



FATHER'S DAY 2021

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PANCIT CANTON

Serves 6

Ingredients:

- 2 tablespoons canola or grapeseed oil
- 2 cloves garlic - minced
- 1 medium onion - chopped
- 8 oz chicken thighs, boneless and skinless - cut into small pieces
- 1/2 lb peeled, deveined, tail off shrimps
- 8 oz Chinese sausage - sliced diagonally
- 1/2 can of straw mushroom, drained
- 1 cup julienned carrot
- 1 cup julienned red bell pepper
- 1 cup snow peas, ends trimmed
- 1 stalk celery chopped
- 1/2 small cabbage, julienned
- 3 tablespoons soy sauce
- 2 tablespoons oyster sauce
- 1 cup chicken stock or chicken broth
- 1 tablespoon cornstarch
- 1 1/2 cup water
- 8 oz dried pancit canton noodles
- salt and pepper as needed and



Instructions:

1. In a wok or large skillet, heat oil over medium heat. Sauté garlic and onion until translucent and aromatic.
2. Add chicken meat and cook until no longer pink. Add the shrimp and cook for two minutes. Add the Chinese sausage and cook for 1 minute.
3. Add in the soy sauce and oyster sauce and stir until well blended. Add the vegetables and stir-fry for about one minute. Add the chicken broth and bring to a simmer for one minute.
4. Using a slotted spoon, remove and transfer all the solid ingredients in a bowl leaving only the liquids in the wok. Lower heat to medium.
5. Dissolve the cornstarch in 1 cup of water, add this to the wok, and bring to simmer.
6. Add the noodles and slowly and gently stir-fry with the liquid to cook and soften. You may add more broth if it dries up. It should be saucy.
7. Add back the meat and vegetables to the noodles. Season with salt and pepper as needed. Mix well.





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SAUTÉED MUNG BEANS

Makes 6 Servings

Ingredients:

- 7 cups water
- 2 cups dried mung bean, washed and drained
- 2 tablespoons oil
- 1/2 cup pork belly, thinly sliced
- 1/2 cup peeled, deveined, tail off shrimp
- 1 tablespoon fish sauce
- 2 cloves minced garlic
- 1 medium onion, hopped
- 2 tomatoes, diced large
- 2 cups bitter melon (optional)
- 1 stalked celery, chopped
- 1 cup pork rinds, chopped in smaller pieces
- 2 cups spinach, stems removed

WHAT ARE MUNG BEANS?

Mung beans are small, green beans that belong to the legume family.

They have been cultivated since ancient times. While native to India, mung beans later spread to China and various parts of Southeast Asia.

These beans have a slightly sweet taste and are sold fresh, as sprouts or as dried beans. They aren't as popular in the US but can be purchased from most health food stores.

Mung beans are incredibly versatile and typically eaten in salads, soups and stir-frys.

They're high in nutrients, antioxidants, and believed to aid many ailments.

Instructions:

1. In a pot, bring water to a boil and add 2 tsp of salt. Add the mung beans to the boiling water and simmer until the beans are tender, about 30 minutes.
2. Transfer the cooked beans in a deep bowl and pulse using a hand blender. You can also use a food processor or blender to pulse. The texture should be slightly chunky. Set aside.
3. In a pot, heat oil and cook the pork belly until browned and fat is rendered. Add the shrimp and sauté until pink.
4. Add garlic, onion, celery, and tomatoes and sauté until tender. Add fish sauce and cook for another minute.
5. Add the pureed mung beans to the pot. Add 1 cups of water, plus more if it is too thick. When it starts to simmer, add the bitter melon and let it simmer for another 2 minutes.
6. Add the pork rind and spinach. Season with salt if needed. Turn off heat.
7. Serve in a bowl over rice. Drizzle with fish sauce if desired.

