



EAT SEE DO

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BAKED ZITI

Serves 8

Ingredients:

- 1 lb ziti pasta
- Salt

- 1 lb lean ground beef
- ½ lb mid or spicy Italian sausage bulk
- 1 tablespoon minced garlic
- ½ cup minced onions
- 1 jar Trader Joe's brand tomato basil marinara sauce

- 1 cup ricotta cheese
- 1 cup shredded mozzarella
- ½ cup shredded parmesan cheese
- 1 teaspoon chile flakes

Instructions:

Pre-heat oven to 400-degree F.

Cook pasta in salted boiling water until soft but still al dente. Stir the pasta frequently to prevent from clumping or sticking to the bottom of the pan. Drain pasta.

In a sauce pot over medium heat, add the olive oil and brown the ground beef and sausage. Add the minced garlic and onions. Once the onions are cooked, add the marinara sauce and simmer for 10 minutes. Remove from heat and cool down to room temperature.

In a large bowl, mix together the cooked pasta and sauce, fold in the cheeses and mix well using a plastic or wooden spatula. Add the chile flakes.

Lightly brush a baking dish with olive oil. Transfer the pasta mix to the baking pan. Sprinkle the top of pasta with more mozzarella. Cover the dish tightly with plastic wrap and then foil. Bake the pasta for 30 to 45 minutes.

Remove the plastic and foil from the baking dish and bake for another 10 minutes to brown the top. Serve while hot.



Baked Ziti

CHEF TIPS

*my recipe for this easy baked ziti is made with store-bought tomato sauce. I like to use Trader Joe's Tomato Basil Marinara or RAO's tomato basil sauce. I just add minced garlic, onions, and ground beef and Italian sausage or pancetta.





EAT SEE DO

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FILIPINO BBQ CHICKEN

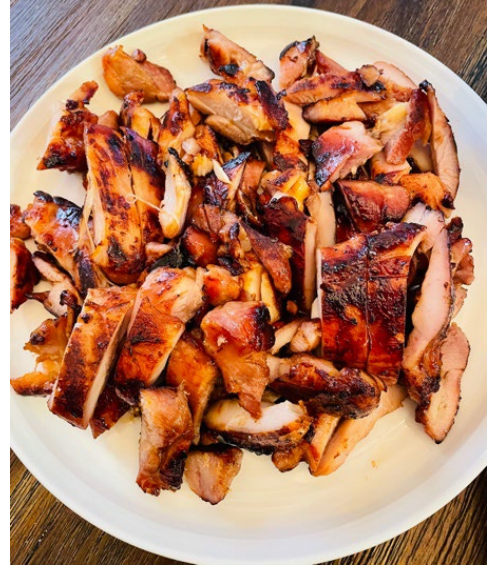
Serves 4

Ingredients:

- 1 lb skinless and boneless chicken thighs
- Salt
- Pepper

- 1/2 cup soy sauce
- 1/4 cup calamansi or lemon juice
- 1/4 cup Sprite
- 1/2 cup brown sugar
- 1 head garlic, peeled and minced

- 1 tbsp canola or grapeseed oil



*Filipino BBQ
Chicken Thighs*

Instructions:

Remove excess fat from chicken thighs. Season the chicken thighs with salt and pepper, set aside.

In a large bowl, combine the soy sauce, juice, sprite, brown sugar, and garlic. Add the chicken thighs to the marinade and marinate in refrigeration for at least two hours.

Drain the chicken from marinade. Lightly toss the chicken in oil.

Heat a frying pan over medium heat. Cook the chicken for about 5 minutes on each side or until the internal temperature reaches 165-degree F.

Grilling method: drain and reserve marinade. Place the marinade in a pot over medium heat and reduce to half. Grill the chicken for about 5 to 8 minutes on each side, basting regularly with the reduced marinade.

Serve the BBQ chicken over steamed rice or eat as is.

CHEF TIPS

Using plastic to wrap the ziti baking dish then foil helps in the heating process. The plastic wrap keeps the moisture in the dish, preventing the pasta from drying out during the baking process.

The BBQ chicken marinade also works well with whole birds and pork. If time permits, marinate for 24 hours to allow the marinade to impart more flavor in the meat.

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