

The Potager Garden

at ARYA RESIDENCES



The Potager Garden at Arya Residences

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ARTHALAND
BUILDING SUSTAINABLE LEGACIES

Our Message

At first glance, it may seem unusual that a real estate development company is publishing a book about herbs, vegetables, and spices. Yet, for anyone familiar with Arthaland's story and what we stand for, it is certainly not a surprising endeavor.

This book exhibits our bountiful garden and its harvest, coupled with delectable recipes contributed by the owners and residents of our flagship residential development, Arya Residences. Moreover, it tells our community's story, our unwavering commitment to sustainable development and our mission to enhance the well-being of our people.

A few years ago, my wife Connie visited the Annex rooftop to relax and enjoy the view from up there. Looking at the sprawling open space between Arya's two towers, she realized that the area had tremendous potential for a thriving vegetable garden. With the enthusiastic support of Arthaland's management, she kickstarted the project by donating 200 sacks of premium "black gold" compost from her organic and sustainable farm in Tagaytay and several sweet potato varieties and selected herbs from her cache of seedlings.

Since then, the garden has grown to include over twenty different kinds of produce available throughout the year, with a total planting area of approximately 400 square meters. Under the meticulous care of Arthaland's horticulturist, Ruiz Fuentebella, and his team, the rooftop at Arya's Annex has been transformed into a prolific garden where an abundance of fresh organic vegetables and herbs is produced for and delivered to residents at cost. The garden itself is self-sustaining as proceeds are used to maintain it and to purchase organic seedlings for the next harvest.

In every one of our developments, we dedicate a large percentage of the property's area to green spaces because we believe in the innate need to be close to nature. Due to the outstanding success of our first Potager Garden, we are replicating this program in all our current and future developments under an initiative labeled: The Potager Gardens by Arthaland. We are immensely proud to be able to provide a blossoming oasis at the heart of the metropolitan and to be a source of nourishment for our community.

By way of this publication, our residents can enjoy many sumptuous meals with family and friends, using the vegetables from our Potager Garden and following the recipes that the contributors have created or inherited and are now generously sharing.

This book embodies the manifestation of our definition of wealth. Because for us, wealth is not only determined by material assets. It includes living a meaningful existence bursting with comfort, health, happiness, and sharing these flavors with the people we love most.

It is what makes Arya a great place to live in.

Jaime C. González
Vice Chairman and President
Arthaland Corporation

The Potager Garden

Potager (pronounced as po-ta-je) comes from the French word potagère, which translates to “for the soup pot.” That is, what grows in the garden is what is served at the dinner table. For us, this means having an array of herbs, vegetables, and plants close to home, imbued with beauty and enjoyment for all the senses to enjoy.

In France, the first potager gardens were monastery gardens — a compact and spiritual place of rest, relaxation, and restoration with flowering annuals, herbs, and medicinal perennials mixed among vegetables and fruits with seasonality and continuity in mind. A feast for the soul and for the hearty appetite.

It has since evolved into what we know now as potager or kitchen gardens which many homes and restaurants in the countryside in many countries, and indeed highly rated chefs, have adopted as a key source of ingredients for their servings. These plots typically have narrow beds to make planting, tending, and harvesting easier for home gardeners. Traditionally, the layout is based on repetitive geometric patterns of crops often surrounded by a wall or hedges.

Lines, pathways, texture, color, and rhythm come together and provide benefits for the cultivation of different types of plants and diversification of foliage that are aesthetically pleasing.

In this day and age where self-sustainability and efficient use of time and space are utmost concerns when it comes to growing and harvesting, the success of potager gardens lies in its practical design and planning: easy, low maintenance, and useful.



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Wild Chili

Siling Labuyo
Capsicum frutescens

Wild chili is a small chili pepper cultivar that originated in the Philippines after the Columbian Exchange in the 15TH and 16TH centuries. Siling labuyo is its common name in Filipino. The fruit is classified as very highly pungent at 80,000 to 100,000 heat units on the Scoville Scale which measures chili peppers’ spiciness. In the Philippines, it is popularly used to flavor vinegar to create a spicy condiment.

Chili Pepper

Siling Haba

Capsicum annuum

With origins that can be traced back to what is now Mexico as early as 6,000 years ago, chili peppers are among the world's most consumed spices. It was introduced to Asia by Portuguese traders in the 15TH century. Technically, chili peppers are classified as berries and can be used fresh or dried and then crushed into chili powders, pastes, and sauces used as a spice or seasoning. Capsaicin is the active chemical component in chili peppers that causes an intense burning sensation in tissue and mucous membranes. Capsaicin is a common ingredient in topical balms for skin and muscle ailments. The leaves of chili pepper are also edible and used in many Asian cuisines.



Bell Pepper

Capsicum annuum

Originating in Mexico, Central America, and South America, bell peppers are sweet-tasting chili peppers with no heat that grows in various colors such as green, yellow, orange, or red. Despite their different hues, all bell peppers are part of the same plant species. Color and flavor are determined by the stage of ripeness when harvested. Orange and red bell peppers mature longer on the plant and tend to be sweeter than green peppers. They also have double the vitamin C and eight times the vitamin A content. Bell peppers are highly nutritious, low in calories, and rich in antioxidants.



Corn

Mais

Zea mays

Corn originated in Mesoamerica in what is now Mexico almost 10,000 years ago. It is said that corn is a human invention as it required the deliberate domestication from a wild grass called teosinte which still grows today. It was an essential part of Mesoamerican culture. Mayans believed that they were created from maize and they developed many rituals, dances, and festivals around its cultivation and harvest. It is now grown extensively in the tropics and temperate regions around the world. In some provinces in the Philippines, corn is a food staple akin to rice. It is a good source of protein, carbohydrates, vitamins A, B, and C, potassium, and zinc.



Bitter Gourd

Ampalaya

Momordica charantia

Bitter gourd originated in India and made its way into China in the 14TH century. There are now more than 11 Chinese varieties. Today, it is harvested and used in cuisines across the tropical and sub-tropical regions of Asia, Africa, South America, and the Caribbean. Soaking it in salty water before cooking removes some of the bitter taste of the fruit. It is packed with nutrients, including vitamin B, iron, calcium, and phosphorus. Studies have shown that the bitter gourd has properties such as polypeptide-p, which has anti-diabetic effects and it helps lower blood sugar levels.



Cucumber

Pipino

Cucumis sativus

Cucumber is a green cylindrical fruit from the creeping vine plant in the Cucurbitaceae gourd family. Other members of this family include watermelon, pumpkin, and squash. Native to India, cucumbers have been cultivated for over 3,000 years. They have a refreshing taste, contain phytonutrients, and maintain its coolness due to its water retentive ability. Cucumbers are made up of 96% water and a good source of calcium, iron, and vitamins B and C.



Eggplant

Talong

Solanum melongena

Native to India, where it is considered a king among “vegetables,” eggplant, or talong in Filipino, has been cultivated for thousands of years. The word “eggplant” itself was first recorded in 1763 and described initially as white cultivars which had the size and likeness of chicken eggs. Today, eggplants are most commonly a purple color. Technically a berry, the savory fruit is spongy and absorbs oils, sauces, and flavors of other mixed ingredients. When raw, eggplants have a bitter taste but they become tender and rich in flavor when cooked. In the Philippines, a popular dish made with eggplant is tortang talong, a grilled eggplant omelette.

Lady's Fingers

Okra

Abelmoschus esculentus

Lady's fingers is a flowering plant best known for its fibrous fruits containing round, white seeds. The pods have a viscous or gelatinous consistency. It has a sweet, mild flavor that gains complexity when cooked. It can be crunchy or tender, depending on the cooking style and duration. While its origins are uncertain, they are cultivated in warm tropical regions. It is rich in dietary fiber, vitamins C and K, and contains moderate thiamin, folate, and magnesium.



Philippine Lime

Kalamansi

Citrus x microcarpa

Philippine lime or kalamansi is from a natural hybridization of kumquats and another citrus believed to be the mandarin orange. It is said to be native to China and traded to Filipinos in ancient times, the Philippines is now the biggest producer of kalamansi. It is often used in its green state instead of its tangerine orange ripened form. It grows in shrubs or small trees characterized by leaves that spring out like wings with white or purplish flowers and a fruit that resembles a little round lime. A valuable source of vitamin C, it is widely used in Filipino cuisine. The fruit's acidic juice acts as a natural vinegar and is a staple on the Filipino dining table. It effectively neutralizes odors when cooking with fish, balances salty and complex flavors, and adds freshness to oily dishes. Kalamansi juice is also a popular local beverage.



Squash

Kalabasa

Cucurbita maxima

This species originated in South America. Squash, locally called kalabasa, is a climbing herbaceous vine grown throughout the Philippines and other warm regions. The fleshy, yellow pulp fruit is used in baking and cooking while its edible young shoots and flowers can be used as green vegetables. Kalabasa is a low-calorie fruit due to its high-water content. The fruit, shoots and flowers contain calcium, vitamins A and B, phosphorus, and iron. Its dried seeds are a good source of protein, zinc, and other vitamins.



Yardlong Bean

Sitao

Vigna unguiculata
subsp. sesquipedalis

Yardlong bean or sitao, as it is locally called, is a legume with edible green pods with immature seeds that usually grows up to about half a yard long. It is commonly grown in the warmer regions of South Asia, Southeast Asia, and southern China. The beans are crisp and tender and are eaten both fresh and cooked. It is a popular ingredient in Filipino dishes such as pinakbet, sinigang, and kare-kare. They are a good source of protein, vitamin A, thiamin, riboflavin, iron, phosphorus, potassium, and a rich source for vitamin C, folate, magnesium, and manganese.



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Green Onion

Dahon ng Sibuyas
Allium fistulosum

Green onion or sometimes called spring onions is related to the common onion, but its hollow leaves resemble leeks and chives instead of large bulbs. Native to the continent, green onions are a staple ingredient in East and Southeast Asian cuisine, and it is especially ubiquitous in Korean food. Green onions are a great source of vitamins K, C, and A.

Sweet Basil

Balanoy

Ocimum basilicum

Basil was able to migrate toward the West from its native India due to the ease with which it can be grown. Over the centuries, many cultures have attached significant symbolism to the herb. Due to its distinct aroma, in ancient Egypt basil was found in mummies and tombs as it held an essential role in embalming and preserving processes. Ancient Indian healers practicing Ayurveda used basil as a medicinal herb for its soothing and healing properties. Basil is abundant in vitamins A and K and minerals such as calcium, iron, and manganese. It is said to have antioxidant and anti-inflammatory properties. Prevalent in Italian cuisine, basil is commonly used in pesto recipes or as a finishing touch to various dishes as heat from cooking reduces the herb's flavor.



Chinese Chaste Tree

Lagundi

Vitex negundo

Lagundi, as it is known locally, is a large aromatic shrub with dense tomentose (i.e., hairy) branchlets and serrated leaves. It is native to tropical areas in Asia and Eastern and Southern Africa. The vegetable's seeds are often used as a substitute for pepper, and its leaves and roots are commonly used in the preparation of tea. In the Philippines, lagundi is used as a cough remedy known for its antiseptic, astringent, anti-inflammatory, and antipyretic properties.

Rosemary

Salvia rosmarinus

Native to the Mediterranean region, rosemary is a member of the mint family which includes oregano, thyme, and basil. A perennial herb, it grows in shrubs, and it is a woody and fragrant evergreen with needle-like leaves and white, pink, purple, or blue flowers. Rosemary has a bitter, slightly minty, piney, and peppery taste and spicy aroma that does not diminish when cooked, making the herb a perfect companion for stews and roasting meat and vegetables.



Screwpine

Pandan

Pandanus amaryllifolius

Screwpine is a herbaceous tropical plant that is native to Southeast Asia. The screwpine plant stands upright with long blade-like leaves fanning from its stem. It is a sterile plant that does not grow from a seed and is propagated using cuttings. Its leaves are used both as a natural food coloring and a flavoring agent. Its fragrant leaves are often paired with coconut meat (a combination referred to as buko pandan) in various Philippine desserts and drinks like maja blanca and gulaman.



Turmeric

Luyang Dilaw

Curcuma longa

Turmeric is a bright yellow-orange spice native to India and Southeast Asia. The root of the plant is commonly used to create turmeric powder. Turmeric has a musky, earthy aroma and a pungently bitter taste. The spice is used as a natural dye and food coloring and adds flavor to curries. The main active ingredient is curcumin, which is an antioxidant agent and has strong anti-inflammatory properties.



Thai Basil

Sulasi

Ocimum basilicum
var. thyrsiflora

Native to Southeast Asia, the purple-stemmed Thai basil is a spicier variety of basil that thrives in humid, tropical, and subtropical environments. Available year-round, its fragrance is reminiscent of anise and licorice flavors. Unlike sweet basil, Thai basil can withstand higher or extended cooking temperatures and is a staple herb in Thai cuisine, in many Vietnamese dishes such as pho as well as Laotian and Cambodian recipes. Thai basil is rich in vitamins A, C, and K, beta-carotene, magnesium, calcium, iron, and potassium. It also contains eugenol, a plant compound that has anti-bacterial, anti-inflammatory, and antioxidant properties.



Lemongrass

Tanglad
Cymbopogon citratus

Lemongrass is native to island nations in Southeast Asia and this later spread to other tropical regions. It is part of the grass family and grows in fragrant clumps. It features a thin stalk and a larger bulb at the base, which contains most citrus-like flavoring and fragrance. It is a popular base for Asian recipes, particularly in Vietnam, Thailand, Indonesia, and the Philippines such as those for curries, soups, and stews. It can also be used in stuffing and herbal infusions and teas.



Tarragon

Artemisia dracunculus

Tarragon is a herb species that is a member of the sunflower family. Together with parsley, chives, and chervil, it is considered one of the four herbs in the canonical fines herbes mixture in French haute cuisine. They are paired well with chicken, egg, and fish dishes. Tarragon has a tingly and bittersweet aroma reminiscent of anise, licorice, and sweet grass. Tarragon purportedly has medicinal benefits, including having antioxidant properties, stimulating one's appetite, relieving digestive issues, and improving sleep.



Butterfly Pea

Pukingan
Clitoria ternatea

Butterfly pea is a perennial herbaceous vine or climbing legume plant with obtuse leaves and a vivid blue solitary flower with light yellow markings. Native to South and Southeast Asia, the plant thrives in humid environments and neutral soil. It fruits flat pods that are filled with edible seeds. Butterfly peas are a protein-rich legume and are often called “tropical alfalfa.” Butterfly pea has been used in traditional medicine as supplements to improve cognitive functions such as memory and alleviate symptoms of common ailments such as fever, inflammation, and pain. Butterfly peas are also used for ornamental purposes as a natural dye and food coloring, garnish for salads or mixed with lemon, lemongrass, and other herbs as tea. When combined with citrus juice, the butterfly pea’s deep blue color transforms into a bright lavender hue.



Dill

Anethum graveolens

Dill is an ancient herb believed to have originated in the Mediterranean region. The earliest mention of dill’s healing properties is from ancient Egypt. In ancient Rome, gladiators ingested dill to help them gain courage. Dill is a member of the Apiceae family, which includes other aromatic herbs such as parsley, cilantro, and fennel. Dill grows well under full sun in cooler temperatures and moist soil. Dill is commonly used in seasoning pickles but can be used in many dishes to add a strong fragrant and sweet grassy flavor to many recipes. Dill is best when used fresh as it loses its flavor rapidly if dried. Fresh dill is low in calories (about four calories per cup) and is a good source of vitamins A and C, manganese, iron, and folate.



Ginger

Luya
Zingiber officinale

Ginger has a sweet, peppery, and spicy taste with a strong, pungent aroma. As a member of the Zingiberaceae plant family, it is closely related to cardamom and turmeric. It thrives in humid, tropical regions. It does not grow in the wild as it is a human-made cultivar through artificial selection. Ginger has a history of over 5,000 years, with tonics made from the root being used to treat ailments in ancient India and China. There is some evidence of its effectiveness as a digestive aid and an antioxidant, anti-inflammatory, and anti-nausea agent. It is used for various food or medicine items such as vegetables, candy, soda, pickles, and alcoholic beverages.



Mint

Mentha spicata

Mint is grown in many temperate regions and is used as a flavoring in food and beverages. Mint can be infused to make tea and mixed drinks such as mojitos and mint julep. It is the main herb in Moroccan Maghrebi mint tea. The plant can adapt to almost all soil types and is often planted in pots due to its invasive nature. The best time to harvest mint leaves is before the plant flowers because they lose some of their aromas after flowering. Carvone is the main chemical component found in mint, and studies have shown useful antioxidant and antimicrobial properties.





Black Turmeric

Black Zedoary

Curcuma caesia

Black turmeric is an herb with bluish-black root stalks that is native to northeastern India. The plant itself is mostly grown for ornamental purposes, but the rootstalk is known for its medicinal purposes. Black turmeric contains high curcumin concentrations which is believed to be a powerful antioxidant and anti-inflammatory agent.

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Philippine Spinach

Talinum
Talinum fruticosum

Philippine spinach is a flowering leaf vegetable with fleshy leaves rich in vitamins A and C, iron, and calcium. It grows up to around 50 centimeters and is widely grown in tropical regions and native to Mexico, the Caribbean, West Africa, Central, and South America. It is recommended to avoid eating excessive amounts of raw talinum due to its high calcium oxalate content. Boiling or cooking Philippine spinach before eating removes most of the calcium oxalate. Its leaves have a slightly sour taste and is often used in stews and stir-fried dishes.

Malabar Spinach

Alugbati
Basella alba

Malabar spinach or alugbati, as it is locally called, is a fast-growing herbaceous vine with purplish or green stems and fleshy leaves. Native to India, Southeast Asia, and New Guinea, it has naturalized in other humid and tropical regions worldwide. It is consumed as a leafy vegetable and widely available in the Philippines and other Southeast Asian countries, where it is a popular ingredient in stews, soups, and stir-fried dishes. It is an excellent source of vitamins A, B, and C, calcium, and iron.



Water Spinach

Kangkong
Ipomoea aquatica

Water spinach is a tropical and subtropical plant that is grown for its tender and delicious shoots. The plant thrives in water or moist soil, and its hollow stems allow it to float. It is commonly cooked using stir-fry methods and is a popular ingredient in Asian cuisine. In traditional medicine, it is believed to have blood sugar-lowering effects and effectively treat high blood pressure.

Bok Choy

Pechay

Brassica rapa
subsp. chinensis

Bok choy is a type of Chinese cabbage. However, unlike its cousin, bok choy form clusters of leaves instead of densely packed “heads.” They are characterized by tender leaves attached to lighter bulbous bottoms. It is a popular ingredient in Southern Chinese and Southeast Asian cuisine commonly used in soups and stir-fried dishes. It is nutrient-dense with vitamins A, C, and K and moderate amounts of folate, vitamin B6, and calcium. Raw pechay consists of 95% water, 2% carbohydrates, 1% protein, and less than 1% fat.



Cabbage

Repolyo

Brassica oleracea
var. capitata

Cabbage is a biennial plant grown as an annual vegetable crop for its dense-leaved heads. Only the leafy part of the plant is consumed. Leaves vary in color, from the common light yellowish green to dark green and dark red. The word cabbage comes from the Old French word “caboche,” which means “head.” It is used in various dishes, whether cooked, preserved, or eaten raw. Relatively low in calories, it is a good source of vitamins A and C, potassium, iron, manganese, and dietary fiber. In European folk medicine, cabbage paste was used to treat wounds to reduce discomfort.

Lettuce

Litsugas

Lactuca sativa

Initially cultivated by ancient Egyptians to produce oil from its seeds, lettuce is often grown as a leaf vegetable. It is a rich source of vitamins A and K and contains moderate folate and iron amounts. Commonly used in salads, sandwiches, and wraps, lettuce is also popularly used in Korean barbecue.



Mustard Greens

Mustasa

Brassica juncea
spp. integrifolia

Mustard greens are leafy vegetables that are part of the mustard family. *Brassica juncea* is divided into four subspecies, with the *integrifolia* sub-species used as leaf vegetables. They have a sharp peppery taste that develops a spicy flavor. The leaves, seeds, and stems are all edible and are often included in Asian and African cuisines. They are 92% water and are a rich source of vitamins A, C, and K, as well as moderate amounts of calcium and vitamin E.



Arugula

Eruca sativa

Native to the Mediterranean and southern European regions, arugula leaves and blossoms have been cultivated throughout history. There are records of ancient Romans enjoying arugula, and it is mentioned in the Old Testament of the Bible and Jewish Talmud. Arugula tastes tangy, tart, nutty, bitter, and peppery, making it popular as a salad green and as toppings to give dishes an extra oomph of flavor. The leafy green is also a rich source of folate, vitamin K, A, and C, and dietary minerals such as calcium, magnesium, and manganese.



Cauliflower

Brassica oleracea
var. botrytis

Cauliflower evolved from the same ancient wild cabbage species as cabbage, kale, brussels sprouts, and kohlrabi. A cauliflower head is composed of dense florets connected by a thick stem surrounded by outer leaves. The florets come in various colors such as white, orange, purple, and green. When cooking, the outer leaves, which are also edible, are typically removed, leaving only the florets, or the edible head, often roasted, grilled, boiled, fried, steamed, pickled, or eaten raw. Cauliflower is a popular low-calorie and gluten-free alternative to rice and flour. A serving of cauliflower contains high amounts of vitamin C and moderate levels of several B vitamins and vitamin K.



Root Vegetables

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Carrot

Daucus carota
subsp. sativus

Native to Central Asia in Iran and Afghanistan, the carrot is a biennial crop with feather-like leaves and a crunchy and tasty horn-like root. Carrots are the world’s most consumed root vegetable. While the whole plant, including the stems and leaves, is edible, the taproot is usually the one consumed. Carrots grow in different colors and sizes, depending on the variety. Chantenay is the most produced variety in the Philippines. They are generally grown in highland areas such as Benguet, Ifugao, Nueva Vizcaya, Cebu, Davao del Sur, Negros Oriental, and Bukidnon. The roots contain high quantities of alpha- and beta-carotene. The body converts to vitamin A and is a good source of vitamins B6 and K. Carrots are highly nutritious and are a weight-loss food that is linked to better eye health and lower levels of cholesterol.

Sweet Potato

Kamote

Ipomoea batatas

Sweet potatoes are large, starchy, sweet-tasting, tuberous root vegetables. They grow best under conditions with an abundance of warmth and sunshine. The young leaves and shoots of the sweet potato plant are sometimes eaten as greens. The edible tuberous root is long and tapered, with a smooth skin whose color ranges between yellow, orange, red, brown, purple, and beige. This root crop is a component of many traditional cuisines and is a good source of vitamins A, B, and C, iron, calcium, and phosphorus. It is also high in complex carbohydrates and dietary fiber. Sweet potato are said to have originated in the tropical regions of Central and South America. They made their way to the Philippines during the colonial era in the 16TH century aboard Spanish trading ships called the Manila galleons.



Radish

Labanos

Raphanus raphanistrum
subsp. sativus

Radish is an edible root vegetable native to Asia. While the whole plant, including the leaves and the seed, is the most eaten part of the taproot. Radish is grown in various shapes, skin colors, and sizes but usually has a white-colored flesh. When raw, it has a crisp texture and a sweet, piquant flavor. When cooked, it has a milder, earthier flavor. It is an excellent source of iron, ascorbic acid, folic acid, and potassium, a good source of vitamin B6, riboflavin, magnesium, copper, and calcium.



Taro

Gabi

Colocasia esculenta

Taro or gabi in Filipino is a tropical root vegetable grown in tropical regions around the world. Taro corms are a food staple in South Asian, African, and Oceanic cultures. In the Philippines, the taro's adaptability to marshland and swamps have made it one of the country's most widely available vegetables. Taro corms are commonly roasted, baked, boiled, or cooked in a soup. Cooking the taro gives the root a sweet and nutty flavor. Young taro leaves and stems are also edible and rich in vitamins A and C and contain more protein than the corms themselves.

BUILDING AND MAINTAINING THE KITCHEN GARDEN

What was originally a grass roof deck in between the two residential towers of Arya Residences has turned into the ideal site for a Potager Garden.

The garden's overall plan involved dividing it into different sections with distinctive themes assigned to each area: herbs, leafy greens, root/tuberous crops, and fruiting vegetables. The smaller beds are planted with herbs and vegetables that are uncommon or consumed in small quantities. In comparison, the bigger beds grow rosemary, mint, lemongrass, ginger, and both sweet and Thai basil to provide a pleasant scent to visiting residents. The leafy greens are strategically located at the garden's furthest section to add height and an overall feeling of tropical lushness and abundance. These include pechay, mustasa, arugula, and perennial plants such as alugbati, and kalamansi.

For a good variety of form, color, and height, fruiting plants such as lady's fingers, eggplant, and chili pepper are added for their vibrant colors and trailing vegetables such as bitter melon, cucumber, and malabar spinach. Flowering ornamental plants such as tecomara and caballero line the garden's perimeter to attract pollinators. The basil and butterfly pea flowers provide food to the bees that visit the garden every day. It is also home to cabbage, cauliflower, and corn (which are intercropped with sweet potato) which are not commonly cultivated





in lowland areas or in the city. This has been a resounding success with the corn already producing a harvest and the cabbage and cauliflower forming head.

Since the soil's original depth in the garden is only 12 inches, the planting beds are raised to provide more room for root growth. Each planting bed's width is no more than 1.2 meters, allowing for ease in maintenance and harvesting. A pathway between beds is provided to enable visitors and gardeners to easily walk through the garden.

Stored rainwater is used to irrigate the garden, and if depleted, only then will water from the building's source be used. For better water retention and improved supply of nutrients essential in plant growth, garden soil is mixed with compost and added to an existing cinder stone substrate.

The garden uses vermiculture technology to create compost fertilizer that is home-grown and chemical-free. The vermicompost is produced with the help of African nightcrawlers (*Eudrilus eugeniae*) which belong to an earthworm species native to tropical west Africa and which are known for its efficiency in breaking down organic wastes, significantly enhanced in warm, tropical weather. They reproduce rapidly, and they can consume up to 150% of their body weight daily. The fruit of their labor is a premium black compost, which is endearingly called "black gold" by the cognoscenti of this craft. Vermicompost is exceptionally valuable because it packs an incredible amount of nutrients that feed the plants and nourish the soil for a better harvest.

The harvest from the Potager Garden is offered to the residents through an announcement of the day's produce. Orders are taken by the Arya concierge, and the freshly picked organic vegetables are then delivered to residents as a delectable addition to their dinner fare.

Recipes

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Smoky Eggplant Dip

by Bruce Ricketts

This is the Asian version of Middle Eastern Baba Ganoush — distinctive, complex flavors develop with the addition of Asian herbs and spices. Serves 2-3 persons.

3-4 eggplants / 250 grams	1 tablespoon green onion, green part only, chopped
1 red chili	Pinch of salt
2 cloves garlic	
½ cup coriander, chopped	
½ teaspoon fish sauce	

Puncture eggplant with a fork. Grill the eggplant under a broiler or directly over a flame until blackened, allow to cool and peel of their skin. Grill the chili and garlic for an even smokier flavor.

Using a food processor or mortar and pestle, crush the chili, garlic and salt, add the eggplant and coriander and blitz to a smooth paste.

Basil Pesto

by Leilani Kanapi

This is a quick and easy recipe and can be made with either sweet or Thai basil. “The use of a food processor is recommended, although personally, I just use my hand blender which works just as well.”

This pesto is great for pasta or served as an appetizer paired with crackers or melba toast. This can easily be prepared in under 10 minutes. Yields 1½ cups.

3 cups fresh basil leaves,
washed and dried

¾ cup olive oil

½ cup pine nuts or
chopped walnuts

½ teaspoon salt

3 cloves garlic, minced

¼ teaspoon freshly
ground pepper

1 cup grated parmesan cheese

With a mortar and pestle, slowly pound the basil, garlic, pine nuts and salt until a paste is formed, transfer to a bowl and stir in olive oil and cheese.

Alternately, in a food processor or blender, pulse the basil leaves, nuts, garlic, parmesan cheese and olive oil until smooth, adding a little more oil for the right consistency. Season with salt and pepper.

Serve with pasta, toast or as a dip.



Herb Butter

by Popi Laudico

“I am fortunate to have a vegetable and herb garden in my apartment building. I can go and gather fresh tarragon, dill, basil, parsley and even chili to add to my dishes.” In this recipe, butter is infused with just-picked herbs to preserve their bright and vibrant flavors.

Wash and dry the fresh herbs, tear the leaves into little pieces to retain their aromatic oils.

In a saucepan, gently melt salted butter at a very low heat. Add the herbs, one type at a time to keep the flavors distinct. Allow the herbs to sit in the warm butter for an hour or so. Drizzle the herb butter on soups, cooked vegetables, seafood, meat and even popcorn.

The butter can be stored chilled, in an airtight container and makes a wonderful spread on toast for a quick and savory snack.

Crispy Kangkong with Spicy Aioli Dip

by Marie Constance Y. González

In this recipe, kangkong or water spinach leaves are fried in a light tempura batter. “This retro appetizer still rakes in raves whenever it is served.” Serves 4-6 persons.

2 bundles of water spinach leaves only, washed and dried	1 teaspoon baking powder	Aioli Dip
	½ teaspoon fine sea salt	½ cup mayonnaise
Batter	A pinch of ground pepper	1 garlic clove, grated
½ cup all-purpose flour	1 cup ice water	A few dashes of hot sauce
½ cup cornstarch	Vegetable oil for frying	A squeeze of lemon
		Salt and pepper

Kangkong Leaves - Sift flour, cornstarch, baking powder, salt and pepper into a bowl. Stir in the ice water and mix thoroughly. In a frying pan or wok, pour vegetable oil about 2 inches deep. Heat oil and test drizzle a bit of batter, when it bubbles and sizzles, the oil is ready for frying.

Dip the water spinach leaves in the batter and carefully lower into the hot oil. Do not crowd leaves when frying. When leaves are golden brown, remove with a slotted spoon and place on paper towels to remove excess oil. Arrange on a platter with aioli dip on the side. Serve hot.

Aioli Dip - Mix all the ingredients together in a bowl and season with salt and pepper.



Eggplant in Sweet Soy

by Jocelyn Laurel

The spongy interior of the eggplant absorbs all the flavor it is cooked in and, like a chameleon, it can present itself as a Japanese, Indian, Chinese or Moroccan dish. Serves 4-6 persons.

6 medium sized eggplants about 500 grams	1 tablespoon chopped spring onions
2-3 cups cooking oil	4 tablespoons soy sauce
1 ½ teaspoons whole peppercorns	1 teaspoon sugar
	1 teaspoon sesame oil

Cut off the stem and score both sides of the eggplant, slicing ¼ inch deep.

In a deep-frying pan, heat the oil and fry the eggplants until the skins crisp up and the insides soften. Transfer to a plate.

Pour out the excess oil leaving about 3 tablespoons. Fry the peppercorns until they darken, remove from heat and set aside. Add the green onions, soy sauce and sugar, when it comes to a boil, remove from heat and add the sesame oil. Pour the sauce over the eggplants. Let stand for at least 2 hours. Slice into bite sized pieces and arrange on a serving dish.

Lemongrass and Cabbage Asazuke

by Bruce Ricketts

Asazuke are pickles, made in a short amount of time. Perfect accompaniment to a Japanese-themed meal. Serves 8-10 persons.

- 1 large head cabbage, core removed and cut into 1/4-inch strips

1 stalk lemongrass, tender white parts only, thinly sliced

1 tablespoon fresh dill, chopped

1 medium-sized onion sliced into 1/4-inch strips

1 tablespoon salt
- Dressing

3 tablespoons vinegar

2 tablespoons sugar

1 1/2 teaspoons Japanese soy sauce

1 teaspoon sesame oil

Put ingredients together in a bowl, mix until sugar is completely dissolved.

In a bowl, combine all the vegetables and the salt. Cover with plastic wrap and top with something heavy like a stack of plates to weigh the vegetables down. This will allow the moisture to leach out and make the cabbage crunchy and more flavorful. Let it sit for about 30 minutes.

Squeeze out the extra liquid from the cabbage, transfer to a clean bowl or jar. Pour the dressing, marinate a few hours before serving. Can be stored refrigerated up to a week. Pairs perfectly with grilled fish, chicken or pork.



Baba Ganoush

by James Santos

“The name of this recipe has nothing to do with eggplant. Baba ganoush means a spoiled or pampered Daddy. Probably invented by one of the ladies in the harem who wanted to be the favorite.” Serves 4-6 persons.

- 4-5 eggplants / 500 grams

3 cloves garlic, minced

1/2 cup tahini

Juice of 1/2 lemon
- Pinch of cumin

1 teaspoon sea salt

1/3 cup olive oil

Finely chopped parsley for garnish

Roast the eggplants directly on the flame until skin is blistered and charred. Cool and peel off the stem.

Put all the ingredients in a blender or food processor and blitz until smooth. Transfer to a serving bowl and sprinkle with parsley.

Serve with warm pita bread.

Fried Oysters with Basil

by Jaguar Tang

This recipe is a play on texture and aroma, creamy oysters nestled in a crispy coating, fragrant with basil leaves and five-spice. Serves 2-3 persons.

- 150 grams shucked oysters

40 grams sweet potato or kamote flour

1 cup vegetable oil

A handful of fresh basil
- Seasoning Salt

1/2 teaspoon fine salt

1/2 teaspoon freshly ground white pepper

1/2 teaspoon Chinese 5 spice

Dry the oysters in a paper towel. Toss to coat with the sweet potato flour. Heat vegetable oil to 180°C or 350°F (just before it reaches smoking point).

Add the basil leaves and fry for a few seconds until crispy. Place on paper towels to remove excess oil. Carefully lower oysters into the hot basil-infused oil and fry until golden brown. Remove and drain on paper towels.

Combine the fried oysters and crispy basil leaves. Sprinkle with seasoning salt to taste.

Soups

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Carrot and Orange Soup with Curry

by Marielle Po

A quick and easy soup that packs a lot of flavor and vitamins. Make a double batch to serve chilled another day. Serves 2-3 persons.

2 tablespoons olive oil

1 small red onion, minced

2 medium sized carrots,
chopped or grated

1/2 teaspoon curry powder

3 cups chicken or
vegetable broth

1 tablespoon orange or
dalandan juice

Salt and pepper

In a pot, heat olive oil and sauté onions until softened. Add the carrots, curry powder and broth. Simmer until carrots are very tender. Remove from heat and add the orange juice. Puree in a blender or food processor until smooth.

Season with salt and pepper. This soup can be served hot or chilled.

Roasted Squash Soup

by Luis Locsin

Roasting concentrates the squash flavor, bringing out its natural sweetness. The herbs and garlic mellow with the roasting, allowing the squash to shine. The cream adds richness and the butter only makes it better. Serves 12 persons.

1 large squash cut in half horizontally, seeds and membrane scooped out

Salt and pepper

About 1 cup olive oil

8 rosemary sprigs

8 thyme sprigs

4 cloves garlic, pounded

2 cinnamon sticks

2 star anise

1 tablespoon olive oil

1 medium sized onion, finely chopped

3 cups chicken broth or vegetable broth

4 cups heavy cream or milk or half and half

½ cup butter

Freshly grated nutmeg

Honey or maple syrup

Preheat the oven to 400°F. Score the inside of the squash in a crisscross pattern about 1 cm deep. This will allow the seasoning to penetrate the squash. Sprinkle with salt and pepper and drizzle with olive oil leaving a shallow well of oil in the cavity of the squash. Divide the spices into two squash halves and roast for 30-45 minutes until very soft. Remove from the oven and discard the spices, leaving only the garlic.

In a big pot, heat the olive oil and sauté the onions until lightly browned. Add the chicken stock and bring to a boil. Scoop out the roasted squash and garlic and add to the stock. Remove from the fire and with a stick blender blend until smooth or carefully transfer to a blender and puree in batches.

In another pot, warm the cream and butter. Whisk into the squash soup and bring to a boil. Add more stock if too thick. Season with salt and pepper, a few gratings of nutmeg and finish with a bit of honey or maple syrup to taste.





Lemongrass Clam Broth

by James Ng

A popular Vietnamese dish from his restaurant, James and Daughter, this dish is simple enough to make at home. Serves 1 person.

¼ kilo live Manila or
nylon shell clams

1 tablespoon cooking oil

2 thumb sized slices
of ginger, peeled

2 stalks lemongrass, only the
tender inner part, sliced

1 tablespoon Philippine lime
or kalamansi juice

1 tablespoon fish sauce
or to taste

1 bunch coriander root
and stem, washed

1½ cups water

To clean the clams, place in a wide bowl. Dissolve a tablespoon of sea salt in enough water to cover the clams. Leave for about an hour to allow the clams to purge themselves of sand. Rinse the clams, discarding the unopened ones.

Heat a saucepan to medium, add the vegetable oil and sauté the ginger and lemongrass. When fragrant, add the clams, lime juice, fish sauce, coriander leaves and water.

Cover and cook until all the clams have opened, transfer the clams to a serving bowl. Remove the unopened ones.

Season the broth with salt to taste and strain into a ramen-sized bowl. Garnish with coriander leaves.

Salads

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Roasted Beet and Goat Cheese Salad

by James Santos

This is a stunning salad for the holidays, the shades of red from the beets and dressing over a bed of fresh green arugula looks very festive. Serves 2 persons.

2 small or 1 large beet

2 cups arugula washed and dried

30 grams sliced goat cheese
about 2 tablespoons

2 teaspoons candied macadamia
or pili nuts, coarsely chopped.

Wrap beets in aluminum foil and roast in a 350°F oven for 30-40 minutes until tender. Cool, peel and slice thinly.

Arrange beets, arugula and goat cheese on a plate. Drizzle with raspberry vinaigrette and sprinkle with candied nuts.

Ensaladang Mustasa

by Aggy Lim

This dark green leafy vegetable can be eaten raw or cooked. It has a pleasant bitterness similar to arugula. The thick mustard greens are perfect for zesty dressings and in this recipe they are allowed to pickle for a few days. Serves 5-6 persons.

- 2 bunches mustard greens,
cut in 1/2-inch pieces

2 tablespoons salt

6 medium sized tomatoes,
finely chopped

1 medium sized onion,
finely chopped
- 5-6 cloves garlic, finely chopped

1-2 red chili finely chopped
(optional)

1 cup vinegar

Salt and pepper

In a bowl, combine the mustard greens, salt and water to cover. Stand for about 10 minutes, rinse and squeeze out the excess liquid from the mustard greens. This process removes the bitterness from the greens.

Put the mustard greens and the rest of the vegetables inside a clean jar. Add the vinegar and season with salt and pepper. Leave for a day or two in the refrigerator to allow the flavors to blend.

If you like it spicy, a few red chilis are a good addition.



Kamote Top Salad

by Jenny Assad Burger

The young leaves of the sweet potato or kamote plant are rich and nutritious, helpful in prevention of diabetes. They are also good for the heart, the eyes and for healthy bones. This recipe makes use of the cooking water as a tonic. Serves 6 persons.

- 8-10 bundles of purple sweet
potato tops, young leaves
picked and washed

8 cups water

1 small onion, sliced
in thin rings
- 8 cherry tomatoes, cut in half

Olive oil

Balsamic vinegar

Salt and pepper

Bring a pot of water to boil. Add the sweet potato tops, simmer until they are just wilted. Strain, save the cooking water, and run the leaves under water to cool. Drain well.

Arrange the leaves on a serving platter and top with tomatoes and onions. Drizzle with olive oil and balsamic vinegar. Season with salt and pepper.

Kamote Top Tonic - Strain the cooking water and leave to cool. Add honey and apple cider vinegar to taste. The purple cooking water will turn pink from the acidity of the vinegar. Store in bottles and refrigerate.

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Spicy Okra with Eggs

by Rovenaga Aga

This is a classic Parsi recipe, Bindha per Eedu, where lady’s fingers gets the starring role. The eggs can be left out if you want a vegan dish. Serves 4 persons.

- | | |
|---|--------------------------------------|
| 450 grams young lady’s fingers, washed and dried, tops and tips removed and sliced in 1/2-inch pieces | 1 teaspoon salt |
| 2 tablespoons cooking oil | 1/2 teaspoon turmeric |
| 1 medium-sized onion, finely chopped | 1 teaspoon coriander powder |
| 1 tablespoon garlic, minced | 1/2 teaspoon cumin powder |
| 1 tablespoon ginger | 1 teaspoon chili powder, or to taste |
| | 3-4 eggs |

In a frying pan, heat the cooking oil and fry the lady’s fingers until tender. Remove from the pan and set aside.

Sauté the onion until soft, add the garlic, ginger, tomatoes and spices. Cook until tomatoes are softened, adding a little water if the mixture seems dry.

Return the lady’s fingers to the pan and simmer for another 2-3 minutes until it is tender, add the seasoning. While it is cooking, drop in eggs one by one, cook until they set. Remove from heat and rest a few minutes before serving.

Grilled Okra, Kalabasa, and Talong

by Christine Laurel

This is an ideal cook-out dish, great for beach barbecues where it can complement seafood and inihaw na baboy, or stand on its own as a celebration of the best summer vegetables. Serves 4 persons.

250 grams lady's fingers,
choose young and tender ones,
washed and dried

250 grams squash, peeled and
sliced in $\frac{1}{4}$ -inch-thick pieces

4 eggplants can be left whole

Dipping Sauce

2 tablespoons soy sauce

2 tablespoons white vinegar

1 tablespoon finely chopped
red onion

A few slices of red chili

Grill the vegetables over coals until tender. Arrange on a serving platter accompanied by the dipping sauce.

Dipping Sauce - Combine all the ingredients and serve with the grilled vegetables.





Burong Mustasa Noodle Bowl

by Popi Laudico

“To ‘buro’ means to put a vegetable or meat in a salt brine in order to preserve it. You can ‘buro’ rice, fish pork, shrimp, crabs, green mangoes or almost anything edible. In this recipe we use mustard greens.” Serves 2 persons.

½ kilo fresh mustard greens,
washed and cut in half

2 cups rice washing
(add water to rice and swirl
around, strain the water)

4 teaspoons sea salt

Mustasa Sauce

2 teaspoons vegetable oil

1 small onion, finely chopped

1-2 fresh chills, chopped
(optional)

3 cloves garlic, finely chopped

2 soft boiled eggs, peeled

100 grams fresh shrimps,
peeled, with heads removed
and set aside

¼ cup burong mustasa cut
in ½ inch pieces, rinsed of
excess salt and squeezed dry

1-2 packs shiratake or soba
noodles

Dry the clean mustard greens with paper towels and lay out in a rack to air dry for a few hours. Mix the rice washing and salt in a bowl. In a large jar with a lid, put in the mustard greens and pour in the rice washing brine to completely cover the leaves. Cover with the lid and keep in a cool place for at least 3 days.

In a frying pan, heat the oil and sauté the onion until softened, add the garlic and chili, frying until the garlic is fragrant. Then add the mustard leaves. While vegetables are cooking, pound the shrimp heads in a mortar and scrape out the resulting juices and paste.

Stir fry with the vegetables, add the shrimps and cook until they are pink. Remove from the heat and season to taste.

To Assemble - Follow manufacturer’s instructions on how to prepare the shiratake or soba noodles. Divide into 2 bowls. Slice the eggs and arrange on the noodles, spoon some mustasa sauce and shrimp on top and serve hot.

Ejjeh

by Jenny Assad Burger

Ejjeh, pronounced eh-zhey, are bite-sized Lebanese vegetable omelets, traditionally cooked in a pan of the same name. They are served cold as an appetizer with a yogurt and cucumber dip or as a main course with pita bread, lettuce and tomato. Serves 6 persons.

Ejjeh	6 eggs	Yogurt and Cucumber dip
3 cups parsley, finely chopped	1 teaspoon allspice	1 cup natural yogurt
½ cup mint, finely chopped	1 teaspoon ground cumin	1 small cucumber, peeled, seeds removed and cut into 1 cm pieces
1 tablespoon spring onions, finely chopped	½ teaspoon ground cinnamon	Salt to taste
1 tablespoon white onion, finely chopped	Salt and pepper	A squeeze of lemon juice
	Olive oil	

Ejjeh - In a large bowl, whisk the eggs until thick. Add the rest of the ingredients except the olive oil. The egg mixture should be thick enough to hold it’s shape, if not, add a few more teaspoons of the chopped vegetables.

Heat a non-stick pan, that has been brushed with some olive oil. Sauté a tablespoon of the egg/vegetable mixture and when the bottom is golden brown, turn it over to cook the other side. Continue cooking until the egg mixture is firm. Arrange the ejjehs in a serving platter and garnish with fresh mint leaves and lemon wedges.

Yogurt and Cucumber Dip - In a bowl, mix yogurt and cucumber, add salt and lemon juice to taste.



Apan-apan

by Marie Constance Y. González

This is a popular way to cook water spinach in the Visayas. The addition of bagoong gives it great umami, the vinegar and lime juice temper the saltiness and give the dish acidity and brightness. Serves 18-20 persons.

12 bundles water spinach washed, leaves separated and stalks cut into 1-inch pieces	¾-1 cup bagoong alamang or to taste
1-2 tablespoons vegetable oil	1 red pepper seeded and cut into cubes
2 medium sized onions, finely chopped	1 cup plus 2 tablespoons cane vinegar
2 cloves garlic, finely chopped	1-2 tablespoons Philippine lime juice
1 cup leeks, chopped	Sea salt
4 long green chilis sliced	

Bring a pot of water to a boil, put in the water spinach stalks and after a minute add the leaves. Give it a stir and drain. Rinse under running water to cool down, transfer to a colander to drain.

Heat a wok or large frying pan. Add the vegetable oil, stir fry the onions and garlic when fragrant add the bagoong. Cook for about a minute, then stir in the water spinach, red pepper, chilis and leeks.

Stir to coat well with bagoong mixture, add the vinegar and lime juice. Simmer for a few minutes until vegetables are cooked, season with salt to taste. Serve hot.

Chicken and Vegetable Kebabs

by Kylie Verzosa

Inspired by one of my favorite dishes in Forest House, Baguio City, this is a tasty and healthy recipe that can be paired with a variety of different sauces; equally delicious with barbecue sauce, teriyaki sauce or aioli. Serves 4-6 persons.

400 grams, chicken breast or thigh fillets cut into 1-inch cubes

1 red pepper, cut into 1-inch squares

1 green pepper, cut into 1-inch squares

1 zucchini, cut into 1-inch thick slices

1 onion, cut into 1-inch cubes

Basting sauce

2 tablespoons olive oil

2 tablespoons Knorr or Maggi seasoning

Fresh rosemary, finely chopped

Fresh oregano, finely chopped

Salt to taste

Freshly ground pepper

In a bowl, whisk the basting sauce ingredients together.

Thread the chicken and vegetables alternately on skewers. If they will be served as an appetizer, use short bamboo skewers. Brush the basting sauce on the kebabs.

Grill for about 10 minutes over hot coals turning and basting all sides. Serve with buttered rice.



Basil Chicken

by James Ng

Like the tasty Bangkok street-food version, this easy dish takes 10 minutes to make from start to finish. Serves 2-3 persons.

2 tablespoons light soy sauce

1 tablespoon oyster sauce

1 tablespoon rice wine

1 tablespoon muscovado, coco or brown sugar

3-4 tablespoons water

2 tablespoons cooking oil

2 cloves garlic, chopped

1 red chili chopped (optional)

300 grams chicken breast, sliced thin or coarsely chopped

1 cup fresh basil leaves

Salt and pepper

In a bowl, combine the soy sauce, oyster sauce, rice wine, sugar and water. Heat a frying pan and add the cooking oil, sauté the garlic and chili, add the chicken and stir fry until lightly browned. Add the sauce mixture, and continue cooking until sauce thickens.

Add the basil leaves, cook until just wilted, Season with salt and pepper. Serve hot with rice or noodles. Lean ground pork or beef can be substituted for chicken.

Lemon and Mint Rice

by Vasantha Polishetty

This aromatic rice dish pairs wonderfully with curries or a mixed vegetable salad. A squeeze of lemon juice before serving brightens the flavors of the herbs. Serve 4-6 persons.

- 1 cup raw basmati rice or about 2 cups cooked

1 cup tightly packed mint leaves, washed and dried

2 tablespoons cashews

½ teaspoon mustard seeds

1 dried red chili, crumbled

2-3 curry leaves
- 2 green chilis sliced

½ teaspoon grated ginger

1 tablespoon extra-virgin olive oil

⅛ teaspoon turmeric

Salt to taste

Juice of ½ lemon or to taste

Wash rice until water runs clear. Soak rice for 20 minutes. In a pot or rice cooker combine the rice and about 1 cup water. Bring to a boil, turn down the heat and cook until the rice is tender but not mushy. Cool the rice or you can also use leftover rice. Finely mince the mint leaves or run through a blender, set aside.

In a large frying pan, heat the oil and fry the cashew until golden brown, add the mustard seed and chilis. When the mustard seeds start to sputter and pop, lower heat and add the curry leaves, green chilis, ginger and mint leaves, cook for a minute. Slide off the fire and stir in the olive oil and turmeric. Season with salt and a squeeze of lemon juice and mix thoroughly. Transfer to a serving dish and garnish with toasted cashews and fresh mint leaves.



Cauliflower Fried Rice

by Marielle Po

Cauliflower is neutral in flavor and texture, very similar to rice, making it a great no-carb accompaniment to any dish. Serves 3-4 persons.

- 1 large head cauliflower

2 tablespoons olive oil

2 tablespoons spring onions, chopped

4 garlic cloves chopped
- 4 tablespoons coriander leaves, chopped

Juice of 1 lime

Salt and pepper

Remove the main stalk of the cauliflower, leaving the head. Wash and dry well. Grate the cauliflower with the large holes of a grater or use the pulse mode of a food processor until the cauliflower is the size of a rice grain.

In a pan, heat the olive oil and add the spring onions and garlic. When fragrant, add the cauliflower. Increase the heat, cook until the cauliflower is lightly toasted. Remove from heat. Mix in the coriander and lime juice, season to taste with salt and pepper.

Serve warm as a side dish or chilled as a salad.



Parmesan Roasted Cauliflower

by Michele Chan

This dish is sometimes served in steakhouses, cut into thick slabs, roasted and charred and served with all the steak sidings like baked potatoes and creamed spinach. It's a great dish for a meatless Monday. Serves 4 persons.

1 large head cauliflower

2-3 tablespoons extra virgin olive oil

Salt and pepper

$\frac{3}{4}$ freshly grated parmesan

1 teaspoon parsley, chopped

Finely grated lemon zest

Red pepper flakes (optional)

Preheat oven to 425°F. Remove the hard stem of the cauliflower, quarter the rest into wedges, then cut each quarter into $\frac{1}{2}$ -inch slices. Arrange the cauliflower slices on a baking pan and drizzle with olive oil, season with salt and pepper. Bake for about 20 minutes until golden. Remove from the oven.

Carefully spoon parmesan cheese on the cauliflower, and spread evenly. Return to the oven and bake another 20 minutes until the parmesan is bubbly and starting to brown.

Combine parsley and lemon zest, sprinkle on the cauliflower adding a dash of red pepper flakes for some heat.

Baked Kamote

by Christine Laurel

This baked sweet potato dish, baked with lots of butter, is perfect with roast turkey or chicken. Serves 4-6 persons.

- 1 kilo sweet potato, peeled and cut lengthwise into 1/2-inch pieces

2 teaspoons Philippine lime or kalamansi or orange juice

1 cup sugar

Salt to taste

1/2 cup water

Paprika

3 tablespoons butter

In a pot with a lid, put in the sweet potato and enough water to cover. Bring to a boil and cover, simmering until sweet potato is just tender. Drain and arrange in a buttered baking pan.

In a small saucepan, add the sugar and cook undisturbed over medium heat until melted and golden brown. Remove from heat and very carefully add water as it will steam and sputter. Return to the stove and cook until syrupy. Stir in butter and kalamansi juice, then pour over sweet potato. Sprinkle with salt and paprika.

Bake in a 325° F oven for 20 minutes basting with the syrup.

Stuffed Bell Peppers

by Pilar Aramayo-Prudencio

“This is a genius dish of a vegetable stuffed with even more vegetables. The yogurt sauce ties it all together, adding richness and even more flavor.” Serves 4 persons.

- 4 red bell peppers (also green and yellow or a combination of the three)

1 1/2 cup of mixed vegetables (any combination of mushrooms, broccoli and cauliflower florets, carrots, green beans, zucchini)

2 tablespoons olive oil

2/3 -1 cup cooked quinoa, couscous, lentils or any other kind of cooked beans

4-5 cloves garlic

1 tablespoon raisins or currants

3-5 eggplants, cubed in 1/2-inch pieces

Stuffing - Heat a pan, add the garlic when it starts to get fragrant, add the eggplant. Cook for a minute then add the rest of the vegetables. Mix in the quinoa or your choice of beans, then stir in the nuts or seeds. Season with salt and pepper.

Cut off the top of the peppers and remove the seeds. Brush the outside with olive oil. Spoon the prepared stuffing into the pepper. Arrange in a baking dish and bake in an oven preheated 350° F for about 20 minutes or until the peppers are cooked.

Peppers can be stuffed and stored in the refrigerator, thawed out before baking.

- 2 tablespoons nuts or seeds (pumpkin, sun flower, flax seeds), coarsely crushed

1 tablespoon fresh mint leaves, chopped

1/2 cup plain yogurt

1- 2 tablespoons olive oil

Juice of 1 lemon

Salt

1/2 cucumber peeled and chopped finely

Cayenne pepper

Yogurt Dressing - Combine all the ingredients, season with salt and sprinkle with cayenne pepper.

To serve - Arrange the peppers on a bed of lettuce, garnish with alfalfa sprouts and cherry tomatoes. Top with a dollop of yogurt dressing.



Lumpiang Hubad

by Maritel Nievera

Fresh vegetable lumpia is usually served wrapped in a thin egg wrapper. In this recipe, it is served without it, hence the name “lumpiang hubad” or naked lumpia. Serves 8 persons.

Lumpia

2 tablespoons cooking oil

3 cloves garlic chopped

1 medium sized red onion, chopped

1/3 cup small shrimps, peeled

2 tablespoons annatto oil

2 tablespoons fish sauce

2 pieces hard tofu, fried and diced into 1/4-inch pieces

2 sweet potato fried and diced into 1/4-inch pieces

1 small green papaya, grated

1 cup cabbage, cut in strips

1/2 cup carrots, cut in strips

1/2 cup green beans, strings removed and sliced thin diagonally

1/4 cup celery sliced thin diagonally

2 cups bean sprouts washed and drained

1 1/2 teaspoon sugar

Salt and pepper

1 head lettuce, washed and dried

Minced garlic

Fried ground peanuts

Lumpia Sauce

1/4 water

2 tablespoons cornstarch

3 cups water

1/4 cup soy sauce

1/2 cup sugar

3/4 teaspoon sea salt

Lumpia - Heat a wok or large frying pan, add the cooking oil and sauté the garlic until golden brown, add the onions and cook until translucent. Add the shrimps and cook until they turn pink, add the annatto oil and fish sauce. Add the tofu, sweet potato and grated papaya, cook for about a minute.

Add the rest of the vegetables and toss to mix well, cover and cook for about 2 minutes. Season with a bit of sugar, salt and pepper to taste.

Lumpia Sauce - Mix the cornstarch and 1/4 cup water and set aside. In a saucepan, combine the rest of the ingredients and bring to a boil. Stir in the cornstarch mixture and cook until thick. Pour into a serving bowl and top with minced garlic and chopped peanuts

To Serve - Transfer the lumpia to a colander to drain excess liquid. Arrange the lettuce on a serving platter and spoon the lumpia vegetables attractively onto each leaf. Serve with the lumpia sauce on the side.



Five-Cheese Lasagna

by Jigs Ranada Adefuin III

Long and slow is the secret of this recipe. The ragu ingredients need time to meld into one delicious homogenous sauce. The blend of cheeses makes this a most indulgent lasagna. Serves 8-10 persons.

Ragu	1 teaspoon fresh oregano, chopped	Bechamel Sauce	Cheese Blend
3 tablespoons olive oil		4 cups milk, heated	1 cup Gouda (queso de bola), grated
¾ cup onions, finely chopped	1 teaspoon fresh thyme, chopped	⅓ - ½ cup butter	
1½ tablespoons garlic, finely chopped	1 teaspoon fresh basil leaves, chopped	¼ cup all-purpose flour	1 cup Gruyère, grated
200 grams ground pork with some fat	¼ teaspoon freshly ground black pepper	1½ teaspoon salt	1 cup Cheddar, grated
800 grams ground beef		¼ teaspoon nutmeg, freshly grated	1 cup Parmesan, grated
¾ cup celery, finely chopped	2 tablespoons fish sauce or beef cube, crumbled		1½ cup Mozzarella, grated
½ cup red pepper, finely chopped	1 cup carrots, finely chopped		
½ cup green pepper, finely chopped	2 cups tomato sauce		

Ragu - In a large pot, heat the olive oil and saute the onions until soft and start to caramelize. Add the garlic and when fragrant, add the ground pork. Cook until it starts to darken in color, then stir in the beef.

Add the celery and red and green pepper. Cook until the vegetables are softened, add the herbs and season with fish sauce and black pepper. Continue cooking until meat starts to brown. Add the carrots to the sauce with about ½ cup water. Bring to a boil, then turn down the heat to low and simmer for 3-4 hours, stirring every so often and adding more water if sauce gets too thick. Season with salt. Ragu should be nice and thick.

Gising-gising

by Marion and Martin de Guzman

In English, “gising-gising” means “wake up, wake up”. The heat from the chili awakens your tastebuds! For convenience and variety, string beans or wing-beans can also be used instead of water spinach. Serves 4-5 persons.

2 bundles water spinach or about 3 cups of leaves, removed from the stem with the tender stalks sliced in ¼ inch sections	3 cloves garlic, pounded
2 teaspoons cooking oil	1 cup fresh coconut milk
1 medium sized onion, chopped	2-3 green chili peppers, sliced
	Salt and pepper

Heat the cooking oil in a frying pan and sauté the onion and garlic until softened and aromatic. Increase the heat and add the water spinach stalks and leaves.

Pour in the coconut milk and add the chilis. Lower heat to a simmer, cooking until leaves are tender and sauce has thickened.

Season with salt and pepper.

Cauliflower and Cheese Soufflé

by Jocelyn Laurel

“Sharing this gem of a recipe I adapted from the wonderful cookbook called 4 Things. Its recipes are simple and tasty and use just 4 main ingredients.” Serves 4-6 persons.

- 300 grams cauliflower florets

112 grams of a combination of cheeses (Cheddar, Brie, Parmesan, Blue Cheese)

2 teaspoons Dijon mustard
- Salt and pepper

4 eggs, yolks and whites separated

Preheat the oven to 375°F. Prepare a soufflé dish or individual ramekins. Cook the cauliflower in salted boiling water for a few minutes until tender.

Drain and put under running water to stop it from cooking further. Drain well. In a food processor or blender, combine the cauliflower and egg yolks, and blend until smooth. Transfer mixture to a bowl and mix in the cheese and season with salt and pepper. Beat the egg whites until they stiffen and gently fold into cauliflower mixture.

Spoon into a soufflé dish or ramekins and bake for about 30-35 minutes until soufflé has risen and tops are golden brown. Serve immediately.



Sweet Potato with Rosemary and Parmesan

by Bruce Ricketts

A simple and imaginative recipe that’s great for brunch, accompanied with sausage and eggs or as a side-dish for a roast. Serves 2 persons.

- 2 medium-sized sweet potatoes peeled, diced into 1/2-inch cubes and left to soak in a bowl of water

1 teaspoon sea salt

2 tablespoons butter

1 1/2 teaspoons cooking oil
- 2 tablespoons fresh rosemary leaves

1 clove garlic, thinly sliced

Pinch of freshly ground pepper

Shaved Parmesan cheese

Add salt to the sweet potatoes soaking water. Transfer to a skillet and cook over medium heat until sweet potatoes are tender. Drain cooking water.

In the same pan, heat the cooking oil and butter, add the sweet potatoes and fry until crisp. Turn off the heat and mix in the rosemary, garlic and ground pepper. Leave to allow the flavors to blend. When ready to serve, transfer to a serving plate and top with shaved Parmesan.

Thai Shrimp or Chicken Curry

by Mailin Locsin

“This recipe is a result of a variety of recipes I have cooked, inspired by weekend market treks, and the convenience of an herb garden in my apartment building. Making curry paste from scratch is well worth the effort, the flavors are so alive and aromatic. A big batch can be refrigerated or frozen for a convenient homemade curry mix.” Serves 4-6 persons.

Shrimps or Chicken

1 tablespoon vegetable oil

2-3 garlic cloves, pounded

1 slice ginger, peeled

¼ cup onions or shallots, chopped

2-3 tablespoons curry paste

2 cups coconut milk

½ kilo shrimps or chicken fillet cut in 2-inch pieces

A handful of basil leaves

A handful of coriander leaves

Juice of 1-2 Philippine limes

½-1 teaspoon sugar

Salt or fish sauce to taste

Curry Paste

8-10 long green chilis, chopped

2-4 small wild chili

4-6 shallots chopped

3 stalks lemon grass, white bottom part only, chopped

2-inch piece of ginger or galangal, peeled and chopped

4-6 cloves garlic

Coriander roots and stems from 1 bunch coriander, washed and chopped

¼ cup coriander leaves

¼ cup Thai basil leaves

2 teaspoons ground coriander

1½ teaspoons ground cumin

¼ teaspoon turmeric powder or 1-inch slice of fresh turmeric, peeled and chopped

½ teaspoon sea salt or to taste

¼ teaspoon ground pepper

In a large frying pan or wok, heat the vegetable oil and stir fry the garlic, ginger and shallots. When vegetables are softened, add the curry paste and cook until fragrant.

Add the coconut milk and simmer until slightly reduced. Add the shrimp or chicken and when cooked, add the basil and coriander leaves. Season with salt or fish sauce, sugar and a squeeze of Philippine lime juice. Flavors must be a balance of spicy, salty, and just a bit of sweet. Serve with a lot of rice.

If using mortar and pestle - Pound together the chilis, shallots, lemongrass, ginger, garlic and coriander root and stems until vegetables are broken down and starting to form a paste. Add the rest of the ingredients and continue pounding until smooth.

If using a blender or food processor - Combine all the ingredients together with a tablespoon or two of water and blitz until a smooth paste is formed. Transfer to an airtight container and store in the refrigerator for a few days or freezer for many weeks.



Eggplant Curry

by Vasantha Polishetty

They say eggplant originated from India where it is considered the “King of Vegetables”. This is a festival dish usually paired with Hyderabad**i** biryani. Serves 4-6 persons.

3-4 pieces/300 grams eggplant, cut into 2-inch pieces	½ teaspoon red chili powder (not the Mexican chili powder)
¼ cup vegetable oil	⅛ teaspoon turmeric powder
½ teaspoon cumin seeds or cumin powder	2 tablespoons tamarind paste
¼ teaspoon mustard seeds	2 tablespoon coriander leaves, chopped
1 cup onion, thinly sliced	Nut Paste
2-3 curry leaves	2 tablespoons peanuts without skin
4-5 long green chilis, slit in the middle	1 tablespoon sesame seeds
Salt	3 tablespoons freshly grated coconut
1 teaspoon ginger and garlic paste (equal parts ginger and garlic pounded into a paste)	4-5 dried chilis
½ teaspoon garam masala	
1 teaspoon coriander powder	

Heat a large frying pan over medium heat, add vegetable oil and fry the eggplant until the skin is brown and the inside is half cooked. Set aside. Pour off excess oil and add the cumin and mustard seeds. When they start to sizzle add the onions, curry leaves and salt.

Cook until onions are golden brown, add the green chilis and fry for a minute, add the garlic and ginger paste and cook until fragrant. Add the nut paste, red chili powder, garam masala and turmeric. Stir in the tamarind paste and about ½ cup water. Simmer until the sauce has the consistency of gravy.

Add the eggplant and continue cooking until the eggplant is tender. Stir a teaspoon of oil for a richer and creamier gravy. Sprinkle with coriander leaves before serving.

Nut Paste - In a frying pan, dry roast the peanuts over medium heat until lightly browned. Add the sesame seeds and continue cooking until sesame seeds crackle. Add the chilis and roast for another minute.

Turn off the heat, add the coconut and cook until fragrant. Cool and pass through a blender with a little water to form a smooth paste.

Pakbet Kapampangan

by Maritel Nievera

This is the Kapampangan version of the famous Ilocano dish, as served in The Cabalen restaurants. Serves 6-8 persons.

100 grams pork belly	1 ½ cups water
3 tablespoons vegetable oil	250 grams yardlong beans, cut into 2-inch pieces
2 cloves garlic, chopped	125 grams sigarilyas, cut into 2-inch pieces
1 medium sized onion, sliced	250 grams eggplant, quartered
4 medium sized tomatoes, sliced	250 grams bitter gourd, quartered
⅓ cup small shrimps, peeled	125 grams lady’s fingers, cut in half
¼ cup Cabalen ginisang bagoong alamang	
330 grams squash, cut into cubes	

Place the pork belly in a small pan with just enough water to cover. Bring to a boil, then simmer until pork is tender. Slice into strips.

Heat up a wok and add the pork strips with a few teaspoons of water and cook until it gives off fat, add the vegetable oil and sauté the garlic until golden. Add the tomatoes and cook until very soft. Mix in the shrimps and bagoong and cook for a minute, add the squash and the water and simmer for about 3 minutes.

Layer the rest of the vegetables in the pan and cover with the lid. Cook until vegetables are tender. Adjust the seasoning and serve hot.

Stir Fried Bok Choy

by Michele Chan

In this recipe, bok choy is lightly cooked in Chinese style to preserve freshness, nutrients and its natural flavors. Serves 4 persons.

500 grams bok choy, washed
2 tablespoons vegetable oil
¼ teaspoon sesame oil
1 tablespoon oyster sauce
White pepper to taste

Bring a pot of water to a boil, add the bok choy and cook for about half a minute. Remove from heat, blanch under running water, drain and set aside.

Mix the rest of the ingredients in a bowl. Heat a frying pan and add the sauce, simmer for a few seconds, remove from the fire and add the bok choy.

Leave to cook for a minute then arrange the bok choy in a serving dish, spoon the sauce over it and serve immediately.



Three-cup Chicken with Basil

by Jaguar Tang

This recipe has a lot going for it; it's salty, sweet, spicy and redolent with the scent of basil leaves. "If you want a more authentic flavor, use Taiwanese brands for the rice wine, soy sauce and sesame oil." Serves 4-6 persons.

2 tablespoons vegetable oil

6 slices ginger, unpeeled, sliced into ovals

10 cloves of garlic, peeled and lightly pounded

700 grams bone-in chicken thighs, cut into 3 pieces (best to have your butcher do this)

$\frac{1}{4}$ cup rice wine

$\frac{1}{4}$ cup soy sauce

2 teaspoons sugar

Freshly ground black pepper to taste

$\frac{1}{3}$ cup water

1 tablespoon black sesame oil (or Lee Kum Kee brand)

A handful of basil leaves

4 whole red chilis

Add oil to a wok on low heat and stir fry the ginger and garlic until golden. Remove and set aside.

Increase the heat to medium high and fry the chicken until golden brown. Return the ginger to the wok and add the rice wine, soy sauce, sugar, water and sesame oil. Bring to a boil then lower the heat and cover with a lid.

Continue cooking, checking until sauce is thick, add the garlic until sauce is almost dry and can coat the chicken. Turn up the heat and toss in the basil and chilis, mix thoroughly and serve hot.





Torta a la Cubana

by Jigs Ranada Adefuin III

This recipe is a unique interpretation of Arroz a la Cubana. Here potatoes, fried to a crisp, are mixed with shrimp and pork to add another dimension of flavor to the familiar dish. Serves 8-10 persons.

3 medium sized potatoes,
cut in 1 cm x 1 cm cubes
Vegetable oil for deep frying

1 tablespoon olive oil

1 medium sized onion,
finely chopped

1 tablespoon garlic,
finely chopped

3 medium sized tomatoes,
chopped

1 tablespoon fish sauce
200 grams shrimp, peeled
and finely chopped

1 kilo ground pork

1 red pepper,
coarsely chopped

1 green pepper,
coarsely chopped

1 carrot, coarsely chopped

1 cup green peas (optional)

Salt and pepper

$\frac{3}{4}$ cup raisins

5 plantains, sliced and fried

In a saucepan, heat about 1 cup of vegetable oil, when oil is hot, (test by adding a potato cube if it sizzles, oil is ready). Carefully add potatoes and fry until golden and crisp. Remove with a slotted spoon or strainer and lay on paper towels to drain. Set aside.

In a large frying pan, heat the olive oil, sauté the onion until it softens and caramelizes, add the garlic and tomatoes. Cook until tomatoes soften, then stir in fish sauce. Add the shrimp, and when it turns pink, add the pork. When the pork starts to give off liquid, add the rest of the vegetables and cook until pork is golden brown. Season with salt and pepper. Mix in the raisins and crispy potatoes. Serve with the fried bananas on the side.

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Baked Sweet Potato Dessert

By Mia Ibarra

Poached in screwpine syrup and baked under a blanket of velvety custard, the lowly sweet potato is elevated to dessert status. Serves 6 persons.

Kamote Slices	Custard
1 cup brown sugar	2¼ cup evaporated milk
½ cup white sugar	¼ cup condensed milk
1 cup water	¼ cup cornstarch
1 kilo yellow sweet potato, peeled and cut in thick slices	1 egg yolk
3 screwpine leaves, tied in a knot	2 tablespoons butter
2 tablespoons butter	

Kamote Slices - In a saucepan, combine sugar and water. Bring to a boil, turn down the heat and simmer until light syrup is formed. Add the sweet potato slices and screwpine leaves, cooking until sweet potato is tender. Remove the sweet potato from the pan and arrange in a baking dish. Stir butter into the remaining syrup and drizzle over the sweet potato.

Custard - Combine all the ingredients in a saucepan. Stir over a low fire and cook until thick.

Pour the warm custard over the cooked kamote slices, that have been arranged in a baking dish. Bake in an oven that has been preheated 350°F for about 15 minutes or until top is light brown and bubbly.

My Favorite Carrot Cake

by Marie Constance Y. González

This is a wonderfully straightforward carrot cake without the distractions of nuts or other fruits; just lots of fresh carrots to keep it moist. Serves 10 persons.

2 cups all-purpose flour	1 teaspoon cinnamon powder	Cream Cheese Icing
1 teaspoon baking powder	4 eggs	One bar 3 oz. Philadelphia cream cheese
1 teaspoon baking soda	1 cup vegetable oil	¼ cup butter, softened
1 teaspoon salt	3 cups finely grated carrots	2 cups sifted icing sugar
2 cups sugar		1 teaspoon vanilla

Preheat the oven to 325°F. Line a 13 x 9 x 2 inch pan or two 9 x 1½ inch round pans with baking paper. Sift the dry ingredients together. Break the eggs into a mixer bowl, add the sugar, vegetable oil and carrots and beat at medium speed.

Add the dry ingredients and continue mixing until completely combined. Pour into the prepared pans and bake for 50-60 minutes for 13 x 9 x 2 inch pan and 30-40 minutes for 9-inch pans. Cool and frost with Cream Cheese Icing.

Cream Cheese Icing - In a mixer bowl, combine cream cheese and butter. Beat until light and fluffy, add the icing sugar a little at a time, then add the vanilla.

Spread over the cooled carrot cake. Store the iced cake in the refrigerator.



Carrot Halva

by Vasantha Polishetty

A traditional Northern Indian pudding served in festivals and celebrations, carrot halva is a popular dessert in the winter, when carrots are in season in India. It’s wonderful served warm with vanilla ice cream and a shower of pistachio nuts. Serves 4-6 persons.

2-3 medium sized carrots/ 500 grams, grated	4 cardamom pods pounded to a powder
2 cups milk	2 tablespoons ghee or melted butter
½ cup plus 2 tablespoons sugar	Pistachio nuts or almond slices for decoration

In a heavy bottomed pot, combine the carrots and the milk. Cook until carrots are softened and milk is reduced. Mixture will start to thicken into a heavy mass.

Add the ghee and cardamom. Lower heat and cook, stirring until very thick and the ghee start to shimmer in the surface.

Transfer to a serving dish and sprinkle with pistachios and almonds.

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Butterfly Pea Gin

by Mike Kerveillant

These creatively-crafted cocktails combine garden herbs and alcohol in an unexpected way, cheerfully announcing: “It’s Happy Hour!”

- Butterfly pea flowers
- Gin or other white alcohol

Put 8-10 butterfly pea flowers inside a bottle of gin or other white alcohol like vodka or white rum. Leave in a cool dark place to infuse for a few weeks until it turns a beautiful blue.

When mixed with tonic water, the drink will turn purple, when mixed with soda the drink will turn a pretty shade of turquoise.

Pandan Martini

by Mike Kerveillant

40 ml vodka

5 ml Kahlua

10 ml Creme de Cacao

20 ml screwpine syrup

30 ml coconut purée

Mix all the ingredients in a shaker with ice.

Shake well, strain, and serve in a Martini glass.

Mojito

by Mike Kerveillant

14 fresh mint leaves

30 ml Havana Club or
other 3-year-old rum

1 tablespoon lemon or
Philippine lime juice

2 teaspoons simple syrup

Soda water

In a tall glass, mix the mint leaves, rum, lemon juice and simple syrup. Fill the glass $\frac{2}{3}$ full with crushed ice and stir to mix well.

Add more crushed ice and top with soda water.





Pineapple Express

by Mike Kerveillant

45 ml tequila reposado

60 ml pineapple juice

20 ml lemon juice

15 ml honey

Pinch turmeric, black pepper

Combine all the ingredients in a shaker, give it a good shake then pour over ice in a tall glass.

Garnish with pineapple leaves and edible Philippine flowers, finish with a dash of black pepper.



Basil Smash

by Marion and Martin de Guzman

Refreshing cocktail with a pleasantly herbal, sweet basil note.

A handful of fresh sweet
basil leaves, washed and dried

1 teaspoon brown sugar

2 shots/60 ml of gin

Juice of half a lemon

Soda water

Mix all the ingredients, muddling the basil leaves. Transfer to a shaker, with a few good shakes. Pour into a rocks glass over ice and top with soda water.

About Arthaland



Arthaland is the country's foremost green developer with a 100% certified portfolio, recognized by local and global organizations for its superior design, high quality, focus on sustainability and innovation.

It has made its mark in the Philippine real estate industry by pioneering the development and management of exceptional best-in-class properties, with a long-term goal of creating value for the next generation while considering the social, environmental, and economic impact.

Arthaland is led by its mission to build boutique, sustainable and exceptional developments that will provide a wealth of life at home, at work, in the community, and in the country.

Through the Net Zero Carbon Buildings Commitment of the World Green Building Council, the Company has pledged to decarbonize 100% of its portfolio by 2030. So far, Arthaland is the first real estate developer in Asia to do so and, indeed, the first signatory from the Philippines.

This conviction is embedded in the Company's name. "Artha" is a Sanskrit word that means purpose, knowledge, significance, and wealth. Wealth is determined by material assets but in the sense of spiritual progress and meaningful existence. They strive to uplift the lives of people: its tenants, residents, and communities. They transform material investments into lasting intangibles that define life's wealth, such as comfort, health, happiness, and a better future.



Arya Residences is the first and only dual certified residential green building in the country, having achieved Leadership Energy and Environmental Design (LEED) Gold certification from the U.S. Green Building Council and the Building for Ecologically Responsive Design Excellence (BERDE) 4-Star certification by the Philippine Green Building Council. It is the fusion of architectural refinement and environmentally sensitive design. With its lush green spaces and featuring Arya Plaza with premier lifestyle establishments, this two-tower luxury green condominium has become one of the most desirable residential addresses in the Philippines.

Arthaland Century Pacific Tower is the only multi-certified office building in the Philippines, having received the LEED Platinum rating and BERDE 5-Star certification, all of which are the highest and most prestigious categories in these green building rating standards. It was granted the world's first net-zero award under the World Bank Group's IFC EDGE program, and it is on-track for WELL certification. Designed by world-renowned architectural firm Skidmore, Owings & Merrill in collaboration with the local firm, GF & Partners Architects, it is among the most highly sought-after business address in Bonifacio Global City.



Cebu Exchange is Arthaland's signature development in southern Philippines and may be the largest net-zero carbon certified building in the country. It is strategically located in Cebu City, one of the most influential economic centers in the country, which is quickly emerging as one of the top IT-BPM destinations in the world. A masterpiece of sustainable development, Cebu Exchange will be a well-balanced business ecosystem with smart and sustainable office technologies, well-appointed amenities, and a diverse retail mix where businesses and individuals can thrive in harmony.

Savya Financial Center is set to become the capital address for business and commerce in ARCA South in Metro Manila. It offers locators a world-class signature office experience hinged on sustainability, wellness, and accessibility. It will feature various purposeful amenities, cutting-edge sustainable building features, and an exemplary design. Savya Financial Center will stand as a one-of-a-kind global address created to the highest standards.

Sevina Park is the first and only master-planned mixed-use community in Southeast Asia to achieve Platinum certification for both LEED for Neighborhood Development and LEED for Homes for its four-bedroom villa units. Sevina Park will comprise distinctive homes, student residences, and curated office and retail spaces master-planned by global design firm Sasaki Associates. Limited edition villas are designed by renowned architectural practice, Leandro V. Locsin Partners. This 8-hectare development is a thoughtfully planned and highly walkable community with 60% green and open spaces and sustainable features to improve its residents' well-being. Adjacent to the De La Salle University Laguna Campus and accessible via the Cavite-Laguna Expressway, Sevina Park will be an ideal place for a life of convenience and ease.

