

Recipe:

KARE-KARE (PEANUT STEW)

Prep Time
15 minutes

Cook Time
25 minutes

Yields
6 servings

INGREDIENTS

- 1 1/4 cup gluten or seitan,* cubes
 - 2 tablespoons corn oil
 - 2 cloves garlic, crushed
 - 1 onion, medium, sliced
 - 1/2 cup ground peanuts
 - 1/4 cup ground toasted rice
 - 1/4 teaspoon salt
 - 1 cup eggplant, sliced
 - 1/2 cup string beans, sliced
 - 2/3 cup banana heart or bud
 - 1/2 cup bok choy (pechay), sliced
- * Gluten is made from protein that is in a variety of grains, such as wheat and rye, and is mixed and kneaded with water. Seitan is a form of wheat gluten. It is sold as strips or in cans at health food stores and Asian supermarkets.

DIRECTIONS

1. Sauté gluten cubes in corn oil.
2. Add garlic and onions.
3. Pour enough water to cover gluten, and add ground peanuts and ground rice to thicken.
4. Season with salt.
5. Add the eggplant, then string beans, then banana, then bok choy (pechay) on top of the cooked gluten.

**Nutrition Report Card
(amount per serving)**

300
Calories

12 grams fat
125 milligrams sodium
36 grams protein
20 grams carbs

CHICKEN AFRITADA



Prep Time
30 minutes

Cook Time
65 minutes

Yields
4 servings

INGREDIENTS

1 pound chicken, breasts or chicken thighs (divide into 4 portions for serving), skin on and remove the skin just prior to serving if desired

1/2 teaspoon salt

1/2 teaspoon pepper

1-1/2 tablespoons olive oil

1 clove garlic, finely chopped

1 medium onion, finely chopped

1 cup chicken broth

1 (14-ounce) container plain tomato sauce or tomato puree

4 bay leaves, torn

2 medium carrots, peeled and diced

1 pound potatoes, peeled and diced

1 bell pepper, diced

1-1/2 cups green peas, fresh or frozen

DIRECTIONS

1. Rub the chicken with salt and pepper.
2. Over medium - high heat, brown both sides of the chicken in a saucepan with olive oil then transfer them to a plate and set aside.
3. Put down the heat to medium.
4. In the same saucepan, sauté the garlic and onions until they are cooked through.
5. Put back the chicken in the saucepan.
6. Add the chicken broth, tomato sauce and bay leaves then cook for about 20 minutes.
7. After 20 minutes, add the carrots and potatoes.
8. After 10 minutes, add the bell pepper and peas then season with salt and pepper.
9. Cook for another 10 - 15 minutes. Serve warm with warm steamed white rice.

Nutrition Report Card (amount per serving)



9 grams fat
150 milligrams sodium
29 grams protein
32 grams carbs

CHICKEN TINOLA



Prep Time
15 minutes

Cook Time
50 minutes

Yields
4 servings

INGREDIENTS

- 1 tablespoon oil
- 1 small onion, peeled and sliced thinly
- 2 to 3 cloves garlic, peeled and minced
- 2 thumb-sized fresh ginger, peeled and julienned
- 1 (3 to 4 pounds) whole chicken, cut into serving pieces
- 2 tablespoons fish sauce
- 5 cups water
- 1 small green papaya, pared, seeded and cut into 2-inch wedges
- 1 bunch fresh spinach leaves, stems trimmed
- salt and pepper to taste

Nutrition Report Card (amount per serving)

100
Calories

3.5 grams fat
630 milligrams sodium
4 grams protein
16 grams carbs

DIRECTIONS

1. In a pot over medium heat, heat oil.
2. Add onions, ginger and garlic and cook until limp and aromatic.
3. Add chicken and cook, stirring occasionally, for about 5 to 7 minutes or until chicken starts to change color and juices run clear.
4. Add fish sauce and cook, stirring occasionally, for about 1 to 2 minutes.
5. Add water and bring to a boil, skimming scum that float on top.
6. Lower heat, cover and simmer for about 30 to 35 minutes or until chicken is cooked through.
7. Add papaya and cook for about 3 to 5 minutes or until tender yet crisp.
8. Season with salt and pepper to taste.
9. Add spinach and cook until just wilted. Serve hot.

Recipe: MAMON (SPONGE CAKE)



Prep Time
45 minutes

Cook Time
40 minutes

Yields
16 servings

INGREDIENTS

2 1/2 cups all-purpose flour
1 cup white sugar
1 tablespoon baking powder
1 teaspoon salt
1/2 cup vegetable oil
8 egg yolks
2 tablespoons grated orange peel
1 teaspoon vanilla extract
1/3 cup orange juice
1/3 cup water
8 egg whites
1/2 teaspoon cream of tartar
1/2 cup white sugar

Nutrition Report Card (amount per serving)

243
Calories

9.2 grams fat
102 milligrams cholesterol
5.2 grams protein
35.1 grams carbs

DIRECTIONS

1. Preheat an oven to 325 degrees F (165 degrees C).
2. Grease 16 muffin cups.
3. Stir the flour, 1 cup sugar, baking powder, and salt together in a large bowl.
4. Make a well in the center of the flour mixture and add the oil, egg yolks, grated orange peel, vanilla extract, orange juice, and water. Mix well by hand until smooth with no lumps.
5. Beat the egg whites with the cream of tartar until foamy in a large glass or metal mixing bowl.
6. Gradually add the 1/2 cup sugar, continuing to beat until soft peaks form. Lift your beater or whisk straight up: the egg whites will form soft mounds rather than a sharp peak.
7. Fold the flour mixture into the egg whites.
8. Pour the resulting batter into the prepared muffin cups to about 2/3 full.
9. Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 40 minutes.
10. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

MELON SA MALAMIG



Prep Time
5 minutes

Mix Time
5 minutes

Yields
4 servings

INGREDIENTS

- ½ cantaloupe
- 1 cup fat-free milk
- 1½ cups ice
- Sweetener, as needed
(about 1 to 2 teaspoons
sugar or equivalent of
another sweetener)

Nutrition Report Card
(amount per serving)

50
Calories

0 grams fat
0 milligrams cholesterol
3 grams protein
10 grams carbs

DIRECTIONS

1. Cut cantaloupe into small cubes or thin strips.
2. Mix cantaloupe, milk, and ice in a blender until smooth.
3. Sweeten to taste.

GLOBAL INITIATIVES CULTURAL MENUS

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BY: 2018-19 GLOBAL INITIATIVES CO-DIRECTOR: PAULINE AMOG



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