



TEST KITCHEN

# 2024 A YEAR OF COOKING

RECIPES BY CHEF PEACHY CEBRERO







# BEEF WITH MUSHROOMS

Refuel & recharge with beef & mushrooms, the perfect meal after traveling from university building to university building!

## Ingredients:

100g beef tenderloin, cut into strips

1/2t Dijon mustard

1t Knorr seasoning

1T olive oil

## Sauce:

1/2T olive oil

1T butter

60-80g fresh mushrooms of choice (button, oyster, shitake or shimeji), sliced

1T all purpose flour

1/2t Dijon mustard

1t Knorr seasoning

1/2c water

## Procedure:

1. Marinate beef tenderloin in a mixture of Dijon mustard, and Knorr seasoning. Leave for at least 30 minutes.
2. In a non-stick pan, over medium heat, pour olive oil. Add the marinated beef and saute until cooked through. This will take about 3-5 minutes. Set aside.
3. In the same pan, pour more olive oil and melt the butter. Throw in the mushrooms and saute for about 2 minutes. Add the flour and stir to cook until slightly brown. Season with more Dijon mustard and Knorr seasoning. Pour the water in and mix until slightly thick.
4. Add the cooked beef into the sauce. Serve with rice or bread.



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# January 2024

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Cooking notes:

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# CHICKEN SCHNITZEL (Filipino version)

Craving for that crunch after eating a boring lunch? Our version will surely delight your appetite!

## Ingredients:

1pc chicken breast fillet, butterfly cut

### Marinade:

1pc juice from calamansi

Sprinkle salt

1T custard powder

### Breading Mix:

2T custard powder

1pc egg, beaten with a sprinkle of salt

### Breadcrumbs

Oil for frying

## Procedure:

1. Marinate chicken breast fillet in calamansi juice, salt and custard powder. Mix well. Leave for 1 hour.
2. Dredge breast fillet in custard powder. Dip in beaten egg then roll in breadcrumbs. Allow to set for 15-30 minutes in the refrigerator.
3. Shallow fry in hot oil over medium high heat. Cook for 4 minutes or until chicken is cooked through.
4. Best serve with plum sauce.



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# February 2024

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Cooking notes:

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# BEEF BULGOGI (TAPA STYLE)

The perfect pairing to watch with your favorite telenovela as you take a break from your CHEM16 class.

## Ingredients::

80-100g thinly sliced beef

## Marinade:

1 1/2T brown sugar

1T soy sauce

1/2T white wine vinegar

1T sesame oil

1T finely minced onions

1 clove garlic, smash and made into a paste

Garnish: sesame seeds, toasted

## Procedure:

1. Marinade the beef in the marinade mixture. Leave for 1 hour or overnight in the refrigerator.
2. Cook the beef slices in a pan over medium high heat with a little bit of oil. Sprinkle with sesame seeds on top. Serve on top of hot rice.



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# March 2024

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# GRILLED BLUE MARLIN

Meat without guilt, because fish is king.

## Ingredients:

400g blue marlin, cut into cubes

## Marinade:

1pc lemon juice

Lemon peel

2cloves garlic, minced

1/2-1T mustard (table mustard)

1T olive oil

2T Cilantro, chopped

Salt & pepper

## Procedure:

1. Marinate blue marlin cubes in the marinade mixture.  
Leave for at least 15 minutes.
2. Skewer in BBQ stick and grill for 2 minutes per side or depending on the thickness of the fish.
3. Serve with calamansi and soy sauce on the side.



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# April 2024



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# LUMPIANG SHANGHAI

A timeless Filipino classic as you serve this beloved Filipino favorite.

## Ingredients:

- 250g ground pork
  - 50g Chinese chorizo, finely chopped
  - 1pc (170g) carrots, finely chopped
  - 1pc onion, chopped
  - 25g leeks, finely chopped
  - 1pc egg
  - 1/2t salt
  - Pepper
- 20pcs small lumpia wrapper

## Procedure:

1. Cook the ground pork with a little bit of water in a saucepan over low heat. Allow to simmer then cover and leave for 15 minutes. After 15 minutes, and if there's more liquid, remove the cover and continue to cook until dry and the ground meat is slightly brown. Allow to cool. Do not add oil.
2. Cook the Chinese chorizo separately in a saute pan. Allow to cool and combine with the cooked ground pork and the rest of the ingredients except the lumpia wrapper.
3. Cook a portion of the filling to check for the seasoning.
4. When seasoning is well adjust, measure about 2 tablespoon of the filling and place it in each lumpia wrapper. Roll into a log. Best served with sweet chili sauce or sweet & sour sauce.



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# May 2024

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# CHICKEN AND MANGOES

An outstanding grade in SOC SCI2 deserves a awesome meal. Here's something sweet & savory to make you happy.

## Ingredients:

80-100g chicken breast fillet, cut into chunks

1t calamansi juice

Salt and pepper for seasoning

1pc egg, beaten with a little bit of salt

2T potato starch

2T cornstarch

Cooking oil for frying

1/2pc mango, chunks

## Sauce:

2T condensed milk

2T mayonnaise

Salt according to taste

## Procedure:

1. Season chicken with calamansi juice, salt and pepper. Set aside for at least 30 minutes.
2. Dip in beaten eggs and coat in a combination of potato starch and cornstarch. Fry in hot oil over medium high heat. Fry for about 4- 5 minutes or until chicken is cooked through. Drain in paper towels to remove excess oil. set aside
3. In a sauce pan, combine mayonnaise and condensed milk. Stir well until heated. . Add the cooked chicken and mango chunks. Remove and serve on top of rice.



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# June 2024

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# PORK CHOP STEAK

All the comforts of home is what you will remember as you dig in to your mom's cooking power.

## Ingredients:

- 1pc pork chop
- 1pc onion, cut into rings (reserve)

## Marinade:

- 1t calamansi juice
- 1T soy sauce

## Sauce:

- 2T vegetable oil
- 2T soy sauce
- 4T water
- 1/2T calamansi juice
- Sugar to taste

## Procedure:

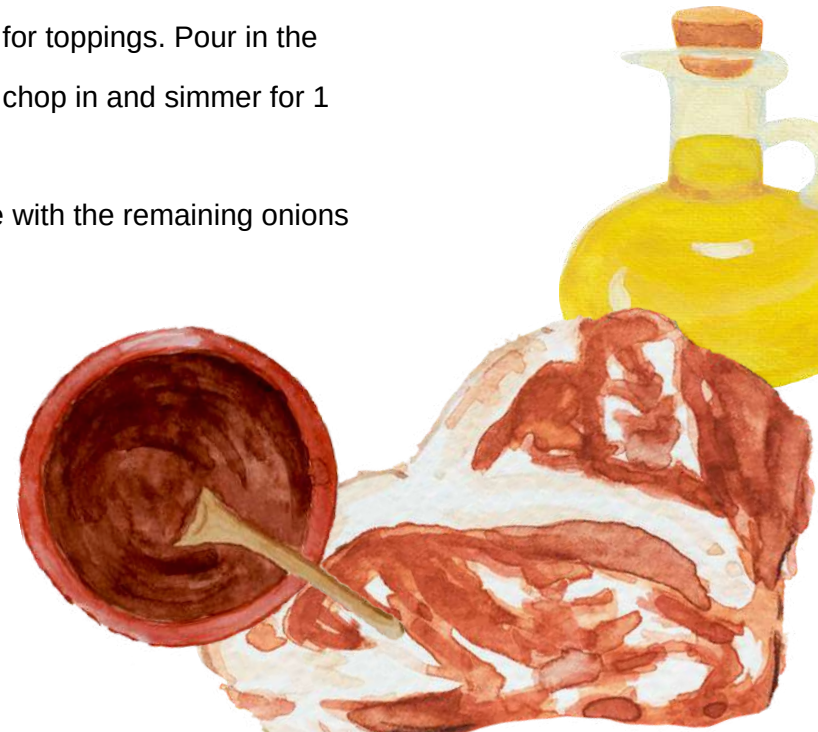
1. Marinate pork chop in calamansi juice and soy sauce.  
Leave for 30 minutes or 1 hour.
2. In a pan, over medium heat, pour cooking oil. Fry the pork chop 4 minutes per side or depending on the thickness of the meat. Set aside.
3. In the same pan, add more oil and saute the onion rings. Remove half of the onion rings for toppings. Pour in the sauce ingredient. Add the pork chop in and simmer for 1 minute or less.
4. Transfer to a presentation plate with the remaining onions on top.



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# July 2024

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# STOVE TOP CHICKEN YAKITORI WITH MAPLE

Experience resto-quality food at home and see how it brings excitement and delight to everyone.

## Ingredients:

1/2k chicken thigh fillet

## Brine:

1 1/2c water

12g rock salt

## Sauce:

4T mirin

2T Kikoman

1/2T brown sugar

Black pepper, for sprinkling

Maple syrup, for drizzling

## Garnish:

Leeks, diagonally sliced

## Procedure:

1. Soak chicken thigh fillet in brine solution overnight.
2. Discard the water and slice the thigh fillet in half or into 1 inch cubes. Place in between food grade plastic and pound a little bit to expand.
3. Sprinkle black pepper on the opposite side of the skin. Roll and skewer into yakitori sticks. Make 2 - 3 pcs per yakitori stick.
4. Grill over stove top over medium high heat for 1 1/2 minutes per side. Remove and set aside.
5. Combine mirin, kikoman and brown sugar in a large frying pan. Stir well until sugar dissolves. Place the chicken yakitori in the pan and open the flame. Cook for a total of 3 more minutes over medium heat. Baste the chicken with the sauce. Allow to cook until the sauce thickens and sticks to the chicken.
6. Transfer to a presentation plate and drizzle with maple syrup over. Garnish with slices of leeks on top.



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# August 2024

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# HOMEMADE SISIG

Home is where the heart is because every bite will remind you of family.

## Ingredients:

100g ground pork

## Marinade:

1/4t garlic powder

1/4t paprika

1T vegetable oil

Sprinkle salt and pepper

2T white onions, chopped

## Dressing:

1T mayonnaise

1/4t-1/2t calamansi juice

1t knorr seasoning

## Toppings:

1pc leeks or spring onions, chopped

1pc bacon rash, toasted and crushed

1pc egg, sunny side up

## Procedure:

1. Season ground pork with salt, pepper, garlic powder and paprika. Add a bit of vegetable oil. Mix well and leave for 30 minutes.
2. Cook the seasoned pork in a non-stick pan over medium heat for 15-20 minutes. When done, transfer to a bowl and add the chopped onions.
3. Pour the dressing in and mix well. Top the sisig over a bowl of rice and sprinkle with chopped leeks or spring onions, and crushed bacon. Add a serving of sunny side egg on the side. Serve and enjoy!



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# September 2024

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# ADOBONG PUSIT

A new spin on this timeless dish—you will be surprised at how good this is.

## Ingredients:

- 1kg. Squid (pusit Bisaya)
- 1pc onion, sliced
- 6 cloves garlic, smashed
- 1 medium pc green bell peppers, sliced
- 1pc bay leaf
- 1pc star anise (optional)
- 1/2T black peppercorn
- 3T cane vinegar
- 1t rock salt
- 1/2t-1t soy sauce

## Procedure:

1. Clean the squid by removing the beak, eyes, tail tube and cartilage. Discard.
2. Set aside the ink sac, then wash the squid in water.
3. Get your medium sized wok nice and hot over medium heat. Pour about 2 tablespoons of vegetable oil. Throw in your onion, garlic and green bell peppers. Saute for 1 minute before adding the ink sac. Continue to cook for another minute, before adding the squid, bay leaf, and star anise next. Stir to combine.
4. Pour in the vinegar, black peppercorn, rock salt and soy sauce. Do not mix and don't cover your pan.
5. Bring to a boil over high heat When boiling, reduce to low heat and simmer for 20 minutes. After 20 minutes, stir and mix. Serve while hot.



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# October 2024

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# CHICKEN TERIYAKI

Cook like a pro as you impress your family with this well-loved Japanese dish.

## Ingredients::

1kg chicken leg quarters

## Sauce:

4T kikoman

2T mirin

4T sugar

2T vinegar

15g grated ginger

Garnish toasted sesame seeds

## Procedure:

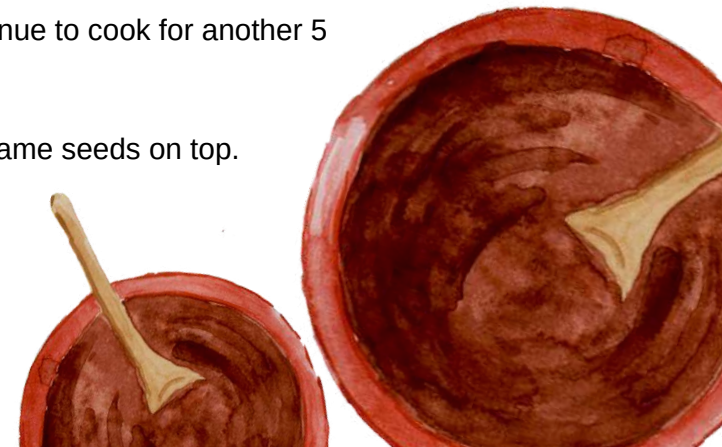
1. Combine all the sauce ingredients and mix well. Set aside.
2. Wash the chicken and score the meat part or make some slits on the thigh and leg area to allow the sauce marinade to infuse the flavor.
3. Soak the chicken in the teriyaki marinade overnight in the chiller.
4. Broil the chicken in a turbo broiler skin side up at 300 F for 15 minutes. Flip over and broil the other side for 15 minutes.
5. Transfer the chicken in a fry pan, skin side down. Pour the teriyaki sauce and cook for 10 minutes over high heat. Turn the other side and continue to cook for another 5 minutes or until the glaze coats the chicken.
6. Transfer to a serving plate and sprinkle with toasted sesame seeds on top.



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# November 2024

Cooking goals:

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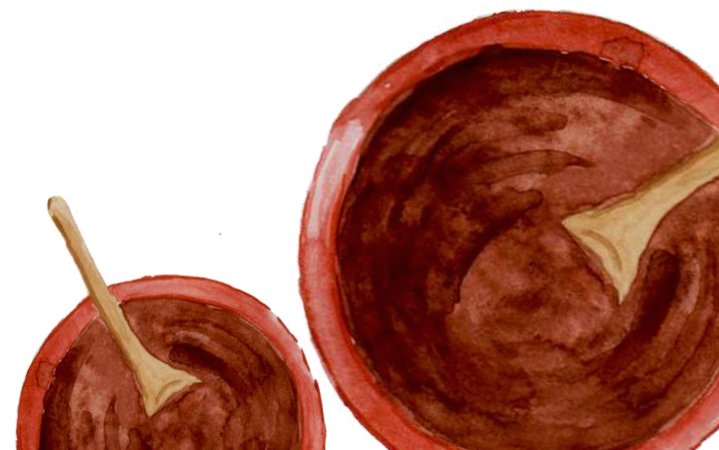
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# BEEF ALA POBRE

A hard core work out in PE class needs a hard core feast. Cheers!

## Ingredients::

80-100g thinly sliced beef

4T olive oil

3cloves garlic

Salt and pepper

## Vegetables:

40g broccoli flowers, steamed for 5 minutes

## Procedure:

1. Season thinly sliced beef with salt and pepper. Pan Fry over medium heat in a non-stick pan for 1 to 2 minutes. Set aside.
2. In the same pan, pour some olive oil, throw in the garlic and saute for a minute.
3. Add the beef and continue to saute until cooked through. Throw in the broccoli and season with more salt and pepper.
4. Top the beef ala pobre on hot rice.



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# December 2024



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