



The Philippine Cookbook

Reynaldo Alejandro

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Here is the cookbook that presents to America the cooking of the Philippines, an extraordinary classic cuisine adapted, for the first time, to the specific requirements of U.S. kitchens. In it you'll find adobo - a rich, marinated stew of chicken or pork, succulently flavored with vinegar and soy sauce; pancit guisado - sauteed noodles laced with crunchy vegetables, thinly sliced sausage and baby shrimp; estofado, prepared with burnt-sugar sauce; and ginataan, meat prepared with coconut milk. Reflecting the best elements of the cooking of Malaysia, China and Spain, which form the ethnic base of the 7,000 Philippine Islands, this cuisine is not only marvelously tasteful, but quick and easy to prepare, as well as light and nutritious - perfect for the health - minded American with more imagination and taste than time or budget. If you're looking for a whole new array of tastes and textures in appetizers, rice, meat, fish entrees, noodles and vegetarian dishes, salads, condiments and desserts, you'll find your palate wonderfully stimulated by The Philippine Cookbook.

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