

Filipino Cooking Class - April 1, 2009
Krizia del Rosario and OYFA (Organization of Young Filipino Americans)

Pancit Bihon

Ingredients:

- 1 8 oz pack pancit bihon noodles
- 1 cooked chicken breast, shredded
- 2 cups of chicken broth
- 1/4 cabbage, sliced into strips
- 1-2 carrots, sliced into strips
- 2 tablespoons of cooking oil
- 3 tablespoons soy sauce
- Salt and pepper to taste

Cooking Instructions:

1. Soak the pancit bihon noodles in warm water to soften for 10 minutes. Drain.
2. Boil chicken. Remove from heat, let cool, and shred chicken.
3. Grease a large pan or wok with oil. Saute onions and garlic.
4. Add the chicken broth, the shredded chicken breast and all the vegetables until cooked.
5. Mix in the pancit bihon noodles and add the soy sauce, cook for about 5 minutes or until the noodles are soft.
6. Salt and pepper to taste.

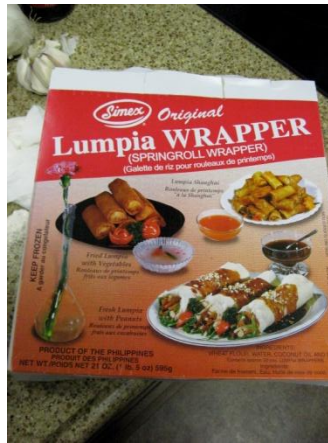




Lumpia

Ingredients:

- 1 pound ground beef
- 3/4 cup shredded carrots
- 1/2 cup chopped onions
- 1 teaspoon or 2 cloves minced garlic
- 3/4 teaspoon pepper
- 2 teaspoons soy sauce
- 1 package of Lumpia Wrappers
- 1-1 1/2 cup(s) vegetable or olive oil
- Small bowl of water + Egg



Directions:

1. Separate lumpia wrappers. Cut square wrappers in half.
2. Chop vegetables.
3. Mix ground beef, vegetables, soy sauce, pepper in a large bowl
4. Take 1 of the Lumpia wrappers and spoon 1-2 tablespoons of your ground beef mixture into a line near the edge on the Lumpia wrapper.
5. Fold Lumpia wrapper over the line of meat you just spooned.
6. Now, you will begin to roll the meat into a tube. Stop rolling when you are to the middle of the wrapper.
7. Fold the right and left sides of the lumpia wrapper to the center
8. Continue to roll to the end of the wrapper
9. Dip your fingers in the small bowl of water and egg mixture and lightly moisten the exposed edge of the lumpia wrapper
10. Fold wrapper edge onto itself pressing it down gently. So it seems to glue itself down.
11. Place to the side for now and repeat, repeat, repeat! Until there isn't anymore wrappers or meat left.

