

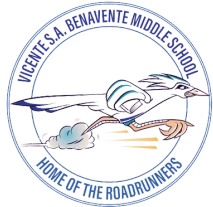
# FAMILY FAVORITES



FROM OUR KITCHEN TO YOURS

Shared by our

BMS Students &  
Families



# **THANK YOU TO OUR VSA BMS STUDENTS & FAMILIES**

**For sharing your recipes**

**Lydelle Movidá & Family**

**Timson Santos & Family**

**Laine-Jo White Wolford & Family**

**Wilson Jaleco & Family**

**Rexson Denchiro & Family**

**Aaron Antonio & Family**

**Jaimie Wanta & Family**

**Sofia Danan & Family**

**Austin Borja & Family**

**Nicaveah Guanzon & Family**

**Ha'ani Cabrera & Family**

**John Carl Simbulan & Family**

**Shan Castillo & Family**

**Rekaeya Manglona & Family**

**Cliff Laurence Ecle & Family**

**Bridgette Brel & Family**

**Drayden Rengulbai & Family**

**Jay Angelo Rivera & Family**

**Micah Carolino & Family**

**Sean Santos & Family**

**Austin Munoz & Family**

**Vaughn Green & Family**

**Alexa Acabado & Family**

**Logan Quintanilla & Family**

**James Koto & Family**

**Raven Bondoc & Family**

**Kaleb Gajo & Family**

**Elyza Wanta & Family**

**Brenan Adams & Family**

**Special Thanks to**

**Sinorita Guiao**

**Sinora Castro**

**Sinora Muna**

# SOPAS

## Ingredients

- 1lb chicken (removed skin)
- 1 pack hotdog (Tender juicy or Purefoods) chopped
- ½ lb elbow macaroni
- 4 stalks celery (minced)
- 1 medium red onion (minced)
- ½ clove garlic (minced)
- 1 large carrot (diced)
- 1 ½ cup chopped cabbage
- 6-8 cups of water
- 2 cans of Evaporated milk (Carnation)
- 3 tablespoons of oil (Canola)
- 1 ½ tablespoons of fish sauce (Patis)
- 1 large bell pepper (diced)
- 1 chicken broth

## Directions

1. Boil water in a pot and add chicken. Boil for 45 minutes, remove chicken when cooked and let it cool.
2. Shred the meat using your hands (throw away the bones)
3. Heat a clean large pot
4. Pour oil or butter, once oil/butter becomes hot, saute' the onions, garlic, carrots and other vegetables for 3 minutes
5. Add the shredded chicken and chopped hotdog. Cook for 2 minutes
6. Pour water and evaporated milk. Stir and let it boil. Simmer for 20 minutes.
7. Add elbow macaroni and cook for 15 minutes. Add more water if needed.
8. Add pepper, fish sauce and chicken broth to adjust the taste.
9. Transfer to a serving bowl. Serve and enjoy!

**By : Lydelle Movida & Family**

# FISH SOUR SOUP

## Ingredients

- 1 pack of frozen boneless milkfish belly
- 4 cups of water
- 4 branches of Titimil leaves (aka Golden Apple/Polynesian plum)
- ½ teaspoon salt (to taste)
- ¼ teaspoon blackpepper (to taste)
- 4 tablespoons olive oil

## Directions

1. Thaw and cut the fish in desired serving size
2. Pat fish dry with paper towel
3. Season with 2 tbsp olive oil, salt, and pepper then set aside. (make sure not to use all salt and pepper)
4. In a medium pot, boil 4 cups of water.
5. Drop the fish inside the pot for 5-10 minutes or when the soup boils again.
6. Remove all leaves from Titimil branches and add them to the soup.
7. Add remaining salt, pepper and olive oil.
8. Reduce heat and simmer for 5 minutes.
9. Serve with steamed rice and hot pepper or tapioca.
10. Enjoy!

**By : Timson Santos & Family**

# SHRIMP KADU

## Ingredients

1 Box of shrimp  
Onions  
Garlic  
Salt/Black Pepper  
Coconut Milk  
Cherry Tomatoes  
Secret Ingredient

## Directions

1. Thaw the shrimp.
2. Cut the top of the head and feelers.
3. Place shrimp in a pot
4. Add a little water
5. Add salt and black pepper to your taste
6. Add a little vinegar to your taste and secret ingredients
7. Cook till shrimp turns pink
8. Add cherry tomatoes and coconut milk
9. Turn off heat when cherry tomatoes are soft
10. Enjoy my family's shrimp kadu

**By : Laine-Jo White Wolford & Family**

# PORK SINIGANG

## Ingredients

- 2 lbs pork belly
- 3 tablespoons fish sauce
- 12 pieces string beans (sitaw) cut into 2 in. length
- 2 pieces tomato (quartered)
- 3 pieces chili or banana pepper
- 1 tablespoons cooking oil
- 2 quarts water
- 1 onion (sliced)
- 2 pieces taro gabi (quartered)
- 1 pack sinigang mix

## Directions

- 1.Heat the pot and put in the cooking oil
- 2.Saute the onion until its layers seperate from each other
- 3.Add the pork belly and cook until outer part turns light brown
- 4.Put in the fish sauce and mix with the ingredients
- 5.Pour the water and bring to a boil
- 6.Add the taro and tomatoes then simmer for 40 minutes or until pork is tender
- 7.Put in the sinigang mix and chili
- 8.Add the string beans (and other vegetables if there are any) simmer for 5-8 minutes
- 9.Put in the spinach, turn off the heat, and cover the pot. Let the spinach cook using the remaining heat in the pot

**By : Wilson Jaleco & Family**

# BREAKFAST FRIED RICE

## Ingredients

6 Cups of cooked rice  
1 can of Spam  
3 eggs  
2 garlic cloves  
Soy sauce  
Black pepper  
Salt

## Cooking Utensils

Large pot  
Mixing spoon  
Small Pan

## Directions

- 1.Oil the large pot and turn your stove on to medium heat.
- 2.Crack and scramble the eggs. Then dice the spam and add to the pot
- 3.Add rice to the large pot and turn heat to low. Chop garlic and fry it in the small pan until golden brown
- 4.Slowly pour in some soy sauce and add your seasonings (salt and pepper)
- 5.Add the fried garlic to the rice and mix well

**By : Aaron Antonio & Family**

# COOKING BANANA IN COCONUT MILK

## Ingredients

- 1 bunch of cooking banana
- 1 can of coconut milk
- 1 spoon of flour or cornstarch

## Directions

### Banana-

1. Peel the bananas
2. Put the bananas in a pot of water and boil for 3-5 minutes
3. Once its cooked, place it on a plate

### Coconut Milk-

1. Pour coconut milk in a pot and cool until boil
2. While it's cooking, add 1 spoon of flour or cornstarch
3. Once coconut milk is cooked, pour it on top of the bananas
4. Serve and enjoy

**By : Rexson Denchiro & Family**



# JAPANESE HAMBURGER (HAMBAGU) AND POTATO CROQUETTE (KOROKKE)

## Hambagu Ingredients

Grand beef  
grand pork  
carrot  
onion  
bell pepper  
tofu  
salt  
pepper  
bay leaf  
milk  
bread crumbs.

## Korokke Ingredients

potato  
ground pork  
corn(optional)

## Directions

### Hambagu-

1. Finely chop every ingredient into small pieces
2. Mix everything and make into an oval shape
3. Fry in a pan over high heat until outside crispy
4. Bake slowly over low heat
5. Serve hamburger and vegetables on a plate

### Korokke-

1. Boil the potatoes then crush while its hot
2. Fry the ground pork in the frying pan and season it with black pepper and salt
3. Mix potatoes with ground pork and corn in a bowl
4. Make it into a shape of an oval and sprinkle with flour and a beaten egg
5. Sprinkle bread crumbs and fry in oil
6. Serve fried croquette on a plate with chopped cabbage, then sprinkle bulldog sauce with mayonaise

**By : Jaimie Wanta & Family**

# SILVER FISH PATTY

## Ingredients

Silver fish  
Malunggay leaves  
Chopped onions  
Oyster Sauce  
Salt  
Black Pepper  
Cooking Oil  
Flour

## Directions

1. Defrost the Silver fish
2. Chop the onions
3. Mix all the ingredients together
4. Put oil on the pan
5. Make a patty shape and fry it (should be palm size)
6. Ready to eat

**By : Sofia Danan & Family**

# PASTILLAS

## Ingredients

2 cups powdered milk sifted  
1 can (14 oz) condensed milk  
1/2 cup granulated sugar sifted

## Directions

1. You do not cook them, freeze it for 2 hours and it will be done

**By : Austin Borja & Family**

# CHEESY BUTTERED MUSCLES

## Ingredients

Salt  
Pepper  
Half of an onion  
3 garlic cloves  
butter  
cheddar cheese  
lime/lemon/kalamansi

## Directions

1. Chop onions and garlic into small pieces
  2. Get the muscles out
  3. Boil water in a pot
  4. Mix salt and pepper and put it on each muscle.
  5. Put as much muscles in a steam pot (Remember, do not put muscles on top of another muscle)
  6. Put it on top of the boiling water and wait for 20 minutes
  7. While waiting for the muscles to be steamed up, get the butter, chop the onions and garlic
  8. Put 1/4 butter into a hot pan
  9. Put the chopped onions and garlic in and stir
  10. Once butter is melted, put lime, kalamansi or lemon
  11. Once the muscles are steamed, put the mixture of butter on each muscle
  12. Put in the cheddar cheese as well
  13. Then put the steam pot back on top of the other pot and wait for another 20 minutes
- Now you have your Cheesy buttered muscles! :)

**By : Nicaveah Guanzon & Family**

# SCALLOPED POTATOES

It's not our recipe but my mom makes it once in a while and it's the best!

## Ingredients

6 potatoes

1 bag of mozzarella cheese

Sour cream

## Directions

1. Thinly slice the potatoes and soak them
2. Melt the mozzarella cheese
3. When done, put the potatoes on a tin pan and put sour cream over it
4. Put the mozzarella cheese on top of the sour cream and keep repeating until you reach the top of the tin pan
5. Put it in the oven for at least 30-40 minutes
6. There you have it scalloped potatoes!

**By : Ha'ani Cabrera & Family**

# CHICKEN TINOLA

## Ingredients

Chicken  
ginger  
Garlic  
Onions  
Fish sauce  
Papaya  
Chili leaves or malunggay

## Directions

1. Saute ginger, garlic, onions in hot oil until aromatic
2. Add the chicken and fish sauce and render until fats and juices come out
3. Pour in water and bring to boil. Cook until meat is tender
4. Add the green papaya and cook until soft
5. Lastly, add the chili leaves or malunggay leaves

**By : John Carl Simbulan & Family**

# CHICKEN KELAGUEN

## Ingredients

Grilled chicken

Pepper

Salt

Lemon

Onions

## Directions

1. Defrost the chicken
2. Grill chicken with no ingredients
3. Wait for the chicken to cool down
4. Cut onions to cubes
5. Add salt (not too much)
6. Add lemon powder or regular lemon
7. Add more salt if needed

**By : Shan Castillo & Family**

# COCONUT CRAB

## Ingredients

Salt  
Aji  
Black peper  
2 slices of lemon  
Fresh coconut milk  
Pumpkin tip  
Green onions

## Directions

- 1.Boil coconut crab (till red)
- 2.Clean the crab
- 3.Remove the back shell and the sharp pinch
- 4.Hammer the shell
- 5.Put it in a pot
- 6.Add salt, black pepper, onion, aji, and the 2 slices of lemon
- 7.Put 2 cups of water
- 8.Boil and mix it
- 9.Grind coconut and add 2 cups of water
10. Take out the milk of the coconut crab
- 11.Strain the coconut milk
- 12.Add milk to the crab
13. When done, put in the tip of the pumpkin and green onion
- 14.ENJOY!

**By : Rekaeya Manglona & Family**



# PORK ADOBO

## Ingredients

Salt  
1kg of pork  
3 tablespoons oil  
1 piece of onion  
1 sesame seeds  
5 spoons of soy sauce and vinegar

## Directions

1. Cut the pork into cubes
2. Chop the garlic and onions
3. Get a pan and put the oil
4. Put garlic first, if the garlic is color like a golden brown and put the onion
5. Put the pork together and mix it until the pork is color brown
6. Put 1 cup of water and wait 10-15 minutes to boil
7. Put vinegar and wait again for 10-15 minutes to cook the vinegar
8. Put the soy sauce and wait for 10-15 minutes

**By : Cliff Laurence Ecle & Family**

# CHICKEN CURRY

## Ingredients

- 5 lbs chicken parts
- 1 tablespoon curry powder
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/8 teaspoon accent
- 2 teaspoon chopped garlic
- 1 2bs frozen mixed vegetables
- 2 tablespoon corn starch

## Directions

1. Slice chicken parts to a cube, dice onion and garlic, put them on the side
2. In a pot, boil chicken for about 5 minutes, after 5 minutes rinse and strain, put on the side
3. Saute onion and garlic until golden brown
4. Add chicken, curry powder, salt, black pepper and accent (optional) stir it in for about 5 seconds
5. Add 2 (8oz) of water, bring it to boil for about 5 minutes and add mixed vegetables, bring to boil for 2 minutes
6. Mix 2 (1tbs) corn starch with a 1 oz. of water and pour it to the pot, mix for 1 minute and its done
7. Serve with rice and enjoy while it's a little hot

**By : Bridgette Brel & Family**

# **BEEF MACARONI GOULASH**

## **Ingredients**

**Ground beef**

**1-can Diced tomatoes - 14.5oz**

**1-can Stewed tomatoes - 14.5oz**

**1-Pasta sauce (can or jar) - 24oz**

**1 tablespoon Italian seasoning**

**1 tablespoon Paprika**

**2 tablespoon Garlic (minced)**

**1 tablespoon Basil (chopped)**

**1 tablespoon Chili powder**

**1 tablespoon Soy sauce**

**1 tablespoon Worcestershire**

**Beef broth**

**3/4 of 1 pound Eblow macaroni pasta**

## **Directions**

- 1.Cook 3/4 of a 1 pound box elbow macaroni (drain and set aside)**
- 2.Brown 2 lbs of ground beef and drain**
- 3. Prepare 1/2 tsp salt, 1 tsp pepper, 1 large sweet onion (diced), 1 large bell pepper of your choice (diced)**
- 4.In a large pot on medium heat add petite diced tomatoes, stewed tomatoes, 1 small can of tomato sauce, pasta sauce, Italian seasoning, paprika, minced garlic, chopped basil, chili powder, soy sauce, Worcestershire sauce**
- 5.Add 3 cups of beef broth then toss in 2 bay leaves (remove leaves before eating) then mix all together**
- 6.Now add 3/4 box of precooked elbow macaroni and stir together then simmer everything for about 15-20 minutes**
- 7.Optional-Put in a crock pot on warm until ready to eat (flavors will continue to sink in)**

**Note! If it becomes dry for your liking just add more beef broth**

**By : Drayden Rengulbai & Family**

# CHOCOLATE CHIP MINT COOKIES

## Ingredients

2 1/4 cups all-purpose flour  
1 teaspoon baking soda  
1 teaspoon salt  
1 cup (2 sticks) butter, softened  
3/4 cup granulated sugar  
3/4 cup packed brown sugar  
1 teaspoon vanilla extract  
1 tablespoon peppermint extract  
Green food coloring, till desired color is reached  
2 large eggs  
2 cups (12oz package) NESTLÉ® TOLL HOUSE® Semi-Sweet Chocolate Morsels

## Directions

1. Preheat oven to 375° F
2. Combine flour, baking soda and salt in a small bowl. Beat butter, granulated sugar, brown sugar, vanilla extract and peppermint extract, in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and green food coloring . Drop by rounded tablespoon onto ungreased baking sheets
3. Bake for 9-11 minutes or until golden brown. Cool on baking sheet for 2 minutes; remove to wire racks to cool completely

By : Jay Angelo Rivera & Family

# BEEF PICADILLO

## Ingredients

Brown beef  
Carrots  
Potatoes  
Onion  
Tomato sauce  
Bread  
Cheese

## Directions

- 1.Saute garlic and onion
- 2.Add beef wait until it becomes tender then add potatoes and carrots
- 3.When cooked, bring to boil and add tomato sauce
- 4.Add salt and pepper to taste

**By : Micah Carolino & Family**

# SANTOS PANCAKES

## Ingredients

2 cups flour

1/2 cup sugar

2 eggs

1 tablespoon baking powder

Stick of butter to fry

## Directions

1. Mix flour, sugar, eggs and baking powder while slowly adding the milk until the batter is smooth and pours out easily
2. Melt butter on a pan and fry pancakes until it turns golden brown

**By : Sean Santos & Family**

# FRIED CHICKEN

## Ingredients

Onions  
Garlic  
Black pepper  
Lemon powder or juice  
Cooking oil for frying  
Chicken parts or whole chicken

## Directions

1. Thaw, rinse and strain all chicken pieces
2. Mix all ingredients together then marinate chicken for at least 30 minutes
3. After marinating for 30 minutes, fry chicken till thoroughly cooked in both sides
4. Serve with rice

**By : Austin Munoz & Family**

# HOTLINKS WITH CABBAGE

## Ingredients

Hotlinks

Cabbage

Onions

Garlic/garlic powder

Black pepper

Vegetable oil

## Directions

1. Slice the hotlinks diagonally
2. Heat the oil in a frying pan
3. Throw in the hotlinks until cooked
4. Add garlic/garlic powder and black pepper
5. Throw in onions and cabbage
6. Stir the food in a pan
7. Serve with hot rice

**By : Vaughn Green & Family**



# EASY PEASY CHOCOLATE CAKE

## Ingredients

Oreos  
Milk

## Directions

1. Put 5 crushed Oreo in a mug
2. Pour in the milk about halfway in the mug
3. Bake it in the microwave for 75 seconds or until it's fully baked
4. Let it sit for a minute or two to cool down. Enjoy!

**By : Alexa Acabado & Family**

# COFFEE CHEESECAKE

## Ingredients

Cream cheese  
Pre-made pie crust  
Vanilla extract  
Eggs  
Sugar  
Instant ground coffee

## Directions

1. Add 2 bars of soften cream cheese to a bowl
2. Add 2 eggs to the softened cream cheese
3. Add 1/2 cup of sugar to the bowl. Next blend ingredients with a hand mixer
4. Put instant coffee and 1 tsp of vanilla extract in a separate bowl (instant coffee will dissolve)
5. Add instant coffee and vanilla extract (it will look like a syrup) into the cream cheese mixture and mix again with hand mixer
6. Once everything is combined, preheat oven to 400, you will need to place cheesecake in a water bath so you will need a deep dish to place pie into
7. Put mixture into pie crust, place into water bath
8. Bake for 1 hour or until top of cheesecake is lightly brown on top. Once done allow to cool for 30 minutes then top with cool whip or enjoy plain. Its best cold or however you like it. Enjoy! This is a universal recipe, you can mix anything you like (Oreos, toffee bits)

**By : Logan Quintanilla & Family**

# TAMA

## Ingredients

Flour  
Baking soda  
Baking powder  
Sugar  
Eggs or no eggs  
Milk or water

## Directions

1. Mix all ingredients together:
    - a. 5 cups of flour
    - b. 3 tablespoon baking powder
    - c. 1/2 tablespoon baking soda
    - d. 2 eggs
    - e. 2 1/2 cups of sugar
    - f. 1 can of Evaporated milk
  2. Use a deep pot and fill with oil half war of the pot
  3. Deep Fry
- ENJOY!

By : James Koto & Family

# KARE KARE

## Ingredients

3 lbs oxtail cut into 2 inch slices (you can also use tripe or beef slices)  
1 piece small banana flower bud (sliced)  
1 bundle pechay or bokchoy  
1 bundle string beans cut into 2 in slices  
4 pieces eggplants (sliced)  
1 cup ground peanuts  
1/2 cup of peanut butter  
1/2 cup shrimp paste  
34oz water about 1 liter  
1/2 cup annatto seeds soaked in a cup of water  
1/2 cup toasted ground rice  
1 tablespoon garlic (minced)  
1 onion (chopped)  
Salt and pepper

## Directions

1. In a large pot, bring the water to a boil
2. Put in the oxtail followed by onions and simmer for 2.5 to 3 hours or until tender (35 minutes if using pressure cooker)
3. Once the meat is tender, add the ground peanuts, peanut butter, and coloring (from annatto seed mixture) and simmer for 5 to 7 minutes
4. Add the toasted ground rice and simmer for 5 minutes
5. On a separate pan, saute the garlic then add the banana flower, eggplant, and string beans and cook for 5 minutes
6. Transfer the cooked vegetables to the large pot (where the rest of the ingredients are at)
7. Add salt and pepper to taste
8. Serve hot with shrimp paste. Enjoy!

**By : Raven Bondoc & Family**

# **BEEF & CABBAGE WITH OYSTER SAUCE**

## **Ingredients**

2 lbs ground beef  
1 whole cabbage (sliced)  
1 small onion  
1 teaspoon black pepper  
1 1/2 teaspoon garlic powder  
1 teaspoon parsley  
1 tablespoon soy sauce  
Oyster sauce  
(Just an estimate, measurements may vary)

## **Directions**

- 1.Saute the onions in oil
- 2.Add ground beef and cook until brown
- 3.Add black pepper, garlic powder, parsley and soy sauce and stir
- 4.Drain the oil from ground beef
- 5.Mix in the sliced cabbage
- 6.Add oyster sauce
- 7.Cook a little bit more and Done

**By : Kaleb Gajo & Family**

# BEEF SOUP (NILANGANG BAKA)

## Ingredients

2 lbs beef shanks, bone-in  
8 cups water  
1 large onion  
1 teaspoon peppercorns  
3 corn cut into halves  
2 medium potatoes  
1 small cabbage  
12 green beans  
Salt  
Green onions (optional)

## Directions

1. In a pot over medium heat, bring enough water to cover the meat to a boil. Carefully add the meat and boil for about 2 to 3 minutes
2. Drain the meat, discard the liquid, and rinse the meat
3. Return the rinsed meat to the pot, cover with water and bring to a boil (medium heat)
4. Add onions, peppercorns and salt (fish sauce optional)
5. Lower heat, cover and cook at no more than a simmer for about 2 to 2 1/2 hours or until shanks are tender. Add more water as needed during the cooking process to maintain about 6 to 7 cups
6. Add corn and cook for about 5 to 7 minutes
7. Add potatoes and cook for about 5 minutes or until almost tender
8. Add green beans and cabbage and cook for 2 to minutes or until vegetables tender yet crisp
9. Season with salt to taste. ladle into serving bowls and garnish with chopped green onions, if desired. Serve hot

**By : Elyza Wanta & Family**

# BLUEBERRY CHEESECAKE

## Ingredients

- 1 Graham cracker pie crust (6oz)
- 1 Philadelphia cream cheese, thawed to room temperature (8oz)
- 1 Cool whip, thawed (8oz)
- 1/4 cup powdered sugar
- 1 can blueberry pie filling

## Directions

1. In a mixing bowl, use hand mixer to whip cream cheese until it looks smooth
  2. Pour powdered sugar into bowl and use hand mixer to mix with cream cheese
  3. Use a spatula or mixing spoon to fold cool whip into mix
  4. Transfer the mix to the pie crust
  5. Top with blueberry filling
  6. Chill in refrigerator for 1 to 2 hour minimum before sliced and served.
- Enjoy!

**By : Brenan Adams & Family**