ENDING HUNGER TOGETHER

Enderun Colleges and Rise Against Hunger

RECIPE BOOK
Rise Against Hunger Philippines (formerly Stop Hunger Now, Philippines) is the local affiliate office of Rise Against Hunger, an international hunger relief organization that distributes food and life-changing aid to the world’s most vulnerable, mobilizing the necessary resources to end hunger by 2030.

Rise Against Hunger uses its fortified rice-soy meals and other aid to leverage long-term development in impoverished communities. We believe that solving world hunger requires more than just feeding people – it involves helping to raise them out of poverty and giving them an opportunity for self-sufficiency.

Our meals contain five ingredients: rice, soy, dehydrated vegetables/fruits, flavoring sachet and micronutrient powder. The meals when cooked as a rice dish can provide six servings but when cooked congee or lugaw style (with 12 cups of water) can serve 12 to 15 children.

Long grain white rice or polished rice is a grain that is a staple food used all over the world. Rise Against Hunger chose white rice over brown rice because it cooks faster and has a longer shelf life.

Rise Against Hunger meals include textured dehydrated soy (the brown nuggets in the meal bag) to provide protein, which is critical for proper development and nutrition. Soy is used in Rise Against Hunger meals because it is widely available, has high protein content and can be obtained inexpensively. It has a higher protein content than meat.

The vitamin sachet donated and developed by Kraft Heinz contains 23 important vitamins and minerals that have been specifically designed for undernourished children. Our meals address the most common nutrition problems affecting children: Protein Energy Malnutrition, Vitamin A Deficiency, Iodine Deficiency Disorders, Iron Deficiency Anemia, and Childhood Obesity.

Each meal pack contains a sachet of our delectable flavoring mix. For savory meals, there is a choice of Chicken Arroz Caldo, Beef Congee, or Fish (Anchovy) Flakes. The flavoring sachets do not contain MSG. For sweet selections, we have Cham porado (chocolate) or Ginataan (coconut milk). Beneficiaries are encouraged to add locally available ingredients to make the meals more appetizing.

For the savory meals of chicken arroz caldo, beef congee or fish flakes, we also add a dehydrated vegetable blend (Squash, Alugbati or Malabor Spinach, Camote or Sweet Potato Tops, and Saluyot or Jute Leaves) to the meals to improve to the nutritional value and to enhance the overall taste of the meal. For the ginataan flavored meal we add a dehydrated fruit blend consisting of Orange Sweet Potato, Banana & Mango.

(632) 8392851 | https://riseagainsthungerphilippines.org
This recipe book is a great opportunity to partner with Enderun Colleges. With the help of the school’s culinary students, Rise Against Hunger meals are made even more delicious and nutritious. I am sure our beneficiaries will enjoy eating these easy to make and affordable recipes.

EnP Gabriel Lopez, Ph.D
President of the Board
Rise Against Hunger, Philippines

On behalf of Rise Against Hunger Philippines, I would like to thank Enderun Colleges and its students for making this recipe book a reality. The different recipes in this book will be of tremendous help in encouraging our beneficiaries in cooking various nutritious and delectable versions of our fortified rice-soy meals. The over 10,000 children that we feed daily will surely enjoy eating these variants of our meals. Yes, together we can surely end hunger!

#2030ispossible.

Jomar Fleras
Executive Director
Rise Against Hunger, Philippines
One in three people worldwide are adversely affected by vitamin and mineral deficiencies. Rise Against Hunger meals, packaged by volunteers, are designed to provide a comprehensive array of micronutrients. Rise Against Hunger meals include enriched rice, soy protein, dried vegetables and 23 essential vitamins and minerals.

While communities work toward a future in which they can thrive, vulnerable families and individuals around the globe still have basic immediate needs. That’s why Rise Against Hunger supports safety net programs that provide nourishment, as well as additional skills training or services that support the difficult journey out of poverty.

Rise Against Hunger meals are provided in schools to encourage increased enrollment and attendance. For adults in community empowerment programs, the provision of meals offsets productive time lost while attending training sessions.
The recipes showcased in this book are fruits of our students’ vision, experimentation, hard work, and creativity. I am equally pleased and proud that these young, ingenious individuals resolutely took on the challenge of creating recipes for meals that are not only delicious and nutritious, but also affordable, sustainable, and part and parcel in the improvement of our beneficiary communities’ overall quality of life. We have always believed that the fullest expression of our academic organization’s social responsibility is only possible with the existence of cross-cutting support from the school community - collaborative planning, resource sharing, and committed volunteerism - in order to build a truly integrative program. Congratulations to everyone involved in the production of this book!

The partnership between Enderun Colleges and Rise Against Hunger was a propitious one, simply grown out of each organization’s desire to respond to current social and economic problems - specifically, widespread hunger and malnutrition in many communities in the Philippines. However, more than that, we aim to not only feed, but also to elevate the experience of preparing meals, using Rise Against Hunger’s rice-soy packets, that are enjoyed by schoolchildren.

From our initial meeting in 2017, seeing how excited our students were to embark on this project, I knew that the partnership would organically make headway. Just a few months after, our students held a milestone cooking demo and taste testing session to present their creations and consult the citizens of our partner community, Barangay Pinagsama, to ensure that the recipes included in this book meet the criteria of taste, ease of preparation, cost-efficiency, and nutrition. Along the way, they shared stories of their creative inspirations, which you will also read in the following pages.

This Enderun Colleges x Rise Against Hunger initiative is a concrete demonstration of the emerging role of the creative sphere in social development. More importantly, it shows us that the opportunity to contribute to the wellbeing of society is available to all, and not only to policymakers, development workers, or educators. It is my hope that this ideal, through this recipe book, inspires more and more creative solutions to both global and national problems, particularly in the fulfillment of the United Nations Sustainable Development Goals. As we move forward, I encourage readers to deliberately consider how we can harness individual strengths to help and uplift others, whose wellbeing are inextricably linked to our own.
Enderun Colleges’ Degree Programs Offer Real-world Management Education

Enderun aims to graduate students with the academic training, professional competencies, and character required for success in today’s complex world, by offering international-caliber degree programs that combine management theory and practical experience in a values-rich learning environment.

As Enderun’s lead founder, Mr. Jack Tuason, explains, “We have always focused on the long-term objective of establishing the finest management program and graduating leaders globally. We do not take our responsibility lightly and know our success is truly based on the success of Enderun’s graduating students. Parents and students do not pay for a service, they invest for results.”

Today’s corporate world is a collection of complex processes that make it more demanding, and more challenging, than ever before. The world of business today requires executives with the technical expertise, business acumen, and values to lead and innovate in cross-cultural settings.

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ARANCINI

ARVEEN SERRATO

Arancini is a deep-fried rice ball originated in Italy. This dish is an excellent snack for kids because it is deep fried and has cheese inside. But the cook can change the recipe by adding different ingredients like ground beef, peas, tomatoes, cheese, or other vegetables like carrots and squash.
ARANCINI

Total Yield: 1.2 kg
Portions: 24
Calories per Serving: 200 kcal

400 g Rice-Soy Fortified Meal Pack
(Chicken Arroz Caldo)
700 ml Water
200 g Cheese
8 pcs Eggs
150 g Bread crumbs
100 g Flour
400 ml Vegetable Oil

1. Mix rice and water in a pot and cook for 20 - 25 min or until the rice is tender.
2. Remove flavoring and set aside vitamin sachet.
3. Cool down the rice in the fridge until the rice is cold.
4. Mix in 4 eggs, vitamin sachet and grated cheese into the cooled rice.
5. Form the rice into small balls (50g).
6. Freeze the balls for 1 hour or overnight.
7. Scramble the remaining 4 eggs in a bowl, add flour and breadcrumbs into two separate containers.
8. Coat the rice balls with egg and breadcrumbs. Chill the balls in the refrigerator until it is time to fry.
10. Deep fry the balls for 5 minutes or until the outside is brown and the inside is hot.
GINATAANG KALABASA
SQUASH IN COCONUT MILK

ARVEEN SERRATO

When I was young, I hate eating vegetables but then my mom started to cook Ginatang Kalabasa. I loved eating it at my first bite and ever since that day, as time passed by, I started to try different kinds of vegetables. I would like to share with you this recipe so that you can feed your kids a healthy yet delicious meal that might change your children’s minds when eating vegetables.
GINATAANG KALABASA
(SQUASH IN COCONUT MILK)

Total Yield: 1.6 kg
Portions: 15
Calories per Serving: 300 kcal

400 g Rice-Soy Fortified Meal Pack (Ginataan)
600 ml Water
50 g Onion, finely chop
10 g Garlic, mince
30 g Ginger, mince
15 g Fermented Fish (Bagoong)
600 g Shrimp, peeled
300 g Legumes (Sitaw)
3 pcs Chilli Pepper (Sili)
7 g Pepper
7 g Salt
50 ml Vegetable Oil

1. Cook rice according to packaging instructions. Set aside flavoring and vitamin sachet.
2. Sauté onions for 1 minute or until it turns transparent. Add garlic and ginger and cook for another 1 minute or until it becomes fragrant.
3. Add in bagoong and cook or 30 seconds.
4. Pour in water and bring it to a boil.
5. Add in rice and ginataan (coconut) flavoring. Cook the rice for 15 mins.
6. Add in shrimp and legumes then cook for another 5 minutes.
7. Mix in malunggay and cook for another 1 minute.
8. Remove from heat and rest for 5 minutes. Add vitamin sachet.
9. Season with salt and pepper.
GINISANG MONGGO
SAUTÉED MUNG BEANS

ARIANA GREGORIO

Sautéed Mung Beans is a delicious and healthy dish full of nutrients. One may add malunggay leaves, ampalaya leaves or even spinach to it with meat or seafood. All the ingredients are very affordable and this dish is simple yet flavorful which families can eat while bonding together after a long day.
GINISANG MONGGO
(SAUTÉED MUNG BEANS)
Total Yield: 1kg
Portions: 12
Calories per Serving: 300 kcal

400 g Rice-Soy Fortified Meal Pack (Beef Congee)
600 g Water
5 g Vegetable Oil
250 g Monggo Beans
250 g Pork
10 g Moringa (Malunggay Leaves)
90 g Red Onions
20 g Garlic
15 g Ginger
10 g Tomatoes
6 cups Water
7 g Salt
5 g Pepper

1. Measure the rice and water to a proportion in a pan.
2. Bring to a boil.
3. Stir the rice up to the bottom once using a spatula.
4. Cover the pot, turn down the heat, and let it simmer for about 10-15 minutes.
5. Remove from heat and allow rice to steam.
6. Fluff rice with a fork and mix vitamin sachet. Let it cool.
7. Wash the monggo seeds to remove dirt. soak monggo beans in water overnight to soften them. Drain monggo beans when about to cook.
8. Slice pork into strips.
9. Peel and mince red onions.
10. Peel, crush, and mince garlic.
11. Grate ginger using a grater.
12. Chop tomatoes into cubes.
13. In a large pot, heat tablespoon of cooking oil.
15. Once pork strips has slightly colored, add the monggo beans, flavoring sachet and water.
16. Boil monggo for 15-20 minutes until cooked.
17. Add malunggay leaves and slowly stir together.
18. Season with salt and pepper to taste.
FILIPINO PAELLA

TSINA ONG & MARTIN VISBAL

Paella is a dish popularly known in Spain and as a country which has roots from Spain, people from the Philippines love mixing in flavors that would make it an explanation of what Filipino cuisine is. Filipinos have taste buds that prefer a lot of flavors and this recipe will surely satisfy your craving and at the same time not spend too much when buying ingredients for your home-cooked meal.
FILIPINO PAELLA
Total Yield: 1 kg
Portions: 12
Calories per Serving: 400 kcal

400 g Rice-Soy Fortified Meal Pack (Fish Flakes)
450 ml Water
40 g Garlic
90 g Red onion
200 g Chicken Breast
10 g Annatto (Atsuete Seeds)
100 ml Vegetable Oil
3 pc Bay Leaf
250 ml Coconut Milk
60 ml Water
100 g Red Bell Pepper
4 pc Boiled Egg
8 g Salt
8 g Black pepper

1. Cook the Rice-Soy Fortified Meal according to package instruction. Set aside vitamin sachet.
2. Boil eggs for 10 minutes. Set aside.
3. Cook atsuete seeds in vegetable oil. Set aside.
4. In a large saucepan, sauté onions until transparent.
5. Add garlic.
6. Add bell peppers.
7. Add coconut milk, and water.
8. Let it simmer until vegetables are cooked.
9. Add cooked rice and vitamin sachet then mix. Season.
10. Add bay leaf and cover the pan.
11. Season chicken breast with salt and pepper then sear until cooked.
12. Remove bay leaf and top paella with sliced chicken and egg.
PORK BINAGOONGAN
PORK IN SHRIMP PASTE WITH GREEN MANGO AND FRIED EGGPLANT

GIAN AQUINO

Pork Binagoongan can be prepared easily by a simple “gisa”, and it is guaranteed to be tasty too. I would always order this dish whenever I see one in a carinderia. The smell of shrimp paste and chilis whets my appetite, and the taste warms my soul. It’s my ideal comfort food. I added fried eggplant to make this dish more hearty and green mango slices to balance the saltiness of the shrimp paste.
PORK BINAGOONGAN
(PORK IN SHRIMP PASTE WITH GREEN MANGO AND FRIED EGGPLANT)

Total Yield: 1kg
Portions: 13
Calories per Serving: 400 kcal

400 g Rice-Soy Fortified Meal Pack (Beef Congee)
500 g Pork (belly)
100 g Onion
40 g Garlic
150 g Tomatoes
60 g Fermented Fish (Sweet Bagoong)
200 g Winged Bean (Sigarilyas)
Pepper
10 g Green chili (chopped)
Fried Eggplant
250 g Eggplant (Medium)
50 ml Vegetable Oil
6 g Salt
1 pcs Green Mango

1. Cook the Rice-Soy Fortified Meal Pack according to packaging instructions but using 6 cups of rice. Set aside vitamin sachet.
2. Finely chop onion and garlic and tomato. Set aside.
3. Slice pork belly into 1/2 inch slices.
4. In a hot pan, add 3 tbsp oil and add the pork when the oil starts to smoke slightly. Brown both sides. Add salt and set aside.
5. In the same pan, add garlic and sauté until golden brown, then add the tomatoes and onions. Cook until the onion is translucent.
6. Trim the ends of the winged beans then cut into 1 inch cubes. In a pot with boiling water, blanch the winged beans for 1 minute then set aside.
7. Add the bagoong in the pan and cook for 2 minutes.
8. Add the rice and the winged beans, mix well until the rice is fully mixed with the bagoong.
9. Season with salt and black pepper to taste.
10. Remove from heat and rest for 5 minutes.
11. Add vitamin sachet and mix.
12. Remove the top of the eggplant and slice thinly.
13. Add oil in the pan (enough to cover the bottom). Add the eggplant one by one when the oil is almost smoking. Do not crowd the pan. Fry each side until brown and salt after.
14. Peel and slice the mango into thin strips and serve together with rice.
PORK SISIG RICE WITH FRIED OKRA

GIAN AQUINO

One of the truest Filipino comfort foods: fatty, meaty, crunchy and fulfilling. Everyone loves sisig. The late Anthony Bourdain gave sisig its rightful spotlight in the food world. Sisig is not only a crowd-favorite of locals, but also part of every tourist must-try list. So, in this recipe, I made sisig rice with fried okra to complete the dish.
PORK SISIG RICE AND FRIED OKRA

Total Yield: 1.3kg
Portions: 13
Calories per Serving: 450 kcal

400 g Rice-Soy Meal Pack (Beef Congee)
300 g Pork Belly
300 g Pork Face
600 ml Water
50 ml Vegetable Oil
100 g Onion
10 tsp Pepper
45 ml Vinegar
20 g Chilli Finger (Siling Haba)
50 g Ginger
45 g Salt
175 g Chicken Liver
10 g Calamansi

Fried Okra
500 g Okra
5 g Salt
5 g Pepper
120 g Flour
1 pc Egg

1. Cook the Rice-Soy Fortified Meal Pack according to packaging instructions but using 6 cups of rice.
2. Peel and chop onions and ginger into quarters.
3. Clean the pork face. Remove excess hair and wash thoroughly, trim excess fat in the pork belly.
4. In a pot, combine salt, vinegar, onion, ginger, green chili, fish sauce, pepper, pork belly and pork jowl. Add water and cover. Simmer for 40 minutes - 1 hour or until the pork is tender.
5. Chill the pork for 30 minutes and pat dry.
6. In a pan, add oil and brown the pork pieces until crispy.
7. Chop the browned pork into small cubes. Set aside.
8. In a pan, add oil and brown the chicken liver for 1 minute each side or until it develops a crust.
9. Chop the chicken livers until it makes a paste.
10. In a bowl, add the chopped liver.
11. Adjust taste with calamansi, salt and pepper.

Fried Okra:
1. Fill half of the pan with oil and heat it up to 350°F.
2. Trim the top off the okra and slice in half.
3. Mix the flour, salt and pepper.
4. Serve rice topped with sisig and okra.

Note: Working in batches, dip the okra in the egg, then the flour. Fry until golden brown and crispy. Salt the Okra after frying according to taste preference.
BEEF BISTEK
BEEF STEAK

PATRIZIA FADUL
Being college students, my roommates and I usually eat somewhere cheap, cook something fast or just cook some canned goods. We have no time and money. We use our spare time to rest. So, we thought of a recipe that is not only fast to cook and cheap but a recipe that even people who do not know how to cook can make. The ingredients are cheap and could be literally found anywhere even in sari-sari stores. You would just have to marinate it, sear it and you’re done.
BEEF BISTEK
(BEEF STEAK)
Total Yield: 1 kg
Portions: 12
Calories per Serving: 350 kcal

400 g Rice-Soy Fortified Meal Pack (Beef Congee)
600 ml Water
500 g Beef
25 ml Vegetable Oil
20 g Garlic cloves
100 g Soy Sauce
80 g Calamansi
10 g Liquid Seasoning
10 g Sugar
30 g Red Onion
5 g Salt
5 g Pepper
3 pcs Hard Boiled Egg

1. Cook the Rice-Soy Fortified Meal Pack according to package instructions using 600 ml water instead of 12 cups.
2. Squeeze calamansi and get juice. Set aside.
3. Cut garlic into small pieces. Set aside.
4. Cut beef into bite-size pieces.
5. Combine soy sauce, calamansi juice, garlic, sugar then add beef. Season with salt and pepper.
6. Marinade for at least an hour.
7. Cut red onions into rings. Set aside.
8. In a pan, sear marinated beef in vegetable oil.
9. After searing both sides, add juice marinate and onions. Simmer until tender and sauce is completely reduced.
CLASSIC ARROZ CALDO

MARTIN VISBAL

Filipinos naturally experience numerous typhoons within a given year. During the rainy season, most Filipinos would usually crave for dishes that could warm their bodies and hearts throughout the cold and rainy day. Arroz Caldo is one of these dishes. Utilizing rice, a staple in Filipino cuisine, cooked together with steaming chicken broth and various aromatics, the Arroz Caldo is one of the Philippines’ most treasured comfort food.
# CLASSIC ARROZ CALDO

Total Yield: 1 kg  
Portions: 12 portions  
Calories per Serving: 350 kcal

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
<th>Notes</th>
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<tbody>
<tr>
<td>400 g</td>
<td>Rice-Soy Fortified Meal Pack</td>
<td>(Chicken Arroz Caldo)</td>
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<tr>
<td>90 g</td>
<td>White Onion</td>
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<td>30 g</td>
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<td>5 g</td>
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<tr>
<td>5 pc</td>
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<tr>
<td>5 g</td>
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<td>50 ml</td>
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<td>8 pc</td>
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<td>500 ml</td>
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<td>0.5 g</td>
<td>Pepper</td>
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1. Cook the Rice-Soy Fortified Meal according to package instruction. Set aside vitamin sachet.  
2. Slice the chicken breast into 1/2 inch chunks.  
3. Heat oil and sauté onions until transparent.  
4. Add garlic and ginger.  
5. Add chicken breast and rice.  
6. Continue sautéing until evenly mixed.  
7. Add water and simmer until cooked. Make sure to stir frequently.  
8. Once cooked, season with salt and pepper.  
10. Boil the eggs for 10 minutes.  
11. Remove from heat and rest for 5 minutes.  
12. Add vitamin sachet and stir.  
13. Top arroz caldo with eggs, spring onions and dried garlic.
CHICKEN ADOBO RICE

PATRIZZIA FADUL

Adobo is one of the staple foods in the Philippine Cuisine. Adobo is usually served over a bed of rice to absorb its tangy sauce, but I’ve also decided to give it a little twist. So, what I did was I incorporated the two (adobo and rice) and mixed it with some other garnishes like crispy garlic and boiled egg or fried egg plus twisting the usual recipe of the marinade which is the soy-vinegar and combining it with some other ingredients such as pineapple juice and Worcestershire sauce. I used the Rise Against Hunger beef congee meal pack, resulting to a slight beefy taste in the recipe.
CHICKEN ADOBO RICE

Total Yield: 1kg
Portions: 12 portions
Calories per Serving: 400 kcal

400 g Rice-Soy Fortified Meal Pack
(Chicken Arroz Caldo)
600 ml Water
1000 g Chicken
100 ml Soy Sauce
150 ml Vinegar
50 ml Pineapple Juice
15 ml Worcestershire Sauce
50 g Garlic
30 g Red Onion
5 g Sugar
2 g Bayleaf
tsp Salt
tsp Pepper
50 ml Vegetable Oil

Garnish:
2 g Toasted Garlic
4 pcs Boiled Egg
2 g Spring Onion (Optional)

1. Cook the Rice-Soy Fortified Meal by mixing it with 1/2 cup water and stir until water is absorbed. Repeat procedure 4-5 times or until rice is cooked.
2. Make marinade by combining chicken, soy sauce, vinegar, pineapple juice, worcestershire sauce, and sugar. Leave for at least an hour.
3. Sear chicken in oil, make sure oil is hot enough by checking if its already smoking.
4. Set chicken aside.
5. Sauté garlic and onion in the same pan until garlic is golden brown and onion is translucent in color.
6. Add in marinaded juice and chicken.
7. Add in bayleaf and simmer for 12-15 minutes.
8. Season with salt and pepper.
* add water if sauce is too reduced.
9. Remove bones in chicken and get fillet.
10. Chop fillet in small pieces.
11. Remove bayleafs.
12. In a pan add in rice, adobo juice and chopped chicken. Cook in medium heat until rice has fully absorbed the water. Mix in the chicken arroz caldo flavoring.
13. Remove from heat and rest for 4 minutes. Add in vitamin sachet and mix.
14. Garnish with toasted garlic, chopped spring onions and boiled egg.
* egg is cut into 4, cut lengthwise
CHICKEN CURRY RICE

ARVEEN SERRATO

Chicken curry is one of the most popular dishes in South East Asia and you can see this dish in many carenderia. Chicken curry is also a healthy dish because you can add different vegetables like potatoes and carrots and if you are adventurous, you can add squash or other vegetables or one can substitute the chicken with pork. This version is your typical chicken curry with potatoes, carrots and bell peppers which Filipinos know and love.
**CHICKEN CURRY RICE**

Total Yield: 1kg  
Portions: 12 portions  
Calories per Serving: 400 kcal

- **400 g** Rice-Soy Meal Pack (Ginataan)  
- **650 ml** Water  
- **30 ml** Vegetable Oil  
- **100 g** Onion  
- **20 g** Garlic  
- **500 g** Chicken Breast  
- **400 g** Potatoes  
- **300 g** Bell pepper (red and green)  
- **200 g** Carrots  
- **25 g** Curry powder  
- **100 g** Cilantro/Wansuy (Optional)  
- **1 pcs** Lemongrass root (Optional)

1. Peel and chop potatoes and carrots into cubes.  
2. Slice the bell peppers into squares.  
3. Chop and mince onion and garlic.  
4. Chop chicken into cubes.  
5. In a pot add oil and heat the pot until it starts to smoke.  
6. Cook the chicken breast in the pot until it turns white then, remove the chicken from the pot and transfer to a container.  
7. Cook the onions in the same pot for 2 minutes or until it turns transparent, then add the garlic and cook for another 1 minute, making sure not to brown it.  
8. Add in the ginataan flavoring and curry powder until combined then, add the carrots, potatoes, bell pepper, rice, lemongrass, and chicken in the pot.  
9. Pour in water and cook for 20 - 25 minutes or until rice is tender.  
10. Remove from heat and rest for 5 minutes.  
11. Add vitamin sachet and mix.  
12. Top it with cilantro/wansuy, if desired.
CHICKEN JOLLOF RICE

ARIANA GREGORIO

My grandmother and grandfather lived in Nigeria for 18 years. My mom happened to live with them and so, she learned and ate Nigerian food. Among them, Chicken Jollof Rice was one of the dishes cooked all the time in their house and was soon brought here at home in the Philippines. Later on, my mother taught me how to make it. Chicken Jollof Rice is a one pot meal that is enjoyed in West African countries. Chicken thighs and beef are usually used together and paired with long grain parboiled rice mixed in tomato stew and spices like red bell pepper, but chicken can be used alone. A great side dish can be fried saba bananas to balance its taste with sweetness.
**CHICKEN JOLOF RICE**

Total Yield: 1kg
Portions: 13
Calories per Serving: 450 kcal

400 g Rice-Soy Fortified Meal Pack (Chicken Arroz Caldo)
600 ml Water
1000 g Whole Chicken
200 ml Vegetable Oil
250 g White Onion
500 g Tomato
300 g Tomato Paste
5 g Salt
5 g Pepper
250 ml Water

1. Cook the Rice-Soy Fortified Meal Pack according to packaging instructions but using 600 ml water.
2. Season chicken with salt and pepper in a large pan.
3. Heat oil and cook chicken on all sides.
4. Remove from pan and set aside.
5. In the same pan add the chopped onion and tomatoes.
6. Put in tomato paste.
7. Add in water and season with salt and pepper.
8. Bring to a boil and place the chicken back into the pan.
9. Mix some of the sauce to the cooked rice.
10. Add vitamin sachet and mix well.
TINAPA FRIED RICE
SMOKED FISH FRIED RICE

ARIANA GREGORIO

Filipinos love breakfast food. When they wake up early in the morning, they want to eat a dish that smells good and has a smoky and salty flavor. Smoked fish or tinapa, which is made of milkfish or mackerel (galunggong), is very much accessible in our country. It is usually served with tomatoes, egg, and vinegar sauce. Smoked Fish Fried Rice will surely bring out your appetite.
TINAPA FRIED RICE
(SMOKED FISH FRIED RICE)

Total Yield: 800g
Portions: 12 portions
Calorie per Serving: 300 kcal

- 400 g Rice-Soy Fortified Meal Pack (Fish Flakes)
- 600 ml Water
- 20 ml Vegetable Oil
- 20 g Garlic
- 90 g Red Onion
- 250 g Tinapa, Deboned, or Flaked
- 6 g Salt
- 6 g Pepper
- 30 ml Soy sauce

**Garnish (optional)**
- 2 pcs Salted Egg
- 210 g Tomatoes

Cooking of Rice:
1. Measure rice and water to a proportion in a pan.
2. Bring to a boil then add fish flakes flavoring.
3. Stir the rice up to the bottom once using a spatula.
4. Cover the pot, turn down the heat, and let it simmer for about 10-15 minutes.
5. Remove from heat and allow rice to steam.
6. Fluff rice with a fork.

Preparation:
1. Peel, crush, and mince garlic.
2. Peel and slice red onions.
3. Remove seeds and slice the tomatoes lengthwise.
4. Slice salted eggs.
5. Break apart the tinapa. Remove the head and bones.

Cooking of Tinapa Rice:
1. To cook fried rice, heat cooking oil in a wok pan or frying pan.
2. Saute onions until lightly brown. Add the garlic.
3. Add the tinapa flakes and season with salt and pepper.
4. Add the cooked rice and a tablespoon of soy sauce.
5. Gently toss to distribute. Remove from heat and rest for 5 minutes. Add vitamin sachet.
6. Place in a bowl and garnish with sliced tomatoes and salted egg.
7. Serve.
BANGUS ALA POBRE
MILKFISH ALA POBRE
WITH FRIED RICE

TSINA ONG

Supporting our own country by buying from fishermen who sell locally sourced fish and at the same time creating a recipe that's within your budget, healthy and tasty. What more do you want? Milkfish ala Pobre with Fried Rice is a recipe for me that I know is close to Filipinos hearts as this is close to the taste of adobo which is an all-time favorite in our culture. This recipe will surely melt not only your taste buds but also your heart as this is a very heartwarming meal to share with your loved ones.

ENDERUN
BANGUS ALA POBRE
(MILKFISH ALA POBRE WITH FRIED RICE)
Total Yield: 1 kg
 Portions: 12
 Calories per Serving: 400 kcal

400 g Rice-Soy Fortified Meal Pack (Fish Flakes)
600 ml Water
60 g Garlic
60 g Butter
2 g Salt
3 g Pepper
400 g Pechay Native
40 ml Vegetable Oil
500 g Bangus
70 g Soy Sauce
10 g Calamansi

30 g Red Onion
30 g Garlic
70 g Water
30 g Garlic
70 g Water

Fried Rice
1. Remove flavoring and vitamin sachet. Set aside.
2. Cook the Rice-Soy Fortified Meal by mixing it with 1/2 cup water and stir until water is absorbed.
3. Set aside 140 ml water.
4. Repeat procedure 4-5 times or until rice is cooked.
5. Put in flavoring sachet.
6. Slice Pechay Native in thin slices and chop garlic in very small sizes.
7. Heat pan and put vegetable oil.
8. Put 60g garlic and continue cooking until brown, do not burn the garlic. Use medium heat.
10. Mix in the cooked rice, add the salt and pepper, adjust to taste.
11. Remove from heat and rest for 5 minutes. Add vitamin sachet and mix.

Bangus Ala Pobre
1. Slice onions into rings and set aside.
2. In a small bowl combine soy sauce, calamansi and 70 ml water.
3. Heat pan and put oil, in medium heat cook fish, when almost brown, put in the remaining garlic.
4. Put in the 70ml water you set aside in a bowl, reduce liquid until a slight thick consistency is achieved.
BIKO
FILIPINO STICKY RICE CAKE

MARTIN VISBAL

During my childhood, I always remember having a strong bond with my grandfather. My family, back then, were living together with my grandparents and my grandfather will always find time to take me out to the nearest fast food chain. He was also a very good cook and his specialty was the kakanin, Filipino Sticky Rice Cake or biko. He always bring my brother and I freshly made Biko which we finished almost immediately. This recipe is inspired and devoted to my grandfather and of the simple times of my childhood.
BIKO
(FILIPINO STICKY RICE CAKE)
Total Yield: 700g
Portions: 12 portions
Calories per Serving: 350 kcal

200 g Rice-Soy Fortified Meal Pack (Ginataan)
200 g Glutinous Rice (Malagkit na Kanin)
500 ml Coconut Milk
250 ml Water
150 g Brown Sugar
500 ml Coconut Cream

1. Combine glutinous rice, coconut milk, ginataan flavoring and water in a pot.
2. Simmer under medium-low heat.
3. After 5 minutes, add half of one rice-soy fortified meal pack. Store remaining for later use.
4. Continue to simmer while constantly stirring until liquid is reduced.
5. Once thickened, add brown sugar and mix until completely dissolved.
6. Continue cooking until rice is fully cooked. Add more water if needed.
7. Mixture is done when it is difficult to stir and it pulls away from the pan.
8. Once done, turn off heat and add vitamin sachet. Mix.

Latik (Toasted Coconut Milk Crumbs)

1. On a large pan, simmer coconut cream.
2. Continuously stir but not too aggressively.
3. When oil starts to separate, scrape sides and bottom of the pan to avoid burning.
4. Cook until golden brown.
5. Strain.
6. Top the Filipino sticky rice cake with latik.
As a college student who lives independently and far away from her parents, I would usually consider budget, taste, and nutrients with each meal I eat. With this recipe, I have achieved all three categories that I always look for in making home-cooked meals. I would now love to share my recipe with people who also look for the same contents as mine.

TSINA ONG

CHINESE STYLE PORK FRIED RICE
**PORK CHINESE STYLE FRIED RICE**

Total Yield: 800g  
Portions: 13  
Calories per Serving: 400 kcal

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
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<tbody>
<tr>
<td>Rice-Soy</td>
<td>400 g</td>
<td>Fortified Meal Pack (Beef Congee)</td>
</tr>
<tr>
<td>Water</td>
<td>600 ml</td>
<td></td>
</tr>
<tr>
<td>Ground Pork</td>
<td>550 g</td>
<td></td>
</tr>
<tr>
<td>Swamp Cabbage</td>
<td>1000 g</td>
<td>(Kangkong)</td>
</tr>
<tr>
<td>Cabbage</td>
<td>400 g</td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td>250 g</td>
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</tr>
<tr>
<td>Eggs</td>
<td>3 pc</td>
<td></td>
</tr>
<tr>
<td>Ginger</td>
<td>1 pc</td>
<td></td>
</tr>
<tr>
<td>Garlic</td>
<td>30 g</td>
<td></td>
</tr>
<tr>
<td>Soy Sauce</td>
<td>60 g</td>
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</tr>
<tr>
<td>Sugar</td>
<td>15 g</td>
<td></td>
</tr>
<tr>
<td>Vegetable Oil</td>
<td>40 ml</td>
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</tr>
<tr>
<td>Salt</td>
<td>5 g</td>
<td></td>
</tr>
<tr>
<td>Pepper</td>
<td>5 g</td>
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</table>

1. Set aside flavoring and vitamin sachet.
2. Cook the Rice-Soy Fortified Meal by mixing it with 1/2 cup water. Stir until water is absorbed.
3. Repeat procedure 4-5 times or until rice is cooked.
4. Chop carrots, ginger, and garlic into very small pieces.
5. Slice kangkong and pechay into thin pieces.
6. Stir-fry ground pork until cooked.
7. Remove and put the cooked ground pork in another container.
8. Throw, but reserve some of the fat from the ground pork in the cooking pan.
9. Cook the carrots and the ginger first, then put the garlic.
10. Put the kangkong and pechay.
11. Put in a little bit of water and soy sauce, wait until the leaves turn small as they cook.
12. Put back the cooked ground pork.
13. Mix the cooked rice together with the vegetable and pork mixture.
14. Add salt, pepper, and soy sauce to taste.
15. Remove from heat and add the flavoring and vitamin sachet.
MANGO RICE PUDDING

JERICHO PALOMO

Based on the Thai dessert “mango sticky rice” which uses sweet glutinous rice but this recipe uses regular long grain rice from the Rise Against Hunger meal pack. This dessert is a combination of sweet, salty, and sour flavor which resembles the mango sticky rice I had in Thailand. While it lacks the chewy feel you get from using sweet glutinous rice, using a regular one for a rice pudding recipe works as well.
MANGO RICE PUDDING

Total Yield: 1kg
Portions: 15
Calories per serving: 300 kcal

Coconut Rice Pudding
400 g Rice-Soy Fortified Meal Pack (Ginataan)
900 g Water
100 g Coconut cream powder
180 g Sugar
5 g Salt
300 g Water
100 g Coconut cream powder
25 g Sugar
2 g Salt

Coconut Cream
300 ml Water
100 g Coconut cream powder
25 g Sugar
2 g Salt

Finish
1 kg Mango

Coconut Rice Pudding
1. Put rice-soy mix and 500 ml water in a covered pot and let it simmer over low-medium fire for 25-30 minutes. Let it cook until rice is tender and not much water is left.
2. In a bowl, combine 400 ml water, coconut powder, and ginataan flavoring.
3. Add sugar and salt, mix until everything is dissolved.
4. Immediately pour the mixture over the rice and cook the rice more, keep mixing. Cook the pudding until rice is soft and the liquid has reduced.
4. Remove from heat then add vitamin sachet and mix. Let the pudding cool down.

Coconut Cream
1. For the coconut cream, put water, ginataan flavoring, coconut cream powder, sugar, and salt in a pot. Then bring to a boil while mixing.
2. Let the sauce cool down.

Finish
1. Remove the flesh from the mango then slice however you like.
2. Place 100g of rice pudding in a plate, then arrange the mango on top.
3. Finish with a bit of coconut cream sauce.
ACKNOWLEDGEMENT

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